

APPENDIX 1

OSCR

Scottish Charity Regulator
Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	1st	12	2024	To	30	11	2025

Reference and administration details

Charity name	Time to Heal
Other names charity is known by	
Registered charity number	SC 045358
Charity's principal address	BON ACCORD HOUSE, RIVERSIDE DRIVE
	ABERDEEN
	Postcode AB11 7SL

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Urena Vivian Adegbotolu	CHAIR PERSON		
2	Talatu Ibrahim Nweke	SECRETARY		
3	Oluwafolakemi Ololade Adesina	MEMBER		
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Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

Time to Heal is constituted as a charitable trust and is governed by a Trust Deed. The Trust Deed sets out the charity's purposes, the powers and responsibilities of the trustees, and the procedures for managing the charity. The charity is managed by its Board of Trustees, who are responsible for governance, strategic direction, safeguarding, financial oversight and ensuring that all activities advance Time to Heal's charitable purposes and provide public benefit.

Trustee recruitment and appointment

No new trustees were appointed during the reporting year. When appointments are required, trustees are appointed by the existing Board in accordance with the Trust Deed. Prospective trustees are considered based on the skills, knowledge and experience needed by the charity, their commitment to Time to Heal's purposes and their eligibility to serve. Appropriate checks are undertaken, including consideration of potential conflicts of interest. Appointments are approved by the Board and recorded in the meeting minutes. New trustees receive an induction covering the Trust Deed, their legal duties, OSCR guidance, safeguarding, financial oversight and the charity's policies and activities.

Objectives and activities

Charitable purposes

Provide a summary of Time to Heal's constitutional purposes, including:
 Supporting people affected by domestic abuse, violence and trauma
 Supporting women, children and minority ethnic communities
 Providing advocacy, education, recovery and practical assistance
 Preventing domestic abuse and raising awareness
 5. Our Mission and Vision
 Our Mission
 To rebuild broken lives by providing compassionate, trauma-informed and culturally sensitive support to people affected by domestic abuse, violence and trauma. We promote safety, healing, dignity, empowerment and independence through advocacy, practical assistance, education, recovery programmes and community collaboration.
 Our Vision
 A society where every person can live free from abuse, fear and control; where survivors are believed, protected and supported to heal; and where individuals and families can rebuild their lives with dignity, confidence and hope.

Summary of the main activities in relation to these objects

Domestic Abuse Advocacy and Recovery Support
 One-to-one advocacy
 Counselling and emotional support
 Safety planning
 Referrals and signposting
 Trauma recovery support
 Food Bank and Practical Support
 Food parcels and essential household items
 Emergency beneficiary assistance
 Food education and food-independence activities
 Fuel Vouchers and Hardship Support
 Fuel vouchers totalling approximately £3,500
 Emergency financial and practical assistance
 Winter Care Project
 Winter jackets
 Thermal socks and warm clothing
 Other winter essentials
 Breakfast Meetings
 Ladies' breakfast and community breakfast meetings
 Information, support and relationship-building
 Easter Egg Hunt and Children's Activities
 Easter activities
 Gifts and recreational support for children and families
 International Women's Day

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Achievements and performance

Summary of the main achievements of the charity during the financial period

Who We Supported

During the year, Time to Heal provided advocacy, emotional support, information, referrals and trauma-informed recovery assistance to people affected by domestic abuse, violence and trauma. We organised a Mental Health and Domestic Abuse Conference to increase awareness, encourage early intervention and strengthen community responses. We also supported families affected by drug and substance misuse through a 12-week Conversation Café series on addiction, recovery and family healing.

Our empowerment programme included sewing and cooking classes, together with the Breaking Loose recovery programme, helping participants develop practical skills, confidence and greater independence. We relieved hardship through food-bank assistance, fuel vouchers and emergency beneficiary support. Our Winter Care Project provided warm clothing and essential winter items, while Christmas hampers and gifts supported vulnerable individuals, children and families during the festive season. These activities reduced isolation, strengthened resilience and helped.

