



# Trustee Annual Report 2023–2024

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## 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.

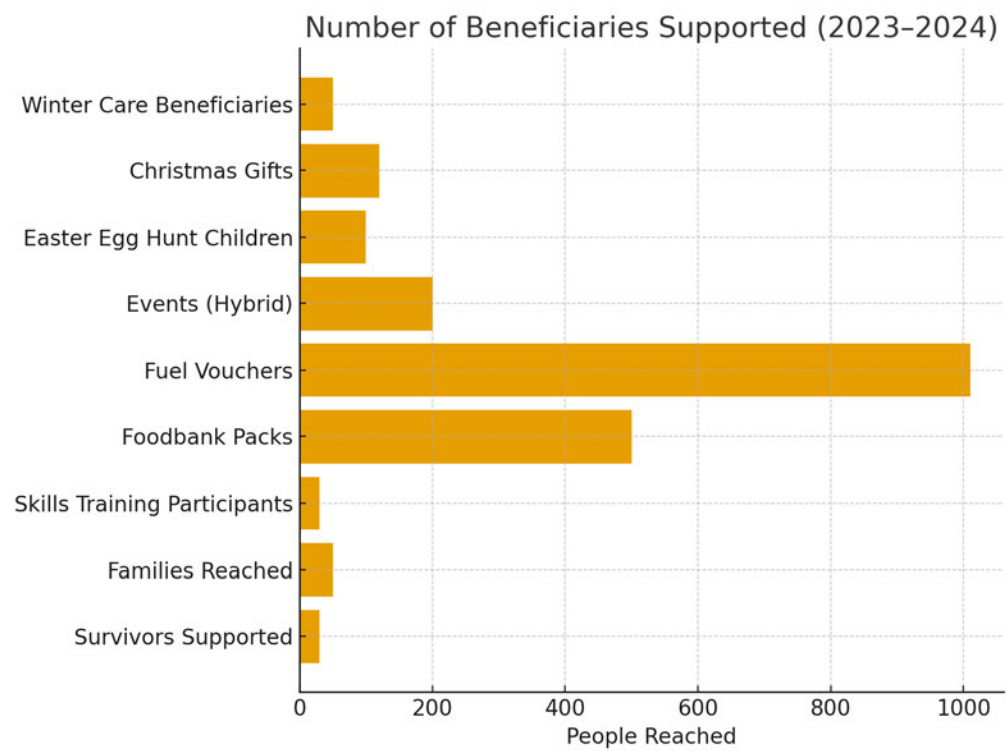
Our objectives this year included:

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

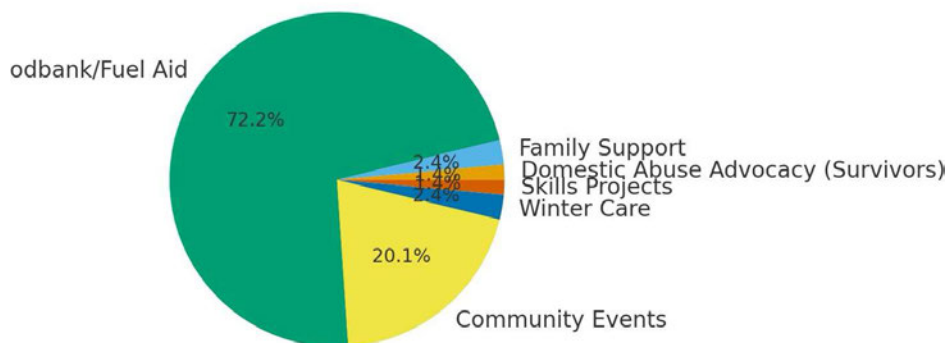
In 2023–2024, Time to Heal supported 30 survivors of domestic abuse and reached 50 families directly. We distributed 500 foodbank packs, 1,010 fuel vouchers, and provided seasonal support such as 100 Easter eggs, 120 Christmas gifts, and 50 winter care packages. Skills training empowered 30 participants 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

