

The Moira Anderson Foundation

**Report of the trustees and
audited financial statements**

Registered charity number SC029979

Registered company number:

SC205665

31 March 2022

Index

	Page
Report of the Chair	1
Founder's report by Sandra Brown OBE	3
Report of the trustees	5
Independent auditor's report to the trustees and members of The Moira Anderson Foundation	15
Statement of financial activities	18
Balance sheet	19
Cash flow statement	20
Notes to the financial statements	21

Report of the Chair *for the year ended 31 March 2022*

I am pleased to report on another eventful year for the Moira Anderson Foundation. With the worst of the pandemic behind us, the charity moved gradually in 2021-2022 from a hybrid model of delivery to a full return of 'hands on' therapeutic practices, so crucial for the needs and wellbeing of clients.

The upgrading and refurbishment work, temporarily delayed because of lockdown, was successfully completed. It was a happy and proud day for everyone at MAF when our new annexe was officially opened on 23 February, 2022 by Minister, Claire Haughey, MSP. Clients and staff are delighted with the improved facilities. The development of an additional wing has doubled the space available. MAF is thriving, working hard to deal with the highest number of clients ever recorded supported by an increased staff team. Under the first class leadership of Director, Gillian Urquhart, the team at MAF has grown in diversity and strength, their resilience and commitment well established.

Our extension and refurbishment developments have resulted in additional costs, all carefully planned and monitored. Thanks as always to Treasurer, Sheena Pollock, who has maintained diligent and capable financial management throughout this demanding period. With increased rental and overheads, expenditure has inevitably risen. Concerted efforts were made to boost income resulting in an excellent end of year Financial Report, including healthy reserves. Thanks also to Leigh Robinson, Finance Manager, who has a key role in the preparation of successful grant applications. Scottish Government core funding continues, an important element of our success as a charity. Many thanks to all our sponsors and funders, big and small, and to those who have so generously donated throughout the year.

MAF renewed its contract with Winning Leishman, the external agency that has successfully sourced new funding opportunities on our behalf. In a time of uncertainty and austerity nationally, with Covid still active in the community, MAF cannot rest on its laurels. We will remain proactive and vigilant for any changes in circumstances in the year ahead.

At the heart of the charity are the survivors of CSA who, in increasing numbers, find their way to our door. Gillian and her team provide opportunities for survivors to participate and grow in self-esteem and confidence. Projects have flourished again after restrictions were lifted and a number of client groups are now benefiting from our improved resources. Our training room is an ideal place for meetings as well as training, a much needed space at last.

The Glasgow Satellite Service has expanded, working in partnership with the Links Practitioners' Programme. There are opportunities post-pandemic for further developments thanks to the efforts of Janine Lamont and the project team. Following on from MAF's successful Positive Steps programme, new three year funding from 2021-2024 was identified for this innovative project.

The role of Volunteer Co-ordinator is now in the capable hands of Angela Gribben who, working with volunteers, developed plans for recruitment and training. The enthusiastic commitment of volunteers continues with many undertaking specific roles in support of the work of the charity. An ambitious programme of fundraising events is well underway with excellent results.

Report of the Chair *(continued)*
for the year ended 31 March 2022

The hard working and dedicated approach of Gillian, assisted by Maria Hanlon, Service Delivery Manager, has motivated and inspired staff to deliver the best for clients. Thanks to everyone involved; the administration team, client support officers, therapists and volunteers for their outstanding efforts.

The Board of Trustees continued to meet regularly via Zoom during 2021-2022 but was pleased to have its first face to face meeting recently. Many of our key targets outlined in the Strategic Plan have moved forward. A number of policies and protocols have been revised and developed including Equality and Diversity, Safeguarding and Child Protection, LGBT and Communication Policy. Unfortunately for reasons outwith our control, the BAME project involving an intern was not concluded. Plans to make progress in this area are dependent on new funding. A Quality of Service Delivery Group is well established, reporting to the Board and making recommendations where appropriate. A number of projects to improve service delivery have been identified. One priority is to review the challenge of waiting times for clients and to improve MAF's Capacity and Demand system, a key area in the Strategic Plan.

As I resign from the Board of MAF after the best part of a decade, the last seven years as Chair, I have much to reflect on. I have been touched and inspired by the courage of survivors, and enriched by being part of such a dedicated team. It has been an honour to be on the Board of a charity that has done so much to highlight the harmful effects of CSA in society. It has been a privilege as Chair of MAF to strive with so many others; staff, trustees, volunteers and friends of the Foundation, to eradicate CSA and create a safer environment for our children and many opportunities for adult survivors.

Thanks in particular to Gillian, Director, for her loyal and unfailing support. It has been a pleasure to work with her. Many thanks also to Sandra, a constant and enlightening source of integrity, dedication and leadership in the life of the charity. MAF will continue to thrive and excel in the Third Sector in such experienced hands.

Thank you.


Margaret Docherty - 2022-11-28, 12:22:23 UTC

Maggie Docherty
Chair

Founder's report by Sandra Brown OBE *for the year ended 31 March 2022*

The impact of a worldwide pandemic has taken its toll of Scotland's Third Sector. As we embark on a third financial year with virus 'after-shocks' still around, we are very lucky at the Moira Anderson Foundation to be emerging relatively unscathed as a robust and vibrant charity.

That is not to say all has been plain sailing. We have clear evidence that Covid has drastically affected the mental health of clients. The Scottish legal system's backlog of court cases has not yet caught up with need and delays continue to affect CSA survivors who are the most vulnerable of witnesses. Our referrals have also seen a huge 49% increase over the year under review.

The arduous journey our Board and CEO Gillian Urquhart along with all her team of operational staff have had to navigate, however, has not detracted from our aims and objectives to respond to such clear, genuine and widespread human need. A charity can only do that effectively though, if it has a talented, experienced and very committed group of people- staff and volunteers- and in my view, we have no lack of talent, experience and deep dedication to our cause.

Having met our initial £50K target to fund our 2020 Campaign's phase 1, over the last financial year we raised funds to cover Phase 2 and welcomed a much better designed reception area, and newly refurbished treatment rooms in our Airdrie base. Further funding to furnish the adjacent 2 storey annexe was identified and gradual adaptations done from August, eg, the link corridor. We have almost doubled available space, and gone some way to relieve the pressure of consistently high referral rates and major staff growth. What a huge difference for clients and employees!

We had hoped for a late autumn opening, but Covid restrictions limited attendees and moved it to February 23, 2022. Minister for Children and Young People, Claire Haughey, MSP, honoured the Foundation by cutting the ribbon on the 65th anniversary of Moira's disappearance. She noted the remarkable changes from a previous pre-pandemic visit, and it was gratifying that her speech reiterated warm words on our care model. In fact, at a symposium with over 300 attendees to herald a Barnahus or 'Bairnshoose' in Scotland for children, young folk, and other vulnerable witnesses to receive therapy when involved in legal proceedings, the Minister said in September 2021: "*The building blocks are already in place, as is seen in the work of the Moira Anderson Foundation.*"

It isn't just politicians who think we are a creative and innovative agency. Following our *Investors in People* Platinum award, and a *Highly Commended Award- Scottish Charity of the Year* (both in 2020) we were nominated by *Scottish Investors in People* for UK Employers of the Year, 2021. While we didn't win the latter in our category, we were in prestigious company. We finished 2021 with a flourish, though. New staff member and former service user Chaimae received a super accolade as the *Client with the Most Transformational Journey of the Year* from the Health and Social Care Alliance in Scotland, while I received a *Gold Winner Lifetime Achievement Award* from the *National Association of Businesswomen* at the Hilton, Wembley, for my work with MAF.

Annual Reports always provide a moment to take stock. We have very much kept faith in our own abilities during the past year, and had the confidence to pursue the dream of bigger and better premises. Risks were always carefully considered and financial boundaries were respected when we needed to observe Treasurer Sheena Pollock's wise words. Thanks to her experience, and also the skills of Leigh Robinson, Finance Manager, strong growth has occurred.

