

Trauma Healing Together

SC050517



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	11	2023		31	10	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	2,863				2,863	3,456
Legacies					-	
Grants	29,000	81,994			110,994	126,133
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	31,863	81,994	-	-	113,857	129,589
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	31,863	81,994	-	-	113,857	129,589
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	35,118	75,875			110,993	87,035
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	-
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	35,118	75,875	-	-	110,993	87,035
A4 Payments relating to asset and investment movements						
Purchases of fixed assets	225	350			575	1,188
Purchase of investments					-	
A4 Sub total	225	350	-	-	575	1,188
Total payments	35,343	76,225	-	-	111,568	88,223
Net receipts / (payments)	(3,480)	5,769	-	-	2,289	41,366
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	(3,480)	5,769	-	-	2,289	41,366

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	23,757	37,135			60,892	19,526
	Surplus / (deficit) shown on receipts and payments account	(3,480)	5,769			2,289	41,366
						-	
						-	
	Cash and bank balances at end of year	20,277	42,904	-	-	63,181	60,892
	(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	Laptop	National Lottery Community Fund	350		
	Laptop	Unrestricted	225		
	Laptop	National Lottery Community Fund			326
	Chairs	Rotary			527
	Tables	National Lottery Community Fund			335
		Total	575	-	1,188

	Details	Fund to which liability relates	Amount due to nearest £	Last year to nearest £
B4 Liabilities	Audit accrual		120	
	PAYE due to HMRC			1,897
		Total	120	1,897

	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

			19/5/2025

Section C Notes to the Accounts

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

In March 2023 we were granted £195,030 from the National Lottery to be used over a period of 3 years. This grant is paid on an installment basis and this year we were paid two instalments of £32,247. This funding covered the delivery cost of Pathways to Hope, the salary of a Project Officer role, partial salary for our CEO and some of our overheads. We also secured three years' funding from The Gannochy Trust, and one instalment of £20,000 was paid to us. This was unrestricted funding to cover core running costs. The Foyle Foundation gave us £7,500 which is to cover core running costs, and the Robertson Trust awarded us £45,000 to be received over three years. This year we received £15,000, which goes towards the Pathways to Hope Project. They also gave us an extra £1,500 for our core running costs. Finally, we were awarded £5,000 from the NHS Tayside Charitable Trust - we received £2,500 of that amount this year. In addition to this, we received donations of £2,863 from various donors.

	Type of activity or project supported	Individual / institution	Number of grants made	£
C2 Grants		Lottery	1	64,494
		Trust	1	20,000
		Foundation	1	7,500
		Trust	2	16,500
		NHS	1	2,500
		Total		110,994

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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	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)	
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		Number of trustees	£
C4b Trustee expenses - details			

	Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
C5 Transactions with trustees and connected persons				

C6 Other information	
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Analysis of receipts and payments

	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 £
Other donations	2,863				2,863	3,456
					-	
					-	
					-	
Total	2,863	-	-	-	2,863	3,456

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
National Lottery		64,494	64,494	53,096
Gannochy Trust	20,000		20,000	11,800
Foyle Foundation	7,500		7,500	
Robertson Trust	1,500	15,000	16,500	17,250
NHS		2,500	2,500	
Community Mental Health & Wellbeing Fund				10,000
Women's Fund Scotland				5,000
Paths for All				2,500
People's Postcode Trust				22,487
Rotary				1,000
YPI				3,000
Total	29,000	81,994	110,994	126,133

	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 £
					-	
Total	-	-	-	-	-	

	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 £
Training and resources	201	5,120			5,321	1,665
Computer costs					-	30
Insurance	52	280			332	337
Payroll	32,633	38,378			71,011	46,796
Printing	61	263			324	293
Travel & subsistence	181	3,311			3,492	446
Sundry expenses	143	451			594	1,877
Subscriptions	139	2,556			2,695	1,478
Website & advertising					-	265
Rent & venue hire	543	16,000			16,543	18,253
Professional fees	520	1,380			1,900	11,125
Supervision	645				645	2,320
Telephone		528			528	425
Promotional costs		588			588	1,157
Workshop costs		7,020			7,020	568
Total	35,118	75,875	-	-	110,993	87,035

