

Tartan Talkers (SCIO)

Scotland · Charity number SC051888

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2022-07-29
Register	View on the OSCR register

Contact

Address
Tartan Talkers
St Margarets Church
Abel Place
Dunfermline
Fife
KY11 4JJ

Website <https://www.tartantalkers.scot/>

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the advancement of health', 'the saving of lives'

What the charity does: raise mental health awareness and provide practical and emotional support

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

Objectives: 4 The charity will be non-profit distributing with the object of the advancement of the health and the saving of lives, specifically in connection with male suicide prevention by offering but not limited to: 4.1 the advancement of education by improving public awareness of the issues related to male suicide. 4.2 a local, service that will allow people who are feeling suicidal or have had thoughts about suicide to be able to talk to someone qualified in counselling. 4.3 access to information and practical support that will assist prevent and reduce male suicide by breaking the isolation of those thinking about suicide and allow them a safe, confidential, non-judgemental environment to share their feelings and anxieties. In furtherance of the stated object the charity's purposes shall be: 4.4 Do all such other lawful things as appear to the Committee of Trustees to be necessary or desirable in pursuance of these objects.

Geography

- **Main operating location:** Fife
- **Geographical spread:** Operations cover all or most of Scotland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£35,174	£20,269	-	1
2024-07-31	£21,609	£13,000	-	0
2023-07-28	£22,148	£8,214	-	0

Tartan Talkers (SCIO)

Scotland - Charity number SC051888

Accounts



TARTAN TALKERS (SCIO)

SC051888

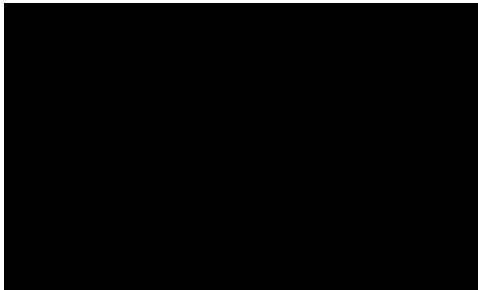
**REPORT OF THE TRUSTEES AND
RECEIPTS AND PAYMENTS ACCOUNT
WITH STATEMENT OF BALANCES
FOR THE YEAR ENDED 31 JULY 2025**

Current Trustees:



Charity and Tax Reference Number:

SC051888

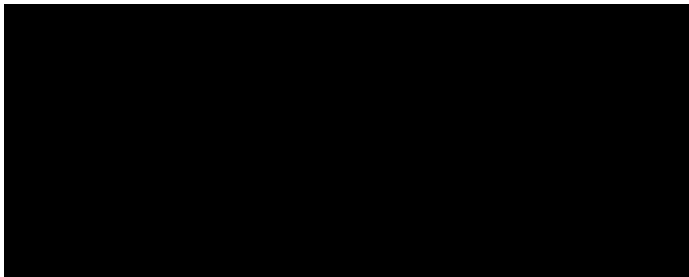


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FOR THE YEAR ENDED 28 JULY 2024**

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**TRUSTEES' ANNUAL REPORT AND ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2025**

Scottish Charity Number: SC051888



Charity Patron:

The Proclaimers

Recruitment and Appointment of Trustees:

The initial trustees were appointed at the inauguration of the Tartan Talkers (SCIO)

Governing Document:

The founding document of the Charity is the Constitution.

Charitable Purpose:

4 The charity will be non-profit distributing with the object of the advancement of the health and the saving of lives, specifically in connection with male suicide prevention by offering but not limited to:

4.1 the advancement of education by improving public awareness of the issues related to male suicide.

4.2 a local, service that will allow people who are feeling suicidal or have had thoughts about suicide to be able to talk to someone qualified in counselling.

4.3 access to information and practical support that will assist prevent and reduce male suicide by breaking the isolation of those thinking about suicide and allow them a safe, confidential, non-judgemental environment to share their feelings and anxieties. In furtherance of the stated object the charity's purposes.