Following on from the 2 year Listening Fund Project where a 'MAF Champions' Group of young people emerged, a great follow-on bonus will be the production of an animated short film over summer 2022, for which funding was identified successfully. Kudos to all involved, especially our therapist, Kim Coutts.

Another highlight for me in Spring, was to participate in a professionally filmed recording for our website aimed at reassuring clients thinking of coming to MAF. Staff interviewees explained their role in the charity in a friendly, down to earth way. Given the high numbers of followers we have on social media, this could make a real difference. We hope to enhance this useful tool with one of our MAF Volunteers Annie, providing signing to ensure members of the deaf community are included.

Founder's Report (continued) *for the year ended 31 March 2022*

Just as volunteers help shape our future direction, so do Janine Lamont and her team; through the highly regarded *Hands on Health* project, clients are involved who keep us abreast of their ideas and reflect suggestions through our Client Support Group, and a separate Client Advisory Group.

To enhance future service provision, and develop new initiatives, our Board will always listen. As long as collaborations and projects fit with our values, we will explore them. Our values lie in the kindness of people, including so many friends and wellwishers from the Airdrie and Coatbridge area. They spontaneously think of MAF, with the warm hearts often associated with our home territory.

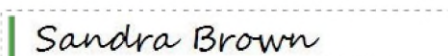
Much further afield we also have global recognition, thanks to the efforts of Matty McVarish, a beneficiary of our charity, a longtime passionate supporter and Board Adviser, and now our International Ambassador. His amazing 18 month *Road to Change* walk of 10,000 miles across Europe to raise awareness of CSA issues continues to have ripple effects almost a decade on.

MAF over the past 12 months has spread the word and joined the campaign of the Brave Movement, which Matty has helped launch. It has successfully engaged the attention of both the World Health Organisation, and G7 Leaders who have promised to discuss CSA as a priority at their summit of June 2022 in Bavaria.

Over the financial year, we have benefitted considerably from the experience of Chair Maggie Docherty, who sadly steps down soon after a magnificent seven years. She will hand the baton to her successor. She will be sorely missed after a settling-in period to support the new incumbent.

We are hugely grateful for all Maggie's efforts, and our achievements during her tenure as well as growth have been nothing short of remarkable. We've picked up more awards than we have ever had over this seven year spell; her loyalty to MAF, and willingness to liaise with Gillian is exemplary.

When people show endless commitment to making a real difference for survivors, as both Matty and Maggie have done, it is simply a privilege to know them, and to acknowledge the massive contribution they have made to our organisation. They don't just share concerns about the reduction and eventual eradication of an extremely damaging form of human behaviour, they go the extra mile to see effective changes actually happen. If MAF is indeed, a special charity- which I believe it is- it is down to attracting individuals of such integrity and character.


Sandra Brown - 2022-11-30, 16:58:10 UTC

Sandra Brown, OBE
Founder

Report of the trustees for the year ended 31 March 2022

The trustees, also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) FRS 102 'Accounting and Reporting by Charities' revised 2015.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company No. SC205665 (Scotland)

Registered Charity No. SC029979

Registered Office 3 Mavisbank Street, Airdrie, North Lanarkshire ML6 OJA

Solicitors Burness Paull LLP, 50 Lothian Rd, Festival Square, Edinburgh EH3 9WJ

Auditors MHA Henderson Loggie, 11-15 Thistle Street, Edinburgh, EH2 1DF

Bankers Royal Bank of Scotland (Edinburgh) Bank of Scotland (Airdrie)

Trustees	Staff Employed 2021-22	Job Title
Sandra Brown	Gillian Urquhart	Chief Executive Officer
Sheena Pollock	Maria Hanlon	Service Delivery Manager
Maggie Docherty	Janine Lamont	Positive Steps Project Coordinator
Mina Campbell	Audrey Leckie	Positive Steps Project Worker
Kirstin Naismith	Laura Fawcett	Positive Steps Administrator
Peter McCrossan	Margaret Mills	Family Co-ordinator
Rukhsana Saleem	Lynne Thomas	CSO- Adults & Young People (<i>left Oct '21</i>)
Paul Di Mascio	Vicki Arnold	CSO- Young People
Stephen McLellan	Ann Fabiani	CSO- Children, Young People & Adults
(No Change)	Erin Foley	CSO- Children & Young People (<i>beg. Oct '21</i>)
	Jo Marsh	CSO- Children, Y. P. & Adults (<i>beg. Oct '21</i>)
	Eliz Sloan	CSO- Adults (<i>left Oct '21</i>)
	Chaimae Baqqari	CSO- BAME Wkr -Adults (<i>beg. Oct '21</i>)
	Moira Hughes	CSO- Adults
	Lee Paterson	CSO- Adults
	Gillian Wardhaugh	CSO- Adults
	Leigh Robinson	Finance Manager
	Kirsten Jorgensen	Administration Supervisor
	Stephanie Flood	Administrator
	Debbie White	Administrator (<i>beg. March 2022</i>)
	Angela Gribben	Freelance Wkr/Volunteer Co-ordinator

Report of the trustees *(continued)* *for the year ended 31 March 2022*

STRUCTURE, GOVERNANCE & MANAGEMENT

The Governing document is referred to as The Constitution. The charity is controlled by its memorandum and articles of association, and constitutes therefore a limited company, one which is also limited by guarantee, and also as defined by the Companies Acts. The Constitution was revised to meet OSCR requirements March 31st 2019, and lodged at Companies' House.

Induction and training of new Trustees

There is no change to our current Board. Trustees benefit from special advisers, and Paul Pia has in the last year given expertise on charity law and governance, Phil Wheeler on finance and John Jess on delivering quality. Sadly, open sessions and an annual development day were not able to be held for Trustees Staff and Therapists. Newest Trustee Stephen has had few face to face meetings at the base, with most meetings being on Zoom. All potential trustees must follow the due process to become a Trustee, then have specific training as required; several courses have been undertaken over the year by various Trustees. The Director and one other staff member have responsibility for disclosure and PVG compliance. All MAF staff, Trustees, therapists and volunteers complete mandatory police disclosures. A Trustees Handbook was upgraded for 2020-21.

Organisational structure 2021-2022

There have been some changes to the operational structure. The staff continues to be led by Director Gillian Urquhart, with Maria Hanlon as Service Delivery Manager having responsibility for co-ordination and evaluation of operational services. Margaret Mills is now Family Co-ordinator. Vicki Arnold, Gillian Wardhaugh, Erin Foley, Jo Marsh, and Chaimae Baqqari joined the Client Support Team as Elizabeth Sloan and Lynne Thomas left for new posts. Chaimae has a remit for work with BAME groups. Audrey Leckie's role changed to encompass Positive Steps Project work, while her Volunteer Co-ordinator role is now covered by Angela Gribben, a development consultant very familiar with MAF's services. Angela advises on issues of governance, evaluation, social media and communication, and promotes services, and our Training Portfolio. Leigh Robinson remains as Finance Manager, while Kirsten Jorgensen now holds the role of Administrative Supervisor. Stephanie Flood was joined in administration by Debbie White, when Laura Fawcett became a dedicated administrator for the "Positive Steps" Health Programme. The courses embedded in the programme Janine Lamont has co-ordinated continue to be popular despite pandemic issues. Over the year, the number of sessional therapists utilised and brought in for specific therapies has averaged around **10** people.

Chairs since launch of Charity:

Adam Ardrey	2000-2002
Fiona Leggat	2002-2004
Catherine Thomson	2004-2008
Janet McGill	2008-2010
Paul Pia	2010-2015
Maggie Docherty	2015 to present

Honorary Patron - Janet Anderson Hart

Patrons - Liz Lochhead (National Poet) Edward Goucher (local business man)

Honorary Founder - Sandra Brown OBE (received for services to Child Protection in Scotland.)

