



with you through the highs & lows

Annual Report

2015/16



some days on top of the world?



other days can't face it?

**Bipolar Disorder affects 2-3% of the
population in Scotland**

It could be you!

**For help and information, contact
BIPOLAR SCOTLAND**

0140 560 2050

www.bipolarscotland.org.uk

Background

Bipolar Scotland was established as a Scottish charity on 8th December 1992, and in 1994 became a Company Limited by guarantee, known at the time as Manic Depression Fellowship Scotland.

Over the years the organisation has evolved with the times, and at the 2010 AGM the membership voted for the name to become Bipolar Scotland, making very clear who we are and what we do.

The organisation is “user led”, which means the Board of Directors are elected from the members of the organisation. The board and staff work very closely together to ensure the aims of the organisation are met and that all activities are in the interests of the members.

Bipolar Scotland is run from an office in Paisley and provides various services to members. To date this has included an information service, production of booklets and an acclaimed quarterly magazine, *On the Level*. The organisation supports a network of self help groups throughout Scotland and delivers a unique course of condition specific self management training.

Bipolar Scotland is an organisation for its members and all work is undertaken with this in mind.

Vision Statement, Aims & Objectives

“To relieve the suffering and distress, and promote the welfare, of people with bipolar disorder by enabling them to deal effectively with the illness so that their condition of life may be improved”.

Bipolar Scotland’s vision is to enhance the quality of life of people with bipolar disorder and their carers, including friends and relatives by offering appropriate support at both individual and group level.

- ◆ To provide information, advice, support and education to people with bipolar disorder, their friends, relatives, carers and professionals.
- ◆ To promote, develop and co-ordinate a network of self help groups throughout Scotland.
- ◆ To reduce stigma by improving knowledge and understanding of bipolar disorder
- ◆ To encourage research into all aspects of bipolar disorder.



CHAIR'S REPORT

Another year is over, one of challenges and change, but also of new initiatives and some successes.

Bipolar Scotland's financial position had been difficult over the past two years following a large drop in our Scottish Government funding. We've responded by working hard to secure new grants and money making opportunities, while also cutting costs wherever possible. We made an appeal to the Scottish Government for a one off payment to allow us some breathing space, and were awarded £25,000 to employ a fundraiser. This will now give us the expertise and dedicated time to devote to our long term sustainability.

We've been greatly assisted again by the fundraising efforts of our members and their families, and the total raised continues to increase every year. Our sincere thanks go to everyone who ran marathons, climbed mountains, competed in triathlons and also to those have raised money through many other less strenuous activities.

There have been several changes to the staff team this year. After over a decade with us, Alan Douglas, our Service Development Manager, retired this year. Many members throughout the country will know Alan well from his work in setting up and developing our Support Groups, writing and delivering training, giving talks, helping to establish many new organisations and initiatives ... and a hundred other activities too. Alan has been responsible for a large proportion of our successes and we wish him a long and happy retirement. It's well deserved after all of his hard work and dedication to Bipolar Scotland.

Given our current financial situation we haven't directly filled Alan's post, but we have recruited three new part time members of staff to our team.

Graeme Bowman joined as Development Officer and is already establishing several new local Support Groups. Graeme previously worked for VOX, so he knows the mental health scene in Scotland well and always brings energy and enthusiasm to the job.

Lesley Fyfe came on board in April as Administrator, funded through our Equally Fit project, a partnership with Support In Mind Scotland. Lesley is very organised and a good addition to the team.

Gwen Joubert recently started in the new post of Fundraising Officer. She is working on updating our fundraising strategy and has already drafted several applications to trusts and grantmakers as well as investigating other possible opportunities. Gwen has a strong track record in fundraising and we are fortunate to have secured her services.

While all of this change was being managed, the “day job” continued too! Our network of Support Groups is thriving, with a vibrant Paisley group now established and a Dundee group soon to be re-established. In a new initiative, the Lothian Group is setting up an 18 – 30 group for younger adults, and it will be interesting to see how this develops.

Our Self Management courses continue to be very popular and there is always a demand for more places. We’ve run a fair number of courses across the country since we developed the materials, and we will be reviewing the programme and the pack soon. Look out for a new and improved version!

