

The Moira Anderson Foundation

**Report of the trustees and
audited financial statements**

Registered charity number SC029979

Registered company number:

SC205665

31 March 2019



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Report of the Chair *for the year ended 31 March 2019*

The Annual Report for 2018-2019 provides an opportunity to reflect on MAF's progress throughout the year. It highlights the impact the charity has made on the lives of survivors of Childhood Sexual Abuse (CSA) and considers the role of MAF locally and nationally. The Financial Statement prepared by the Treasurer provides important information. Healthy accounts at the end of the financial year are a reflection of the outstanding effort made by Staff and Trustees. Commitment to the on-going sustainability of the charity is strong.

The Chair Report summarises key events and achievements adding insight to the many challenges currently faced. A staff development workshop in autumn 2018 attended by Staff, Therapists, Trustees and Advisers explored some of these challenges. MAF's values were reviewed as our culture and ethos have always been a crucial aspect of our success. "Living the values" are important and client-centred approaches always encouraged. However, with referrals constantly increasing this can be difficult. Since 2012 the number of clients receiving help has more than doubled. In addition, a serious lack of space has raised concerns that our service provision is in danger of being compromised.

A working group of Trustees, Advisers and Director met to address the operational needs in relation to the improvement and expansion of MAF's premises. Recommendations by the group were recently agreed by the Board and plans are progressing to re-configure the therapy rooms in the current building and to expand into an adjoining wing. This will provide additional resources for our client groups and improve working facilities for staff.

On-going interviews of new clients continued throughout the year with 50 referrals alone in March 2019. Interviews are dealt with in a sensitive manner with the help of the client support team who are well aware of the impact of trauma in the lives of survivors of CSA. Counselling and therapeutic work is in much demand and complementary therapies have developed to include more outreach work with the potential for future growth.

The Key Links project funded by Survivor Support continues its holistic approach helping vulnerable clients achieve outcomes to meet their individual needs. This involves a partnership approach with Health and Social Care. The Positive Steps Project with its Hands-on-Health self-managed programme had another successful year with more diverse groups benefiting from the experience.

These activities are delivered by dedicated and committed staff who create a caring and safe environment providing the best possible experience for survivors. Our Director Gillian Urquhart leads this successful team in a competent and pro-active manner. Her key role is recognised by the Board. The decision was made recently to create a new post, Clinical Manager, to provide assistance and spread the work-load Gillian is carrying.

In autumn 2018 MAF was one of 20 charities in the UK in a field of almost 400 to be chosen by the King's Fund for an Impact Award. This prestigious award is much sought after and staff were thrilled to reach the final stage. A rigorous assessor visit followed and although MAF did not win the first prize we received welcome recognition. Congratulations to Gillian and her team for this major achievement.

MAF's Open Days continued, providing an ideal opportunity for valuable networking among partners and promoting new contacts. MAF welcomed visits from Clare Haughey, Minister for Mental Health and Nadine Milne from Survivor Support. In addition, Beth McMaster from the Criminal Justice Division visited and updated us on recent Barnahus developments, a model of multi-agency, multi-disciplinary approaches for vulnerable witnesses. MAF has been a strong advocate for this resource for many years. The Charity continues to liaise with Police Scotland and has a special interest in supporting the Joint Investigative Interview process, a key aspect of such a model. The Foundation is promoting a "safe base" in Lanarkshire where it hopes to play a significant wrap around role, child-centred and recovery focussed, in a partnership arrangement.

Report of the Chair *(continued)*
for the year ended 31 March 2019

The Board has taken forward the business of good Governance. At the beginning of the year Trustee Paul di Mascio was appointed to the role of Vice Chair. A decision was made recently to appoint two new Trustees to strengthen our experience in the areas of Finance and Therapeutic Support. A Social Media strategy was developed and the Risk Register amended. A LGBT Charter (Bronze Award) was achieved following extensive work by Angela Gribben, external consultant, with Caroline Logan offering administrative support. A Short Life Working Group is currently reviewing the Strategic Plan while a second group is driving forward our 20:20 Fund Raising Campaign, a new venture for MAF.