International Ambassador- Dr. Matthew McVarish, actor, writer and award-winning Human Rights activist, Member of the United Nations, Scottish Charities Champion 2015-16, Top Scot Glenfiddich *Spirit of Scotland Awards* 2014, Campaigner of the Year Runner Up, *Scottish Politician Awards*, 2014. Matthew's TEDx Talk : "*You Actually Can*" may be seen on his website www.matthewmcvarish.com

Report of the trustees *(continued)* *for the year ended 31 March 2022*

Company Members-Sandra Brown, Sheena Pollock, Paul Pia, Maggie Docherty, Phil Wheeler.

Board Advisers - Morag Thomson, Marcello Mega, Margaret Wallace, Matthew McVarish, John Jess and Paul Pia all advise as and when required, on their specialist areas of expertise.

All Board Members and Advisers, who are not required to attend Board Meetings, work in a voluntary capacity, as do Company Members who appraise the Board's performance annually.

ORGANISATIONAL FORMAT:

The Board consists of Office Bearers (Chair, Treasurer, Secretary) the Trustees, and Advisers as required. Director Gillian Urquhart is over all staff, therapists, and volunteers and attends Board Meetings. Mina Campbell, Secretary, is also our Safeguarder Trustee.

WIDER NETWORKS OF THE ORGANISATION:

MEMBERSHIPS

- Member of Scottish Council for Voluntary Organisations.
- Member of Volunteer Action North Lanarkshire, and South Lanarkshire.
- Member of VOCFS, Victims Organisations Collaboration Forum Scotland.
- Member of COSCA, Counselling and Psychotherapy in Scotland.
- Member of the Association of Child Protection Professionals.
- Member of the Cross-Party Parliamentary Working Group on Survivors of CSA.
- Member of the Child Protection Independent Providers Forum Lanarkshire.
- Member of the Scottish Human Rights Consortium.
- Member of N Lanarkshire CVS Mental Health and Wellbeing Network

COLLABORATIVE LINKS

- Children 1st, incorporating Childline and Parentline.
- Kingdom Abuse Survivors Project, and Safe Space, Dunfermline, Fife.
- Eighteen and Under in Dundee.
- Rape & Abuse Line in Dingwall.
- Rape Crisis Lanarkshire.
- Break the Silence, Kilmarnock, Ayrshire.
- WRASAC in Dundee, WRASAC in Perth and Kinross.
- PETAL (People Experiencing Trauma and Loss)
- FAMS (Families Affected by Murder and Suicide)
- First Tier
- Victim Support Scotland.
- Scottish Women's Aid.
- Stop It Now
- With Kids

Over the year we have also had regular working links with the following organisations:

Addiction Services, Social Work, Barnardos, Criminal Justice, Glasgow Links Practitioners Project, GAMH, Health in Mind, Scottish Association for Mental Health, Future Pathways, NHS- namely CAMHS , GPs, Health Visitors, Health & Social Care Alliance Scotland, Citizen's Advice Bureau, Routes to Work, Glasgow Council on Alcohol, Self-Management Network, Thriving Survivors, Inspiring Scotland, Wellbeing Scotland.

Report of the trustees *(continued)* *for the year ended 31 March 2022*

COLLABORATIVE LINKS *(continued)*

We work with Witness Service, Crown Office Procurator Fiscal Service, and also with VIA (Victim Information and Advice) to provide support to clients going through the judicial process, liaising with the Criminal Injuries Compensation Authority, Victim Support Scotland, and also with Police Scotland.

We have informal links with a number of other agencies which support survivors south of the Border including NAPAC the national association for people who have experienced abuse in childhood, and also some which deal with offenders eg, Stop It Now (Scotland). MAF signposts those concerned about offenders to other agencies, where offending behaviour may be discouraged with support .

RISK MANAGEMENT

The Board appointed Ellis Whittam providers of employment law, HR and Health & Safety Services, to minimise the Regulatory Risk of non-compliance in 2010 and this has proved satisfactory. Their role covers all staffing aspects. It ensures provision of a dedicated legal adviser, with any employment related claim robustly defended on behalf of MAF. The insurance also provides cover for any compensation awarded to an individual against the charity amounting to £100K with an annual cap of £1 million. This arrangement continues for the period 2022-2023.

OBJECTIVES AND AIMS

The Moira Anderson Foundation was set up in 2000. It provides a place of safety for children and adults who have been affected by Childhood Sexual Abuse (CSA). The Foundation has developed a unique and proven holistic approach to CSA prevention and the rehabilitative support of those who have experienced trauma. It provides a wide range of effective services to clients, including high quality training on child protection- personal safety programmes with an emphasis on early intervention- to assist in preventing sexual abuse.

The services have been highly successful to date. However, there is a need to maintain and further develop services, to reach a wider audience, and make them accessible to anyone unaware that help is available.

Our Vision:

Is that MAF offers individual care and support to survivors of CSA and their families and lessens the impact of trauma in their lives.

Our Mission:

Is raising awareness of CSA in society, building trust with survivors and offering a range of therapeutic services in a safe and caring environment.

Our Values:

Our values are prominently displayed at our hub and an art mural was publicly 'unveiled' by our Honorary Patron in 2017. It captures Moira's story, and shows MAF's journey since 2000. It has been refreshed in 2021, to incorporate recent successes, and display our intrinsic core values which are:

COMPASSION- *Staff are fully trauma-informed, aware of the impact of Adverse Childhood Experiences and knowledgeable on finances, benefits, relationship dynamics and a wide range of circumstances which may result in significant mental health issues for clients.*

RESILIENCE- *The range of client services promotes the building of personal resilience at different stages of recovery. The right therapy in a safe setting gives hope to many, as does shaping a belief that things can change; with help, they can re-write the script to access the life they want to lead.*

Report of the trustees *(continued)* **for the year ended 31 March 2022**

TRUST- *There is mutual trust in the agency's ethos, and we promote equal opportunities for clients as well as staff. A case study example is that of David McArthur, a male client who came to MAF for help several years ago. He suffered severe trauma in childhood, and at age 8, was sexually assaulted. A welder to trade, David endured numerous breakdowns, homelessness and marriage breakdown before attending for counselling. David trusted us to respect his dignity, and reports back:*

"I released everything that had been stopped up inside me all those years, letting go of the shame and guilt I'd carried since childhood. You're in a storm, it's raging inside you, with no signs of abating, and you feel you could drown. It's like being thrown a lifeline... once I was in, I knew I was safe." (Re-married, and a grandfather of six now, David, 71, has channelled his energies into writing. Waiving his right to anonymity, he has highlighted to the Scottish Daily Record his regard for the work MAF does, and his poem Invisible Children was published in a leaflet put in all Lanarkshire school staff rooms.)

INTEGRITY- *Clients are seen for the incredible human beings they all are, and we look past the issues. There is no judgement, and we are inclusive. David's story illustrates that he in fact had the ability to navigate his own recovery, with support and recognition for the intelligent, creative man he is. It took counselling to reinforce his self-esteem and to value his deep sense of integrity.*

We believe from the above it is clear our values sit at the heart of all we do. Gaining the LGBTQ+ Bronze Award in 2019 was welcome evidence of our policy of inclusion working, and our promotion of equal opportunities for all genders. Trust is integral to what MAF stands for, both for clients and staff.

"I observed a fantastic culture of appreciation, where people felt valued and recognised for their efforts and performance, which motivated them to perform at their best."