Our writing competition is now an integral part of the Scottish Mental Health Arts and Film Festival, and we had over 100 entries for last year’s competition on the theme of passion. The prize giving ceremony was an excellent event, with many of the winners present to read their entries. I’m sure this year’s competition will be equally successful.

As I mentioned, we are working on the Equally Fit project, funded by See Me, with Support In Mind Scotland. The project aims to challenge inequality by working to ensure everyone with lived experience of mental health conditions receives good physical health care too. The project was launched at an excellent Health Inequalities Conference held in Glasgow in March, and a Steering Group is now taking the project forward. A number of Focus Groups are being held at the moment.

Bipolar Scotland is a member of the Scottish Mental Health Partnership, an alliance of third sector national organisation working in mental health. With our partners we've been working hard to influence the direction of the Scottish Government's approach to mental health. We produced a pre-election briefing paper calling for a fundamental rethink – a move from a system primarily focused on crisis intervention and maintenance towards prevention of distress and the promotion of good mental health and wellbeing for everyone in Scotland, by right. We will continue to promote this in response to the Government's, so far rather disappointing, attempts to develop a new strategy for mental health.

Bipolar Scotland could not do what it does without the support of the many volunteers across the country who give up their time to carry out a vast range of tasks for us. I'd like to thank every one of our volunteer facilitators, trainers, Directors and everyone else who works so selflessly on our behalf.

I'd also like to thank all of our staff, past and present, for all of their hard work too. We've had a couple of difficult years where Bipolar Scotland has contracted. Hopefully we are now on an upward path once more, and will see an expansion of the services we can provide to our members. We know that we play a much needed role and that the demand for information, support and guidance continues to grow. We will all work together to ensure we can meet that demand.

Gordon Johnston



CHIEF EXECUTIVE'S REPORT

Well, we've had yet another very busy year. This one has been full of changes.

We had our first ever election of directors at the AGM in September 2015 as a result of which two of our directors were re-elected, and we welcomed two new directors –

Jenni Jones and Linda Dickson.

In October we once again held the International Writing Competition Awards, this time in the beautiful building of the old Tron Church in Glasgow. This was part of the Scottish Mental Health Arts and Film Festival and was a big success. Our finalists read their entries and there was much anticipation as we announced the winner. One of the finalists this time was from the USA and the winner had come up from London to be at the ceremony. The Writing Competition remains a big part of our annual programme, working in partnership with the Scottish Mental Health Arts and Film Festival. This year, the award ceremony will be in Edinburgh on 17th October, so we hope to see many of you there.

Media wise this year we were involved in a discussion slot on BBC Radio Scotland in August which was well received.

Staffing has been a big change for the organisation this year. In November we welcomed Graeme Bowman as Development Officer, initially working with Alan Douglas. We were delighted in October when Lesley Fyfe, one of our members, volunteered in an office admin capacity, and even more delighted when as a result of our involvement in the Equally Fit campaign, Lesley became administrator for the project and for Bipolar Scotland as a member of staff.

We were very sad to say goodbye to Alan Douglas, who retired at the end of March. Alan's departure marked a huge change for the organisation, and I still call upon him for help and advice from time to time – especially with computers!

The board of directors wrote to Shona Robison, Cabinet Secretary for Health, Wellbeing and Sport, explaining our current financial situation, and highlighting the importance of the work we do. We asked for funding for a fundraiser for a year. This was granted, and we were delighted to welcome Gwen Joubert to the team in July 2016. Gwen has already been working on funding applications, and putting together a funding strategy, so we are feeling very positive about the way ahead.

In an exciting development this year, we submitted a joint funding application with Support in Mind Scotland to See Me for work on health inequalities. The funding bid was successful and so “Equally Fit” was born. We launched this at a conference in Glasgow in March and it has been full steam ahead since. We have been recruiting people to our change networks, and have advertised for change champions to come on board and be trained to work in their local communities. The outcome of this one year project will be the publication of a “Change Charter” with actions to be taken forward. As we have got further into the project we realise it’s a huge piece of work with long term implications, and we will be seeking funding to continue it beyond the end of the year.

