

Hear Me

Scotland · Charity number SC044106

Details

Status Active

Legal form SCIO (Scottish Charitable Incorporated Organisation)

Registered 2013-06-27

Register [View on the OSCR register](#)

Contact

Address PO Box 7010
DD8 0BJ

Website <http://www.hearmecounselling.com/>

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education','the advancement of health'

What the charity does: Hear Me provides a highly specialised counselling service for adults and children (age 8+), of all genders, have experienced the trauma of sexual abuse at any time in their lives. who Hear Me also provides specialist training and continues to raise awareness of the issue of sexual abuse locally and in the wider community.

Beneficiaries: 'Children or young people','Older People','People with disabilities or health problems','People with a particular ethnic or racial origin','Other defined groups'

Objectives: 1 The organisation is established for charitable purposes only, and in particular, the objects are advancing health (4.1 ? 4.7 listed below) and advancing education (4.8 listed below): 1.1 By enabling and supporting people who have experienced sexual abuse to self manage their own mental health 1.2 By enabling and supporting better mental health in all people who use our service 1.3 By enabling and supporting increased independence and autonomy in what people who use our service do 1.4 By enabling confidence in service users to have a say in matters of direct concern to their mental well being 1.5 By helping equip the service user with better and safer coping strategies to manage their mental health problems 1.6 By enabling the service user to have more awareness of opportunities and what they can hope for themselves 1.7 By enhancing the service users well-being, with increase in confidence, self-esteem and self belief 1.8 By the provision of training to volunteer counsellors and the wider community

Geography

- **Main operating location:** Angus
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£220,647	£208,664	-	7
2025-03-31	£218,975	£188,199	-	7
2024-03-31	£148,347	£177,382	-	7
2023-03-31	£154,382	£177,823	-	8
2022-03-31	£160,584	£159,615	-	8
2021-03-31	£183,449	£146,600	-	9

Hear Me

Scotland - Charity number SC044106

Accounts

Hear Me

Scottish Charity No: SCO44106

Annual Report & Financial Statements

For the year ended

31 March 2026

Hear Me

Annual Report & Statement of Account

For the year to 31 March 2026

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Hear Me

Trustee's Annual Report

For the year ended 31 March 2026

The charity trustees present their report together with the financial statements and the Independent Examiner's report for the year ended 31 March 2026.

Reference and Administration Information

Charity Name	Hear Me (also known as Hear Me Counselling)
Charity No	SC044106
Address	Finavon Hill By Forfar Angus DD8 3PX
Trustees	Julia Smith (Chairperson) Scott Lindsay (Treasurer) Kirstin McCallum (Secretary) Carole McFadden (Secretary)
Independent Examiner	Lynn Smith, FCCA
Bankers	Bank of Scotland

Structure, Governance & Management

The Charity is a Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution.

The structure of the organisation consist of the Charity Trustees who are also the organisation's only members and comprise the organisation's Board.

Charity trustees are appointed by the Board and can be:

- any person aged 16 or over; and/or
- any individual who has been nominated for membership by and unincorporated organisation; and /or
- any corporate body, who subscribes to the purposes of the organisation and wishes to see them fulfilled.

The Board is responsible for the management and administration of the charity and are supported by 7 members of staff and a team of volunteers who deliver the services.

Hear Me

Trustee's Annual Report

For the year ended 31 March 2026

Objectives & Activities

The charity has been established to advance the health and education of people who have experienced or been affected by the trauma of sexual abuse at any time in their lives.

To achieve the above purposes the charity provides:

- Free and confidential counselling, support, and group activities for adults and children (age 8+), of all genders, who have experienced the trauma of sexual abuse at any time in their lives
- Training and awareness raising sessions on the impact of sexual abuse, locally and in the wider community.

Achievements & Performance

Hear Me provides a highly specialised counselling service for adults and children (age 8+), of all genders, who have experienced the trauma of sexual abuse at any time in their lives.

Hear Me also provides specialist training and continues to raise awareness of the issue of sexual abuse locally and in the wider community.

We have 4 Trustees.

We have 7 part-time staff. We also have 12 volunteers within the organisation who are involved in a range of duties including, counselling, awareness raising, fundraising and acting as trustees.