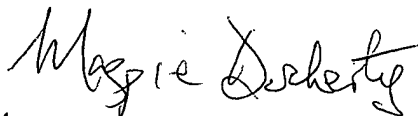
Our thanks go to those who work so diligently to deliver an excellent service; Administrative Staff, Finance Officer, Therapists, Client Support Staff, Counsellors and Volunteers under the leadership of the Director. They are at the heart of the charity and its most important resource.

Thanks to Patron, Eddie Gouther for his PR activity on behalf of MAF and to Adviser, John Jess for his developmental role with Staff and Trustees. The Foundation appreciates the support of all our Patrons, Advisers and Company Members.

The Charity expresses its grateful thanks to our sponsors and funders; the Scottish Government, Henry Smith, Robertson Trust, Big Lottery, Children in Need and many more, local and national. Without the generosity of so many organisations the Foundation would not survive. Thanks also to those who make individual donations and to volunteers, staff and friends of MAF who organise and deliver fund raising events throughout the year.

MAF has worked with considerable energy and direction to achieve its key organisational objectives; to expand its client base, develop enabling services and ensure the sustainability of the Foundation. Our biggest challenge for 2019-2020 is to extend our premises to meet projected client growth and manage increasing staffing demands. With the guidance of an experienced Board, a committed Director and our vigilant Treasurer, Sheena Pollock we move ahead positively towards the 20th anniversary of the Charity.

Finally, many thanks to Sandra, our inspiring leader who has worked tirelessly with Gillian and the dedicated team at MAF for almost 20 years. The Foundation's vision is as clear as ever; to ensure that our communities become safer for children and vulnerable adults. A worthy cause indeed, a challenging journey lies ahead.



Maggie Docherty
Chair

1 October 2019

Founder's report by Sandra Brown OBE *for the year ended 31 March 2019*

Our journey during the last year at MAF has flown by in a flurry of activity with both our Board and Staff, I believe, growing in confidence; particularly so after a highly supportive visit from the Scottish Government before Christmas. Warm feedback showed that our vision is shared by the Survivor Support Team and was followed by a substantial boost to our normal core-funding, in recognition of the consistently high referral rates we continue to meet without compromising on quality of service. I am confident that we have created a model of care which is exceptional for CSA survivors and that our Director Gillian leads a professional team which is exemplary in its delivery, along with a group of volunteers who are respected and valued for the skills they bring. The level of dedication and commitment that Trustees, Staff and Volunteers as well as Therapists all demonstrate towards the charity is heart-warming. Lifelong friendships have developed during our existence and for many individuals, special moments at MAF are memories they will treasure forever.

I take this opportunity to thank our indefatigable Chair Maggie Docherty and Trustees and Advisers who bring a range of different experience and expertise to the Board, giving their time freely. Under Maggie's steady guidance, we will continue in 2020 to build our capacity and we will further review our Governance which in the past year has encompassed risk, strategic aims, and sustainability.

For me, special highlights of the year under review have been a mix of meeting wonderful people and seeing excellent achievements accomplished. Some of these people were clients who have used our services and endorsed the clear benefits of support. Others are individuals I have encountered who have shown immense interest in MAF and a great willingness to promote what we do.

Chantal Mrimi, for example, is the Scottish Women's Awards current *Woman of the Year*. Her extraordinary story of surviving the Rwandan Genocide when over twenty of her relatives died in the warzone, to reach Scotland and achieve a BA in Administration Management is amazing by any standards. We met when I received SWA's Award for Services to Charity, from what was deemed an exceptionally strong field in that category.

Meeting Madeleine Black, another survivor, was also unforgettable and her astonishing and courageous TEDx talk ([youtube.com](https://www.youtube.com/watch?v=...)) is testimony that those affected by violence and sexual abuse of the worst type can move on to help others and have a fulfilling life.

