

The Joshua Nolan Foundation

Scotland · Charity number SC045351

Details

Status	Removed
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2015-01-15
Removed	2024-12-10
Register	View on the OSCR register

Contact

Address The Joshua Nolan Foundation
c/o Laura Nolan
16/1 Coates Gardens
Edinburgh
EH9 2HP

Website www.joshuanolanfoundation.org

Activities

Activities: 'It makes grants, donations, loans, gifts or pensions to individuals','It carries out activities or services itself'

Purposes: 'the advancement of health','the saving of lives'

What the charity does: We fund counselling for anyone experiencing suicidal thoughts or ideation, and also those directly affected by suicide. We do this by partnering with qualified counsellors to offer affordable and accessible counselling.

Beneficiaries: 'People with disabilities or health problems'

Objectives: 5 Our goal is to reduce suicide rates in Edinburgh and the surrounding areas. We intend to do this through improving the provision of quality mental health counselling for those who are at high risk of suicide.

Geography

- **Main operating location:** City of Edinburgh
- **Geographical spread:** More than one local authority area in Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31		-	-	-

The Joshua Nolan Foundation

Scotland - Charity number SC045351

Accounts

**The Joshua Nolan Foundation
SCIO Scottish Charity No.SC045351
Annual Report & Financial Statements
For the year ended 31 January 2024**

Trustees' Annual Report for the year ended 31 January 2024

Charity name:

The Joshua Nolan Foundation (JNF)

Legal status:

Scottish Charitable Incorporated Organisation (SCIO)

Scottish Charity Number: SC045351

Why was The JNF setup:

The Joshua Nolan Foundation was founded by [REDACTED] after she lost her son to suicide in 2013. Having experienced first-hand such a tragedy, [REDACTED] wanted to find new and better ways to support others in Scotland who might be struggling with thoughts of suicide and those who are affected by suicide.

How long have we been running:

The foundation was established in 2014 and registered officially with OSCR from 15 January 2015.

What do we do:

We believe that suicide is preventable. Our mission is to reduce suicide rates across Scotland. The Joshua Nolan Foundation provides much needed funding for residents in Edinburgh & the Lothians to access expert psychotherapy if they are at risk of, or impacted, by suicide. All of our counsellors specialise in trauma and suicidal ideation.

Who are our intended beneficiaries:

People who are at risk of, or impacted by, suicide.

Where we are based:

Edinburgh

How many locations do we currently operate in:

4 local authorities: Edinburgh City, West Lothian, East Lothian, and Midlothian

Why is the charity needed:

- o On average two people die by suicide every day in Scotland.
- o Scotland has the 2nd highest suicide rate in the UK, after Northern Ireland.
- o The rate of suicide in the most deprived areas in Scotland in 2022 was 2.6 times higher than that in the least deprived areas.

o There were 762 suicides registered in Scotland in 2022 (most recent available figures), an increase of 9 on the previous year.

What are The JNF's USPs:

- We are currently the only service in Scotland that funds counselling for those at risk of or impacted by suicide. Other places may provide counselling, but we fund it, without restriction. This means that people who are in distress can access counselling services quickly and at a low price point.
- Access to the counselling and the funding happens very quickly (most clients are seen within a week of their request for funding), in comparison to the NHS and other charities where there are long waiting lists. This is particularly dangerous for those who are in acute distress as these waiting lists leave them hopeless and without help for lengthy periods of time.
- Scotland's suicide rate has been higher than that in England & Wales since the 1990s. With a focus on Scotland and raising awareness of the service in minority groups and in those most greatly affected, we believe that The Joshua Nolan Foundation has a fantastic chance at positively impacting rates of suicide in Scotland. We are focused on saving lives and the counselling we fund does this.

A typical journey for our beneficiaries:

- Potential service users contact the counsellor of their choice through our website or, if required, will contact a member of The JNF's team for support in reaching out to a counsellor.
- The counsellor carries out an assessment, determines how many counselling sessions the service user needs and understands what financial contribution the service user can afford.
- The service user undertakes the sessions with their chosen counsellor. If they need additional support, the counsellor will request this from the trustees.
 - When the service user has reached a stronger mental space and is no longer at risk, the client will have their final session with the counsellor, and they will be asked if they are happy to give feedback to the Foundation. This is not required, and is undertaken anonymously. The Foundation is always here for previous service users to come back to in future.

