

Time To Heal

Scotland · Charity number SC045358

Details

Status	Active
Legal form	Trust (founding document is a deed of trust) (other than educational endowment)
Registered	2015-01-19
Register	View on the OSCR register

Contact

Address
Bon Accord House
Riverside Drive
Aberdeen
AB11 7SL

Website www.ttoheal.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: We are a survivor-led organisation supporting victims and survivors of domestic abuse from marginalised and minoritised communities in Scotland. With over 12 years' experience, we provide safe, culturally competent, and trauma-informed services that meet survivors where they are and help them move from crisis to empowerment. Our support includes crisis intervention, casework, counselling, and advocacy, alongside practical assistance such as a food bank and fuel vouchers. We run a weekly Conversation Café and a monthly Community Breakfast, creating safe spaces to reduce isolation and stigma. Our empowerment projects—including sewing, cooking, crafts, and financial literacy—help survivors rebuild skills, confidence, and independence. We also provide mental health and drug abuse support, alongside programmes for children and young people. Our holistic approach, does not only meet immediate needs but also empower survivors to heal, thrive, and become leaders in their communities.

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: Within a Christian context, to relieve the needs of persons affected by domestic violence, abuse, and Trauma (primarily but not exclusively to women and children from minority ethnic groups), and prevent the spread of domestic violence and abuse in the north east of Scotland and such other places as the trustees may decide and in furtherance of this by. i) Provision of refuge from domestic violence. ii) Provision of supportive and educational services to persons affected by domestic violence in order to improve their conditions of life. and to the public in order to prevent the spread of domestic violence. iii) Working in partnership with other bodies to achieve the objects.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2024-11-30	£29,663	£39,700	-	0
2023-10-31	£33,969	£45,700	-	1
2022-10-31	£57,227	£56,659	-	1
2021-10-31	£50,186	£31,181	-	3
2020-10-31	£37,277	£35,672	-	2

Time To Heal

Scotland - Charity number SC045358

Accounts



Trustee Annual Report 2023–2024

1. 1. Introduction from the Trustees

The Trustees of Time to Heal are pleased to present their Annual Report together with the financial statements for the year ended 2023–2024. Time to Heal exists to provide hope, healing, and empowerment for individuals and families affected by domestic abuse, violence, and substance misuse, particularly within minority ethnic communities.

2. 2. Objectives and Activities

Time to Heal was established with a clear mission: to provide healing, hope, and empowerment for survivors of domestic abuse, families impacted by violence, and communities facing the challenges of addiction and trauma.

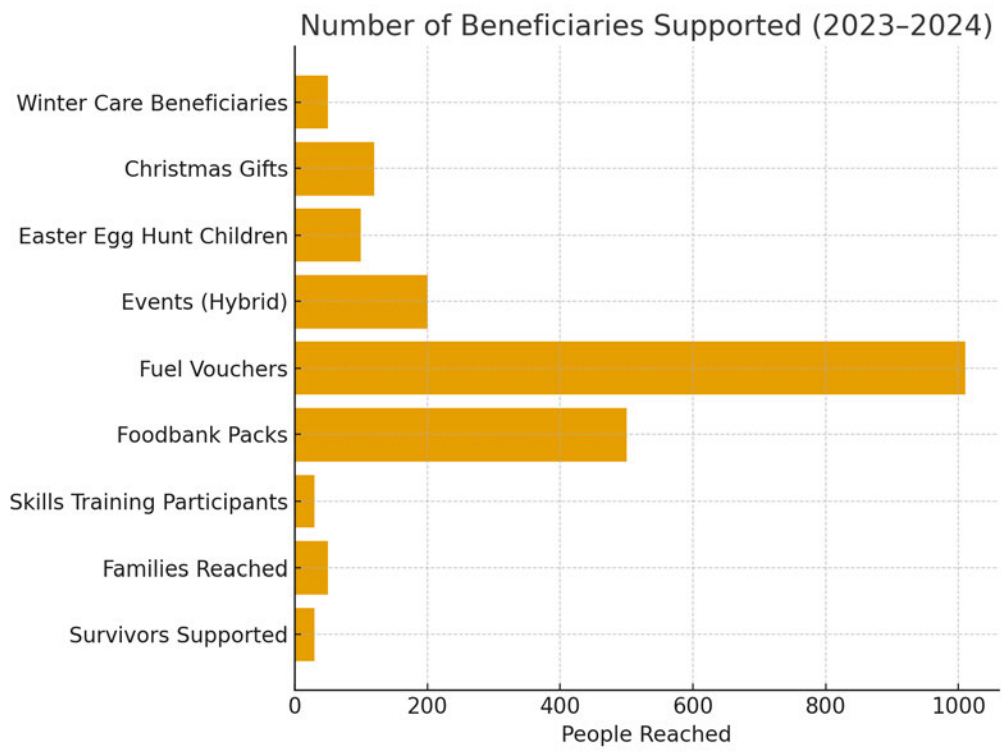
Our objectives this year included:

1. Supporting Survivors of Domestic Abuse
2. Empowering Through Skills and Economic Independence
3. Advocating for Justice and Systemic Change
4. Strengthening Families and Faith Communities
5. Building Global and Local Partnerships

3. 3. Achievements and Performance

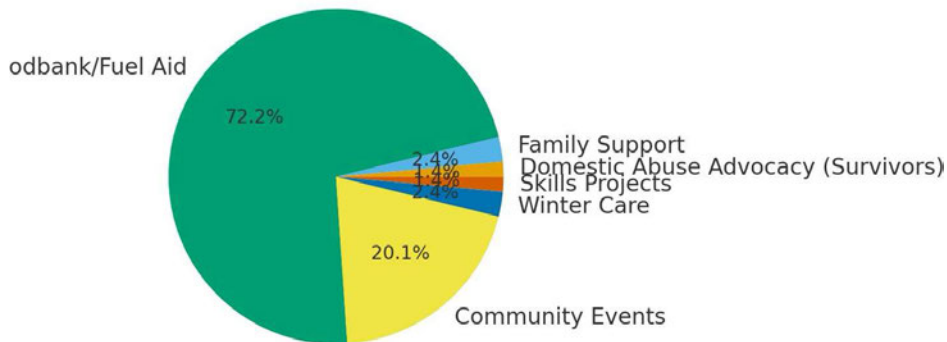
In 2023–2024, Time to Heal supported 30 survivors of domestic abuse and reached 50 families directly. We distributed 500 foodbank packs, 1,010 fuel vouchers, and provided seasonal support such as 100 Easter eggs, 120 Christmas gifts, and 50 winter care packages. Skills training empowered 30 participants with practical tools for independence. In addition, 200 people attended our hybrid advocacy events, including ICOVAW, Breakfast Meetings, and Conversation Cafés.

Beneficiaries Supported:



Programme Reach by Area:

Programme Reach by Area (2023–2024)



Stories of Change

“When I first came to Time to Heal, I was broken. I had lost all confidence and felt I had no future. Through the counselling and support groups, I found my voice again. I have now started a small business using the skills I learnt in the sewing project, and for the first time in years, I believe in myself.” – Survivor A

“I lived in silence for many years, too afraid to speak about the abuse I faced. Time to Heal not only listened but walked with me. I joined the Conversation Café and met other women who understood my pain. Today, I no longer feel alone — I feel part of a family.” – Survivor B

“I fled my home with only my children and the clothes on our backs. I didn’t know where to start. Time to Heal helped me with emergency support, food, and guidance through the legal system. My children are now safe, and I am rebuilding a home where peace replaces fear.” – Survivor C

“As a single mother of three, I often had to skip meals so my children could eat. The food packs I received from Time to Heal carried us through the hardest months. It wasn’t just

food — it was dignity, kindness, and reassurance that someone cares.” – Foodbank Recipient

