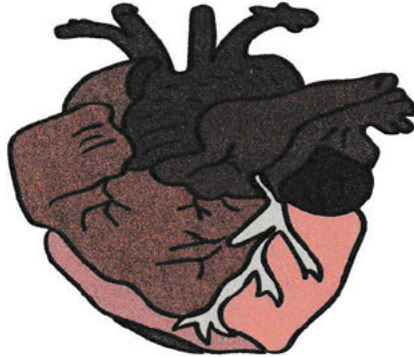


# **SPIT IT OUT SCIO**

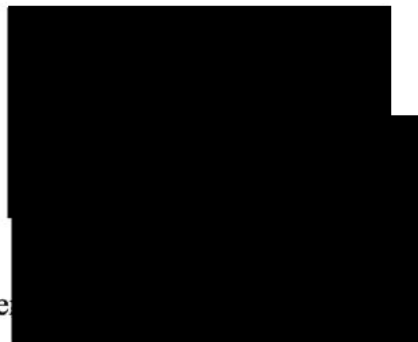


*Spit It Out*

**TRUSTEES' ANNUAL REPORT  
AND FINANCIAL STATEMENTS**

**For the period 1<sup>st</sup> Aug 2022 – 31<sup>st</sup> July 2023**

**Scottish Charitable Incorporated Organisation (SC051134)**



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TRUSTEES' ANNUAL REPORT

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The trustees are pleased to present their report and financial statements together with the independent examiners report for the year ended 31<sup>st</sup> July 2023.

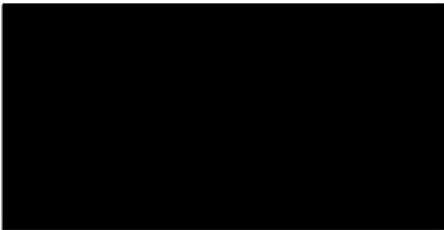
**Charity Name** Spit it Out SCIO

**Charity also known as** The Spit it Out Project

**Charity Number** SC051134

**Principal Address** 1 Summerhall  
Newington  
Edinburgh  
EH9 1PL

**Website Address** [www.spititoutproject.com](http://www.spititoutproject.com)

<b>Current Trustees</b>		1.07.2022	Chair
		1.07.2022	Secretary
		0.07.2022	Treasurer
		0.07.2023	

**Independent Examiner** 

## **TRUSTEES' ANNUAL REPORT**

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing Document**

Spit it Out SCIO was registered as a charity with the Office of the Scottish Regulator (OSCR) on the 21<sup>st</sup> July 2021. It became Scottish Charitable Incorporated Organisation (SCIO) on this date and is governed by its constitution.

#### **Appointment of Trustees**

The Board which meets regularly throughout the year, are the charity trustees. The trustees are appointed by the membership at the Annual General Meeting (AGM). During the year the trustees may co-opt other trustees to serve on the board twice per annum if they believe it is in the interest of the charity to do so. All trustees retire at the AGM but are eligible for re-election. The constitution allows for a minimum of three and a maximum of eleven.

#### **Organisation Structure**

The trustees are responsible for the strategic direction and governance of the charity. There are members of the charity who are able to attend meetings and do have certain voting powers, however they have no liability to pay any sums to meet the organisation debt.

### **OBJECTIVES & ACTIVITIES**

The Spit it Out SCIO exists:-

To build a professional network of Scottish based artists and provide safe spaces for discussions about mental health, gender issues, sex positivity and healing through creativity in Scotland.

To fight to improve the accessibility of the arts and culture industries: -

- by providing a platform for artists who have been prevented from progression in the arts due to marginalisation (Female identifying people, people of colour, people living with from mental illnesses and people from the LGBTQIUA+ community).

- by offering free and accessible artistic and educational content: live and online performances, podcasts and multimedia content on our social media platforms. The advancements of human rights, equality and diversity.

- by creating awareness campaigns around consent, racism, homophobia, transphobia, sexism and mental health discrimination.

- by offering free workshops designed to reduce prejudices and stigmas around these themes.

- by promoting restorative justice and other forms of conflict resolution or reconciliation. The advancements of education

- by offering free educational content and opportunities around consent, mental health, sex positivity and creativity.