Additional information:

- In 2015, the first year of running, The Joshua Nolan Foundation funded around 30 counselling sessions.
- In the last six years the number of counselling sessions funded has grown every year. Awareness across Edinburgh and the Lothians is responsible for this growth.
- We use a CORE assessment (undertaken by the professional counsellors that we work with) to quantitatively assess the service users when they start counselling and throughout their future sessions. The funding will only cease when the counsellor is happy with the improvement for the person and their quantitative score reflects a reduction in distress and likelihood of self harm or suicide.
 - A testimonial from the parent of a service user:

As a mother I was utterly desperate at a time in my son's life where he was at his lowest point. It all began almost 3 years ago when I noticed my son was self harming, this escalated fairly quickly and with it his mood descended in to what was the depths of despair. I was terrified and knew he needed urgent mental health intervention, however CAMHS involvement is a long and stressful process often taking months to finally see a clinical psychologist and I knew we were at a point where my son was critical in terms of needing support. I can't quite put in to words the terror I felt at that time, but thank god I reached out to JNF and so my son began his recovery. He saw a female therapist who he really opened up to - he needed medication to help him with his depression and he needed on going support through counselling. My son did not stop self harming over night but he is now more aware of what is going on with him and has the tools to try and fight his depression. Mother to mother I am so grateful for the JNF that they saved my son's life.

Provision and work over the last year:

An outline of the work the JNF has done over the last year:

- We continued to fund counselling sessions for those in need; since January 2023 our counsellors took on 93 new clients in need of help. The demand for our services has grown exponentially.
- Mental Health First Aid Training was delivered in partnership with an English charity, to empower more people to support those close to them with their own mental health struggles.

- We piloted successful group counselling with the aim of creating sustainable support for people in need.
- The part-time Charity Manger worked to increase our impact beyond counselling, spending time with several local schools through the Youth Philanthropy Initiative and engaging with the local community through events, such as a recent film screening which included a panel discussion by people affected by suicide.
- We worked with a social media consultant to increase the reach of our social media pages raising awareness of suicide and suicide prevention.
- We expanded the board to ensure that we had trustees that could help us meet the challenge ahead. The newly expanded board plotted out a forward strategy to build the charity to a position of strength. This identified that we needed to focus on fundraising as a major priority, and identified over reliance on one funder as a major risk. To tackle this, we embarked on an analysis of our operating costs and income projections.
- This review highlighted that JNF's person-centred approach of not capping sessions, and operating on a trust basis with regard to means testing, enabled us to support people at risk to get to safety, but also created a risk to the charity's financial sustainability.
- We contacted EVOC and sought advice on the best way forward.

Going Forward

As noted in the last submission, donations fell dramatically after the pandemic and have not recovered. This year, the existing financial challenge was further exacerbated by the loss of our most significant funder. Meanwhile demand for our counselling services and associated costs have continued to increase year on year. In the last 12 months, direct spend on charitable activities grew by a third. We are exceptionally grateful to those individuals, trusts and businesses who have continued to find ways to financially support JNF, but the donations we currently receive are insufficient to support our charity's operations.

To ensure that we had the funds to meet existing commitments to clients, counsellors and staff, following consultation with EVOC the Board made the difficult decision to pause our operations while we reviewed our financial situation. We asked our counsellors to notify their existing clients that their sessions would be coming to a close where it was safe for them to do so. At the same time, we accelerated our fundraising activity, submitting a number of bids to support our

counselling programme. Unfortunately, it became clear that we were facing an insurmountable shortfall and that we did not have sufficient time to deliver our fundraising strategy and raise the funds we needed to resume our services and operate our charity. We were forced to make our charity manager redundant and consider whether JNF could continue as a viable operation. Without certainty that we would be able to restart our funding for counselling services, we could no longer accept smaller donations intended to support this.

Conclusion

We are deeply saddened to advise that the Board has concluded it is no longer possible for the Joshua Nolan Foundation to operate. We do not have the funds to get the charity back on track and nor do we have sufficient time to raise them. With regret, we will be applying to OSCR to close JNF.