(External Assessor, Investors in People 2020)

MAIN ACTIVITIES

- Helping and supporting children, young people and adults who have disclosed abuse.
- Assisting the needs of vulnerable witnesses going to court, if required, e.g. telephone support
- Providing emotional/ practical support and therapeutic services tailored to individual needs
- Campaigning for improved treatment of children and other vulnerable people in the legal system and assisting in the aftermath of court proceedings, including help with the media.
- Assisting with access to legal help and with Criminal Injuries Applications.
- Building links with the BAME communities to ensure awareness that MAF is inclusive
- Providing early intervention courses, eg. - "Safe Hands"- to raise awareness of keeping safe.
- Providing training for staff, volunteers, clients, eg. courses, and other educational resources on child protection to schools and agencies with child protection high on their agenda.
- Providing "Hands on Health" training courses devised to enhance client personal development.
- Providing complementary services with a range of therapies to clients to enhance wellbeing.
- Providing assistance to clients who require help with transport or access to premises.
- Providing Training for Trainers programmes, mentorship, focus groups, and drop- in facilities.
- Providing statistics, data, and research in order to inform local and national policy and practice.
- Liaising with statutory and voluntary agencies to build good networks.
- Partnering national agencies which share common aims and good practice.
- Partnering international agencies which share similar ethos and vision on CSA.

Report of the trustees *(continued)* **for the year ended 31 March 2022**

CLIENT STATISTICS & TRENDS:

Cases supported from the charity's inception reached **5320** as at 31st March, 2022. For 2021-22 **809** referrals were made despite months of Lockdown. It truly does represent a real tsunami, and growing waiting lists have been our biggest challenge, forcing us to be very creative with service delivery.

Over 2021-22 we saw an overwhelming **49%** increase in new cases, more than justifying the expansion of our premises. While predicting it in 2020, we have not ever observed a rise like it.

Too many survivors we see however, in our experience, don't feel able to report and be assured that their case will be properly managed. Police Scotland figures for 2021/22 show general crime dropped by **4%** but sexual offences increased by **15%** on the previous year taking them to a 50 year high.

This rise is deeply troubling, and highlights the need for long-promised reforms under the guidance of Lord Justice Clerk Lady Dorrian eg for pre-recording witness evidence and also legislation to grant anonymity to victims of rape or other sexual offences to be implemented. Her recommended reforms in our view urgently need to be key priority for the Scottish Government in 2022-23.

Of our **809** referrals, under-18's totalled **158**. Females: **122** Males: **34** Identifying as Other: **2**

The youngest children MAF supported, age **0-5**, registers **10** children, namely **7** girls, **3** boys.

The most startling rise is in the age **6-16** category with **124** children affected: **96** girls, **26** boys.

For adults, the statistics show over 18's totalled **651**. Females: **509** Males: **141** Other: **1**

The highest category gps are age **26-45**, then **45-65**, which each have totals of over **250** clients.

Our Positive Steps programme provided **290** individual support appointments which were offered to **59** people. Of these **178** were attended, with **55** no shows, **38** cancellations with notice and **19** without notice, which is highly indicative of the difficulties of dealing with therapies for clients in a pandemic. **13** individual assessments were carried out prior to the in-house Hands on Health course start up, enabling people to make informed choices beforehand on setting goals to help progress their life.*

156 individuals engaged with our complementary therapies over the year, with current provision providing **23** sessions per week to various clients. **14** were registered to attend our Peer Support Gp. It is weekly and face to face, while **10** people attended the virtual version, enabling those who face barriers to participation to access longer term support.

25 people benefitted from the courses on offer. 2 groups ran during Lockdowns one virtual, and one face to face which due to Covid/attendance issues didn't finish. The adapted Hands on Health course delivered virtually was highly rated. An outreach course also commenced in Glasgow- through our partnership within the Glasgow Satellite Service- with the Links Practitioners' Programme. Working closely with them, we expect post-pandemic to further promote our unique services aimed at survivors with long-term health conditions. Additional funding of over £13K was secured for continued work. Further City Centre premises have been identified for 22-23, with another £5K secured for room hire, so much hard work has paid off for Janine and her team on the Positive Steps Project.

MAF's long-running popular weekly Pop-In group, led by outstanding and trusted facilitators Jeanette Kirkham and Marie Gault was not able to meet face to face. With two such dedicated people in charge however, it is a lifeline for many, and regular contact was kept in place throughout the year.

**Evaluations are assessed using Core 34, which measures wellbeing, functioning, problems, and risk, and the Warwick-Edinburgh Mental Wellbeing Scale which captures scores to give overall self-ratings*

Report of the trustees *(continued)* *for the year ended 31 March 2022*

GOVERNANCE

The following core objectives and key targets are contained within our updated Strategic Plan for 2020-25. The overall Plan consists of five Strategic Priorities along with core objectives.

CORE OBJECTIVES: We will continue to:

- provide information, and assist as many people as we can who are affected by sexual abuse.
- provide various types of therapy including therapy for family groups.
- provide complementary therapies and self-management resources to benefit CSA survivors
- develop existing partnerships and further expand our outreach service geographically
- assist with supporting Criminal Injuries applications as required, and other advocacy needed
- identify additional revenue streams taking account of national agendas and local developments
- raise awareness of the prevalence of CSA at a national level as well as locally.
- raise awareness of who we are/ what we do, through website, social media, newsletters etc.
- contribute to the Parliamentary Cross-Party Group for Survivors of CSA and responses it gives
- assist with the National Inquiry set up by the Government for survivors from In-Care Institutions.
- lobby for child and other vulnerable witnesses accessing a 'Barnahus' model in Scotland.
- partner with like-minded agencies to promote a collaborative approach on projects & initiatives
- recruit and develop the skills of volunteers to assist us, eg, help with fundraising initiatives.
- deliver a training portfolio eg conferences, seminars as well as training for our own volunteers &
 - training to enhance personal safety through strategic tools, eg our *Safe Hands* courses
 - training courses specifically aimed at client wellbeing as per our *Positive Steps* Project
 - films/drama etc for training/awareness raising purposes & networking as required, and presentations about our work by a variety of people, eg Founder, Staff, Volunteers, all speaking to groups such as Rotary, Church and Youth Organisations, School Assembly etc.

SOME KEY TARGETS FOR 2022-2023 will be to:

1. Complete communication strategic plan in support of recently developed communication policy
2. Nurture the Young Person's Group to build on Listening Fund work to help us assess services
3. Identify funding to assist with a possible project on animation to be done by the young people
4. Roll out website film by Baby Grand Productions and promote services & training on website
5. Build on new funding sources identified by fundraising consultants for specific training projects
6. Recruit & train summer intake of volunteers to top up pool, devise fresh format for plans eg on events calendar, ideas for garden & Corridor art work, co-ordination of rota duties, etc, etc.
7. Develop and market the enhanced training facilities in the centre, and hold 2 open sessions
8. Provide more networking events /invite potential key personnel keen on training opportunities
9. Continue Partnership with Glasgow Links Practitioners' Project to develop and promote the satellite service further afield and deliver training programmes in more suitable premises
10. Further develop collaborative partnerships to enhance referral routes eg Future Pathways and progress research to justify further help for BAME survivors, with a project if funding emerges
11. Undertake other collaborative partnerships to promote MAF's work including, eg. Barnahus
12. Utilise the new website format and more social media opportunities to promote our services
13. Utilise our twice yearly newsletter to seek wider distribution
14. Promote quality assurance via projects identified by Quality of Service Delivery Gp to Board
15. Review & amend all key areas and objectives of the Strategic Plan 2020-25 during the 'bedding in' period for new Chair in autumn 2022

Report of the trustees *(continued)* *for the year ended 31 March 2022*

Sub Groups

Given the relatively small number of 9 Trustees, much use is made of sub-groups. A likely mix is often a Trustee, staff member, a Board Adviser, and in some cases, a client eg adult/young person. Some groups are short-life working groups and others are of a more ongoing nature. A fairly organic one is the Strategic Planning sub-group which devised various elements of Strategic Planning 2020-25. This included 5 key strategic priorities and a number of key objectives to develop strategies for four areas:

Capacity & Demand
Training & Development
Staffing & Services
Governance & Evaluation

The five **Strategic Priorities** are:

1. To offer a range of therapeutic services to survivors of CSA, including minority groups, to encourage recovery, and lessen the impact of trauma on individuals.
2. To identify strategic opportunities for future growth including outreach facilities, partnership arrangements, and sustained effort to attract new sponsors & establish new revenue streams.
3. To recruit, train and develop high calibre Staff, Volunteers, and Board Members to achieve objectives, maximise benefits for clients, and deliver a quality service.
4. To promote the Moira Anderson Foundation's role locally and nationally and raise awareness of CSA and its harmful effects on survivors.
5. To ensure good Governance by attracting Board Members with appropriate experience, and relevant skills to be proactive, drive our strategic priorities, and achieve a sustainable future.