Trauma Healing Together

SC050517

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below		Total unrestricted funds	Total unrestricted funds last period
	Donations/ Small Grants	Gannochy Trust	Foyle Foundation	Robertson Trust	Postcode Lottery		
Receipts							
Donations	2,863					2,863	3,460
Legacies						-	
Grants		20,000	7,500	1,500		29,000	50,533
Receipts from fundraising activities						-	
Gross trading receipts						-	
buildings						-	
Rents from land & buildings						-	
Gross receipts from other charitable activities						-	
<i>Sub total</i>	2,863	20,000	7,500	1,500	-	31,863	53,993
Receipts from asset & investment sales							
Proceeds from sale of fixed assets						-	
Proceeds from sale of investments						-	
<i>Sub total</i>	-	-	-	-	-	-	-
<i>Total receipts</i>	2,863	20,000	7,500	1,500	-	31,863	53,993
Payments							
Expenses for fundraising activities						-	
Gross trading payments						-	
Investment management costs						-	
Payments relating directly to charitable activities	5,729	9,120	5,088	1,000	14,181	35,118	32,093
Grants and donations						-	
Governance costs:						-	
Audit / independent examination						-	
Preparation of annual accounts						-	
Legal costs						-	
						-	
<i>Sub total</i>	5,729	9,120	5,088	1,000	14,181	35,118	32,093
Payments relating to asset and investment movements							
Purchases of fixed assets	225					225	326
Purchase of investments						-	
<i>Sub total</i>	225	-	-	-	-	225	326
<i>Total payments</i>	5,954	9,120	5,088	1,000	14,181	35,343	32,419
<i>Net receipts / (payments)</i>	(3,091)	10,880	2,412	500	(14,181)	(3,480)	21,574
Transfers to / (from) funds							
<i>Surplus / (deficit) for year</i>	(3,091)	10,880	2,412	500	(14,181)	(3,480)	21,574

Nature and purpose of funds

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Trauma Healing Together

SC050517

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
	National Lottery Community Fund	Robertson Trust	NHS Tayside	Paths for All		
Receipts						
Donations					-	
Legacies					-	
Grants	64,494	15,000	2,500		81,994	75,596
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	64,494	15,000	2,500	-	81,994	75,596
					-	
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	64,494	15,000	2,500	-	81,994	75,596
					-	
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	59,223	15,000		1,652	75,875	54,942
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
Sub total	59,223	15,000	-	1,652	75,875	54,942
					-	
Payments relating to asset and investment movements						
Purchases of fixed assets	350				350	
Purchase of investments					-	
Sub total	350	-	-	-	350	-
					-	
Total payments	59,573	15,000	-	1,652	76,225	54,942
					-	
Net receipts / (payments)	4,921	-	2,500	(1,652)	5,769	20,654
					-	
Transfers to / (from) funds					-	
					-	
Surplus / (deficit) for year	4,921	-	2,500	(1,652)	5,769	20,654
					-	

