

Blue Light Minds

**Clyde Offices
2nd Floor
48 West George Street
Glasgow
G2 1BP**

Scottish Charity Number: SC052992

**TRUSTEES' REPORT AND RECEIPTS & PAYMENTS ACCOUNT
FOR THE PERIOD ENDED
31 OCTOBER 2024**

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PATERSON BOYD & CO
CHARTERED CERTIFIED ACCOUNTANTS

Blue Light Minds
Trustees' Report and Accounts
For the Period to 31 October 2024


Reference and Administration Details

Registered charity number SC052992

Principal address

Trustees

Independent examiner

 Co
18 North Street
Glenrothes
Fife
KY7 5NA

Banker

The Royal Bank of Scotland
36 St Andrew Square
Edinburgh
EH2 2YB

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Structure, Governance and Management

Governing Document

The Charity is a SCIO formed on 7 December 2023.

The Charity has a single tier structure and as such the Trustees are the members of the Charity.

Recruitment and Appointment of Trustees

The charity is overseen by a committed Board of Trustees, who provide strategic direction, financial oversight, and ensure compliance with all regulatory requirements. Two of the founding Trustees, [REDACTED] resigned from their positions due to their availability / personal circumstances.

The current Trustees come from a varied background both from within the Emergency Services and private sector. We have plans in the coming year to expand the board of Trustees to assist with the strategic development and growth of the Charity.

Day-today operations are managed by the Founder and Chairman, [REDACTED], supported by the team of Associate Clinicians and volunteers.

[REDACTED] Clinical Lead Trustee, also assists on day-to-day referral and client management.

Objectives and Activities

Overview

The key objectives of Blue Light Minds are to:

1. Reduce mental ill-health in Scottish Emergency Service workers through free, confidential Trauma-Focused psychological treatments, such as Trauma-Focused CBT and Eye Movement Desensitisation and Reprocessing (EMDR) therapy.
2. Provide PTSD awareness / education to Paramedic Science university students.
3. Promote awareness of mental health challenges, particularly PTSD among Emergency Services workers and their organisation.

Charitable Purpose

Blue Light Minds is a new Scottish charity that was founded in December 2023. Blue Light Minds provides free, highly confidential psychological treatment and support to Scottish Emergency Service workers that experience mental health challenges after attending a traumatic incident. Too often, Emergency workers are overlooked following such events, leading to long-term mental health issues, particularly Post-Traumatic Stress Disorder (PTSD). This highlights the critical need for Blue Light Minds.

Charitable Activities

Key activities 2024 included:

- A Soft Launch during which two clients successfully completed treatment.
- Preparation for a robust Full Launch in November 2024 supported by consultancy agreements with Clinicians.
- Mental health research within Scotland, which included 141 participants.
- Engagement and collaboration with external organisations such as Lifelines Scotland.

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Achievement and Performance

Key Achievements:

- **Soft Launch**

Prior to our official launch in November 2024, we conducted a soft launch, during which we actively provided Trauma-Focused psychological treatment to two Scottish Emergency Service workers. This included guiding them through our comprehensive assessment, treatment, and discharge process. It was clear that we made a positive impact, having received excellent feedback from the individuals we supported, see an example below:

“ I have found this process wonderful and feel very grateful to have been given this opportunity.”

- **Successful Launch**

Blue Light Minds launched in November 2024, following the strategic soft launch earlier in the year. We were extremely active of social media, creating a presence and building hype about our launch, during which our Facebook page received approximately 50,000 views.

- **Research**

We conducted a comprehensive online research survey, with 141 participants from a variety of services and locations in Scotland, exploring the impact of traumatic incidents on Scottish Emergency Service workers. This research provided valuable insights into the locations and services most affected, as well as the support structures in place from managers, organisations, and colleagues. These findings have informed our treatment strategies and highlighted the pressing need for specialised mental health support in this sector.

- **Clinical Excellence**

We have established a robust team of Associate Clinicians, offering Trauma-Focused therapies such as, Cognitive Behavioural Therapy (TF-CBT) and Eye Movement Desensitisation and Reprocessing (EMDR) therapy. We have consultancy agreements with Psychologists and Therapists who provide treatment, these clinicians are given the title Associate Clinicians. The organisations/individuals the charity chooses to employ MUST:

- Sign a contract with Blue Light Minds
- Provide evidence of qualifications, registration numbers and indemnity insurance
- Have a good confidentiality policy and uphold current GDPR procedures
- Provide good communication with the charity, for example, if extra sessions are required
- Be able to provide treatment within an appropriate and agreed timeframe

Our Associate Clinician's professionalism and clinical effectiveness have been instrumental in building trust with our clients and ensuring high-quality care.