It was an honour to meet both these resilient women, inspired and moved by our work.

It was then super-thrilling, before the year ended, to hear of MAF's achievement in being one of only two Scottish agencies to reach the finals of the GSK King's Fund for charities recognised as making an impact in the field of healthcare. What an accolade for Gillian and her team!

As the financial year closed, however, we were not quite finished with prizes. I found myself nominated for a *Woman of Inspiration Award* from the Scottish Association of Businesswomen. This meant a great deal, showing that MAF is highly rated as a successful Third Sector agency, which is clearly a nod to our *Investors in People* Gold Status. I made sure that in my speech I thanked Gillian and her first class team for helping me fulfil many of my original aims for MAF when I set it up.

That occasion was a fantastic way to celebrate International Women's Day in March 2019.

To our Director Gillian Urquhart and Treasurer Sheena Pollock (two more remarkable women) I pay huge respect. They have been with me from almost Day One of bringing MAF into the world. What seemed to be formidable, even insurmountable hopes (some even dismissed them as pipe dreams) have actually come to pass, or are well on their way to being realised as we enter a new decade.

Founder's report by Sandra Brown OBE *(continued)*
for the year ended 31 March 2019

With the truly fantastic hardworking individuals described here, never mind Maggie our Chair and her team of Trustees preparing our charity's readiness for 2020 and beyond, as well as heroes like our International Ambassador Matthew McVarish, I know we will go on from strength to strength. Our 20/20 campaign seeking donors to contribute to our new accommodation will raise the bar, I am sure. We have never reached out to local businesses before in a concerted way but we are hopeful that our strategic approach to fundraising over 2019-2020 will pay dividends in the long run.

We are now seen as a credible agency, able to provide informed comment and views on national television and have secured positive coverage in the local and national press. I continue to enjoy 'hands on' work at MAF from time to time, and as well as attending regular meetings I have been involved in volunteer training and in delivering our *Safe Hands* training over the year. I enjoyed performing my one woman play about the Moira Anderson case *One of Our Ain* in June 2018 to a capacity audience in Kilmarnock's Rugby Park Hotel at a super conference held by our partners Break the Silence. A further event organised by them in March this year, also attracted very good numbers and excellent evaluations with Matthew our Ambassador taking a key role among the speakers.

In conclusion, the fact that we are now expanding substantially at MAF's base and increasing staff as well as space, is a tribute to sheer hard graft, careful diligence with money, and working as a team.

My heartfelt thanks goes to everyone who has played a part in our significant achievements in what has been a highly satisfactory year in many ways, with turbulence fairly minimal and any change of a minor nature. So many positive results and such good stability reflect our efforts in the best way possible. I am sure our twentieth birthday in February 2020, will not only be about remembering Moira's legacy once more but will also be a genuine and happy celebration of success.



Sandra Brown, OBE
Founder

1 October 2019

Report of the trustees *for the year ended 31 March 2019*

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2018. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) FRS 102 'Accounting and Reporting by Charities' revised 2015.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
SC205665 (Scotland)

Registered Charity number
SC029979

Registered office
3 Mavisbank Street
Airdrie
ML6 OJA

Trustees
S Brown
S Pollock
M Docherty
M Campbell
K Naismith
P McCrossan
P Di Mascio
R. Saleem
S McAuley (resigned 17 July 2019)

Solicitors
Burness Paull LLP
50 Lothian Rd
Festival Square
Edinburgh
EH3 9WJ

Auditors
MHA Henderson Loggie
11-15 Thistle Street
Edinburgh
EH2 1DF

Bankers
Royal Bank of Scotland (Edinburgh)
Bank of Scotland (Airdrie)

Report of the trustees *(continued)* **for the year ended 31 March 2019**

STRUCTURE, GOVERNANCE & MANAGEMENT

The Governing document is referred to as The Constitution. The charity is controlled by its memorandum and articles of association, and constitutes therefore a limited company, one which is also limited by guarantee, and also as defined by the Companies Acts. The Constitution was recently revised. It met OSCR requirements March 31st 2018, and was signed off by Company Members the same day. It was then lodged at Companies' House