Nature and purpose of funds

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TRAUMA HEALING TOGETHER

Annual Report

November 2023- October 2024

www.traumahealingtogether.org

1. Organisation Details

Trauma Healing Together

Scottish Charity Number: SC050517

5 Atholl Place, Perth, PH15ND

Email address: contact@traumahealingtogether.org

Website: www.traumahealingtogether.org

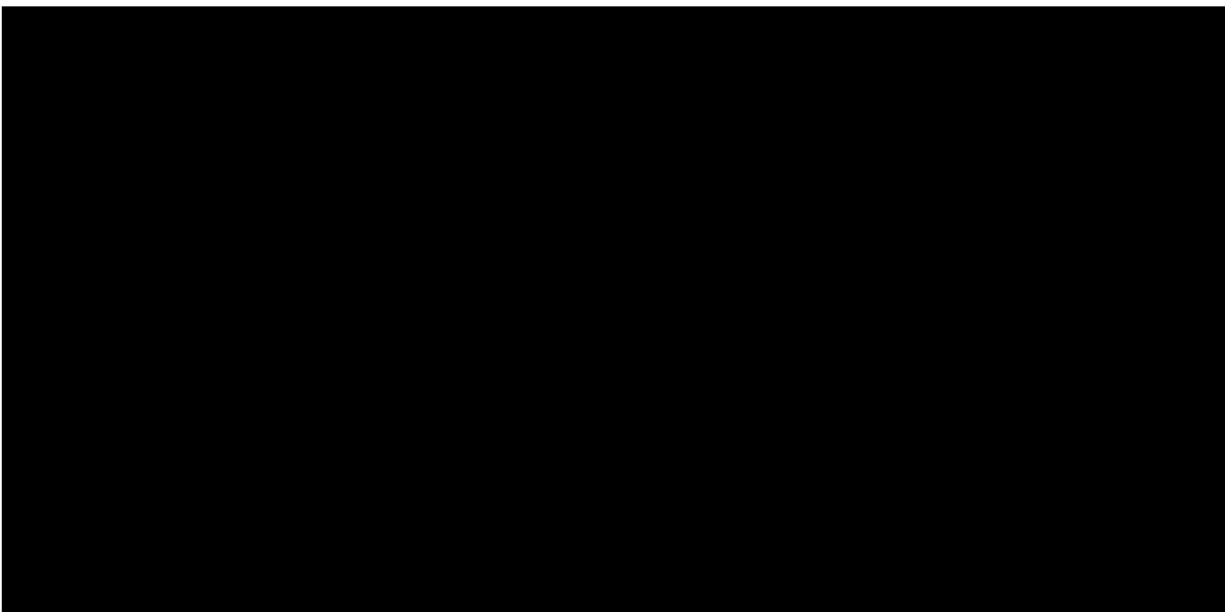
Twitter: @traumatgether

Facebook: <https://www.facebook.com/TraumaHealingTogether>

2. Charity Trustees

The following have been appointed trustees between November 2023 and October 2024

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



3.Objectives and activities

Trauma Healing Together was set up in March 2020 to provide opportunities for healing and growth to those who have experienced poor mental health as a result of trauma.

Our aim is to develop a holistic and collaborative service which will be free to use for anyone who has experienced any form of psychological trauma in Scotland. As well as providing therapy, we hope to offer opportunities for training and personal development and the chance to shape the future of services and understanding of trauma through participation in research.

The vision for our charity is 'All Trauma Survivors in Scotland to have the resilience and skills needed to live a fulfilling and meaningful life despite their trauma'.

A Year of Growth and Innovation

Over the past year, we've made incredible strides through our Pathways to Hope initiative, supporting 41 clients on their journey toward healing. To enhance our impact, we trained 6 Peer Group Facilitators to help run the Wellbeing Sessions, recognizing their unique skills, knowledge, and strong connections with our clients. As part of our commitment to valuing our volunteers, we began compensating one of them for delivering an arts and crafts module, in line with how we pay other external providers—a practice we plan to expand in 2024-2025.

Reaching More People

Throughout the year, we identified a gap: some individuals found Pathways to Hope inaccessible due to high anxiety or physical disabilities. To bridge this, we launched Stepping Stones—a 6-week online wellbeing program designed to equip trauma survivors with practical coping strategies. We delivered the first session in October 2024, welcoming 9 participants.

To further support trauma survivors from Diverse Ethnic Communities, we appointed a new project officer. In October 2024, we introduced an adapted, in-person Stepping Stones program specifically for Asylum Seekers.

Building Community and Knowledge

We also focused on community engagement by hosting an open day for partners and service users, which drew around 25 attendees. To ensure we stay aligned with our mission, we organized our first annual client strategy day. This event invited clients to critically assess our work, from the referral process to evaluation methods, ensuring our practices align with the 9 principles of the Atholl Approach.

We also hosted a client panel discussion attended by partners and funders, including Citizens Advice Bureau and Women in Scotland fund representatives. 7 clients shared their insights on our services and the broader mental health sector—this powerful session was recorded and is available to view.

Strengthening Our Capacity

Securing sustainable funding was a key priority this year. We received £65,000 over 3 years from the Gannochy Trust to hire a Counselling Practice Manager, who now oversees student placements and initial client intake sessions. Additionally, we secured £5000 from NHS Tayside Charitable Trust to expand the Atholl Approach and £7500 from the Foyle Trust to fund our Admin Officer's salary.

Our community fundraising efforts also made a difference, raising £2,771 through events like the Kilt Walk, Race Night, Carboot Sale, and workshops.