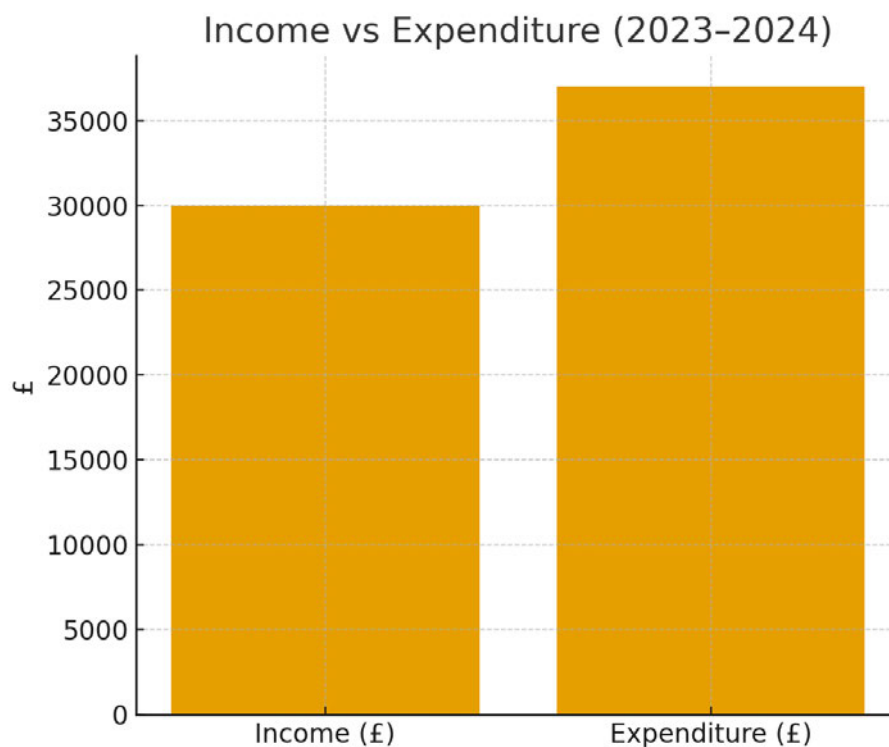
“Last winter was the toughest I’ve ever faced. With rising bills, I couldn’t afford to heat my home. The fuel vouchers from Time to Heal meant I could keep my children warm at night. I cannot explain the relief of seeing them sleep peacefully in a warm room.” – Fuel Voucher Recipient

4. 4 Financial Review

Income for the year: £29,993 (primarily grants and donations). Expenditure for the year: £37,900. Expenditure covered staff support, programme delivery, project materials, and events.

Reserves Policy: The Trustees aim to maintain reserves sufficient to cover at least three months of operating costs.

Income vs Expenditure:



5. 5. Structure, Governance & Management

Time to Heal is governed by a board of Trustees who oversee governance, ensure compliance, and provide strategic direction. The charity relies heavily on volunteers, alongside sessional staff and project leads.

6. 6. Plans for Future Periods

Looking forward, Time to Heal intends to launch the Addiction Centre, roll out the Certified Facilitator Training Programme, strengthen international collaborations, grow economic empowerment initiatives, and continue advocating for systemic reforms.

7. 7. Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations. They must ensure that the financial statements give a true and fair view of the charity's state of affairs.

8. 8. Approval

This report was approved by the Trustees on 31/08/2025 and signed on their behalf by:



TRUSTEES DETAILS

- 1.
- 2.
- 3.
- 4.





Enter charity name below

TIME TO HEAL

Receipts and payments accounts				
For the period from	Period start date		Period end date	
		01/12/23		to 30/10/24

Section A Statement of receipts and payments

	Unrestricted funds to nearest £	Restricted funds to nearest £	endowment to nearest £	endowment to nearest £	Total funds current period to nearest £
A1 Receipts					
Donations	1,500	1,200		~~~~~	2,700
Legacies					-
Grants	500	25,263			25,763
Receipts from fundraising activities	-				-
Gross trading receipts land and buildings					-
Rents from land & buildings activities					-
Received from Charitable Activities	1,200				1,200
A1 Sub total	3,200	26,463	-	-	29,663
sales					
Proceeds from sale of fixed assets					-
Proceeds from sale of investments					-
A2 Sub total	-	-	-	-	-
Total receipts	3,200	26,463	-	-	29,663

A3 Payments

Expenses for fundraising activities					-
Payment directly related to charity activities	1,200	23,000			24,200
Investment management costs					-
Audit / independent examination					-
Grants and donations	1,500				1,500
Salary		14,000			14,000
Governance costs					-
Audit / independent examination					-
Preparation of annual accounts					-
Legal costs					-
purchase of Equipments					-
7					-
A3 Sub total	2,700	37,000	-	-	39,700

investment movements

Purchases of fixed assets					-
Purchase of investments					-
A4 Sub total	-	-	-	-	-

Total payments	2,700	37,000	-	-	39,700
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Net receipts / (payments)	500	(10,537)	-	-	(10,037)
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A5 Transfers to / (from) funds					-
					-

Surplus / (deficit) for year

500

(10,537)