Activities, Achievements and Public Benefit

What beneficiaries received

During the year, approximately 200 families benefited from Time to Heal 's food-bank programme, with around 1,500 food packs distributed. We provided 1,000 fuel vouchers to vulnerable households, including single-parent families and people seeking employment. At Christmas, 150 children received gifts, while 70 individuals and families received Winter Care packs containing essential items for the colder months. A further 300 children benefited from our Easter egg packs and family activities.

What changed because of the support

This assistance helped families meet immediate needs during periods of financial hardship. Food packs improved access to essential groceries, while fuel vouchers helped households maintain heating and electricity and reduced the pressure of choosing between food and energy. Winter packs provided warmth and practical protection during cold weather. Christmas gifts and Easter packs enabled children experiencing hardship to participate in seasonal celebrations, reducing feelings of exclusion. The support also created opportunities for beneficiaries to receive information, emotional encouragement, advocacy and referrals for further assistance.

How the activities advanced our charitable purposes

These activities directly advanced Time to Heal 's purposes by relieving poverty and hardship among people affected by domestic abuse, trauma and difficult family circumstances. Practical support promoted safety, dignity, wellbeing and stability, while helping survivors and vulnerable families move towards recovery and greater independence.

Wider benefit to the community

The programmes reduced isolation, strengthened family and community wellbeing and helped prevent vulnerable households from falling into deeper crisis. By working with volunteers, donors and community partners, Time to Heal encouraged compassion, participation and shared responsibility for supporting people experiencing abuse, trauma and hardship.

Financial review

Brief statement of the charity's policy on reserves

The trustees aim to maintain sufficient unrestricted reserves to meet the charity 's essential running costs, respond to urgent beneficiary needs and continue key activities if income is delayed or unexpected costs arise. Restricted funds are used only for the purposes specified by the relevant funders and are not included in general reserves. The trustees review the charity 's financial position regularly and recognise the need to strengthen unrestricted reserves. Future fundraising will therefore include a focus on securing unrestricted income and building a sustainable reserve while continuing to provide essential services.

Details of any deficit

THIS IS NOT DEFICIT

Funds Held on Behalf of Healing and Hope Church

Suggested wording:

During the financial year, Time to Heal received £666 on behalf of Healing and Hope Church. As the church did not have a separate bank account, the funds were temporarily held by Time to Heal and excluded from Time to Heal 's charitable income.

Donated facilities and services (if any)

we benefitted significant services or facilities provided without charge, such as:
Volunteer professional services
Free venue use
Donated transport
Free training
Donated administrative or technical assistance

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Other optional information

Partnerships and Supporters

Time to Heal is grateful to our grant funders, community partners, referral organisations, schools, faith communities, churches, donors and volunteers whose support enabled us to deliver our services throughout the year. In addition to our principal grant funders, we received valuable and consistent support from the Fuel Bank Foundation, CFINE, Tesco, Aberdeen City Council and Ryden. Their assistance contributed to our food-bank provision, fuel and hardship support, community activities, access to resources and practical help for vulnerable families.

We also acknowledge the important contribution of community organisations, professionals, schools, churches, faith leaders and other faith communities. They helped raise awareness, identify and refer people requiring support, provide venues and resources, encourage volunteers and connect individuals and families with our services. Our volunteers gave their time, skills and compassion to support food distribution, events, administration, outreach and beneficiary assistance. These partnerships strengthened our capacity to respond to need and extended the public benefit of our work across the wider community.

.Plans for the Next Financial Year

During the next financial year, Time to Heal plans to expand its domestic abuse advocacy, trauma-informed recovery support and referral services to reach more survivors and vulnerable families. We will strengthen our food bank and continue providing winter-care items, fuel vouchers, Christmas support and emergency hardship assistance.and action. We will recruit and train more volunteers, including advocates, ambassadors and fundraisers, to strengthen our capacity and community reach.

We will pursue new funding opportunities and build stronger partnerships with funders, statutory agencies, community organisations, schools, businesses, churches and faith communities. The trustees will also continue improving governance, safeguarding, financial controls, reporting and reserves to support the charity ' s long-term sustainability.

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>	TALATU IBRAHIM NWEKE	
Full name(s)	TALATU IBRAHIM NWEKE	
Position (e.g. Chair)	SECRETARY	
Date	31/08/2026	