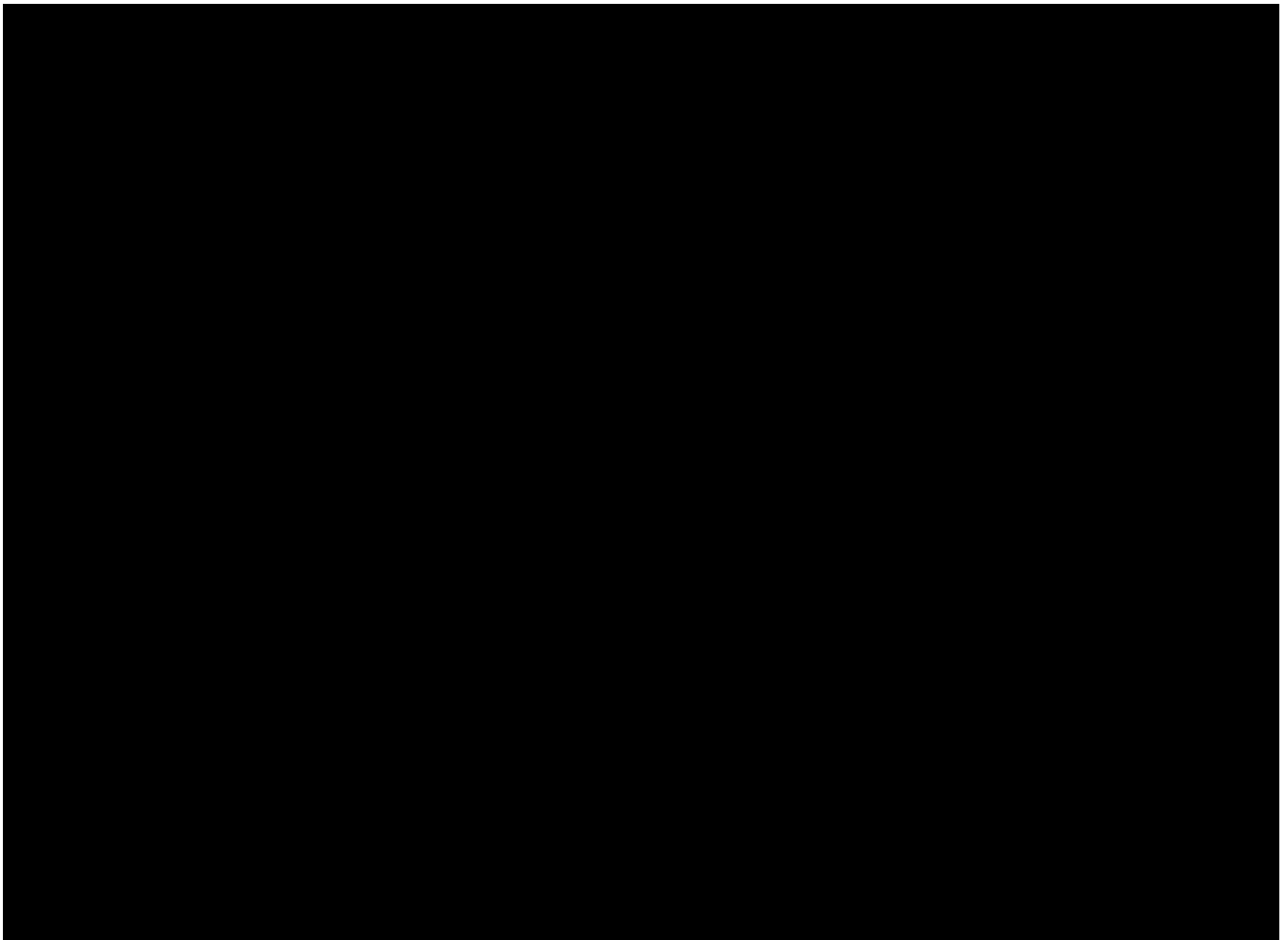
Enhancing Professional Practice

We are committed to maintaining high standards of care. Our CEO earned her COSCA certificate in Supervision, ensuring that our volunteer counsellors receive top-quality guidance. We also recruited 11 new trainee counsellors, increasing our team to 14 dedicated volunteers who help deliver the therapy element of Pathways to Hope.

Promoting Our Approach

In April 2024, our CEO published a pivotal paper titled "The Atholl Approach: A Pluralistic Approach to Service Delivery and Design for Trauma Survivors", laying out the theoretical foundation of our charity. Looking ahead, we aim to help other organisations become Atholl Approach Informed through targeted training and consultancy.

A full outline of our aims, objectives and future plans can be found in our 10- year strategy document.



4. Structure, governance, and management

Type of governing document

The purpose, structure and details of how we operate as a charity is laid out in the form of a constitution.