Risk, Safeguarding, H & S & Quality are now standing items on Board Meeting agendas.
A Quality Service delivery group was approved and is now meeting regularly.

An **Outcomes Group** assesses how well we are listening to our clients, and evaluates benefits.
Additionally, there is a **Peer Support Group**, a **Client Advisory Group**, and a weekly **Pop-In Group**.

Other Groups for 2022-23:

A **Children and Young Persons Group** ran January 2020- June 2021. 'MAF Champs' discussed many innovative ideas, and drafted a Charter to show future tasks to undertake including being part of awareness raising campaigns for MAF. We have secured further funds to allow growth so that the membership of this group continues, and that work on an animation project be shown in early autumn.

A **Volunteer Protocol Group** is new, and to include representation from VANL with a main aim being to establish better clarity around roles and boundaries, whether people are Trustees or Volunteers.

Training Developments:

Although there is no current sub group looking at training and development, this may happen over 22-23. Founder Sandra has identified 2 staff members who have both completed their introductory Safe Hands training, and recently refreshed their experience. Both staff are keen to embark on a Training for Trainers in-house workshop programme with Sandra as mentor, to commence June 2022, with much of the study in the individual's own time. It is hoped that some funding may be secured to help. The aim is to gradually build up capabilities for a) delivering the one hour presentation on Safe Hands ideal for interested groups either face to face or virtually and b) delivering to participants wishing to attend the 2 Day Introductory Course, initially to our own client groups/new volunteers, staff who haven't had the opportunity to access Safe Hands Training and receive accreditation for attendance.

Report of the trustees *(continued)* **for the year ended 31 March 2022**

GROWTH & SUSTAINABILITY:

We expanded notably over the year, and external indicators are very positive. New staff member Chaimae Baqqari won a prestigious award for *Client with most Transformational Journey of the Year*- which reflects the incredible road she has been on- from the Health and Social Care Alliance, Scotland. Investors in People nominated MAF as *Employer of the Year*, due to our Platinum success. Sandra our Founder was a finalist for leadership skills in UK organisations, gaining Gold Winner Lifetime Achievement at the *National Businesswomen's Awards*.

Operations have still rolled out despite Covid, providing consistent quality. Staff, therapists, volunteers, clients, and trustees have had some excellent self-development opportunities, with access to high calibre training on topics such as Child Protection, and Trauma. One volunteer, a former client, is involved in Hands on Health courses with a view to becoming a co-facilitator.

We have maintained a high profile over the year. Our International Ambassador Matthew McVarish has been a key leader among several international activists driving a global strategy over the winter which has led to the success of the Brave Movement. MAF is proud to be a participating agency and signed the Call for Action. Matty and Sandra met relevant politicians at Westminster in November 2021, to highlight the need for survivors voices to be represented at the highest level. The Brave campaign culminates in a virtual 2 hour summit to be opened by the Director-General of the World Health Organisation, and closed by none other than Gloria Estefan, a survivor herself, to ensure that CSA is on the discussion agenda of the G7 Summit Leaders for June 2022.

We have very strong leadership capabilities to sustain us: *"You have a clear focus on the future with huge investment in training and qualifications. Over 85% of those surveyed felt MAF developed great leaders."* *"MAF scored fantastic results for empowering people."* (IIP review 2020). Gillian, Maria and Kirsten all achieved completion of The Inspiring Leadership Programme, a course funded by Inspiring Scotland and Scottish Government. Janine has also completed the first year of her Cognitive Behavioural Therapy studies, with 2 other staff midway through other relevant courses.

Our volunteer pool dropped to 14, meaning we can only plan for more recruitment in summer 2022 when restrictions allow it. However, our amazing team devised a host of further innovative ideas to raise cash safely, and an Easter Egg Hunt outdoors attracted 200 attendees. Thanks must go to Audrey Leckie for her work with our volunteers, and the smooth handover of her role to Angela Gribben. With smaller events feasible, a 20's Tea Party is planned for June, while our flagship event, the Ladies Lunch is hoped to resume its large social gathering format and attract 200 plus in August.

Our 'new look' hub gives us a 'quiet space', a terrace, and a patio area. A garden around a memorial stone for Moira (chosen by her cousin, and safely installed) will be designed, with hopefully, funding support. Lots of overhead costs for other much-needed client spaces too, was greatly helped by MAF picking up top prize of £15K from Scotmid's Community Connect Awards, despite stiff competition.

We are glad that succession of our Chair Maggie is going to be addressed by a new pair of hands taking the reins. Another must is recruiting of new Trustees, with finance skills high on our wish list.

As we enter a new financial year, and a new era with a different Chair shortly, it is also vital we keep Moira's case in the spotlight and in turn promote the charity's profile. MAF benefitted from prominent media coverage both on STV and in 7 different national newspapers on the 65th anniversary. Her story will be highlighted by the respected tv criminologist on *David Wilson's Crime Files: Cold Cases* in autumn, and will be mentioned in a Sky tv series called *Forgotten Girls*. Audible have also given the green light for a podcast of some eight episodes to be made by production company Chalk and Blade on the Moira Anderson case, to be compiled over the next 12 months. This demonstrates that Moira and her story is still very much at the heart of what we endeavour to do at MAF, and the Foundation is the best legacy possible to ensure future generations are protected in a way she herself was not.

Report of the trustees *(continued)* *for the year ended 31 March 2022*

FINANCIAL REVIEW

The net income of the charity in the year was £38,821 and the net assets as at 31 March 2022 were £371,671.

Reserves Policy

The members of the Board of Trustees along with the Company Members have continued to monitor reserve funds with due diligence. To meet ongoing operational requirements, the Board considers that free reserves equivalent to four months of expenditure remains appropriate. This would be required in either crisis situations, or the winding up of operational services to cover all mandatory criteria, e.g. redundancies for permanent staff. The free reserves which are defined as unrestricted funds not tied up in fixed assets at the year end totalled £213,412 which is close to the reserves policy.

Statement of Trustees' Responsibilities

The Board of Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice (UKGAAP). Company Law requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Board of Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Board of Trustees is also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Board of Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Approval of the Trustees' Annual Report

At the time of approving this report, the Board of Trustees are aware of no relevant audit information of which the charity's auditors are unaware and have taken all steps that they ought to have taken as a member of the Board of Trustees in order to make themselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Approved by order of the Board of trustees and signed on its behalf by:


Margaret Docherty - 2022-11-28, 12:22:23 UTC

M. Docherty
Chair & Trustee

Report of the independent auditor's to the trustees and members of The Moira Anderson Foundation

Opinion

We have audited the financial statements of The Moira Anderson Foundation (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and the provisions available for audit of small entities, in the circumstances set out in note 1 to the financial statements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the director's use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Report of the independent auditor's to the trustees and members of The Moira Anderson Foundation *(continued)*

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' Report incorporating the Directors' Report for the financial period for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of directors

As explained more fully in the Directors' Responsibilities Statement, the directors (who are also the trustees of the charitable company for the purposes of charitable law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud are detailed below.