- **Funding and Growth**

Blue Light Minds secured a grant of £2,500 from the Robertson Trust.

We also received a donation of £4,000 from the Barcapel Foundation and £1,583 in online donations via CAF Donate.

- **Community Engagement and Fundraising**

We have actively engaged with the community through our thoughtful food scheme where restaurants and food establishments that have joined the scheme will include a discretionary 50p donation per table on their customer's bills.

We also have the upcoming launch and fundraising event scheduled for February 7th 2025 at Voco Grand Central Glasgow. This event aims to raise awareness, generate funds and solidify our professional reputation within the Emergency Services Sector.

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Financial Review

The charity recorded a surplus of £5,554 for the period ended 31 October 2024. The Trustees are happy that the Charity is in a good state financially and predict a successful financial year ahead.

Reserves Policy

While we have monthly outgoings related to client treatment, we have no real fixed costs, other than monthly fees to Microsoft (£3) and Air Landline (£11) so reserves are not important at this moment in time. This will be reviewed annually.

Plans for Future Period

Next year looks exciting for the Charity, we have the following plans:

1. Treat a minimum of one new client every month, a total of twelve by the end of November 2025.
2. Deliver PTSD education and awareness presentations to Paramedic Science university students. We are already actively engaging with the universities regarding this.
3. Social media is an area that we plan to develop further in 2025, by developing a campaign and this will drive up the number of followers, as well as keeping Blue Light Minds focus.
4. Continue engaging with the Emergency Service community to address mental health challenges and promote well-being.


Statement of Trustees' Responsibilities

Charity Law requires the trustees to prepare financial statements for each financial year, which reflect a true and fair view of the state of the affairs of the charity and its financial activities for that period. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operational existence; and
- Observe the methods and principles in the Charities SORP.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended). They are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees and signed on their behalf.



(Chairman)

26 February 2025

.....
Date

**Independent Examiner's Report
To the Trustees of Blue Light Minds
For the Period to 31 October 2024**

I report on the accounts of the charity for the period from 7 December 2023 to 31 October 2024 which are set out on the following pages.

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) Act 2005 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.

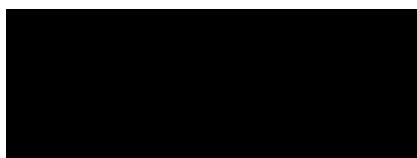
Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 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.



Chartered Certified Accountants
18 North Street
Glenrothes
KY7 5NA

26 February 2025

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Date

Blue Light Minds
Receipts and Payments Account
For the Period to 31 October 2024

	Note	2024 Unrestricted funds £	2024 Total funds £
RECEIPTS			
Grants		2,500	2,500
Donations		5,583	5,583
		<u>8,083</u>	<u>8,083</u>
PAYMENTS			
Cost of Charitable Activities	4	2,529	2,529
		<u>2,529</u>	<u>2,529</u>
Net surplus/(deficit) for the year		<u>5,554</u>	<u>5,554</u>

Blue Light Minds
Statement of Balances
For the Period to 31 October 2024

	2024	2024
	Unrestricted	Total
	funds	funds
	£	£
<i>Cash and bank:</i>		
Opening balance	-	-
Surplus/(Deficit) shown on receipts and payments account	5,554	5,554
	<hr/>	<hr/>
Closing balance	<u>5,554</u>	<u>5,554</u>
 Bank and Cash Balances		
Bank Current Account	5,554	5,554
	<hr/>	<hr/>
	<u>5,554</u>	<u>5,554</u>

Approved by the Trustees and signed on their behalf.



26 February 2025

.....
Date

NOTES TO THE RECEIPTS & PAYMENTS ACCOUNT

1.Basis of Accounting

These accounts have been prepared on the Receipt and Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2015 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2.Nature and Purpose of Funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day to day running of the Charity.

3.Banking Arrangements

The Charity having regard to the liquidity requirements of operating the charity maintain the funds in a standard business current account.

4.Cost of Charitable Activities

	2024
Consultancy fees	1,970
Computer expenses	100
Printing, postage & stationery	90
Insurance	334
Miscellaneous expenses	<u>35</u>
Total	<u><u>2,529</u></u>

5.Risk

The Trustees continually assess all major risks to which the charity is exposed and reviews the systems necessary to mitigate these risks on a regular basis.