Trustee recruitment and appointment

No new trustees were recruited in this period, but **5 Trustees** were re-appointed in line with our Constitution.

No other changes to the board occurred.

5. Achievements and performance

Pathways to Hope

Over the course of the three cohorts delivered this year, we gathered the following statistics:

- 93% of clients who completed therapy between Nov 2023 and Oct 2024 showed a clinical improvement in trauma symptoms.
- Almost ½ of clients showed symptom improvements of over 70% with one client showing an improvement of 228%.
- 91% have achieved >5 (out of 8) of the outcomes we set for the project. Specific outcomes include:
 - Confidence (95%)
 - Anxiety Management (50%)
 - Wellbeing (82%)
 - Management of emotions (73%)
 - Feeling empowered (82%)
 - Feeling Valued (82%)
 - Self-esteem (82%)
 - Relationship with others (64%)
- 95% learned new coping strategies.
- 95% of clients felt that our service is positively different to other services currently available.

We gathered several quotes which can be found in Appendix 1.

To deliver Pathways to Hope group wellbeing sessions, we have partnered with the following organisations this year.

- Kelly McIntyre Photography
- Vitality Me
- Move Ahead
- Nature Connects
- Project Forte
- CATH
- PKAVS
- Adventure Circus
- Starting Step



Peer Group Facilitator

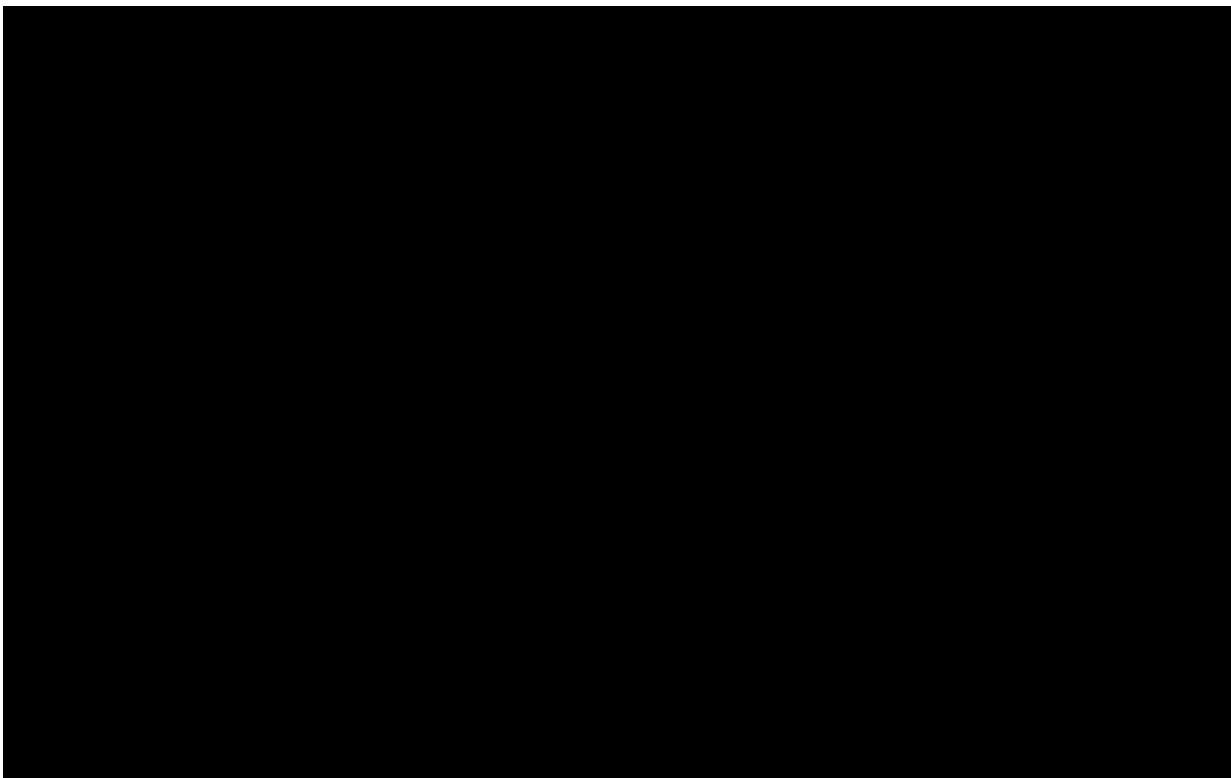
We delivered a Peer Group Facilitator Training course pilot and delivered this to 6 individuals. All individuals went on to facilitate a Pathways to Hope group.