Report of the independent auditor's to the trustees and members of The Moira Anderson Foundation *(continued)*

As part of our planning process:

- We enquired of management of the systems and controls the charitable company has in place, the areas of the financial statements that are most susceptible to the risk of irregularities and fraud, and whether there was any known, suspected or alleged fraud. Management informed us that there were no instances of known, suspected or alleged fraud.
- We obtained an understanding of the legal and regulatory frameworks applicable to the charitable company. We determined that the following were most relevant: employment law (including the Working Time Directive); and compliance with charity law and the UK Companies Act.
- We considered the incentives and opportunities that exist in the charitable company, including the extent of management bias, which presents a potential for irregularities and fraud to be perpetrated, and tailored our risk assessment accordingly; and
- Using our knowledge of the charitable company, together with the discussions held with management at the planning stage, we formed a conclusion on the risk of misstatement due to irregularities including fraud and tailored our procedures according to this risk assessment.

The key procedures we undertook to detect irregularities including fraud during the course of the audit included:

- Enquiries with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reading correspondence with regulators including OSCR;
- Reviewing board minutes;
- Challenging assumptions and judgements made by management in their significant accounting estimates, in particular in relation to depreciation rates; and
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Owing to the inherent limitations of an audit, there is an unavoidable risk that some material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK). For instance, the further removed non-compliance is from the events and transactions reflected in the financial statements, the less likely the auditor is to become aware of it or to recognize the non-compliance.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, and regulation 10 of the Charities Accounts (Scotland) Regulations 2006 (as amended). Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company, its members as a body and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.


Keith Macpherson – 2022-12-02, 11:41:18 UTC

Keith Macpherson (Senior Statutory Auditor)

For and on behalf of Henderson Loggie LLP

Chartered Accountants

Statutory Auditor

Eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

11-15 Thistle Street

Edinburgh

EH2 1DF

Statement of financial activities and income and expenditure account
for the year ended 31 March 2022

		2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £
	<i>Notes</i>						
Income from:							
Donations and legacies	2	72,184	606,851	679,035	77,732	604,613	682,345
Other trading activities	4	8,371	-	8,371	4,118	-	4,118
Investments	3	4	-	4	9	-	9
Charitable activities	5	3,480	-	3,480	6,182	-	6,182
Total income		84,039	606,851	690,890	88,041	604,613	692,654
Expenditure on:							
Raising funds	6	170	-	170	1,575	-	1,575
Charitable activities:	7	74,349	577,550	651,899	14,067	536,738	550,805
Total expenditure		74,519	577,550	652,069	15,642	536,738	552,380
Net income/(expenditure)		9,520	29,301	38,821	72,399	67,875	140,274
Transfer between funds		12,983	(12,983)	-	54,991	(54,991)	-
Net movement in funds		22,503	16,318	38,821	127,390	12,884	140,274
Total funds at 1 April 2021		227,338	105,512	332,850	99,948	92,628	192,576
Total funds at 31 March 2022		249,841	121,830	371,671	227,338	105,512	332,850

The notes form part of these financial statements

Balance sheet
at 31 March 2022

	<i>Notes</i>	2022 £	2021 £
Fixed assets			
Tangible assets	11	36,429	36,234
Current assets			
Debtors	12	42,248	15,015
Cash at bank and in hand		348,492	337,423
		390,740	352,438
Creditors:			
Amounts falling due within one year	13	(55,498)	(55,822)
Net current assets		335,242	296,616
Total assets less current liabilities		371,671	332,850
Net assets		371,671	332,850
Funds			
Unrestricted funds	16	249,841	227,338
Restricted funds	16	121,830	105,512
Total funds		371,671	332,850

The notes form part of these financial statements

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Trustees and were signed on its behalf by:


Margaret Docherty - 2022-11-28, 12:22:23 UTC

Maggie Docherty
Chair

Statement of cash flows
for the year ended 31 March 2022

	2022 £	2022 £	2021 £	2021 £
Cash flows from operating activities				
Net income/(expenditure)	38,821		140,274	
Depreciation	12,482		12,129	
Movement in debtors	(27,233)		(5,461)	
Movement in creditors	(324)		23,983	
Interest received	(4)		(9)	
Cash provided by/(used in) operating activities	<hr/>	23,742	<hr/>	170,916
Cash flows from investing activities				
Investment income	4		9	
Purchase of tangible assets	(12,677)		(37,978)	
Cash used in investing activities	<hr/>	(12,673)	<hr/>	(37,969)
Increase in cash and cash equivalents in the year		<hr/> 11,069		<hr/> 132,947
Cash and cash equivalents at the beginning of the year		337,423		204,476
Total cash and cash equivalents at the end of the year		<hr/> 348,492 <hr/>		<hr/> 337,423 <hr/>

Notes to the financial statements

1 Accounting policies

Accounting policies

A summary of principal accounting policies, all of which have been applied consistently throughout the year and the preceding year is set out below.

Basis of accounting

The financial statements have been prepared on a going concern basis in accordance with applicable accounting standards and under the historical cost convention. The charity is a Public Benefit Entity and a company limited by guarantee, incorporated in Scotland with the registered office as noted in the trustees report. The financial statements are compliant with the charity's constitution, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006, the Statement of Recommended Practice (SORP) FRS 102 "Accounting and Reporting by Charities", and in accordance with Financial Reporting Standard 102 (FRS 102). As is common with many charities of a similar size, the charity uses its auditors to assist in the preparation of its financial statements.

The financial statements are prepared in £ Sterling which is functional currency of the charity rounded to the nearest £.

Going concern

The Board of Trustees have considered the position for the next twelve months including the impact of the COVID-19 pandemic and have concluded that the use of the going concern basis of accounting is appropriate because there are no material uncertainties related to events or conditions that may cast doubt about the ability of the charity to continue as a going concern.

Income

All income including donated services is included on the statement of financial activities when the charity is entitled to the income, it is probable it will be received and the amount can be quantified with reasonable accuracy. The value of services provided by volunteers has not been included in these accounts.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on raising funds

These comprise the costs associated with attracting donations.

Expenditure on charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. Governance costs include those costs associated with meeting the constitutional and statutory requirement of the charity and include the audit fees and costs linked to the strategic management of the charity.

Tangible fixed assets

Only items costing more than £1,500 will be capitalised. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant and machinery	25% straight line
Fixtures and fittings	20% straight line

Debtors

Debtors are recognised at the settlement amount due.

Notes to the financial statements *(continued)*

1 Accounting policies *(continued)*

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in a transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Where restricted funds are received for the purpose of purchasing fixed assets the restriction is deemed fulfilled and a transfer made to unrestricted funds when the assets are purchased.

Leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution salary sacrifice pension scheme. Contributions payable to the pension schemes are charged to the statement of financial activities in the period to which they relate.

Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Judgements in applying accounting policies and key sources of estimation uncertainty

In the application of the company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

In preparing these financial statements, the trustees have made the following judgements:

- Determine whether leases entered into by the charity as a lessee are operating or finance leases. These decisions depend on an assessment of whether the risks and rewards of ownership have been transferred from the lessor to the lessee on a lease by lease basis.
- Tangible fixed assets are depreciated over a period to reflect their estimated useful lives. The applicability of the assumed lives is reviewed annually, taking into account factors such as physical condition, maintenance and obsolescence.
- Fixed assets are also assessed as to whether there are indicators of impairment. This assessment involves consideration of the economic viability of the purpose for which the asset is used.

