

Company registration number: SC185967

Charity registration number: SC021154

Skye and Lochalsh Mental Health Association

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Skye and Lochalsh Mental Health Association

Contents

Reference and Administrative Details	1
Chairman's Report	2
Trustees' Report including the Director's Report	3 to 7
Independent Examiner's Report	8
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11 to 22

Skye and Lochalsh Mental Health Association

Reference and Administrative Details

Trustees

Mr L MacDonald
Dr S Potts
Ms H McLoughlin
Ms S MacDonald
Dr H Mcardle
Ms K Mackay
Dr G Terry
Mrs E Bouwmeester
Ms C Forsyth
Mr N Clapperton

Secretary

Ms S Mackenzie

Charity Registration Number SC021154

Company Registration Number SC185967

Registered Office

The charity is incorporated in Scotland.
Am Fasgadh
Wood Park
Dunvegan Road
Portree
Isle of Skye
IV51 9HQ

Independent Examiner

Hollie Mackay CA
Independent Examiner
A9 Accountancy Limited
Elm House
Cradlehall Business Park
Inverness
IV2 5GH

Solicitors:

Ferguson MacSween & Stewart
Bridge Road
Portree
Isle of Skye
IV51 9ER

Bankers

Clydesdale Bank Plc
Somerset Square
Portree
Isle of Skye
IV51 9EH

Skye and Lochalsh Mental Health Association

Chairman's Report for the Year Ended 31 March 2022

This has been a year of significant change for SLMHA but one that has been well managed, and we are moving forwards with optimism.

Firstly, services have gradually returned to normal as Covid restrictions have eased. I want to again thank staff and members for managing the last 2 years as well as they have - the response of Am Fasgadh to the pandemic has been a real credit to the organisation.

The biggest change however is that we have said goodbye to Alex Jones after 18 years of dedicated service. We sincerely thank Alex for all his hard work and commitment over the years seeing Am Fasgadh through from its early years to its well established and respected position today. Fortunately, thanks to true teamwork between Alex and Sandra Mackenzie over many years of working together, the transition has been impressively smooth with Sandra taking over as SLMHA Manager. The Board has every confidence that Am Fasgadh remains in capable hands, and we are grateful to Sandra for taking the organisation forwards with energy, experience and understanding.

Staffing levels challenges have been met with the appointment of 2 new project workers Katherine Nicolson & Fiona MacLeod and the outsourcing of our bookkeeping. In addition, weekend services were able to resume with the appointment of Orsi Gila who is now working fulltime to cover maternity leave. The team are very grateful to have been aided by our volunteer cook James Cryer freeing up staff time and keeping everyone well fed. A full team is key to meeting members needs over the coming year - the stress of repeated lockdowns with reductions in statutory services has taken its toll on people with mental illness. Added to this, the consultant psychiatrist post is once again covered by a locum service. Am Fasgadh, the Kyle drop-in and our Outreach service can and will provide true support and practical help for our members who are among the most vulnerable in our community.

A second significant organisational change is that we now work with a professional fundraiser: Jane Issacson has been engaged to advise on and assist with securing funding and we hope that this arrangement will ensure that not only does SLMHA survive but that it will continue to grow and help meet our society's need for mental health support. We hope too that NHS Highland and the Scottish Government will fully recognise and properly fund our work going forwards.

Thanks to all the extra funding made available during Covid and the resourcefulness of our managers in securing it, we are currently in a healthy financial situation. Although negotiations with NHS Highland regarding our core funding have been repeatedly delayed, we have a good safety net for now, important when there is likely to be greater competition for future funding sources. A grant of £14,000 was secured from the Mental Health Wellbeing Fund allowed the re-opening of the weekend services (Dec'21-April '23). We would also like to acknowledge significant donations in the past year from Dion Skye £4,271, Skye and Lochalsh Foodbank £3,000, Kate Davis (who ran a pop-up shop in Plockton) £500 and Plockton Carol Singing Group £230.

The Furniture Project is busy once again but is limited in capacity - it has great potential socially and financially but requires significant initial investment. This will be a focus for further development in the future.



.....
Dr S Potts

Date

14/7/22
.....

Skye and Lochalsh Mental Health Association

Trustees' Report including the Director's Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Association is a registered Scottish charity and a company limited by guarantee. It is governed by a Board of Directors whose members are both the directors of the company and trustees of the charity.