All 4 individuals said that they had developed new skills or improved on previous ones as a result of facilitating a group. Some of the things people said they had gained as a result of taking part included:

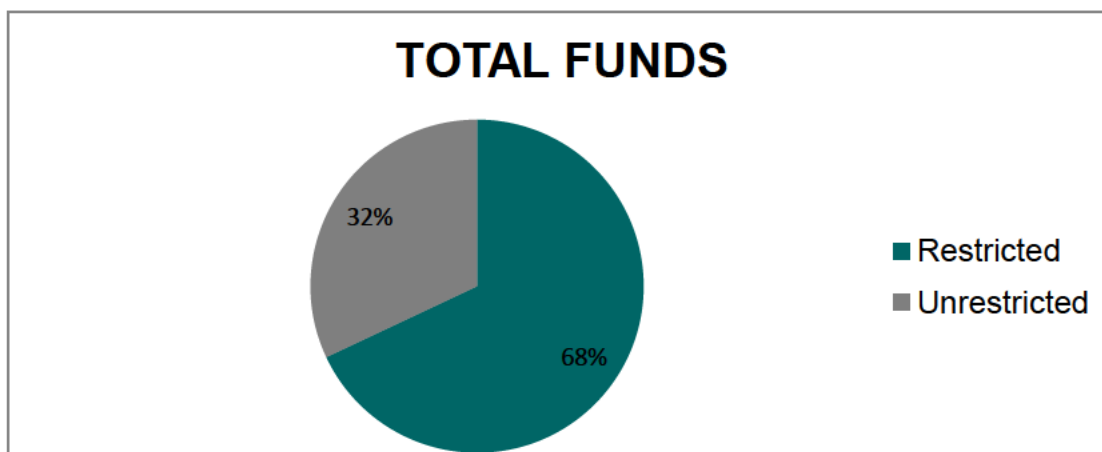
"Re-affirmation that I am good enough, and realisation of how far I have travelled, since beginning Pathways to Hope.

"Confidence to step outside of my comfort zone and try new things"

"Give me confidence to be a good PGF"



6. Financial review



Statement of the charity's policy on reserves

In the financial year ended 31st October 2024, the charity held £63,181 in total reserves, of which 68% of the funds were restricted (£42,904) and 32% (£20,277) were unrestricted. The percentage of unrestricted funds did increase this year, however due to current economic climate and limited capacity for fundraising, it has been more difficult to raise funds this year. We hope to make a more focused effort on this next year, however.

Details of any deficit

There was no deficit of funds in the financial year ended 31st October 2024.

Donated facilities and services.

There are no specific donated facilities and services currently in place, all donations received during the year were either individual donations or from fundraising events.

Reserves Policy

We reinvest all residual income towards other charitable activities which are unrestricted and if it is a restricted fund where funds can only be applied against specific projects, we declare this income separately.

7.Future plans

We are dedicated to strengthening our position as recognised experts in trauma by centering our work around the Atholl Approach. This approach will be the key to unlocking new funding opportunities.

In the coming year, we plan to increase our focus on research to demonstrate the effectiveness of the Atholl Approach. We will also develop training programs to support organisations and providers in becoming Atholl Approach Informed. To facilitate this, we aim to recruit a Fundraising and Partnership Officer who will build strategic relationships and explore ways to integrate our approach into the NHS and local authorities.

To expand our capacity, we will invest in the development of our Peer Group Facilitators, supporting more of them to transition into paid workshop leader roles.

We hope to continue to expand our work with Asylum Seekers and Refugees and create an effective programme which support those with trauma. This will require time to look at barriers and how to overcome them. We would like to deliver a Pathways to Hope programme specifically for Diverse Ethnic Communities.

As our services continue to grow, we have outgrown our current office space. We will actively seek larger premises to accommodate the expansion of our Pathways to Hope program and to increase the number of people we can support. Although we were unable to deliver a Perth and Kinross Mental Health Festival this year due to capacity and resource challenges, we are determined to make it a reality next year.

Financial sustainability is a long-term goal, and we aim to reduce our reliance on external funding. This year, we will explore income generation through delivering external training, which will be a significant step toward self-sufficiency.