During the year 2025/26 we:

- Received 97 referral offering 2481 counselling appointments and 470 Support Appointments.
- Delivered in-house training for staff and volunteers
- Delivered 2 Group programmes of Season's for Growth for adults and children
- Held awareness raising events at Schools, Colleges, NHS buildings, Angus Council buildings, and at various community events throughout Angus.

Hear Me

Trustee's Annual Report

For the year ended 31 March 2026

Financial Review

The income for the year was £220,647, primarily from grants. With expenditure of £208,664 Hear Me had a surplus for the year of £11,983. At the 31 March 2026 the charity held total funds of £97,838 of which £43,010 were restricted funds to be spent as specified by the donor, and £54,828 were unrestricted funds.

Reserves Policy

The Trustees aim to build up a general reserve of at least £53,000, equivalent to just over 3 months running costs, to ensure that the charity has sufficient funds to meet liabilities as they fall due, and should income reduce substantially, provide time to provide alternative funding or wind up the charity in an orderly fashion with minimal disruption to beneficiaries.

At 31 March 2026 the charity held a general reserve of £54,828, exceeding their target.

The report was approved by the charity trustees on 30 June 2026 and signed on their behalf by:

Julia Smith

Julia Smith

Chairperson

Hear Me

Independent Examiner's Report

I report on the accounts of Hear Me for the year ended 31 March 2026, which are set out on pages 7 to 10.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustees Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 ("the 2006 Regulations").

I have satisfied myself that the charity is not subject to audit under regulation (10)(1)(d) of the 2006 Regulations and is eligible for Independent Examination. I have therefore examined the charity's accounts as required under section (44)(1)(c) of the 2005 Act and Regulation 11 of the 2006 Regulations. In carrying out my examination I have followed the guidance issued to Independent Examiners by the Office of Scottish Charity Regulators (OSCR).

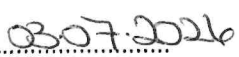
My role is to state whether any material matters have come to my attention giving me cause to believe that:

- 1 the accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations: or
- 2 the accounts do not accord with those records: or
- 3 the accounts do not comply with the accounting requirements of Regulation 9 of the 2006 Regulations: or
- 4 there is further information needed for a proper understanding of the accounts.

Independent Examiner's Statement

I have completed my examination and I have no concerns in respect of any of the above and I have found no other matters that require drawing to your attention.


.....
Lynn E Smith (FCCA)
3 Dornie Place
Dundee
DD2 4UD

Date:  ,

Hear Me

Statement of Receipts & Payments

For the year ended 31 March 2026

	Notes	Unrestricted Funds £	Restricted Funds £	2026 Total £	2025 Total £
Receipts	3				
Donations		3,037	-	3,037	1,546
Grants		74,000	143,610	217,610	217,429
Total Receipts		77,037	143,610	220,647	218,975
Payments					
Staff Costs		66,705	114,124	180,829	160,254
Other staff costs		240	-	240	-
Supervision		1,621	2,419	4,040	4,311
Training		375	583	958	1,038
Travel		1,967	4,964	6,931	8,044
Fee & Subscriptions		577	738	1,315	1,716
Publicity		-	-	-	625
Room Hire		1,690	5,920	7,610	6,161
Insurance		440	254	694	694
Computer Equipment		534	794	1,328	517
Stationery		325	122	447	808
Telephone & Broadband		655	1,596	2,251	2,351
PO Box		135	236	371	353
Independent Examination		382	514	896	640
Sundry Expenses		304	450	754	687
Total Payments		75,950	132,714	208,664	188,199
Surplus/(deficit) for the year		1,087	10,896	11,983	30,776
Transfers between funds	8	1,437	(1,437)	-	-
Surplus/(deficit) for the year		2,524	9,459	11,983	30,776

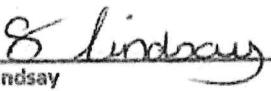
Hear Me

Statement of Balances

As at 31 March 2026

Notes	Unrestricted	Restricted	2026 Total	2025 Total
	Funds	Funds		
	£	£	£	£
Opening Bank & Cash balances	52,304	33,551	85,855	55,079
Surplus/Deficit	2,524	9,459	11,983	30,776
Closing Bank & Cash balances	54,828	43,010	97,838	85,855
Bank and cash			£	£
Bank			97,838	85,855
Assets			£	£
Computers/Laptops (estimated value)			-	138
Liabilities			£	£
Trade Creditors			375	412
Other Creditors			526	-
Pensions			1,349	1,243
			2,250	1,755