Induction and training of new Trustees

Trustees benefit from special advisers as required. Paul Pia has continued to give expertise on charity law and governance in this role. A development day was held for 8 Trustees 8 Staff and 2 or 3 Therapists. All potential trustees must follow the due process to become a Trustee, then specific training as required. The Director and one other staff member have responsibility for disclosure and PVG compliance. All MAF staff, Trustees, therapists and volunteers complete mandatory police checks. A Trustees Handbook was developed and made available last year. A September 2019 development day is planned, for Staff & Trustees, etc.

Organisational structure 2018-2019

There has been no change to the charity's operational structure. The staff team, which continues to be led by Director Gillian Urquhart, who is responsible for operational services, has seen a few changes. Audrey Leckie's role in the Client Support Team, pivotal in our Key Links project, was covered successfully by Moira Hughes for a three month leave period. Annette Brown left for an external post and was replaced by Catherine McKinven in the Admin and Reception Team, while Liz Sloan gained further experience in Client Support. Additionally, consultants continue to be very involved. Angela Gribben is funded by Scottish Government to help with governance, and develop a sustainability tool of mutual interest to other agencies; she networks and promotes MAF's services, and highlights our Training Portfolio. Donna Connor has been brought in to assist with events. Maureen McCormick provides peer support and helps facilitate the Health Programme to assist Janine Lamont, Development Officer. The "Hands on Health" Programme Janine has co-ordinated since its inception continues to be very successful. Over the year sessional therapists utilised by MAF has averaged a pool of 8 people.

Chairs since launch of Charity :

Adam Ardrey	2000-2002
Fiona Leggat	2002-2004
Catherine Thomson	2004 -2008
Janet McGill	2008-2010
Paul Pia	2010- 2015
Maggie Docherty	2015 to present

Honorary Patron - Janet Anderson Hart

Patrons - Liz Lochhead (National Poet) Edward Goucher (local business man)

Honorary Founder - Sandra Brown OBE

International Ambassador- Dr. Matthew McVarish, Scottish Charities Champion 2015-16, Top Scot Glenfiddich Spirit of Scotland Awards 2014, Campaigner of the Year Runner Up, Scottish Politician Awards, 2014

Report of the trustees *(continued)*
for the year ended 31 March 2019

Company Members - Sandra Brown, Sheena Pollock, Paul Pia and Maggie Docherty welcomed Phil Wheeler in the current financial year. Phil has an extensive background of 35 years in banking, considerable experience in local government as a councillor, and was Finance Convenor with the City of Edinburgh Council 2009-2012.

Board Advisers - Morag Thomson, Marcello Mega, Margaret Wallace, Matthew McVarish, and Paul Pia all advise as required. John Jess was recruited in January 2019, his expertise covering finance, health & clinical fields.

All Board Members and Advisers work in a voluntary capacity, as do Company Members who appraise the Board.

ORGANISATIONAL FORMAT :

This remains as the Board, comprising Office Bearers of Chair, Treasurer & Secretary, Trustees, and Advisers as required. The Director is over all staff therapists and volunteers.

WIDER NETWORKS OF THE ORGANISATION:

MEMBERSHIPS

- Member of Scottish Council for Voluntary Organisations.
- Member of Volunteer Action North Lanarkshire.
- Member of COSCA, Counselling and Psychotherapy in Scotland.
- Member of the British Association for the Study and Prevention of Child Abuse and Neglect.
- Member of the Cross-Party Parliamentary Working Group on Survivors of CSA.
- Member of the Child Protection Independent Providers Forum Lanarkshire.
- Member of the Scottish Human Rights Consortium

COLLABORATIVE LINKS

- Children 1st, incorporating Childline and Parentline.
- Kingdom Abuse Survivors Project.
- Eighteen and Under in Dundee.
- Rape & Abuse Line in Dingwall, Rape Crisis Lanarkshire.
- Break the Silence, Kilmarnock,, Ayrshire.
- WRASAC in Dundee, WRASAC in Perth and Kinross.
- PETAL (People Experiencing Trauma and Loss)
- FAMS (Families Affected by Murder and Suicide)
- Victim Support Scotland.
- Scottish Women's Aid.