- by organising educational events such as multimedia festivals offering conferences and Q&A with specialists and artists.



## TRUSTEES' ANNUAL REPORT

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### **ACHIEVEMENTS & PERFORMANCE**

Spit it Out is an award-winning Scottish based organisation dedicated to opening conversations around consent, mental health and healing through creativity and community care. We realise the overarching goals of our project through collaborating with our community in delivering free activities in Edinburgh, Glasgow and online. We work to create lasting change in our community and create a support network with people who feel isolated and who have experienced trauma and mental health crises.

The organisation was founded to originally centre the voices of vulnerable groups and cultivate empathy between divergent communities. Spit it Out was awarded the "Celebrating diversity" award from the Epic Awards in 2020, organised by Creative Lives. It was also nominated by Creative Edinburgh for the "Inclusion" and "Community" awards in 2022. The Spit It Out collective is entirely formed of women and nonbinary people, the majority of which are neurodiverse, with 70% black and people of colour representation and 80% LGBTQIA+ representation,

### **Our Outcomes**

The SIO audience:

- feels less lonely thanks to a community that recognises their needs and the issues important to them.
- feels more empowered to express their experiences through the medium of their choice.
- learn new techniques to better support their own and others' mental health.
- learn new skills they can use in their personal and professional lives.

The general public:

- has a better knowledge of ways to support marginalised groups.
- has an understanding of alternative routes to care and crisis support, separate from state.

- **AYE THRIVE**

We organise monthly marginalised-led workshops where we invite people from the community to join us for an evening where they can learn in a safe and trauma-informed environment.

- **AYE CONNECT**

Monthly meet-ups for the community: we invite people from the community to join us for an evening of discussions, games and activities. We believe the meet-ups have allowed members of our community to feel less alone and to feel welcome and safe through this initiative.

- **AYE SHARE**

We organise creative events with live performances and open mics.

We realised that it was more important than ever to use our platform to give opportunities to black and people of colour and queer performers. We curate our events with this priority in mind and it is always a huge success.

- **AYE BREATHE**

We work with vulnerable adults who have experienced trauma and mental health crises. We wanted to create a programme that would be accessible to all and would bring a community together through outdoor activities.

- **THE SPIT IT OUT FESTIVAL**

We provided a fortnight of immersive mental health and arts festival across Glasgow, Edinburgh and online.

## TRUSTEES' ANNUAL REPORT

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### ACHIEVEMENTS & PERFORMANCE cont'd

- **AYE RIGHT**

We invite the community to meet and discuss sensitive topics. We educate ourselves and the participants on different ways to help our community to find accountability and to heal.

- **THE PODCAST**

- The Spit it Out podcast invites members of the community to share their experience anonymously, giving them tools to use their personal experience as an activism tool to help others.

- **THE PHLEGM MAGAZINE**

A platform for people to express themselves through art that centres on difficult topics. We aim to educate and inform people about these topics, such as boy neu- trality, sex, trauma and depression.

- **Specialised Support**

Our goal is to give paid opportunities and training opportunities to our community, helping them realise their strengths and how to use them in their professional and personal lives.

### Collaborations and Partnerships

We created partnerships with over 40 organisations, collectives, individuals and venues all around the world in order to deliver and expand our work.

### FINANCIAL REVIEW

Charity income for the period stated is £176,792 (2022-£77,055) and expenditure of £147,313 (2022-£65,369), leaving surplus of £29,479 (2022-£11,686). Unrestricted funds of £15,420 (2022-£7,324) and restricted of £25,745 (2022-£4,362), grand total of £41,165 (2022-£11,686).

### **Reserves Policy**

The trustees' policy is to maintain sufficient reserves to meet operating costs of running events as they occur.

### APPROVAL

This report was approved by the trustees and signed on their behalf by:



Chair

20/10/2023  
Date

**Spit it Out – SCIO**

**is a Charitable Incorporated Organisation, Scottish Charity No. SC051134**



**Spit it Out SCIO Scottish Charity No. SC051134**  
**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

I report on the accounts of the charity for the period ended 31<sup>st</sup> July 2023 which are set out on pages 7 to 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 Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity Trustees consider that the audit requirement of the 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 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 Charities Accounts (Scotland) Regulations 2006. 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**

1. Which gives me reasonable cause to believe that in any material respect the following requirements have not been met: - 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 with accord with the accounting record and comply with Regulation 9 of the 2006 Accounts Regulations.