Approved by the Charity Trustees on 30 June 2026
and signed on their behalf by:


Scott Lindsay
Treasurer

Hear Me

Notes to the Financial Statements

For the year to 31 March 2026

1. Accounting Policies

These accounts have been prepared on the receipts and payments basis in accordance with:-

- (a) The Charities and Trustees Investment Act (Scotland) 2005, and
- (b) The Charities Accounts (Scotland) Regulations 2006 (as amended).

Income & Expenditure is recognised when received or disbursed.

The Charity maintains:-

- (a) A general unrestricted fund for the day-to-day running of the charity which is expendable at the discretion of the Management Committee in furtherance of the charity's objects, and
- (b) A number of restricted funds that consist of monies received from sponsors which relate to a specific project and are donated to fund a particular purpose (see note 3).

2. Trustee Remuneration & Expenses

No Trustees or connected people received any remuneration for services provided to the charity.

No expenses were paid to the Trustees.

3. Grants

	Unrestricted Funds	Restricted Funds	2026 Total	2025 Total
	£	£	£	£
Scottish Government	-	63,164	63,164	56,990
Big Lottery	-	25,416	25,416	24,737
Bank of Scotland Foundation	50,000	-	50,000	50,000
The Henry Smith Charity	-	45,030	45,030	35,000
The Robertson Trust	24,000	-	24,000	24,000
Awards for All	-	-	-	17,680
RS MacDonald	-	-	-	9,022
Funded by Essentia, awarded by Foundation Scotland	-	10,000	10,000	-
Total	74,000	143,610	217,610	217,429

Hear Me

Notes to the Financial Statements

For the year to 31 March 2026

4. Movement in Restricted Funds

During the year the charity maintained the following restricted income funds:-

Fund	Opening Balance £	Income £	Expenditure £	Transfers £	Closing Balance £
Alexander Moncur Trust: for one to one counselling	1,626	-	(1,626)	-	-
The Henry Smith Charity: towards counselling costs & Young People Project	3,318	45,030	(39,372)		8,976
The Mickel Fund: for core costs of children's young people services	1,546	-	(1,546)	-	-
The Big Lottery: for the set your path project	10,818	25,416	(24,846)	-	11,388
Inspiring Scotland 2024-2026 - For a counselling service for survivors of childhood abuse.	1,809	63,164	(61,102)	(1,437)	2,434
Awards for All - For administration costs	14,434	-	(3,848)		10,586
Funded by Essentia, awarded by Foundation Scotland - For a counselling service for children & young people.	-	10,000	(374)		9,626
	33,551	143,610	(132,714)	(1,437)	43,010

5. Transfer between funds

£1,437 was transferred from restricted to unrestricted funds as a result of an underspend in 2025, as agreed by the funder.

Hear Me

Scotland - Charity number SC044106

Accounts

Hear Me

Scottish Charity No: SC044106

Annual Report & Financial Statements

For the year ended

31 March 2025

Hear Me

Annual Report & Statement of Account

For the year ended 31 March 2025

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Trustees' Annual Report

For the year ended 31 March 2025

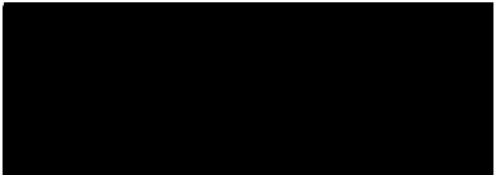
The charity trustees present their report together with the financial statements and the Independent Examiner's report for the year ended 31 March 2025.

Reference & Administrative Information

Charity Name: Hear Me

Charity Number: SC044106

Principal Address: Finavon Hill, By Forfar, Angus DD8 3PX

Trustees: 

Independent Examiner: 

Bankers: Bank of Scotland

Structure, Governance & Management

Hear me is Scottish Charitable Incorporated Organisation (SCIO) governed by its constitution.