Over the year we have also had regular working links with the following organisations:

Glasgow Links Workers Programme, Health in Mind, Scottish Association for Mental Health, Future Pathways, CAMHS, Health & Social Care Alliance Links, Citizen's Advice Bureau, Routes to Work, Glasgow Council on Alcohol, Self-Management Network, Thriving Survivors

Report of the trustees *(continued)* **for the year ended 31 March 2019**

COLLABORATIVE LINKS *(continued)*

We work with Witness Service, Crown Office Procurator Fiscal Service, and also with VIA (Victim Information and Advice) to provide support to clients going through the judicial process, and liaise with the Criminal Injuries Compensation Authority, with Victim Support Scotland, and also liaise with Police Scotland.

We have informal links with a number of other agencies which support survivors south of the Border including NAPAC the national association for people who have experienced abuse in childhood, and also including some which deal with offenders eg, Stop It Now (Scotland). MAF signposts those concerned about offenders to other agencies, where offending behaviour may be discouraged and stopped with support in place.

RISK MANAGEMENT

The Board appointed Ellis Whittam providers of employment law, HR and Health & Safety Services, to minimise the Regulatory Risk of non-compliance in 2010 and this has proved satisfactory. Their role covers all staffing aspects. It ensures provision of a dedicated legal adviser, with any employment related claim robustly defended on behalf of MAF. The insurance also provides cover for any compensation awarded to an individual against the charity amounting to £100K with an annual cap of £1 million. This arrangement continues for the period 2019-2020.

OBJECTIVES AND AIMS

The Moira Anderson Foundation was set up in 2000. It provides a place of safety for children and adults who have been affected by Childhood Sexual Abuse (CSA). The Foundation has developed a unique and proven holistic approach to CSA prevention and the rehabilitative support of those who have experienced trauma. It provides a wide range of effective services to clients, including high quality training on child protection-personal safety programmes with an emphasis on early intervention- to assist in preventing sexual abuse.

The services have been highly successful to date. However, there is a need to maintain and further develop services, to reach a wider audience, and make them accessible to anyone unaware that help is available.

Our Vision:

Childhood sexual abuse does not occur, the community is a safe place for children and vulnerable adults to live in and future generations inherit a safer Scotland.

Our Mission:

To provide help and support to the victims of childhood sexual abuse and their families, and to be proactive in the prevention of CSA so that children live in a safer, more protected environment.

Our mission will be achieved, in part, by continuing the following activities:

MAIN ACTIVITIES

- Helping and supporting children, young people and adults who have disclosed abuse.
- Accompanying vulnerable witnesses to court, if required, and giving telephone support when needed
- Providing emotional and practical support and therapeutic services tailored to the needs of individuals.
- Campaigning for improved treatment of children and other vulnerable people in the legal system and assisting in the aftermath of court proceedings, including help with the media.
- Assisting with access to legal help and with Criminal Injuries Applications.
- Providing early intervention programmes - "Safe Hands"- to raise awareness of keeping everyone safe.
- Providing training for staff, volunteers, and clients, eg. Programmes, on-going educational resources on child protection to schools and to other organizations with child protection high on their agenda.

Report of the trustees (continued) for the year ended 31 March 2019

MAIN ACTIVITIES (continued)

- Providing "Hands on Health" training courses devised to enhance personal development of clients
- Providing the Key Links Project for those clients requiring additional /specialist support
- Providing complementary services which offer a range of therapies to clients to enhance wellbeing
- Providing assistance to clients who require help with transport or access to premises
- Providing Training for Trainers programmes, mentorship, focus groups, and drop- in facilities
- Providing statistics, data, etc, in order to inform and guide national and local policy and practice.
- Liaising with statutory and voluntary agencies to build good networks.
- Partnering national agencies which share common aims and good practice.
- Partnering international agencies which share similar ethos and vision on CSA.