Notes to the financial statements *(continued)*

2 Income from donations

	Unrestricted £	Restricted £	2022 £	2021 £
Grants				
Scottish Government – CYP early intervention	-	25,000	25,000	25,000
Scottish Government – Survivor Fund	-	209,125	209,125	209,125
Big Lottery Fund – Positive Steps	-	-	-	78,975
Big Lottery Fund – Improving Lives	-	127,895	127,895	48,995
BBC Children in Need	-	26,736	26,736	21,874
Kilpatrick Fraser	-	3,481	3,481	4,289
Henry Smith	-	17,550	17,550	34,750
Corra Foundation	-	-	-	13,438
Health & Social Care Alliance Scotland	-	29,955	29,955	19,041
SCVO	-	-	-	500
Co-op	-	-	-	2,585
North Lanarkshire Council Community Grants	-	-	-	10,545
Inspiring Scotland – SOCAS	-	-	-	18,599
Inspiring Scotland – Wellbeing Fund	-	-	-	5,745
Inspiring Scotland – Covid Grant	-	-	-	350
Inspiring Scotland – Covid – Outdoor Support Wellbeing Fund	-	-	-	950
The Volant Trust	-	14,940	14,940	14,940
BoS Invest Fund	-	29,035	29,035	29,035
Julia & Hans Rausing Trust	-	-	-	10,800
Health Improvement Scotland	-	1,143	1,143	4,984
Community wellbeing fund	-	-	-	2,000
Small Grants	-	83,813	83,813	37,450
Stafford Trust	-	4,800	4,800	-
WCH Trust for Children	-	2,000	2,000	-
Rs Mac	-	14,604	14,604	-
Postcode Lottery	-	16,524	16,524	-
Leathersellers	20,000	-	20,000	-
Other donations received	52,184	250	72,434	81,271
	<u>72,184</u>	<u>606,851</u>	<u>679,035</u>	<u>682,345</u>

3 Income from investments

	2022 £	2021 £
Deposit account interest	4	9

4 Income from other trading activities

	2022 £	2021 £
Fundraising events	8,371	4,118

5 Income from charitable activities

	2022 £	2021 £
Provision of counselling, support and seminars	3,480	6,182

Notes to the financial statements *(continued)*

6	Expenditure on raising funds	2022	2021
		£	£
	Advertising and PR	134	1,208
	Fundraising cost of events	36	367
		<u>170</u>	<u>1,575</u>
		<u><u>170</u></u>	<u><u>1,575</u></u>
7	Expenditure on charitable activities	2022	2021
		£	£
	Training and education	9,736	9,963
	Counselling and support	422,947	359,271
	Support costs (see note 8)	219,216	181,571
		<u>651,899</u>	<u>550,805</u>
		<u><u>651,899</u></u>	<u><u>550,805</u></u>
8	Support costs	2022	2021
		£	£
	Indirect staff	105,205	88,457
	Premises	70,727	50,025
	Equipment hire, maintenance and depreciation	21,979	21,889
	Telephone, postage and stationery	8,315	5,896
	Legal and professional	6,775	9,507
	Governance - Audit fee	5,930	5,562
	Bank charges	285	235
		<u>219,216</u>	<u>181,571</u>
		<u><u>219,216</u></u>	<u><u>181,571</u></u>
9	Net incoming/(outgoing) resources	2022	2021
		£	£
	<i>Net resources are stated after charging/(crediting):</i>		
	Depreciation – owned assets	12,482	12,129
	Audit of the financial statements	5,930	5,562
	Operating lease payments	15,000	15,000
		<u>33,412</u>	<u>32,691</u>
		<u><u>33,412</u></u>	<u><u>32,691</u></u>
10	Staff costs	2022	2021
		£	£
	Wages and salaries	318,849	246,161
	Social security costs	18,266	13,660
	Other pension costs	22,034	16,920
		<u>359,149</u>	<u>276,741</u>
		<u><u>359,149</u></u>	<u><u>276,741</u></u>

Notes to the financial statements *(continued)*

10 Staff costs *(continued)*

The average monthly number of employees during the year was as follows:

	2022	2021
Management, administration and fundraising	8	8
Support workers	12	7
	<u>20</u>	<u>15</u>

No employees receive emoluments in excess of £60,000.

The key management of the charity are deemed to be the Director and the Senior Administrators. The remuneration of key management including employers NI (but excluding adjustment for holiday pay accrual) was £51,588 (2021: £50,830) and employer pension payments were £3,817 (2021: £3,589).

As a Board member Sandra Brown was reimbursed for expenses in the period of £1,528 (2021: £Nil). Included in expenses was £1,350 (2021: £Nil) in relation to training courses run by Sandra Brown, and £178 in reimbursement of expenses. Board member Rukhsana Saleem was paid of £2,800 (2021: £Nil) for room hire. No other trustees received reimbursement of expenses during the year to 31 March 2022.

11 Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Total £
<i>Cost</i>			
At 1 April 2021	12,082	58,423	70,505
Additions	2,023	10,654	12,677
	<u>14,105</u>	<u>69,077</u>	<u>83,182</u>
At 31 March 2022			
<i>Depreciation</i>			
At 1 April 2021	11,630	22,641	34,271
Charge for year	956	11,526	12,482
	<u>12,586</u>	<u>34,167</u>	<u>46,753</u>
At 31 March 2022			
<i>Net book value</i>			
At 31 March 2022	<u>1,519</u>	<u>34,910</u>	<u>36,429</u>
At 31 March 2021	<u>452</u>	<u>35,782</u>	<u>36,234</u>

Notes to the financial statements *(continued)*

12 Debtors: Amounts falling due within one year

	2022	2021
	£	£
Trade debtors	748	5,839
Other debtors	3,084	2,167
Prepayments and accrued income	38,416	7,009
	<u>42,248</u>	<u>15,015</u>
	<u><u>42,248</u></u>	<u><u>15,015</u></u>

13 Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	28,005	31,961
Social security and other taxes	11,047	7,220
Accrued expenses	16,446	16,641
	<u>55,498</u>	<u>55,822</u>
	<u><u>55,498</u></u>	<u><u>55,822</u></u>

14 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases at the year end are:

	2022	2021
	£	£
Within 1 year	15,000	15,000
Within 2 – 5 years	8,014	23,014
Greater than 5 years	-	-
	<u>23,014</u>	<u>38,014</u>
	<u><u>23,014</u></u>	<u><u>38,014</u></u>

Notes to the financial statements (continued)

15 Movement in funds

	As at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers	As at 31 March 2022 £
<i>Unrestricted funds</i>					
General fund	227,338	84,039	(74,519)	12,983	249,841
<i>Restricted funds</i>					
Scottish Government – CYP early intervention	-	25,000	(25,000)	-	-
Scottish Government – Survivor Fund 2021	-	209,125	(209,125)	-	-
Big Lottery Fund – Positive Steps project	29,495	-	(27,347)	(2,148)	-
Big Lottery Fund – Improving Lives project	-	127,895	(89,557)	-	38,338
North Lanarkshire Council	740	-	(425)	-	315
BBC Children in Need	-	26,736	(17,397)	-	9,339
Foundation Scotland – The Volant Trust	-	14,940	(14,934)	-	6
Kilpatrick Fraser	-	3,481	-	-	3,481
Henry Smith	9,710	17,550	(27,261)	-	(1)
20/20 Campaign	3,459	-	(3,459)	-	-
Corra Foundation - Listening Fund	2,246	-	(2,246)	-	-
BOS Invest Programme	5,780	29,035	(29,035)	-	5,780
Julia & Hans Rausing Trust	3,006	-	(3,006)	-	-
Healthcare improvement Scotland	4,984	1,143	(5,952)	-	175
Co-op	1,159	-	(1,159)	-	-
North Lanarkshire Council Community Grants	9,999	-	-	(9,999)	-
Inspiring Scotland – SOCAS	13,384	-	(13,384)	-	-
Inspiring Scotland – Covid – Outdoor Support	568	-	(568)	-	-
Small grants	20,982	83,813	(80,117)	(836)	23,842
Health & Social Care Alliance Scotland	-	29,955	(20,470)	-	9,485
RS Macdonald Trust	-	14,604	(2,789)	-	11,815
Postcode Lottery	-	16,524	(4,069)	-	12,455
Stafford trust	-	4,800	-	-	4,800
WCH Trust for Children	-	2,000	-	-	2,000
Donations	-	250	(250)	-	-
	105,512	606,851	(577,550)	(12,983)	121,830
Total funds	332,850	690,890	(652,069)	-	371,671

Transfers between funds represent either the clearance of deficits on restricted funds or the release of restricted funds on the purchase of fixed assets.