4.4 Do all such other lawful things as appear to the Committee of Trustees to be necessary or desirable in pursuance of these objects

Activities and Achievements:

The charitable purposes of Tartan Talkers are to **advance mental health and wellbeing, prevent suicide, and relieve emotional distress** by providing accessible support services to individuals experiencing mental health difficulties, particularly men, bereaved parents, and young people.

In delivering these purposes, the trustees have had regard to OSCR's guidance on public benefit. The charity's services are provided free of charge and are targeted at sections of the public identified as being at higher risk of suicide, social isolation, and poor mental health outcomes. The trustees believe that the activities undertaken during the year have delivered clear and demonstrable public benefit.

Activities Undertaken in Furtherance of the Charitable Purposes

During the reporting period, the charity undertook the following activities to advance its charitable purposes:

Crisis Helpline (Suicide Prevention and Relief of Distress)

The charity operated a crisis helpline between **6pm and midnight**, providing immediate emotional support and crisis intervention to individuals experiencing distress or suicidal ideation. This service directly furthered the charity's purpose of suicide prevention and relief of emotional distress by offering timely support during periods of heightened risk.

Peer Support Hubs (Advancement of Mental Health and Wellbeing)

The charity operated two peer-led support hubs in **Dunfermline**, delivering weekly group sessions for men, bereaved mothers and parents, and young people. These groups provided safe, non-judgemental environments for peer support, discussion, and connection, helping to reduce isolation and improve mental wellbeing.

One-to-One Counselling, Clinical Psychology (Relief of Emotional Distress)

Free one-to-one counselling was provided in person and online by qualified counsellors / clinical psychologists and trained volunteers. This activity furthered the charity's purposes by improving access to therapeutic support and removing financial barriers to mental health care.

Suicide Prevention Training (Prevention and Early Intervention)

The charity delivered Question, Persuade, Refer (QPR) suicide prevention training to parents, volunteers, and local professionals. This activity supported the charity's purpose of preventing suicide by increasing awareness of warning signs and improving early intervention within the community.

Volunteer Training and Development (Safe Delivery of Charitable Services)

The charity provided ongoing training, supervision, and support for volunteers to ensure the safe and effective delivery of services. During the reporting period, the charity progressed the development and introduction of **accredited mental health training for volunteers**, supporting consistent standards of practice and enhancing the charity's capacity to deliver its charitable purposes safely.

Mental Health Awareness and Digital Outreach (Advancement of Mental Health)

The charity delivered daily mental health awareness messaging through social media, including videos, lived-experience storytelling, and signposting information. This activity aimed to reduce stigma, encourage help-seeking, and reach individuals who may not engage with statutory services..

Resource Development (Education and Support)

The charity developed and distributed practical resources, including mental health signposting packs, suicide bereavement guides, and rural mental health toolkits, supporting individuals, families, and professionals.

Achievements and Performance

During the reporting period, the charity achieved the following outcomes in furtherance of its charitable purposes:

- **877 individuals** were supported through the crisis helpline
- **53 individuals** attended weekly in-person peer support sessions across the two hubs, including:
 - 42 men
 - 11 bereaved mothers
- **557 referrals** were received from GP practices and self-referrals
- Mental health awareness content reached an average of **167,000 people per day**
- Targeted outreach was delivered to groups at higher risk of suicide, including farming communities, construction workers, and veterans

The trustees consider these figures to demonstrate increasing demand for the charity's services and evidence of public benefit.

Impact

The trustees assessed the impact of the charity's work through service usage data, referral patterns, feedback from service users and partners, training evaluations, and anonymised case studies.