The structure of the organisation consists of the Charity Trustees who are also the organisation's only members and comprise the organisation's Board.

Charity trustees are appointed by the Board and can be:

- any person aged 16 or over; and/or
- any individual who has been nominated for membership by an unincorporated organisation; and/or
- any corporate body, who subscribes to the purposes of the organisation and wishes to see them fulfilled.

The Board is responsible for the management and administration of the charity and are supported by 7 (seven) members of staff and a team of volunteers who deliver the services.

Hear Me

Trustees' Annual Report

For the year ended 31 March 2025

Objectives & Activities

The charity has been established to advance the health and education of people who have experienced or been affected by the trauma of sexual abuse at any time in their lives.

To achieve the above purposes the charity provides:

- Free and confidential counselling, support, and group activities for adults and children (age 8+), of all genders, who have experienced the trauma of sexual abuse at any time in their lives
- Training and awareness raising sessions on the impact of sexual abuse, locally and in the wider community.

Achievements & Performance

Hear Me provides a highly specialised counselling service for adults and children (age 8+), of all genders, who have experienced the trauma of sexual abuse at any time in their lives.

Hear Me also provides specialist training and continues to raise awareness of the issues of sexual abuse locally and in the wider community.

We have 4 (four) Trustees and 7 (seven) part-time staff. We also have 12 (twelve) volunteers within the organisation who are involved in a range of duties including, counselling, awareness raising, fund raising and acting as trustees.

During the year 2024/25 we:

- Received 121 referrals offering 2,260 counselling appointments.
- Delivered 513 hours of additional support
- Delivered in-house training for staff and volunteers
- Delivered 2 Group programmes of Season's for Growth for adults and children
- Held awareness raising events at Schools, Colleges, NHS buildings, Angus Council buildings, and at various community events throughout Angus.

Hear Me

Trustees' Annual Report
For the year ended 31 March 2025

Financial Review

The income for the year was £218,975, primarily from grants. With expenditure of £188,199 Hear me had a surplus for the year of £30,776. At the 31 March 2025 Hear Me held total funds of £85,855 of which £33,551 were restricted funds to be spent as specified by the donor, and £52,304 were unrestricted funds.

The general reserves of the charity are the unrestricted funds held by the charity less the value of any designated funds. In addition, the Bank of Scotland makes clear that their funding, while unrestricted, cannot be used to contribute to the building up of reserves. Accordingly, the balance held of their funding has been removed from calculation of the free reserves of the charity.

The trustees aim to build up a free reserve of at least £30,000, equivalent to just over 3 months' running costs, to ensure that the charity has sufficient funds to meet liabilities as they fall due and, should income reduce substantially, provide time to find alternative funding or wind up the charity in an orderly fashion with minimal disruption to beneficiaries.

At the 31 March 2025 the charity held free reserves of £36,609 and had met the trustee's target.

This report was approved by the charity trustees on 24 June 2025
and signed on their behalf by:

[Redacted signature block]

.....

Hear Me

Independent Examiner's Report

I report on the accounts of Hear Me for the year ended 31 March 2025, which are set out on pages 7 to 10.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 ("the 2006 Regulations").

I have satisfied myself that the charity is not subject to audit under Regulation (10)(1)(d) of the 2006 Regulations and is eligible for independent examination. I have therefore examined the charity's accounts as required under section (44)(1)(c) of the 2005 Act and Regulation 11 of the 2006 Regulations. In carrying out my examination I have followed the guidance issued to independent examiners by the Office of the Scottish Charity Regulator (OSCR).

My role is to state whether any material matters have come to my attention giving me cause to believe that:

1. the accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Regulation 9 of the 2006 Regulations; or
4. there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and I have no concerns in respect of any of the above and I have found no other matters that require drawing to your attention.

