



for You

Prevention of Suicide in
Bereaved by Suicide

Clydesdale & Supporting those

Charity Number SC044037

HEAR FOR YOU ACCOUNTS

1st JANUARY 2024 to 31st DECEMBER 2024



Hear For You

Trustees Annual Report

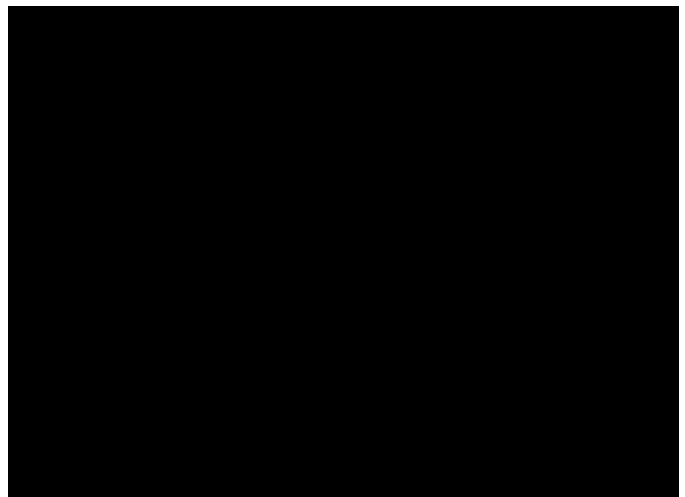
Year Ended 31st December 2024

Reference and Administrative Details

Registered Charity Name Hear for You

Charity Registration Number sc044037

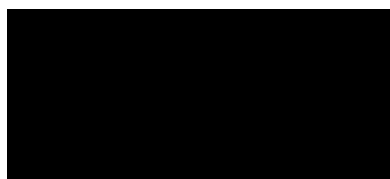
Principal Office



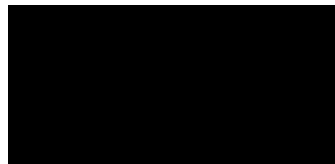
Principal Office Bearers

The Trustees

The trustees who served the Charity during the period were as follows:



Independent Examiner



Bankers

Royal Bank of Scotland
88 High Street
Lanark
ML11 7ET

Independent Examiner's Report to the Trustees of

Hear for You

I report on the accounts for the period 1st January 2024 to 31st December 2024.

Respective responsibilities of trustee and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirement of the Regulation 10(1)(d) of the Accounts does not apply. It is my responsibility to examine the accounts as required under Section 44 (1)(c) of the Act and to state whether particular matters have come to my attention.

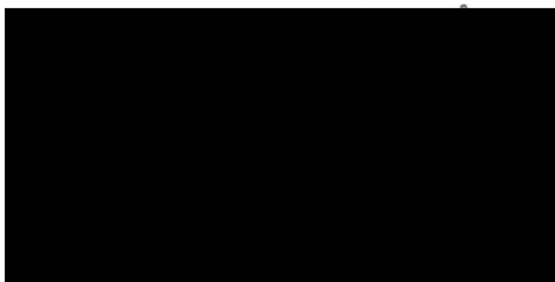
Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) Which gives me reasonable cause to believe that, in any material respect, the requirements
 - To keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts regulations; and
 - To prepare accounts which accord with the accounting records and to comply with regulation 9 of the 2006 regulations have not been met; or
- (2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



HEAR FOR YOU

Income and Expenditure Account for 1st January to 31st December 2024

Income		Expenditure	
Donations	2100.00	Counsellors Expenses	4,580.00
Grants	500.00	Travelling Expenses	69.60
Interest	33.66	Telephone Costs	530.09
Tax Recovered	1045.90	Supervision	0.00
Fund Raising	553.26	Room Hire	0.00
		Advertising	540.00
		Stationery	0.00
		Web Site Design	0.00
		Fund Raising Expenses	
Deficit	1486.87	Surplus	
Total	5719.69	Total	5,719.69

Balance Sheet as at 31st December 2024

Balance B/f	3180.04		
Less Deficit	(1486.87)	Bank	1690.28
		Bank	2.89
Total	1693.17	Total	1693.17

Objectives and Activities

1) Activities.

During this year, we have sought to:

- 1) Extend our offer of support and counselling to hopefully prevent any person in the Clydesdale area completing suicide by offering more one to one, face to face counselling, free of charge, as immediately as possible on request.
- 2) Offer more support and counselling to families/people bereaved through suicide, often years after the event.
- 3) Further reduce the stigma surrounding suicide; offer suicide prevention talks particularly in secondary schools, generally encouraging people, especially young people to talk openly about suicide.
- 4) Help train and offer access to training to volunteers to recognise signs of isolation and/or distress.
- 5) Further promote "Hear for You" within Lanark Presbytery and the Clydesdale area. Widen the distribution of leaflets and information about the service the project offers and encourage people to access our counsellors.

Since the Covid 19 restrictions, some clients have preferred to have their meetings held electronically by the use of zoom, facetime, etc., rather than face to face.

All our diploma - registered person-centred counsellors hold dedicated mobile phones to which anyone can call, to speak with us, leave a message and they can send an email, all of which we respond to. We have also invested in a new telephone system to allow callers to be automatically allocated to a counsellor.

Although not an emergency service, we are usually able to respond immediately, offering to listen, to arrange to meet with the person to give telephone support and/or to give details about Hear for You. People in crisis are often unable to meet with the counsellor and we offer to meet them, often in their own homes when necessary and appropriate. The counsellors operate a "safe and well" policy by which we support each other - and which the Management Team are aware of. In our experience, a person calling us is often feeling very alone and vulnerable, but does want help. Our immediate response gives reassurance that we do care and want to help them alleviate their pain and distress. Clients in crisis also seem to fear medical and psychiatric mental health issues, drug and/or alcohol dependency issues.