-

(10,037)

Enter SC No. below

SC045358

T

**Total funds last
period
to nearest £**

2,654
29,900
1,415
33,969

-

33,969

25,159
3,500
28,000
56,659

-

56,659

(22,690)

--

(22,690)

TIME TO HEAL

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £
B1 Cash funds	Cash and bank balances at start of year	4,297	10,618	
	Surplus / (deficit) shown on receipts and payments account	500	(10,537)	
	Cash and bank balances at end of year	4,797	81	-
	(Agree balances with receipts and payments account(s))	-	-	-

Categories	Details	Fund to which a
B2 Investments		

Details Fund to which asset belongs

B3 Other assets

Total

Details

Fund to which li:

B4 Liabilities

+

Details

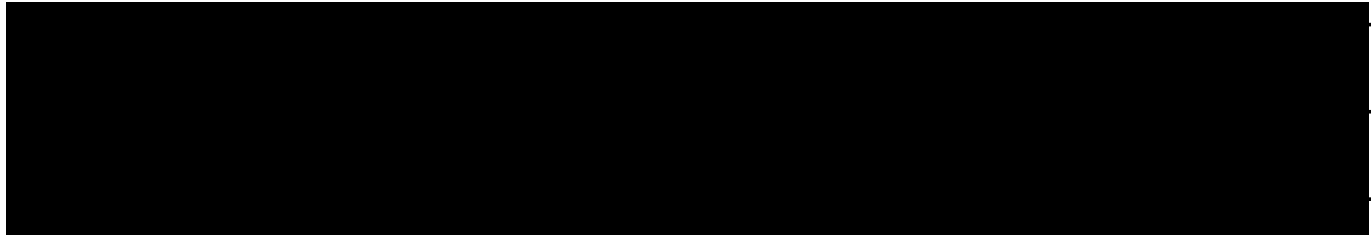
Fund to which li:

B5 Contingent liabilities

**Signed by one or two trustees on
behalf of all the trustees**

Signature

Print Name



SC045358



Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
	14,915	26,646
	(10,037)	(11,731)
	-	
-	4,878	14,915
-	-	10,959

Asset belongs	Market valuation to nearest £	Last year to nearest £
Total	-	-

Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £

**Date of
approval**

TIME TO HEAL

Section C Notes to the Accounts

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

2 Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the object of the charity. The trustees maintain a single unrestricted fund for the day-to-day running of the organization. Restricted funds are those that may be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

3 Related party transactions

The Charity insurance policy includes Trustee Indemnity Insurance for all its trustees. No other

remuneration was paid to any of the trustees or any connected persons during the year 2021-2022

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) **NO REMUNERATIONS FOR TRUSTEES**

Authority under which paid

C3b Trustee remuneration - details

C4a Trustee expenses

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

C4b Trustee expenses - details

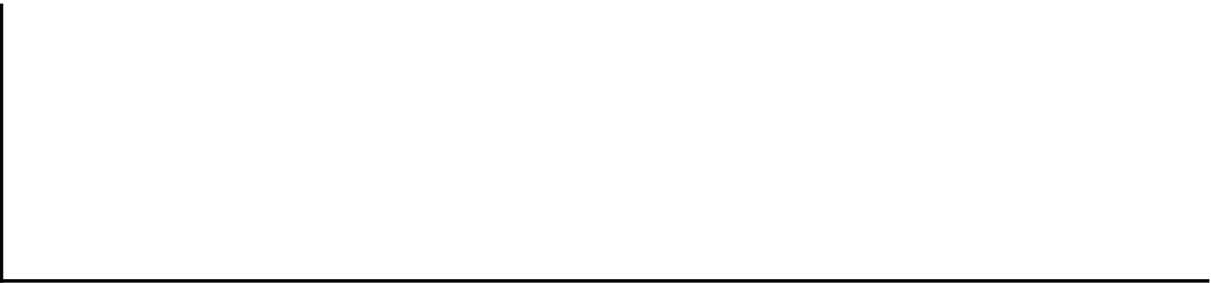
	Number of trustees

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)

C6 Other information

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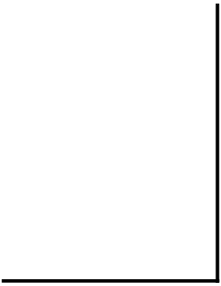
£

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£

**Balance
outstanding at
period end (£)**

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TIME TO HEAL

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £
Donations by individuals and org mostly want to be	1,254	1,400		
Total	1,254	1,400	-	-
	reference	reference	-	#VALUE!