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

20/10/2023

Date of signing

Independent Examiner

## STATEMENT OF RECEIPTS AND PAYMENTS

Note	2023 £ Unrestricted	2023 £ Restricted	2023 £ Total	2022 £ Total
<b>Receipts</b>				
Donations & Gift Aid	8,049	321	8,370	1,647
Grants 5	447	160,068	160,515	70,035
Fundraising	4,468	0	4,468	3,967
Trading	1,303	0	1,303	290
Other Charitable Activities	2,136	0	2,136	1,066
Interest	0	0	0	50
<b>TOTAL RECEIPTS</b>	<b>16,403</b>	<b>160,389</b>	<b>176,792</b>	<b>77,055</b>
<b>Payments</b>				
Charitable Activities 6	8,007	135,265	143,272	65,129
Harship Fund - Disbursement	0	3,741	3,741	0
Governance				
Independent Examina	300	0	300	240
<b>TOTAL PAYMENTS</b>	<b>8,307</b>	<b>139,006</b>	<b>147,313</b>	<b>65,369</b>
<b>Surplus/Deficit for period</b>	<b>8,096</b>	<b>21,383</b>	<b>29,479</b>	<b>11,686</b>

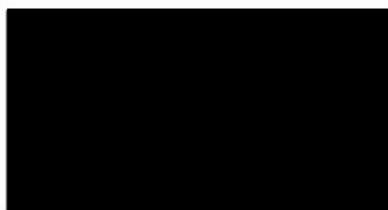


STATEMENT OF BALANCES

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	2023 £ Unrestricted	2023 £ Restricted	2023 £ Total	2022 £ Total
<b>Funds Reconciliation</b>				
Balance as at 1st August	7,324	4,362	11,686	0
Surplus/Deficit	8,096	21,383	29,479	11,686
	<u>15,420</u>	<u>25,745</u>	<u>41,165</u>	<u>11,686</u>
<b>Current Assets</b>				2023
Bank Account 31st July				35,636
	Cost	Dep Cum	Current Value	
Assets (Computers & IT)	7,372	1,843	5,529	5,529
Total				<u>41,165</u>
<b>Liabilities</b>	2023	2023	2023	2022
Independent Examination Fee	300	0	300	240
	<u>300</u>	<u>0</u>	<u>300</u>	<u>240</u>

These accounts were approved by the Trustees and signed on their behalf by:



Date 20/10/2023

## NOTES TO THE ACCOUNTS

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### **1. Basis of Preparation**

These accounts have been prepared on the Receipts and Payments basis in accordance with:

- a) The Charities & Trustees Investment (Scotland) Act 2005
- b) The Charities Accounts (Scotland) Regulations 2006 (as amended).

There have been no changes to the preparation or to the previous year's accounts.

### **2. Fund Accounting**

- a) Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.
- b) Restricted funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor, or when funds are raised for a specific purposes.
- c) Any purposes are set out below in the further notes

### **3. Taxation**

- a) The charity is not liable to corporation tax or capital gains tax on its charitable activities
- b) The charity is not registered for VAT, thus all costs are shown inclusive of VAT charged.

### **4. Transactions with trustees and related parties**

- a) No remuneration was paid to trustees or any persons connected with them during the year (2021: £nil)
- b) No travelling expenses were reimbursed to trustees this year or last annual period.

