

APPENDIX 1

OSCR

Scottish Charity Regulator

Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
From	Day	Month	Year	To	Day	Month	Year
	01	09	2024		31	08	2025

Reference and administration details

Charity name SPEAK OUT SCOTLAND [SCIO]
Other names charity is known by SOS
Registered charity number SC048280
Charity's principal address [REDACTED]
[REDACTED]

Postcode [REDACTED]

Names of the charity trustees on date of approval of Trustees' Annual Report

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1 [REDACTED]	Chairman		
2 [REDACTED]	Trustee		
3 [REDACTED]	Trustee		
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name

Dates acted if not for whole year

Structure, governance and management

Type of governing document	The charity is administered in accordance with the terms of its Constitution.
Trustee recruitment and appointment	Appointment and removal is in accordance with the Constitution

Objectives and activities

Charitable purposes	<p>Speak Out Scotland provide a range of supporting services for adult male survivors of childhood sexual abuse.</p> <p>We do not work with men who have offended or are under investigation for sexual abuse offences - we would signpost to appropriate service.</p>
Summary of the main activities in relation to these objects	<p>Core Service: One-to-One Free and Open-Ended Complex Trauma Therapy</p> <p>Supporting Services:</p> <ul style="list-style-type: none"> • Advocacy Support • Wellbeing Support • Family Support • Psychoeducational Group • Peer-to-Peer Drop in Group • Post-Therapy Peer-to-Peer Group Support

APPENDIX 1

Financial review

Brief statement of the charity's policy on reserves All reserves have been used this financial year.

Details of any deficit None

Donated facilities and services (if any) None

Other optional information

Declaration

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

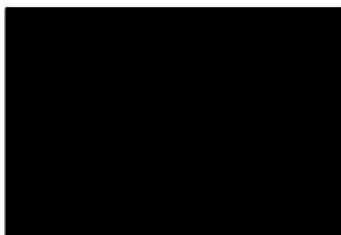
Signed on behalf of the charity's trustees

Signatures

Full names

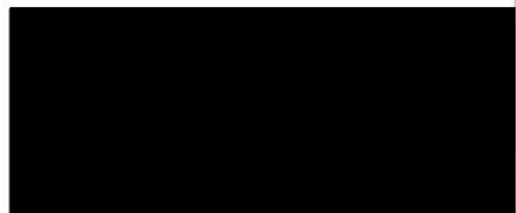
Position

Date



CHAIRMAN

12/01/26



TRUSTEE

03/02/2026

APPENDIX 1

Achievements and performance

Summary of the main achievements of the charity during the financial period

Speak Out Scotland offers complex trauma therapy using the widely accepted three-phase recovery model developed by Dr. Judith Herman:

- Phase 1: Safety and Stabilisation
- Phase 2: Remembrance and Mourning
- Phase 3: Reconnection

Due to continued growth in demand, waiting times for therapy have grown. To ensure our clients are supported from first contact, we developed a novel approach to the 3-Phase recovery process.

Research showed that survivors who successfully complete Phase 1 can function well in life and manage symptoms personally, while awaiting therapy. This phase does not require complex trauma therapists and work can be done with staff members who have appropriate training and skills.

Before, clients would contact us and await therapy, while still struggling with the impact of their abuse. Now, we complete Phase 1 while the client is awaiting therapy. This not only stabilises them and helps them to function better in life, it also prepares them for therapy and reduces the time spent in therapy. This in turn helps us offer therapy to more survivors with the same level of resources.

Key to the stabilisation phase has been the introduction of:

- 1-to-1 Wellbeing and Advocacy Support
- Facilitated Peer-to-Peer drop in groups
- Therapist led Psychoeducational Groups

We now offer support to survivors from the first contact and throughout their journey to recovery i.e. before, during and after therapy.

In addition to our work with survivors from the general public, we have also begun working in Prisons. According to peer-reviewed research and official UK statistics, approximately 84% of male prisoners report experiencing at least one form of childhood adversity, and around 30% meet criteria for PTSD or complex PTSD. Many prisoners are caught in a cycle of re-offending, with little to no mental health support in prison.

At Speak Out Scotland we recognise the cost to society of re-offending criminal behaviour and the roots of that behaviour. We aim to break this cycle by offering prisoners support while incarcerated, through the process of release and beyond.

To date, we have developed a support group in HMP Barlinnie run by trained volunteers, and provided therapy for long-term prisoners who are approaching release. We have been inspired by how many prisoners have sought our help and their genuine desire to change and follow a different path in life.

This work has been widely lauded by the Governor and staff at HMP Barlinnie and we are seeking funding to develop this service further and introduce to other prisons across Scotland.

Receipts and payments accounts						
For the period from				to		
	01	09	2024		31	08 2025

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	4,812				4,812	
Legacies					-	
Grants		182,836			182,836	
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					-	
					-	
A1 Sub total	4,812	182,836	-	-	187,648	-
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	4,812	182,836	-	-	187,648	-
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,375	187,441			189,816	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	2,375	187,441	-	-	189,816	-
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	2,375	187,441	-	-	189,816	-
Net receipts / (payments)	2,437	(4,605)	-	-	(2,168)	-
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	2,437	(4,605)	-	-	(2,168)	-

1 Donations

2 Grants

3 Gross receipts from other charitable activities

	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 £
					-	-
					-	-
					-	-
					-	-
					-	-
					-	-
					-	-
					-	-
Total	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	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 £
Staff Wages, Pension, NI		91,190			91,190	
Rent		22,421			22,421	
Counselling/Supervision		66,130			66,130	
Running Costs		2,887			2,887	
Bank Charges		102			102	
Insurance		1,537			1,537	
Petty Cash	400				400	
Repayment to Alan McIlraith	1,975				1,975	
Training		2,600			2,600	
Memberships		279			279	
Travel		295			295	
Total	2,375	187,441	-	-	189,816	

Section B Statement of balances

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
B1 Cash funds	Cash and bank balances at start of year	8,910	85,128			94,038	
	Surplus / (deficit) shown on receipts and payments account	2,437	(4,605)			(2,168)	
						-	
						-	
	Cash and bank balances at end of year	11,347	80,523	-	-	91,870	-
(Agree balances with receipts and payments account(s))							

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

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

Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities			
	Total	-	-

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

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

Signature

Print Name

Date of approval



18/1/25
03/02/26

APPENDIX 3



Independent examiner's report on the accounts

v2

Report to the trustees/members of Charity name
SPEAK OUT SCOTLAND [SCIO]

Registered charity number SC048280

On the accounts of the charity for the period

Period start date				Period end date								
01	Day	09	Month	2024	Year	to	31	Day	08	Month	2025	Year

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:

15-10-2025

Relevant professional qualification(s) or body (if any):

CEO SCOTTISH DECORATORS FEDERATION

Address:

PAVILION 2, CASTLECRAIG BUSINESS PARK, PLATERS ROAD
STIRLING, FK7 7SN.

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

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