Evidence gathered during the year indicates that the charity's activities contributed to:

- Improved access to mental health and crisis support
- Reduced isolation and increased peer connection
- Increased help-seeking behaviour
- Improved coping skills and emotional wellbeing

Future Plans

In the next reporting period, the charity plans to:

- Expand the crisis helpline towards **24-hour provision**
- Increase the number of peer support groups
- Deliver QPR suicide prevention training to over **200 frontline community members**
- **Introduce accredited mental health training for volunteers**
- Increase overall service capacity to meet rising demand

Trustee Statement

The trustees believe that the charity has continued to operate in furtherance of its charitable purposes throughout the reporting period and has delivered tangible public benefit to individuals and communities across Fife. During the year under review no remuneration was paid to the Trustees as all Trustees are Volunteers.

Reserves:

The Accounts set out in Page 3 and 4 show the financial position as at 28 July 2024 and the receipts and payments of the accounting period. The trustees anticipate a continuation of income along the same lines in future and will continue to administer both the income and expenditure of the Charity in accordance with established practice.

TARTAN TALKERS (SCIO)

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31 JULY 2025

	2024-2025	2023-2024	2022-2023
RECEIPTS		£	£
Grant Funding	4,800.00	3,000.00	500.00
Grant Funding (Restricted)	18,340.00	3,500.00	11,700.00
Donations	12,034.20	15,109.93	9,947.86
Total Receipts	35,174.20	21,609.93	22,147.86
PAYMENTS			
Bank/Finance Charges	57.74		
Office Rent	2,100.00	1,980.00	2,208.00
Room Hire	440.00		
Web Services	194.56	425.00	636.88
Internet & Phone	662.01	769.81	444.07
Printing	35.00	25.00	
Office Equipment	15.00	0.00	597.99
Advertising	1,907.00	144.95	442.28
Psychologist (Restricted)	3,110.00	5,800.00	900.00
Consultancy		0.00	600.00
Accountancy Fees		650.00	260.00
Professional Fees	1,312.50	140.00	
Training		0.00	500.00
Subscriptions	155.88	0.00	0.00
Miscellaneous		1,408.70	824.56
Miscellaneous (Restricted)	90.00	906.40	800.00
Charitable Donations	539.95		
Volunteer Expenses	1,306.36	750.84	
Payroll Expenses	8343.71		
Total Payments	20,269.71	13,000.70	8,213.78
Surplus/(Deficit) For Year	14,904.49	8,609.23	13,934.08

**STATEMENT OF BALANCES
FOR THE YEAR ENDED 31 JULY 2025**

	2024-2025							
Bank and Cash Balance	£							
Opening Bank Balance	22,543.31							
Liabilities - HMRC	86.20							
Surplus/(Deficit) for Year	14,904.49							
CLOSING BANK BALANCE	37,534.00							
RESTRICTED FUNDS								
	Ballingry	C/Beath	Staff	Parents Group	Psychologist	CD Covers	Video	
B/F Project Fund Balance	1,820.00	1,364.16	0.00	3,000.00	3,300.00	-6.40	100.00	
Surplus/(Deficit) for Year	-315.00	-503.36	9,996.29	-273.00	-2,610.00	0.00	0.00	
C/F Balances	1,505.00	860.80	9,996.29	2,727.00	690.00	-6.40	100.00	
Overall Restricted Funds	15,872.69							
Overall General Funds	21,661.31							
Total Charity Funds	37,534.00							

Approved by the Trustees and signed on their behalf by:



Date: 15 August 2025

BASIS OF INDEPENDENT EXAMINERS STATEMENT

INDEPENDENT EXAMINERS REPORT

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination is carried out in accordance with the Regulations. An examination includes a review of the accounting records kept by Tartan Talkers SCIO and a comparison of the accounts presented with those records.

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. I do not accept responsibility to anyone other than Tartan Talkers SCIO members as a body, for my work and this report.

Independent Examiners Report:

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect, the requirements to:
 - (a) to keep accounting records in accordance with the Regulations, and
 - (b) to prepare accounts which agree with the accounting records and comply with the 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.



16/09/2025

Date