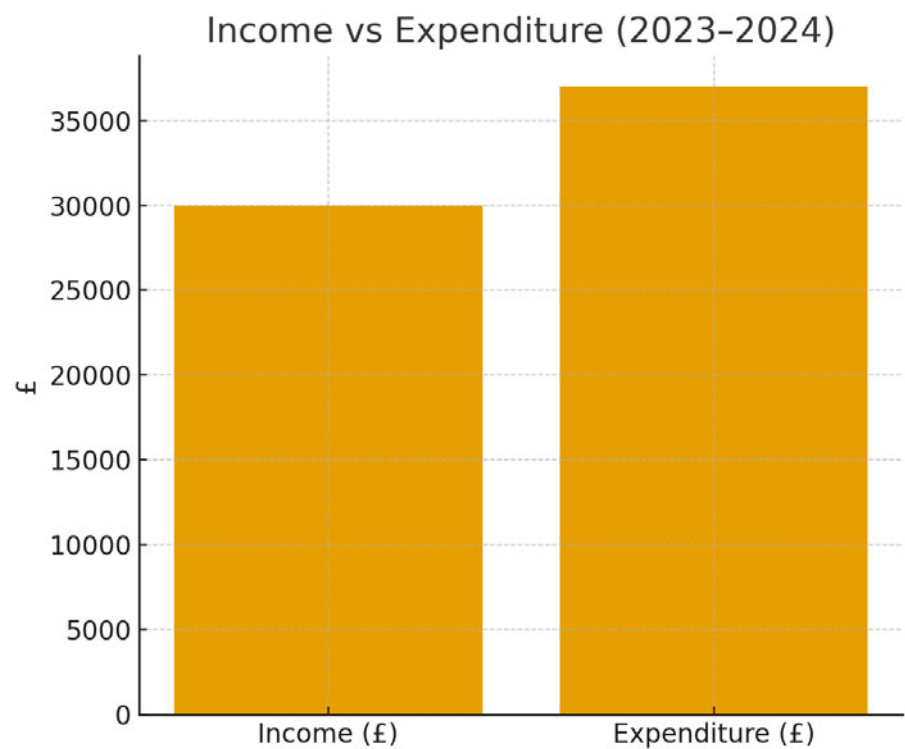
“Last winter was the toughest I’ve ever faced. With rising bills, I couldn’t afford to heat my home. The fuel vouchers from Time to Heal meant I could keep my children warm at night. I cannot explain the relief of seeing them sleep peacefully in a warm room.” – Fuel Voucher Recipient

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.

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Enter charity name below

**TIME TO HEAL**

<b>Receipts and payments accounts</b>		
<b>For the period from</b>	<div style="border: 1px solid black; padding: 2px; text-align: center; margin-bottom: 5px;">Period start date</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">01/12/23</div>	<div style="border: 1px solid black; padding: 2px; text-align: center; margin-bottom: 5px;">Period end date</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">30/10/24</div>

**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 £
<b>A1 Receipts</b>					
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
<b>A1 Sub total</b>	3,200	26,463	-	-	29,663
<b>sales</b>					
Proceeds from sale of fixed assets					-
Proceeds from sale of investments					-
<b>A2 Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	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					-
<b>A3 Sub total</b>	<b>2,700</b>	<b>37,000</b>	<b>-</b>	<b>-</b>	<b>39,700</b>

**investment movements**

Purchases of fixed assets					-
Purchase of investments					-
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

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



<i>Surplus / (deficit) for year</i>	500	(10,537)	-	(10,037)
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Enter SC No. below

**SC045358**

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**Total funds last  
period  
to nearest £**

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

-

33,969
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25,159
3,500
28,000
56,659

-

56,659
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(22,690)
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(22,690)