We will also continue to build strong partnerships with external organisations and expand our support through Pathways to Hope. To reach those not yet ready for intensive therapeutic support, we plan to create a shortened, online version of the program.

To enhance our reputation as leaders in trauma-informed care, we will increase our presence at conferences and events, sharing our insights and promoting the Atholl Approach. Additionally, we hope to secure funding to deliver another Perth and Kinross Mental Health and Wellbeing Festival.

Declaration

Signed on behalf of the charity trustees:



Print name


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Designation

Chair

Date

21st May 2025

Signed in the presence of:



APPENDIX 1- SELECTION OF PATHWAYS TO HOPE CLIENT FEEDBACK

I was proud of myself at this one as I'm not hugely arty. But I managed with ease to just enjoy the activities without being worried if they were any good or not. I think that was the point of these activities and I really appreciated that. Putting paint on paper or making collage was just lovely. A valuable lesson that the reward is how you feel not to have judgement.

Didn't think I would enjoy this session as don't really feel interested in craft work. Was surprised by the joy I felt at accomplishing my tile and having something to show for it and to take home.

Helped me get out of the house and meet new people but in a safe way.

It was so lovely to be in this calm environment to do new things like art which I hadn't done for years since school. It was very therapeutic. I understand the purpose is to get a taster of things that might suit different people. I went on to get some things for relaxing at home like materials for a collage and painting, also a colouring book. I'd have liked to do the art for longer but equally looking forward to the other modules and feel very lucky to have this opportunity.

It was so relaxing the whole experience from the surroundings to the activities. I really felt that this module was so beneficial to me as I was very burnt out and nervous and guilty about being burnt out! So being able to sigh in relief was lovely. I must say Fiona was very good with everyone too an absolute legend. From sharing her experience to being approachable and ideas for folks who hadn't done arty things before.

I found that I can pick up new skills in areas I wouldn't have thought. It shows that with the right support and environment I can achieve things.

Making the wreath was brilliant, new experience, used it to put at my Nana's grave. Something really special that I felt proud of doing. Wouldn't have done this by myself. Made scrapbook and jar. Just being able to do something creative around others I felt comfortable with, no pressure. Knowing everyone is on their own journey with trauma healing, having that kind of safe space to just be however we are.

Everything was so much fun; time went fast. It was Inspiring and relaxing, and I wanted every activity to go for longer

I was unable to attend a few sessions from this module due to personal reasons, so only thing that could improve it is me being able to attend more next time!

All people running the sessions were lovely and made it a warm and welcoming space to be in.

*Learning to be present and try and focus on the present rather than the past.
To focus on relaxing and taking time or myself. To stop judging myself for not doing "more" and achieving*

Learning about setting boundaries for myself. More confident at saying no without going back to people pleasing or feeling guilty about it. Being able to feel uncomfortable emotions and not distract. Feel more safe even when I have that unsafe feeling inside

Excellent in all ways physical and mental. Some aspects of the Salle Ossian Fencing were thought provoking and helped identify areas needing more work such as self-awareness and boundaries.

Everything I valued from this module, very sad it has to end. Learned that I know what my boundaries feel like internally, that I need to practice gut feeling sensation.

I will use this activity for always now I've been shown photography skills in a meditative way." It was lovely to pick up a hobby I hadn't done for ages. It's an activity you can get lost in and I enjoyed it very much. It creates good memories and was very good.

Especially enjoyed the session with Fiona creating the circle of safety. I can create a piece of artwork and put all my safe things in it. By doing the artwork it will make me focus on the good, safe things I have in my life. I also enjoyed the clapping

Thoroughly enjoyable experience -opens your mind to all new experiences. Helps learn about team building and self-awareness. Definitely recommend the course. Worthwhile part of the journey through life.

The ability to give feedback in a safe and honest surrounding. Having my voice heard, being validated for having an opinion even if that was positive or negative. Feeding off other participants and feeling part of something. Peer support.

Far more respectful, listening and taking on board feedback, then acting upon this, making things quickly better and giving a sense of agency and self importance. Kind and considerate but also knowledgeable and competent. Having other 'clients' involved and sharing and caring for each other really matters. This is the way forward and I hope THT expands and is widely copied.

Trying art and crafts again, actually giving things a try and not worrying about what others think about what I create. Thank you for providing materials that I could otherwise not afford, or would not buy because I'd feel it a waste to use when not creating something good. It is really liberating to be able to use materials, paints, glues, brushes, canvas, paper etc etc and focus on the ephemeral experience of doing and not the finished article or the 'value added' to the raw ingredients. This is massive when money is scarce. Thank you!