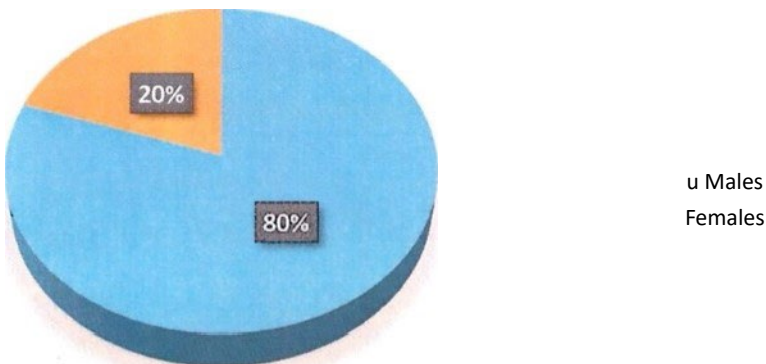
The management team have organised the continued use of 4 buildings owned and run by South Lanarkshire Council where we can meet with clients confidentially, and this arrangements also affords counsellors safety. Each person is offered unrestricted counselling sessions to respond to their needs, but as many people contacting the project, "live on the edge of society", attendance may be erratic and chaotic. We have also invested in a new telephone system to allow callers to be automatically allocated to a counsellor.

2) Beneficiaries: The kind of people benefitted from this project during 2024 are as follows:

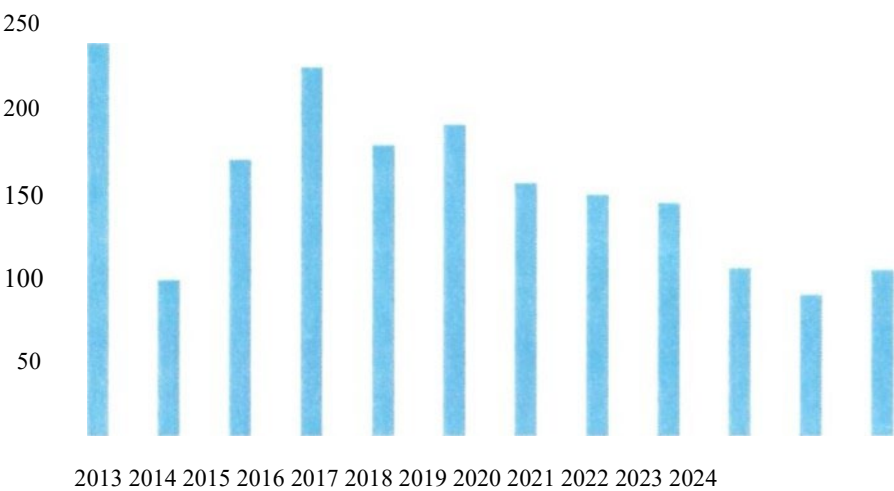
	2024	Cumulative Total
Adults (21-64)	8	149
Older Adults (65 and over)		20
Young people (under 21)		42
	9	211

An analysis of our clients shows that 80% of our clients were female during 2024 . This is very much in line with the national statistics.

Analysis of Male and Female Clients



The number of people in total our project has directly benefitted is 211. The number of sessions we have held since our inception in 2012 is 2132. and the annual analysis is shown graphically.



3) Outcomes:

We hope to counsel those who are in crisis/struggling with life-death issues/suffering in a variety of ways through suicide/who are contemplating, even planning suicide by offering support and empathy in free, one to one, face to face, confidential counselling sessions, but also by phone/text at the initial point of contact or thereafter when in crisis. If this is effective, which we believe it is, this will affirm those in crisis that they matter, that someone does care, and that they can be listened to non-judgementally, and almost immediately at a time that suits them and is important to them. Counsellors and volunteers are able to identify shortcomings in knowledge and changes in language surrounding suicide through training and learning new skills. Staff members will also be able to measure and track a client's progress through their training but also through the evaluation tool, as well as noting a decrease in the suicide rate in Clydesdale.

The Project hopes to increase the awareness of suicide so that those who are too frightened to mention the word in the community, can do so and decrease the stigma associated with suicide. By increasing the awareness and reducing the stigma, through local awareness talks, linking with local GPs where possible, and local Social Work services, we will be able to notice and increase in referrals from a variety of areas wider than Lanark; and people can talk about suicide, not feeling guilty, excluded or embarrassed.

The Project hopes to create a viable and long term project available in future years for those considering/affected by suicide, by raising awareness of suicide, promoting the project in Clydesdale, fund raising, training volunteers and developing partnerships in the Clydesdale area.

4) Future Requirements

- a) We need more volunteers to help in the running of the Project.
- b) We need more counsellors to expand our work
- c) Be flexible. We need to be able to react to people's changing needs.
- d) We need to identify additional sources of income to allow us to expand our work.
- e) We need to broaden our fundraising opportunities to ensure the sustainability of this Charity.

Responsibilities of Trustees

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with

the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006.

The Trustees have decided that due to the size of the Charity and the fact that our service is provided free of charge, not to hold any specific financial reserves.

During this financial year, the Charity had a deficit of £1,486, thus reducing the available cash funds to £1,693. We continue to provide a free service for clients and this obviously has an impact on any funding which we have. During 2025, we hope to hold further fund-raising events and apply for funding from a variety of sources to increase our cash reserves.

Signed on behalf of the trustees

A large black rectangular box redacting the signature of the Treasurer.

Treasurer