**B3 Other assets**



**Total**

**Details**

**B4 Liabilities**



+

**Fund to which li**

**Details**

**B5 Contingent liabilities**

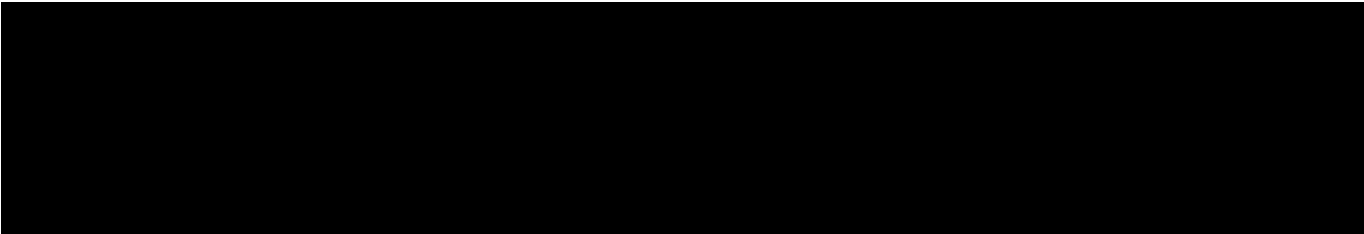


**Fund to which li**

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

Signature

Print Name



**SC045358**

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

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

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



-	-	-

ability relates	Amount due to nearest £	Last year to nearest £
Total	-	-

ability relates	Amount due (estimate) to nearest £	Last year to nearest £
Total	-	-

Date of approval	

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

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 RENUMERATIONS 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**

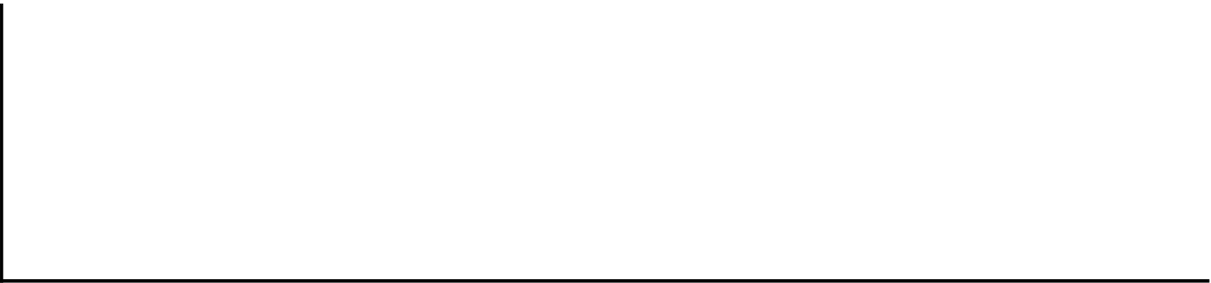
	Number of trustees

**C5 Transactions with trustees and connected persons**

Nature of relationship	Nature of transaction	Transaction amount (£)

**C6 Other information**

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funds may only  
r specific

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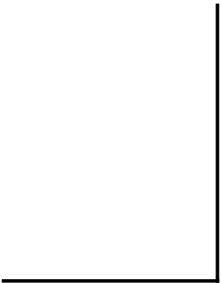
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£


**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		
<b>Total</b>	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			
<b>Total</b>	<b>1,415</b>	-	-	-
	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 Rekated 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	-	-

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Total current  
period

to nearest £

2,654
-
2,654

Total last period

to nearest £

3,000
3,000

reference

- 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
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reference      # reference

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

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Total current period	Total last period
to nearest £	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
<b>Receipts</b>				
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				
<b>Sub total</b>	-	-	-	-
<b>Receipts from asset &amp; investment sales</b>				
Proceeds from sale of fixed assets				
Proceeds from sale of investments				
<b>Sub total</b>	-	-	-	-
<b>Total receipts</b>	-	-	-	-

**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				
<b>Sub total</b>	-	-	-	-

**Payments relating to asset and investment movements**

Purchases of fixed assets				
Purchase of investments				
<b>Sub total</b>	-	-	-	-

**Total payments** - - - -

**Net receipts / (payments)** - - - -

**Transfers to / (from) funds**

**Surplus / (deficit) for year** - - - -

**Nature and purpose of funds**





SC045358



Total  
unrestricted  
funds

Total  
unrestricted  
funds last period

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## 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
<b>Receipts</b>				
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				
<b>Sub total</b>	-	-	-	-
<b>Receipts from asset &amp; investment sales</b>				
Proceeds from sale of fixed assets				
Proceeds from sale of investments				
<b>Sub total</b>	-	-	-	-

<b>Total receipts</b>	-	-	-	-
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**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				
<b>Sub total</b>	-	-	-	-

**movements**

Purchases of fixed assets				
Purchase of investments				
<b>Sub total</b>	-	-	-	-

<b>Total payments</b>	-	-	-	-
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<b>Net receipts / (payments)</b>	-	-	-	-
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<b>Transfers to / (from) funds</b>				
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<b>Surplus / (deficit) for year</b>	-	-	-	-
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Nature and purpose of funds	

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\*]

- 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
- 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