



Scottish Charitable Incorporated Organisation SC045158
181 Granton Rd, Edinburgh EH5 3RQ

ANNUAL REPORT AND ACCOUNTS

**1 January 2025-
31 December 2025**

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TalkTime Scotland SC045158 Annual Report and Accounts 2025

Introduction

TalkTime Scotland is a unique specialist service set up to offer free, professional counselling to young people aged 12-25 living in Scotland who are physically disabled or have long-term physical health conditions. It is a registered Scottish charity (SCIO number SC045158) and began its activities in February 2015. A copy of the charity's constitution is available on request.

Activities

TalkTime Scotland offers free, person-centred, one-to-one counselling to young people aged 12-25 who are either physically disabled or have a long-term physical health condition. Our counsellors are professionally qualified and experienced in working with this client group. Every client is offered a minimum of 10 one-hour sessions, although these therapeutic meetings can extend well beyond 10 where the client and counsellor agree to continue working together on more complex and challenging issues.

At the beginning of 2018 we relaunched the charity and changed its name from TalkTime Edinburgh to TalkTime Scotland. We have successfully set up internet and telephone counselling for those clients who are unable or prefer not to have face-to-face sessions at our base in Leith, east of the centre of Edinburgh.

In 2025 we provided 81 hours of individual counselling to 15 clients. Every client is asked to complete a pre- and then a post-counselling assessment. We use a validated Psychological Outcome Profiles Questionnaire (PSYCHLOPS) developed by Kings College London for therapeutic work with young people. This assesses how much their problems affect them and how long they have been feeling unhappy.

Although it is just a snapshot of the week that the assessment is undertaken, all clients who completed their course of therapy reported an improvement in their Psychlops scores at the end of counselling.

The Venue

The charity hires the Inglis Room in Norton Park Conference centre in the Leith area of the city. This is a room which is particularly suitable for counselling in that it is quiet, intimate and totally wheelchair accessible with disabled toilets and a comfortable waiting area for family, friends and other support. During 2025 we continued to offer a combination of face-to-face and online/telephone support.

Finance

The charity has continued to fundraise and has received generous donations from various sources. In May we received a donation of £1142.13 from the Edinburgh Community Bookshop in Leith. We also raised about £500 after costs from the 10th Anniversary Comedy Gala held during the Edinburgh Fringe Festival in August. As well as this we received donations from several individuals and private companies.

A copy of our [Annual Accounts](#) is included in this report.

Marketing

2025 was the 10th Anniversary of the charity. To celebrate this, we put on a one-night comedy gala during the Edinburgh Fringe featuring five disabled comedians. This was a great success and raised over £500 in ticket sales and donations after costs. We also attended the Cerebral Palsy Annual Conference in Glasgow as an exhibitor in October. A team of pupils from Firhill School in Edinburgh made a presentation about TalkTime for their Youth Philanthropy Initiative project. Our social media assistant Claudya continued to post news and updates on Facebook and Instagram.

The Constitution

In 2024 the constitution of TalkTime Scotland was updated in line with requests from OSCR to reflect changes in Scottish Charity Law and to show that all trustees are aware of their role and responsibilities. As mentioned above, a copy of the amended charity constitution is available on request.

The Board of Trustees

The charity currently has five trustees who have remained in the same posts throughout the year as follows:

Seonaid Cooke	Convenor	(9 October 2014 - present)
Dr Paul Hepple	Secretary	(9 October 2014 - present)
Peter MacRae	Treasurer	(31 January 2015 - present)
Dr Ann Robertson		(23 October 2014 - present)
Dorothy Fairweather		(23 January 2015 - present)

Trustees are elected by a majority vote of the current trustees at the AGM each year. The 2025 AGM was held on 29 March and all trustees were re-elected. The full process by which trustees are appointed is set out in our constitution.

The board meets regularly throughout the year to discuss progress and make plans for future development. Meetings were held during 2025 on 29 March (AGM) and 6 September.

Some Client Feedback from 2025

"Thank you so much for helping me grow this year! I hope you know the impact you're making through your sessions. You've definitely helped me through tough times. Thank you for believing in me and showing me I can believe in myself. I will continue to believe and work on myself and if ever in doubt your voice will encourage me. Thank you again."