Our Values:

The Trustees made a commitment to have our values prominently displayed at our hub and this was done. An art mural was publicly 'unveiled' by our Honorary Patron in 2017. It captures the story of Moira. It also shows the journey of MAF as an organisation since 2000. It incorporates our core values which are:

STATEMENTS ON OUR VALUES AND CULTURE

In September of 2018, at our well-attended Development Day with approx. 20 people present, our values were re-visited with groups all naming the values without hesitation, and giving examples of how embedded they are.

COMPASSION- Staff are fully trauma-informed and gave an example of one client's story where a huge shift in family dynamics impacted on finances, benefits and circumstances which resulted in adverse mental health issues. Through the team coming together to resolve matters and working outwith normal remits the client's distress was greatly alleviated.

RESILIENCE- This group identified two examples illustrating this value. One showed how the range of services for clients promotes the building of personal resilience at different stages of recovery. The other focused on MAF's financial resilience. It was noted that despite year on year increases in referrals, MAF continues to fund services and finds ways to increase revenue so that although they are aware of the precarious nature of funding, staff trust the agency will find solutions.

TRUST- An example from this group was that the Board is trusted to act in an open fair manner as was shown when a staff member queried their salary point. This was resolved by an independent benchmarking exercise being undertaken by an external assessor which considered UK-wide Third Sector salary scales. It resulted in one person's salary being adjusted slightly, but it was not in fact that of the employee who had lodged the original query.

INTEGRITY- This group discussed and agreed on their example being the way the Board had tackled difficulties which could have had a harmful effect on MAF's reputation. The manner in which the issues were handled demonstrated that integrity is embedded in the actions of the organisation, and concerns about serious repercussions proved unfounded.

We believe from the above it is clear our values sit at the heart of all we do, and trust is integral to all that MAF stands for: "There is a culture of appreciation, where people felt valued and recognised for their efforts and performance. Everyone is an ambassador, and values are being implicitly applied" (External Assessor for IIP).

Report of the trustees *(continued)*
for the year ended 31 March 2019

STATEMENTS ON OUR VALUES AND CULTURE *(continued)*

Equal opportunities are clear and there is much commitment to inclusion, and raising awareness of gender sensitivities. This is evidenced by MAF securing an LGBTQ charter mark for the agency in Spring 2019.

CLIENT STATISTICS & TRENDS:

Cases supported from the inception of the charity reached **3,390** as at 31st March, 2019.

For 2018-19, **420** referrals were made, more than 30 over last year. **This represents an increase in client referrals over the financial year of 8%, an upward trend that has happened every year for 8 years.** **335** were female, last year this was **291**. Some **85** were male, a slight reduction from **97**, which we viewed as reflecting the football expose.

Of the **420**, Under-18's totalled **91**, a significant increase from **77** last year (a trend we expect to maintain.) The number of boys was fairly similar, **24** as opposed to **22** while girls totalled **69** rather than **53**. Possibly this is due to girls being more likely to disclose when CSA has been suffered by them, due to cultural norms.

Our Complementary Services saw **239** referrals, up from 189 last year. **145** individuals had treatments, up from 141 last time. From those completing a course of therapies to evaluation, **75%** reported benefits to their mental health, and **58%** reported positive differences in their physical health.

Increased self-esteem was significant with a high of **71%** indicating a difference in their stress levels with an overall average of **53%** increase across all self-esteem indicators. **97%** of clients reported a positive difference in at least one self-esteem indicator with the average number of reported benefits being **5**, mirroring last year. Mainly courses were delivered in Airdrie, but we further expanded service provision in Glasgow, as hoped, providing therapies in partnership with the GP Links Practitioners from Possil Health and Care Centre.