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	
local giving	500		
Corra Foundation/Cash for Kids		21,950	
ACVO		5,000	}
ROBERTSON TRUST		2,100	
Tesco		350	

500	29,400
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- reference

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £
Received from Charitable activities	1,415			
Total	1,415	-	-	-
	reference error	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £
wmenempowerment project		800		
ICOVAW 2023	3,000			
Utility Bills	1,000	1,000		
Insurance Policy		359		

CovID Realted Activities				
Women in Leadership Conference		800		
Domestic Abuse and Mental Health activities and		1,003		
Online Subscription		1,000		
charity	900	11,030		
Salary				
Food Bank-	100	3,208		
Total	5,000	19,200	-	-

reference error

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SC045358

**Total current
period**

to nearest £

2,654
-
2,654

reference

Total last period

to nearest £

3,000
3,000

- reference

**Total current
period**

to nearest £

500
21,950
5,000
2,100
350

Total last period

to nearest £

2,012
23,000
7,115
14,000
6,500

29,900	52,627
---------------	---------------

reference # reference

Total current period to nearest £	Total last period to nearest £
-	
-	
-	
1,415	1,600
-	
-	
-	
-	
1,415	1,600

reference error

reference error

Total current period to nearest £	Total last period to nearest £
800	
3,000	
2,000	3,000
359	359

-	
800	
1,003	4,441
1,000	1,000
11,930	14,900
-	
3,308	3,300
24,200	27,000

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Additional analysis (2)

5 Breakdown of unrestricted funds

Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below
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Receipts

Donations				
Legacies				
Grants				
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	-	-	-	-

Receipts from asset & investment sales

Proceeds from sale of fixed assets				
Proceeds from sale of investments				
Sub total	-	-	-	-
Total receipts	-	-	-	-

Payments

Expenses for fundraising activities				
Gross trading payments				
Investment management costs				
Payments relating directly to charitable activities				
Grants and donations				
Governance costs:				
Audit / independent examination				
Preparation of annual accounts				
Legal costs				
Sub total	-	-	-	-

Payments relating to asset and investment movements

Purchases of fixed assets				
Purchase of investments				
Sub total	-	-	-	-

Total payments

-	-	-	-
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Net receipts / (payments)

-	-	-	-
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Transfers to / (from) funds

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Surplus / (deficit) for year

-	-	-	-
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Nature and purpose of funds	





TIME TO HEAL

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
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Receipts

Donations				
Legacies				
Grants				
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	-	-	-	-

Receipts from asset & investment sales

Proceeds from sale of fixed assets				
Proceeds from sale of investments				
Sub total	-	-	-	-

Total receipts

Payments

Expenses for fundraising activities				
Gross trading payments				
Investment management costs				
Payments relating directly to charitable activities				
Grants and donations				
Governance costs:				
Audit / independent examination				
Preparation of annual accounts				
Legal costs				
Sub total	<input type="text" value="-"/>	<input type="text" value="-"/>	<input type="text" value="-"/>	<input type="text" value="-"/>

movements

Purchases of fixed assets				
Purchase of investments				
Sub total	<input type="text" value="-"/>	<input type="text" value="-"/>	<input type="text" value="-"/>	<input type="text" value="-"/>

Total payments

Net receipts / (payments)

Transfers to / (from) funds

Surplus / (deficit) for year

Nature and purpose of funds

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SC045358



Total restricted funds

Total restricted funds last period

-	
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APPENDIX 3



		Independent examiner's report on the accounts					
Report to the trustees/members of		Charity name TIME TO HEAL					
Registered charity number		SC034538					
On the accounts of the charity for the period		Period start date			Period end date		
	Day	Month	Year	Day	Month	Year	
	1st	DEC	2023	30th	NOV	2024	
Set out on pages							Remember to include the page numbers of additional sheets

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) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 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 [other than that disclosed on the attached page*] 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 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.
Signed Name	Date: 31/08/25
Relevant professional qualification(s) or body (if any):	
Address:	

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.

APPENDIX 3

Only complete if the examiner needs to highlight material problems.

**Give here brief details of
any items that the
examiner wishes to
disclose**