Thank You

TalkTime Scotland would like to thank the following for their support during 2025:

Claudya Grace Ginting, Social Media & Marketing Assistant

Josh Hepple, Event Producer

Sarah Hepple, IT support

Edinburgh Community Bookshop

Austin Flynn

Andrew Anderson

Norton Park Conference Centre

Receipts and Payments Accounts

Statement of receipts and payments for the period 1 January 2025 - 31 December 2025

	2025 Unrestricted funds £	2025 Restricted funds £	2024 Unrestricted funds £	2024 Restricted funds £
Receipts				
Donations (note 4)	3,481	-	2,036	-
Grants	-	-	-	-
Fundraising	587	-	-	-
Gift Aid	-	-	-	-
Total receipts	4,068	-	2,036	-
Payments				
Cost of charitable activities (note 5)	(3,279)	-	(2,521)	-
Other costs (note 6)	-	-	-	-
Total payments	(3,279)	-	(2,521)	-
Transfers between funds	-	-	-	-
Surplus/(deficit) for the year	789	-	(485)	-

Statement of balances

	Year ending 31 Dec 2025 Unrestricted funds £	Year ending 31 Dec 2025 Restricted funds £	Year ending 31 Dec 2024 Unrestricted funds £	Year ending 31 Dec 2024 Restricted funds £
Opening cash at bank and in hand	9,539	500	10,024	500
Surplus/(deficit) for the year	789	-	(485)	-
Closing cash at bank and in hand	10,328	500	9,539	500
Bank and cash balances Community account	10,328	500	9,539	500

Notes to the accounts for the period 1 January 2025 - 31 December 2025

1 Basis of accounting

These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.

In 2019 a sum of £500 was received from Dr Guthrie's Association to help promote the work of the charity to remote parts of Scotland. This continues to be tracked in the Restricted Fund to ensure it is used only for the purpose for which it is intended.

3 Related party transactions

No payments were made to or from any of the trustees or connected parties in 2024 or 2025.

4 Donations

	2025 Unrestricted funds £	2025 Restricted funds £	2024 Unrestricted funds £	2024 Restricted funds £
From private individuals	1,481	-	36	-
From businesses	2,000	-	2,000	-
	<u>3,481</u>	<u>-</u>	<u>2,036</u>	<u>-</u>

5 Cost of charitable activities

	2025 Unrestricted funds £	2025 Restricted funds £	2024 Unrestricted funds £	2024 Restricted funds £
Counsellor fees	2,730	-	1,820	-
Room hire	145	-	151	-
Postage, stationery, mobile phone	174	-	40	-
Counsellor recruitment	-	-	230	-
Website/social media design and support	230	-	280	-
	<u>3,279</u>	<u>-</u>	<u>2,521</u>	<u>-</u>

6 Other costs

There were no other costs incurred in 2024 or 2025.

Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2025 – 31 December 2025.

Signed on behalf of the trustees of TalkTime Scotland:

Signature

Full Name

Position

Date

Signature

Full Name

Position

Date

Trustees' declaration

The trustees declare that they have approved the trustees' Annual Report and Accounts for the period 1 January 2025 – 31 December 2025.

Signed on behalf of the trustees of TalkTime Scotland:

Signature *Paul Hepple*

Full Name PAUL HEPPLE

Position Secretary

Date 23/2/26

Signature *Seonaid Cooke*

Full Name SEONAIID COOKE

Position DIRECTOR

Date 23/2/26

I report on the accounts for the year ended 31 December 2025 set out on pages two to seven.

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 Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations 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.

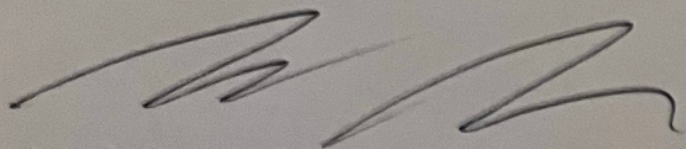
Basis of independent examiner's report

My examination is 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 seeks explanations from the trustees for any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit; consequently I do not express an audit opinion on the accounts.

Independent examiner's statement

In the course of my examination no matter has come to my attention that

1. 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 comply with Regulation 9 of the 2006 Accounts 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.



Andrew Anderson
179 Granton Road
Edinburgh EH5 3RQ

Date.....13/2/26