Some **89** people expressed interest in enrolling on our "Hands on Health" self-management programme- **36** individual assessment interviews were offered, with **27** attending pre- course commencement. In total 2 courses were run over the operational year. **26** people began these courses, and **20** completed and gained certification. A further 2 courses are currently running, one in Airdrie, with **15** people enrolled and **10** attending, the other in Bridgeton Glasgow, in partnership with the GP Links Practitioners with **12** enrolled and **6** attending.

A peer support group was run throughout the year for "Hands on Health" clients. This was over and above MAF's long-running, very popular weekly Pop-In group, led by long standing and trusted facilitators Jeanette Kirkham and Marie Gault. With two dedicated people of their calibre, among our earliest trained volunteers, the group is a lifeline for many.

Report of the trustees *(continued)*
for the year ended 31 March 2019

CORE OBJECTIVES: We will continue to:

- provide information, and assist as many people as we can who are affected by sexual abuse.
- provide various types of therapy including filial therapy alongside play therapy, for family groups.
- provide complementary therapies for clients who are CSA survivors to access for overall wellbeing.
- assist with supporting Criminal Injuries applications as required, and other advocacy as required by clients.
- raise awareness of the prevalence of Childhood Sexual Abuse (CSA) at a national level as well as locally.
- raise awareness of who we are and what we do, through our website, social media, newsletters etc.
- contribute to the Parliamentary Cross-Party Group for Survivors of CSA and responses it gives on various issues.
- assist with the National Inquiry set up by the Government for survivors from In-Care Institutions.
- lobby for the rights of children and other vulnerable witnesses, with a demand for a 'Barnahus' model in Scotland.
- partner with like-minded agencies to promote a collaborative approach on projects or other initiatives.
- recruit and develop the skills of volunteers to assist us in our work including help with fundraising initiatives.
- deliver a training portfolio eg conferences, seminars as well as training for our own volunteers and others to include the following:
 - training to advocate personal safety issues through strategic tools, eg our *Safe Hands* courses
 - training programmes specifically aimed at client wellbeing as part of our *Positive Steps* Project, eg *Hands on Health*
 - drama performances for training/awareness raising purposes & networking as required.
 - deliver presentations about our work by a variety of people, eg Founder, Staff, Volunteers speaking to groups etc.

SOME KEY TARGETS FOR 2019-2020 will be to:

- Deliver the Key Links Project for the Scottish Government, to enhance client services with a group of agencies.
- Utilise the recruited and trained volunteers from an autumn cohort to augment our pool of MAF volunteers.
- Build on the new Partnership formed with Glasgow Links Workers Programme to promote a satellite service.
- Further develop collaborative partnerships through our Positive Steps Project to enhance referral pathways.
- Develop further a collaborative partnership with the makers of the documentary film *Hidden in Silence* to promote its use for training, linking with their innovative agency called Social Destination to help BAME survivors.
- Undertake other collaborative partnerships to promote the work of the agency to include:
- Police Scotland, Social Work Services, a Local Authority, an NHS Trust, a University (all pending funding).

**Report of the trustees (*continued*)
for the year ended 31 March 2019**

SOME KEY TARGETS FOR 2019-2020 will be to: (*continued*)

- Campaign at the highest level in Scotland to see the Icelandic Barnahus model welcomed for child witnesses.
- Utilise the profile of Matty our International Ambassador, to promote our services, particularly through a play he will perform at Parliament, *Titus*, focused on mental health issues, & hosted by the X-Party Group on Survivors.
- Mark our 20th anniversary February 2020 by a performance of *One of Our Ain* at The Gathering, Glasgow.
- Capitalise on our Investors in People achievement, and identify ways of highlighting it through better PR.
- Develop and further upgrade our website, to include testimonials by clients on what has specifically helped them, and explore possible training materials which are survivor-centred being developed via this route.
- Streamline branding model to incorporate logo, and values with new Survivors colour purple including website.
- Diversify our funding applications range to engage with new sources, and with new partners in the community.
- Utilise the positive publicity in MAF securing the well regarded LGBTQ Charter Mark
- Appeal for support to help MAF expand its services and accommodation through our 20/20 Campaign.
- Reconfigure our existing space at the main premises in Mavisbank Street to have best practice treatment rooms.
- Re-locate some staff to new adjacent annexe with customised extra therapy, interviewing and training areas.
- Undertake building work and refurbishment to address disability and access issues for clients and staff, etc. while ensuring quality of service delivery is not compromised during renovation.