Hear Me

Statement of Receipts & Payments

For the year ended 31 March 2025

	Note	Unrestricted Funds	Restricted Funds	2025 Total	2024 Total
		£	£	£	£
Receipts					
Donations		1,546	-	1,546	3,134
Grants	3	74,000	143,429	217,429	145,213
Total receipts		<u>75,546</u>	<u>143,429</u>	<u>218,975</u>	<u>148,347</u>
Payments					
Staff costs		39,348	120,906	160,254	153,467
Supervision		853	3,458	4,311	4,713
Training		471	567	1,038	890
Travel		1,350	6,694	8,044	8,129
Fees & subscriptions		530	1,186	1,716	765
Publicity		-	625	625	-
Room hire		613	5,548	6,161	4,189
Insurance		330	364	694	630
Computer equipment		107	410	517	150
Stationery		36	772	808	556
Telephone & broadband		293	2,058	2,351	2,534
PO Box		130	223	353	330
Independent examination		232	408	640	613
Sundry expenses		178	509	687	416
Total payments		<u>44,471</u>	<u>143,728</u>	<u>188,199</u>	<u>177,382</u>
Surplus/(deficit)		<u>31,075</u>	<u>(299)</u>	<u>30,776</u>	<u>(29,035)</u>

Hear Me

Statement of Balances

At 31 March 2025

Note	Unrestricted Funds	Restricted Funds	2025 Total	2024 Total
	£	£	£	£
Opening bank & cash balances	21,229	33,850	55,079	84,114
Surplus/(deficit)	31,075	(299)	30,776	(29,035)
Closing bank and cash balances	52,304	33,551	85,855	55,079

Assets

Computers/laptops (estimated value)	138	138
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Liabilities

Trade creditors	412	411
Pensions	1,343	-

Approved by the charity trustees on 24 June 2025
and signed on their behalf by:



Hear Me

Notes to the Financial Statements

For the year ended 31 March 2025

1. Accounting Policies

These accounts have been prepared on the Receipts & Payments basis in accordance with:-

- (a) The Charities & Trustee Investment Act (Scotland) Act 2005, and
- (b) The Charities Accounts (Scotland) Regulations 2006 (as amended).

Income and expenditure is recognised when received or disbursed.

The Charity maintains:-

- (a) A general unrestricted fund for the day-to-day running of the charity which is expendable at the discretion of the management committee in furtherance of the charity's objects, and
- (b) A number of restricted funds that consist of monies received from sponsors which relate to a specific project and are donated to fund a particular purpose (see note 3).

2. Trustee Remuneration & Expenses

No trustees or connected people received any remuneration for services provided to the charity.

No expenses were paid to the trustees.

3. Grants

	Unrestricted Funds	Restricted Funds	2025 Total	2024 Total
	£	£	£	£
Scottish Government	-	56,990	56,990	52,490
Big Lottery	-	24,737	24,737	-
Bank of Scotland Foundation	50,000	-	50,000	-
The Henry Smith Charity	-	35,000	35,000	33,000
The Robertson Trust	24,000	-	24,000	40,700
Awards for All	-	17,680	17,680	-
RS Macdonald	-	9,022	9,022	9,023
Voluntary Action Angus	-	-	-	10,000
Total	74,000	143,429	217,429	145,213

Hear Me

Notes to the Financial Statements

For the year ended 31 March 2025

4. Movement in Restricted Funds

During the year the charity maintained the following restricted income funds:

Fund	Opening balance	Income	Expenditure	Transfers	Closing balance
	£	£	£	£	£
R S MacDonald Trust: for Young Peoples one to one counselling	5,394	9,022	14,416	-	-
Alexander Moncur Trust: for one to one counselling	1,626	-	-	-	1,626
The Henry Smith Charity: towards counselling costs & Young People Project	96	35,000	31,778	-	3,318
The Mickel Fund: for core costs of children's young people's services	1,546	-	-	-	1,546
The Big Lottery: to continue and expand the service providing support for survivors of sexual abuse	7,943	-	7,943	-	-
The Robertson Trust: for core running costs	17,245	-	17,245	-	-
The Big Lottery: For the Set Your Path project	-	24,737	13,919	-	10,818
2025 Inspiring Scotland – For a counselling service for survivors of childhood abuse.	-	26,245	26,245	-	-
Inspiring Scotland 2024-26 – For a counselling service for survivors of childhood abuse.	-	30,745	28,936	-	1,809
Awards for All – For administration costs	-	17,680	3,246	-	14,434
	<u>33,850</u>	<u>143,429</u>	<u>143,728</u>	<u>-</u>	<u>33,551</u>