Our sincere thanks and gratitude goes to our amazing counsellors, funders, sponsors, supporters, ambassadors, dedicated volunteers, Charity Manager, and social media consultant who have all supported the JNF's work since the charity was conceived in 2014. Our greatest thanks goes to [REDACTED], the charity's founder, whose dedication has made it possible to help thousands of people in Edinburgh and the Lothians over the last ten years. The support of all these people has made a difference to hundreds of people at risk of, or impacted by suicide, and we are hugely grateful for the time and philanthropic donations they have invested.

The trustees present the financial statements for the year ended 31 January 2024.

Current trustees

[Redacted] (Secretary)
[Redacted] [Appointed April 2023]
[Redacted]

Trustees during the year ended 31 January 2024

[Redacted] [Resigned September 2023]
[Redacted] [Resigned September 2023]
[Redacted] [Resigned June 2023]
[Redacted] [Resigned September 2023]
[Redacted] [Resigned August 2024]

Recruitment and appointment of Trustees

The trustees are elected at the Annual General Meeting or co-opted during the year.

Principal Office

The Joshua Nolan Foundation

[Redacted]
[Redacted]
[Redacted]

Website: www.joshuanolanfoundation.org

Contact email: info@joshuanolanfoundation.org

Bank

CAF
25 Kings Hill Avenue
Kings Hill
West Malling
ME19 4JQ

Governing document

The Foundation is a Scottish Charitable Incorporated Organisation (SCIO). The purposes and administration arrangements are set out in our Constitution.

Charitable purposes

The organisation is established for charitable purposes only.

Our goal is to reduce suicide rates in Edinburgh and the surrounding areas. We intend to do this through improving the provision of quality mental health

counselling for those who are at high risk of suicide.

The area within which the organisation shall operate (in this constitution referred to as the 'Area of Benefit') shall be Edinburgh and the surrounding areas.

The organisation shall promote (but not promote exclusively) its activities and delivery operations to people within the 'Area of Benefit'. These people will be the organisation's beneficiaries.

Reserves

The board of trustees consider that reserves of over £40,000 are sufficient for the running of the foundation at this point in time.

Declaration

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

Signed on behalf of the charity's trustees:

Signature: [REDACTED]

Full name: [REDACTED]

Position: Board trustee and Secretary

Date: 03/10/2024

THE JOSHUA NOLAN FOUNDATION REPORT for the year ended 31 January 2024

Independent Examiner's Report to the Trustees of The Joshua Nolan Foundation

I report on the accounts of the charity for the year ended 31st January 2024 which are set out on pages 9-12.

Respective responsibilities of trustees 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) Act 2005 and the Charities

Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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 statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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 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 the course of my examination, no matter has come to my attention.

Name: [REDACTED]

Address: [REDACTED]

Date: 19th September 2024

Statement of Receipts and Payments for the year ended 31st January 2024

	Unrestricted funds	Restricted funds	TOTAL 2024	TOTAL 2023
Receipts				
Donations	£29,756	£35,350	£65,106	£35,645
Total receipts	£29,756	£35,350	£65,106	£35,645
Payments				
Cost of charitable activities	£62,906	£35,350	£98,256	£69,493
Governance (accounts)	£279	£0	£279	£780
Total payments	£63,185	£35,350	£98,535	£70,273
Surplus/(Deficit) for the year	£(33,429)	£ -	£(33,429)	£(34,628)

Statement of Balances – Year ended 31st January 2024

	Unrestricted funds	Restricted funds	TOTAL 2024	TOTAL 2023
Opening cash at bank and in hand	£78,709	£ -	£78,709	£105,118
Surplus/(Deficit) for the year	£(33,429)	£ -	£(33,429)	£(34,628)
Closing cash at bank and in hand	£45,280	£ -	£45,280	£70,490

Bank and cash balances

Current account	£45,280	£ -	£45,280	£78,709
Closing cash at bank and in hand	£45,280	£ -	£45,280	£78,709

Liabilities	Fund to which liability relates	TOTAL 2024	TOTAL 2023
Employee pay	Unrestricted	£0	£0
HMRC (NI)	Unrestricted	£4,262	£20
NEST (Pension)	Unrestricted	£1,208	£199
Counselling	Restricted	£12,528	£4,014
		£17,998	£4,233

Notes to the accounts - for the year ended 31st January 2024

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. The trustees maintain a single unrestricted fund for the day-to-day running of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. The trustees maintain one restricted fund which is used solely for counselling costs.

3. Donations

Donations received on an ad hoc basis from those willing to donate to the aims of the charity.