Notes to the financial statements (continued)

15 Movement in funds

	As at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers	As at 31 March 2021 £
<i>Unrestricted funds</i>					
General fund	99,948	88,041	(15,642)	54,991	227,338
<i>Restricted funds</i>					
Scottish Government – CYP early intervention	-	25,000	(25,000)	-	-
Scottish Government – Survivor Fund 2021	-	209,125	(209,125)	-	-
Big Lottery Fund – Positive Steps project	25,385	78,975	(74,865)	-	29,495
Big Lottery Fund – Improving Lives project	-	48,995	(48,995)	-	-
North Lanarkshire Council	740	-	-	-	740
BBC Children in Need	-	21,874	(21,874)	-	-
Foundation Scotland – The Volant Trust	-	14,940	(14,940)	-	-
Kilpatrick Fraser	-	4,289	(3,359)	(930)	-
Souter Trust	445	-	(445)	-	-
Henry Smith	9,956	34,750	(25,554)	(9,442)	9,710
20/20 Campaign	44,283	2,910	(1,941)	(41,793)	3,459
SCVO	(500)	500	-	-	-
Health & Social Care Alliance Scotland	4,756	19,041	(23,797)	-	-
HFD Charitable Foundation	2,000	-	(2,000)	-	-
Corra Foundation - Listening Fund	5,563	13,438	(16,755)	-	2,246
BOS Invest Programme	-	29,035	(23,255)	-	5,780
Julia & Hans Rausing Trust	-	10,800	(7,794)	-	3,006
Healthcare improvement Scotland	-	4,984	-	-	4,984
Co-op	-	2,585	(1,426)	-	1,159
North Lanarkshire Council Community Grants	-	10,545	(546)	-	9,999
Inspiring Scotland – SOCAS	-	18,599	(5,215)	-	13,384
Inspiring Scotland – Wellbeing Fund	-	5,745	(5,745)	-	-
Inspiring Scotland – Covid Grant	-	350	(350)	-	-
Inspiring Scotland – Covid – Outdoor Support	-	949	(381)	-	568
Wellbeing Fund	-	7,104	(7,104)	-	-
Community wellbeing fund	-	2,000	(2,000)	-	-
Small grants	-	37,250	(13,442)	(2,826)	20,982
Direct Client	-	830	(830)	-	-
	92,628	604,613	(536,738)	(54,991)	105,512
Total funds	192,576	692,654	(552,380)	-	332,850

The purpose and use of restricted income funds included are as follows:

Scottish Government – CYP early Intervention	Art therapy for clients under 25 years old
Survivors Scotland Support Fund	Specified core funding
Big Lottery Fund – Positive steps	Complementary therapies and Hands on Health training
Big Lottery Fund – Improving Lives	Continuation of Positive Steps project & salary costs
North Lanarkshire Council	Event/activity support
BBC Children in Need	Play therapies and part funding of a client support officer
Foundation Scotland – The Volant Trust	Part funding of client support officer for women
Kilpatrick Fraser	Funding towards capital purchases & IT items
Souter Trust	Train new volunteers and Safe Hands training
Henry Smith	Core funding
20/20 Campaign	Renovation of premises to increase counselling rooms
SCVO	Funding for improvements to cyber security
Health & Social Care Alliance Scotland	Funding for satellite service in Glasgow
HFD Charitable Foundation	Funding for counselling
Corra Foundation - Listening Fund	To assess our monitoring & evaluations for young people

Notes to the financial statements (continued)

15 Movement in funds

BOS Invest Programme	Funding for client support officer
Julia & Hans Rausing Trust	Funding for counselling, salaries & overheads
Healthcare improvement Scotland	Funding for an engagement exercise regarding Barnahus standards
Small Grants	Various small grants for different purposes
Co-op/Wellbeing fund/ Inspiring Scotland	Funding for client support officer & counselling
RS Macdonald Trust	Funding for under 18 client support officer & counselling
Postcode Lottery	Funding for client support officer & counselling
Stafford Trust	Funding for children and young people counselling and room hire
WCH Trust for Children	Funding for children and young people services
Donations for clients	Donations received for direct client costs

16 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £
Tangible fixed assets	36,429	-	36,429
Current assets/ (liabilities)	213,412	121,830	335,242
	<hr/>	<hr/>	<hr/>
Total	249,841	121,830	371,671
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £
Tangible fixed assets	36,234	-	36,234
Current assets/ (liabilities)	191,104	105,512	296,616
	<hr/>	<hr/>	<hr/>
Total	227,338	105,512	332,850
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

17 Related party disclosures

Total donations received from trustees during the year without conditions were £728 (2021: £283).

18 Ultimate controlling party

The charity is controlled by its trustees, no individual trustee has overall control.

Detailed statement of financial activities for the year ended 31 March 2022

	2022 £	2021 £
Income		
Donations and legacies	72,434	81,271
Grants	606,601	601,074
Income from other trading activities		
Fundraising events	8,371	4,118
Income from investments		
Deposit account interest	4	9
Income from charitable activities		
Training seminars	3,480	6,182
	<hr/>	<hr/>
Total income	690,890	692,654
Expenditure		
Expenditure on raising funds		
Advertising and PR	134	1,208
Fundraising cost of events	36	367
	<hr/>	<hr/>
	170	1,575
Expenditure on charitable activities		
Staff salaries	227,346	167,456
Social security	11,292	9,201
Pensions	15,306	11,627
Travelling expenses	543	198
Counsellors	146,800	155,385
Volunteer expenses	3,769	445
Catering at Centre	724	132
Subscriptions	1,684	832
Staff training	9,736	9,963
Sundry expenses	252	405
'Sustainability and communications	15,231	13,590
	<hr/>	<hr/>
	432,683	369,234
Support costs		
Governance costs		
Auditors' remuneration	5,930	5,562
	<hr/>	<hr/>
Administration		
Salaries	40,881	45,232
Social security costs	2,631	2,028
Employer's pension contributions	3,140	2,699
	<hr/>	<hr/>
	46,652	49,959
	<hr/>	<hr/>

This page does not form part of the statutory financial statements

Detailed statement of financial activities (continued)
for the year ended 31 March 2022

	2022	2021
	£	£
Support costs (continued)		
Management costs		
Salaries	50,622	33,473
Social security	4,343	2,431
Pension	3,588	2,594
	<hr/>	<hr/>
	58,553	38,498
	<hr/>	<hr/>
Premises		
Rent	23,947	16,667
Rates and water	1,807	1,156
Insurance	2,743	1,801
Light and heat	5,076	4,546
Repairs and renewals	31,911	24,728
Cleaning	5,032	1,127
Loss on sale of fire door	211	-
	<hr/>	<hr/>
	70,727	50,025
	<hr/>	<hr/>
Equipment hire, maintenance and depreciation		
IT support	7,717	8,880
Equipment maintenance	1,780	880
Depreciation of tangible fixed assets	12,482	12,129
	<hr/>	<hr/>
	21,979	21,889
	<hr/>	<hr/>
Telephone, postages and stationery		
Telephone	4,963	4,535
Postage and stationery	3,352	1,361
	<hr/>	<hr/>
	8,315	5,896
	<hr/>	<hr/>
Legal and professional		
Professional fees	5,571	9,200
Recruitment	1,204	307
	<hr/>	<hr/>
	6,775	9,507
	<hr/>	<hr/>
Bank charges	285	235
	<hr/>	<hr/>
Total resources expended	652,069	552,380
	<hr/>	<hr/>
Net (expenditure)/income	38,821	140,274
	<hr/> <hr/>	<hr/> <hr/>

This page does not form part of the statutory financial statements