We have continued to be involved with NHS Greater Glasgow & Clyde, through Professor Danny Smith, in the Bipolar Care Pathways, and this resulted in agreement to fund publication of our booklet “Bipolar – the Essential Guide”. This booklet is intended to be given to people on diagnosis to answer the many questions that arise, and to offer a well rounded guide to what people can do to manage their own difficulties. We will be officially launching this guide and Scottish Bipolar Awareness Week 2016 at the Conference on 17th September.

We have recently become charity partner of Scottish Power Energy Networks Glasgow Division and we are looking forward to working with them. We are delighted that one of their staff, Iain Campbell, nominated us for this. Iain has also done some fabulous fundraising for us this year

through swimming Loch Lomond—a challenge not for the faint hearted. His daughter, Hazel and her friend completed a triathlon at Loch Lomond shortly before this. Between them they have raised over £5,000 for Bipolar Scotland, for which we are very grateful. This is a phenomenal achievement. I would like to thank everyone who has undertaken fundraising for us this year, it is much appreciated.

Our self help groups have gone from strength to strength this year. Graeme has introduced a new training system for facilitators which has been well received. He has also blitzed publicity in some areas (and will get to others in time) and this has seen an increase in numbers attending groups in these areas. A new group in Paisley got off to a great start with over 20 at the first meeting, and we are looking forward to the launch of a Dundee group on 22nd September. Also on that date sees a new initiative, a group in Edinburgh for younger people (18-30) who may not be comfortable at a full group meeting. We wholeheartedly support this venture, set up by David Dinham from the Lothian group.

We managed to run self management training in Stirling and Glasgow, and we thank Yvonne Fleming for the wonderful job she does in co-ordinating and delivering the training. Yvonne has suggested it is time to review the training and this has been included in recent funding applications.

We held a charity night at the Stand Comedy Club, Glasgow in April and although we didn't have a huge crowd, we had a great night. I would urge people to support these ventures, which are intended to raise awareness, raise funds, and raise smiles. All events, fundraising, and activity is publicised via our website, and firstly on social media. If you don't already like our facebook page it is the main source of information.

I'll end by thanking everyone for their support over the past year, to Alan Douglas who helped me keep things afloat over the last few years, to my new enthusiastic and talented staff team who are going to be with us into a bright future, to the volunteers who run the groups, and to our board of directors who are a strong support to me in running the organisation. Thank you to all our members who are the reason we are here.

Alison Cairns



TREASURER'S REPORT

Although we have had major funding cuts, we remain grateful for the continuing support of the Scottish Government, The Plum Trust, other generous donors and, of course, the members themselves whose fundraising efforts continued to grow. However, the income again saw a significant drop from previous years.

Staff changes have again made a difference to the accounts. At the end of the Financial Year, Alan Douglas retired after many years, and on financial grounds we took the decision not to replace him at an equivalent level. Our new staff are all part time. We do have to balance the need for financial control with output and we continue to keep an eye on this.

The aim of keeping a bank balance sufficient to meet three months of normal expenditure was met with astute financial management during this period, and although we ended the year with a budgetary deficit this was less than predicted. As we moved into the next financial year the Scottish Government cuts were being felt even more keenly. Renewed efforts are being made to achieve funding from different sources, in particular thanks to the efforts of our new fundraiser.

Thanks are due to Ken Campbell, who continues to manage the accounts and to Audrey Wolfson from Cahill Jack Associates Ltd for the dedication she has shown in producing the annual accounts and for all her advice.