Being with fellow trauma sufferers, all such kind and lovely people. Whilst knowing nothing of their personal stories it has not mattered and a trust and friendship has evolved naturally. Of the activities I mostly enjoyed foraging and being mindful outdoors, not because of the specifics suggested but because I know how powerful being connected with nature and our natural lifestyle is for the trauma healing journey. It is what I already advocate and share with people, so it was natural that I'd be most rewarded by furthering that.

Crafting is very therapeutic to me and crafting in a group setting even more so as I would always tend to do this as a lone hobby. It's something I'd like to explore more of as the environment allows for sharing and communication and connection. Whilst I understood the forest bathing, it wasn't for me, maybe because it was so early in the program and well, the journaling may have had application but it was just pitched poorly but hey, this is a learning curve for all involved.

From the start I was scared, of what was going to come. I feel I have grown so much and feel pride in myself for the first time for showing up. The sessions that were offered have been amazing and very clever on how they work alongside counselling sessions. Each one I questioned myself a lot that I never thought of before. Realised a lot more about myself. I now know why it's called positive pathways to hope.

Kindness and respect shown by everyone

Staff are both professional and real human beings who are not authoritarian but rather support, encourage and work with you in a way that works for you.

Trauma Healing Together is a charity like no other that I have come across. To finally find a charity/entity, local at that, with a focus on trauma healing is something I did not expect. The program allows for an exploration of one's trauma healing journey via a varied offering of classes, experience and talk therapy. I for one, felt lucky to be accepted via a very easy onboarding process and very grateful for the experience. I pushed myself and allowed myself to feel the discomfort of being vulnerable with strangers, but took comfort of the common thread that bound us all, trauma. I thoroughly enjoyed the craft courses and even though it's already a hobby of mine, it has allowed me to explore it more in company than in my wee workshop. This lifted me and calmed my nervous system for sure. Whilst not all courses were my cup of tea, this is not a criticism as we are all different and gain something different. The staff were great, made me feel wanted and welcome and validated which is crucial. Good listening skills at all times prompted me to keep coming back. I would very much like to offer myself in some way to give something back, be that old buildings walk and talk to lino cutting and the like. Keep up the great work and please please please any funders with any empathy and desire to change the world...fund these guys.

Your offering is unique and specifically trauma focussed hence its applicability is pitched at the right audience and not a generic one size fits all approach.

You are doing a great job. Well done and funders take note: this is money well spent!

*Crafting is very therapeutic to me and crafting in a group setting even more so
It's been a fun and rewarding journey for me.*

*Positive approach, no pressure to share your story was kept separate from counselling. Think having that as a group rule for getting the most out of the sessions to not be triggered.
Gut feeling sensation around boundaries, understand my own body sensation around personal space*

Managed one session...enjoyed immensely

Tammy (Yoga Tutor) was very approachable and made everyone feel at ease. She offered different options for people and emphasized choice and listening to your own needs throughout the sessions. She also has a very smiley positive nature.

Breathing and being able to sit with yourself and move in a way that is best for you listening to your own body is healing.

There were different tools, the movements, the breathing, the yoga nidra visualisation. It was interesting and for me it had a very positive effect.

It was enjoyable and really therapeutic. Rest and relaxation is so important for the nervous system. There were different tools, the movements, the breathing, the yoga nidra visualisation. It was interesting and for me it had a very positive effect. Thank

That true acceptance of yourself is not about achieving and beating yourself into what you "should" be. Breathing and being able to sit with yourself and move in a way that is best for you listening to your own body is healing.

APPENDIX 3



		Independent examiner's report on the accounts v2						
Report to the trustees/members of	Charity name	Trauma Healing Together						
Registered charity number	SC050517							
On the accounts of the charity for the period	Period start date				Period end date			
	Day	Month	Year		Day	Month	Year	
	01	11	2023	to	31	10	2024	
Set out on pages								
Respective responsibilities of trustees and examiner	<p>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.</p>							
Basis of independent examiner's statement	<p>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.</p>							
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p>							
	<p>1. which gives me reasonable cause to believe that in any material respect the requirements:</p> <ul style="list-style-type: none"> 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 							
	<p>have not been met, or</p>							
Signed**:							Date:	
Name:							16/5/25	
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

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