NOTES TO THE ACCOUNTS cont'd

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**5.Grants**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2023</b>	<b>Total 2022</b>
EIFF - Commission	0	0	0	1,000
Corra Foundation	197	3,741	3,938	2,500
Magic Little Grant - Local Giving	0	500	500	500
EVOC - Thrive Fest	0	0	0	360
Scotmid - Community Connect	0	0	0	330
Edinburgh Council - Flexible Fund:				
Local Cultural Festival Events	0	7,920	7,920	9,701
Edinburgh Council -				
22/23 Diversity and Inclusion Fund	0	2,000	2,000	0
EVOC - Thrive Xmas	0	0	0	300
National Lottery - Awards for All	0	9,618	9,618	6,152
National Lottery - Evaluation Scotland	0	0	0	666
Foundation Scotland	0	0	0	9,836
Creative Scotland - Open Fund for				
organisation	0	63,136	63,136	36,407
Tudor Trust	0	0	0	2,000
Alpkit Foundation	0	0	0	200
Creative Lives	0	0	0	83
NHS Scotland - Thrive Arts	0	2,200	2,200	0
The Austin and Hope Pilkington Trust	0	1,000	1,000	0
LUSH - Charity Pot	0	1,500	1,500	0
SEAD - Small Grant	250	0	250	0
The Robertson Trust - The Small Grant	0	6,500	6,500	0
The Clothworkers' Foundation	0	7,100	7,100	0
The Supporting Act Foundation -				
Impact Grant	0	21,498	21,498	0
Morrisons Foundation	0	11,246	11,246	0
The Weir Charitable Trust	0	4,643	4,643	0
PRS - Open Fund for organisation	0	4,500	4,500	0
EVOC 2 - Community Mental Health				
and Wellbeing Fund	0	12,966	12,966	0
	447	160,068	160,515	70,035



NOTES TO THE ACCOUNTS cont'd

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	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
<b>6. Cost of Charitable Activities</b>				
Events	119	14,130	14,249	8,876
Freelance Staff	659	108,588	109,247	43,304
Advertising	0	98	98	617
Merchandise	1,254	77	1,331	2,486
Accountancy	25	0	25	114
Insurance	221	280	501	124
Equipment & Repairs	265	1,874	2,139	185
Travel	0	0	0	777
Parking & Transport	375	881	1,256	504
Expenses	329	1,737	2,066	1,989
Postage/Packaging/Stationery	154	357	511	308
Rent	3,680	2,701	6,381	3,558
Printing	98	831	929	1,146
Website IT	755	1,082	1,837	775
Sundries	73	786	859	266
Depreciation	0	1,843	1,843	0
	8,007	135,265	143,272	65,129

## NOTES TO THE ACCOUNTS

<b>Movement in Funds</b>	<b>As at 01/08/2022 £</b>	<b>Receipts £</b>	<b>Payments £</b>	<b>As at 31/07/2023 £</b>
<b><u>Unrestricted Funds</u></b>				
General Fund	7,324	15,956	7,860	15,420
SEAD - Small Grant	0	250	250	0
Corra Foundation	0	197	197	0
	<b>7,324</b>	<b>16,403</b>	<b>8,307</b>	<b>15,420</b>
<b><u>Restricted Funds</u></b>				
Creative Scotland - Open Fund "Aye Festival"	4,362	0	4,362	0
Creative Scotland - Open Fund for organisation	0	63,136	63,136	0
National Lottery - Awards for All	0	9,618	9,618	0
Morrison's Foundation	0	11,246	11,246	0
Edinburgh Council - Flexible Fund: Local Cultural Festival Events	0	7,920	7,920	0
Edinburgh Council - 22/23 Diversity and Inclusion Fund	0	2,000	2,000	0
PRS - Open fund for organisation	0	4,500	4,500	0
NHS Scotland - Thrive Arts	0	2,200	2,200	0
EVOC 2 - Community Mental Health And Wellbeing Fund	0	12,966	7,054	5,912
LUSH - Charity Pot	0	1,500	1,273	227
The Robertson Trust -The Small Grant	0	6,500	6,500	0
The Weir Charitable Trust	0	4,643	4,292	351
Corra Foundation - Hardship Fund	0	3,741	3,741	0
The Cloth Workers' Foundation	0	7,100	1,571	5,529
The Supporting Act Foundation - Impact Grant	0	21,498	7,772	13,726
The Austin and Hope Pilkington Trust	0	1,000	1,000	0
Local Giving - Magic Little Grant	0	500	500	0
LUSH - Charity Pot Party	0	321	321	0
	<b>4,362</b>	<b>160,389</b>	<b>139,006</b>	<b>25,745</b>
<b>Total Funds</b>	<b>11,686</b>	<b>176,792</b>	<b>147,313</b>	<b>41,165</b>

### Purpose of Funds:

General Fund

Restricted Fund

\*Unrestricted funds for any charitable purpose

\*Restricted fund for restricted spending whether from  
Funder or fundraising