Pru Davies
Director and Treasurer

Income and Expenditure Account for the Year to 31st March 2016

	Year to 31.3.16	Year to 31.3.15
Income		
Scottish Government Revenue Grants	62,000	67,000
Robertson Trust Grant	10,000	-
The Plum Trust Grant	7,500	7,500
Other Grants	660	2,305
Members' Subscriptions	5,020	4,745
Donations	15,967	36,259
Fundraising Activities	-	-
Sale of Publications	282	164
Presentations and Conferences	640	265
Interest Receivable	2	2
	102,070	118,240
Expenditure		
<i>Running costs of charity</i>		
Payroll Costs	66,993	82,470
Rent and Rates	13,083	14,845
Light and heat	559	800
General printing and stationery	3,872	4,752
Information, publications & postage	2,790	3,580
Self management training costs	249	1,922
Telephone	2,703	2,736
Travelling expenses (development workers)	4,557	3,750
Staff Training	97	1,400
Repairs and sundry expenses	932	514
Subscriptions	100	1,020
Conference Costs	2,330	2,387
Grants payable or equivalent to local support groups	2,416	999
<i>Expenditure on raising donations, legacies and grants:</i>		
Credit card machine and other charges	1,067	1,016
Payroll cost	12,628	16,793
<i>Other costs:</i>		
Legal and professional	329	-
Independent Examiner's Fee	1,080	1,080
	115,785	140,064
Deficit(-) of Income over Expenditure	-13,715	-21,824

Balance Sheet at 31st March 2015

	At 31.3.16 £	At 31.3.15 £
<i>Fixed Assets</i>		
Furniture and Computing Equipment Cost brought forward and carried forward	8,251	8,251
Depreciation brought forward and carried forward	8,251	8,251
Written down value at the End of the Year	-	-
<i>Current Assets</i>		
Other debtors	1,827	-
Cash in Hand and at Bank	40,041	29,869
Total Assets at the End of the Year	41,868	29,869
<i>Current Liabilities due within one year</i>		
Deferred grant income	25,000	-
Accrued expenditure	3,400	2,507
Total Net Assets at the End of the Year	13,468	27,182
<i>Funds at the End of the Year</i>		
Unrestricted Funds	7,003	23,272
Restricted Funds	6,465	3,910
Total Funds at the End of the Year	13,468	27,182

Highlights 2015-2016

- ◆ Equally Fit
- ◆ International Writing Awards
- ◆ Fundraising by members and friends
- ◆ New self help groups
- ◆ Charity partnership with SP Energy Network
- ◆ New staff team
- ◆ Involvement with Scottish Mental Health Partnership

Moving ahead 2016/17

- ◆ 18-30 group
- ◆ Writing Competition Award Ceremony
- ◆ Review of Self Management Training
- ◆ Launch of Bipolar: The Essential Guide
- ◆ Partnership with Honest, Open and Proud (disclosure campaign)
- ◆ Outcome of funding applications

Our board of directors



Gordon Johnston, Chair



George Frame, Vice Chair



Pru Davies, Treasurer



George Cairns



Kenneth Lamont



Michelle Howieson



Colin Murchie

**Jenni Jones (photo
not available)**



Linda Dickson



BIPOLAR SCOTLAND



We offer information and support and are the only organisation in Scotland who provide self help groups and self management training specific to bipolar disorder

Visit our website to see the services we offer
www.bipolarscotland.org.uk
follow @BipolarScotland on twitter and like us on
facebook

Telephone: 0141 560 2050

**To donate via justextgiving—text BPSC01 £5
(or other amount) to 70070**

Bipolar Scotland is based in

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Telephone: 0141 560 2050

www.bipolarscotland.org.uk

Staff of Bipolar Scotland during the period of the report

Alison Cairns	Chief Executive & Company Secretary
Alan Douglas	Service Development Manager (retired 31st March 2016)
Graeme Bowman	Development Officer (from November 2015)
Lesley Fyfe	Administrator (from April 2016)
Gwenaelle Joubert	Fundraiser (from July 2016)

Board of Directors 2012-13

Gordon Johnston: Chair
George Frame: Vice Chair
Pru Davies: Treasurer
George Cairns
Linda Dickson (from September 2016)
Michelle Howieson
Jenni Jones (from September 2015)
Kenneth Lamont
Colin Murchie

Medical Advisors

Prof Andrew McIntosh
Prof Danny Smith

Psychology Advisor

Prof Andrew Gumley

Office Volunteer

Jenny Ellis

Bipolar Scotland is a company limited by guarantee
Company No: SC163306 Scottish Charity No SC 021705