Recruitment and appointment of new trustees

Board members can be appointed in one of two ways. Firstly, they can be appointed by the members of the company in general meeting; all members are entitled to one vote. Secondly, they can be invited by the existing Board to serve in an interim capacity until their appointment is approved by the membership at the next general meeting. All members of the Board must also be ordinary members of the Association.

Each year the Board reviews its membership and identifies any gaps that may exist, taking account of Directors' skills, knowledge and expertise as well as representation of stakeholders and of geographical areas. New invitations to join the Association and the Board are then made based on this review. Potential Board members are welcome to approach the Association and appropriate applicants will be invited to join.

Induction and training of new trustees

The Association produces a Directors' handbook which is issued to all trustees. As well as providing a "job" description and guidance on the role of Director, it summarises key information on the organisation, including activities, structure and finances. The Manager and experienced trustees make time available to discuss this and other queries. Professionally published material on the role of voluntary sector trustees is also made available.

Organisational structure

The operation and the day to day delivery of the service at Am Fasgadh to our members is delegated to the manager Sandra Mackenzie. This is done within the context of policies and procedures which are ratified by the trustees. These policies set out a minimum standard of good practice and the values and objectives that are intended to inform the staff response to whatever situations arise.

The trustees are responsible for

- Approving operational policies and procedures
- Approving and reviewing the organisation's aims and objectives
- Setting reserves policy
- Approving an operational budget for each financial year
- Setting pay and conditions of employment for all staff
- Providing an annual appraisal of the Manager's performance
- Reviewing all aspects of the organisation's performance through the Manager's regular reports and instructing changes where necessary.

Related parties

No transactions with related parties arose during the year.

Skye and Lochalsh Mental Health Association

Trustees' Report including the Director's Report

Risk management

The trustees recognise their duty to identify and review the risks to which the charity is exposed and to ensure that appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees are confident that these provide reasonable, but not absolute, protection against material misstatement and loss.

Use of volunteers

In accordance with the Service Delivery Contract, the delivery of core services is not reliant on volunteers. The Association aims to create an environment in which members are involved in the daily running of the centre and also provides placements for individuals on employment schemes and community payback orders. Any activity that would be considered restricted work and require PVG scheme membership will only be carried out by paid members of staff.

The furniture project is reliant on volunteers, and in the year under review these were all drawn from the members of the Association. The trustees promote this as a way of developing members' skills and confidence and in order to break down stigma by raising the public profile of the Association. In the year under review the project used an average of 8 hours a week of voluntary work.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The object of the company in the year under review was to support adults in Skye and Lochalsh who are affected by problems resulting from mental illness including stress, social isolation and addiction. To this end the company provides support services directly to its members through its drop-in centre and through outreach work.

Mental health services

SLMHA supported 94 people in the year under review. The largest part of the service is Am Fasgadh, our drop-in centre in Portree, which was used by 80 people. It provides a place to meet people and access social and emotional support, low cost food, internet access, laundry facilities and games and activities. An Drochaid, our weekly Lochalsh drop-in, was used by 15 people.

The drop-in service supports members with their mental health in many ways depending on their individual circumstances. First and foremost it provides a safe and welcoming environment in which they can meet people and escape the social isolation that so often accompanies mental illness. A significant percentage of our members say that they have no other social contacts. It also offers a place to talk through day to day concerns, difficulties and anxieties as they arise.

The key features of the service are the immediacy of support and the relationship of trust members develop. The degree of anxiety that can be caused by simple events such as a summons to a medical assessment or an overdue bill is often not appreciated. Situations with the potential to snowball into a full blown crisis can be resolved simply with the right support but it has to be available straight away. Making a future appointment with an advice service isn't enough because panic and unwise responses can cause considerable harm in the intervening time. Our members are also far more likely to address and follow up a problem when supported by someone they know well and trust. It often takes encouragement and persuasion to get someone to go to the doctor, appeal a benefits decision or get professional advice on a problem. The same support also greatly improves the chances of that leading to changes that are sustained. Our members tell us that it is far easier to turn to us than to someone they would have to tell their story to from the beginning.

Outreach support is provided to clients referred by the Community Psychiatric Nurses. The project supported 13 such clients during the year, including some of the most vulnerable and isolated people in our community. This is funded by NHS Highland in addition to the Service Delivery Contract.