4. Cost of charitable activities

	Unrestricted funds	Restricted funds	Year ended 31/01/24	Year ended 31/01/23
Counselling	£39,309	£35,350	£74,659	£49,176
Contractors (Social Media)	£3,540	£0	£3,540	£3,000
Website	£2,760	£0	£2,760	£699
Insurance	£846	£0	£846	£0
Merchandise	£95	£0	£95	£750
Employee Costs	£13,115	£0	£13,115	£14,940
Subscriptions	£2,495	£0	£2,495	£0
Bank Charges	£(85)	£0	£(85)	£(9)
Donation Website Fee	£216	£0	£216	£418
IT/Software	£0	£0	£0	£519
	£62,075	£35,350	£97,425	£69,493

5. Governance costs

	Unrestricted funds	Restricted funds	Year ended 31/01/24	Year ended 31/01/23
Accountancy	£279	£0	£279	£780
	£279	£0	£279	£780

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Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	February	2023		31	January	2024

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
A1 Receipts						
Donations	28,624	9,000			37,624	35,645
Legacies					-	-
Grants		26,350			26,350	-
Receipts from fundraising activities	1,132				1,132	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
					-	-
A1 Sub total	29,756	35,350	-	-	65,106	35,645
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	29,756	35,350	-	-	65,106	35,645
A3 Payments						
Expenses for fundraising activities	831				831	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	62,075	35,350			97,425	69,493
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination					-	-
Preparation of annual accounts	279				279	780
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	63,185	35,350	-	-	98,535	70,273
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	63,185	35,350	-	-	98,535	70,273
Net receipts / (payments)	(33,429)	-	-	-	(33,429)	(34,628)
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	(33,429)	-	-	-	(33,429)	(34,628)

Section B Statement of balances



Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	70,490	-			70,490	105,118
	Surplus / (deficit) shown on receipts and payments account	(33,429)	-			(33,429)	(34,628)
						-	-
						-	-
	Cash and bank balances at end of year	37,061	-	-	-	37,061	70,490
	(Agree balances with receipts and payments account(s))	-	-	-	-	-	-

B2 Investments	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
		Total	-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
		Total	-	-	-

B4 Liabilities	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
	HMRC (PAYE & NI)	Unrestricted	4,262	20
	NEST (Pension)	Unrestricted	1,208	199
	Counselling (Jan 2024 Invoices)	Unrestricted	12,528	4,014
	Employee Pay	Unrestricted		
		Total	17,998	4,233

B5 Contingent liabilities	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
		Total	-	-

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
			09/05/2024

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

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C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
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C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	X
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C4b Trustee expenses - details

	Number of trustees	£

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

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Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below JustGiving	Unrestricted fund 2 - enter name of fund below Individual/Ad Hoc Donations	Unrestricted fund 3 - enter name of fund below MHFA Training	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	17,562	11,062			28,624	17,645
Legacies					-	
Grants					-	
Receipts from fundraising activities			1,132		1,132	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	17,562	11,062	1,132	-	29,756	17,645
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	17,562	11,062	1,132	-	29,756	17,645
Payments						
Expenses for fundraising activities	216		615		831	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	50,775	10,783	517		62,075	43,526
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination					-	-
Preparation of annual accounts		279			279	780
Legal costs					-	-
					-	-
					-	-
Sub total	50,991	11,062	1,132	-	63,185	44,306
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	50,991	11,062	1,132	-	63,185	44,306
Net receipts / (payments)	(33,429)	-	-	-	(33,429)	(26,661)
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(33,429)	-	-	-	(33,429)	(26,661)

Nature and purpose of funds

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Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
	The Benzies Foundation	Weir Charitable Trust	JTC Group	Other (>£2k)		
Receipts						
Donations	9,000				9,000	18,000
Legacies					-	
Grants		19,500	3,500	3,350	26,350	
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	9,000	19,500	3,500	3,350	35,350	18,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	9,000	19,500	3,500	3,350	35,350	18,000
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	9,000	19,500	3,500	3,350	35,350	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	9,000	19,500	3,500	3,350	35,350	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	9,000	19,500	3,500	3,350	35,350	-
Net receipts / (payments)	-	-	-	-	-	18,000
Transfers to / (from) funds					-	
Surplus / (deficit) for year	-	-	-	-	-	18,000

Nature and purpose of funds