REFLECTING BACK ON OUTCOMES - SOME KEY TARGETS FOR 2018-2019 were to:

- complete the upgrade of IT systems and replacement of new equipment throughout the premises

While there has been completion of the first phase, replacement of equipment is gradual. To meet IT needs and the move to new accommodation along with acquiring new office furniture where possible is now a major aim.

- prepare for review of MAF for Investors in People to maintain Gold Status awarded 2017

Our wish is that MAF continues as a healthy organisation, and retains a reputation as not just a fantastic service, but a good place for staff to work with positive benefits, training and professional development, and strong morale, and for volunteers to feel they can make a difference, contribute to our growth, and our sustainability.

**Report of the trustees (continued)
for the year ended 31 March 2019**

REFLECTING BACK ON OUTCOMES - SOME KEY TARGETS FOR 2018-2019 were to (continued)

Reflecting on **Achievements over the Year** under review is best illustrated by a snapshot of all the views –both personal and collective highlights- which emerged on flip charts at MAF's Development Day from 20 people.

- *Reviewing procedures to achieve greater consistency, and updating MAF's Constitution.*
- *Attending speed networking events. Seeing the expansion of the Client Support Team.*
- *Providing counselling to clients who struggle to travel perhaps through fears/anxieties, financial constraints or mobility issues.*
- *Building connections with police, councils, and within political parties as well as finding channels to benefit MAF.*
- *Hearing in therapy a client say the grounding strategies they've learned have made a big difference in their life.*
- *Founder being Runner Up in Robert Burns Humanitarian Award 2018. Awards are a positive reflection on the charity.*
- *MAF's ability to recruit excellent calibre of people to staff, therapies and the Board itself.*
- *I have helped create a welcoming and calm environment within the reception area for the clients.*
- *I proposed that we ask clients of MAF to participate in video testimonials...great response!*
- *Recruiting and inducting 4 new members of staff. Understanding what the relationship is between client outcomes and cost.*
- *I saw success in funding applications. I helped raise money and awareness through bag packing. I made the transition from Admin to Client Support- I had always wanted to do that...!*
- *Stronger governance arrangements. Solidarity in overcoming hard times. Promoting awareness of CSA in minority ethnic communities. Working with NHS Scotland Local Information Support Team to set up a data research project.*
- *This kaleidoscope of feedback gives an excellent idea of what were the high points of the financial year 2018-19.*

Other aims from the last twelve months were to:

Push for additional funding for therapies

Fully met. Funding from The Listening Fund was successfully achieved for a two year period. This will not only help with funds, but ensure that for the first time ever, a dedicated research post is included in the package so that our resources and our practice can be properly monitored, recorded and used for evidential reports. While the post is purely on a one day a week basis, we believe this is a move in the right direction for gathering a bank of data and statistics on survivor support, that can make the case for the massive difference MAF makes in people's lives. Providing the 'right' kind of evidence has been a major headache in the past for us, and was identified as a weakness, so this is a huge step forward.

Push for more uptake of training and education, and promote more networking events

Partially met. A number of training courses were held within MAF as well as staff attending a wide range of external training events. Courses in-house included Volunteer Basic Training, Safe Hands, and Hands on Health, and also Safeguarding. A MAF stand was at **The Gathering** a 2 day event in Glasgow to promote awareness of our services. A special networking event will be held at the same venue to incorporate a performance of *One of Our Ain*, the play about Moira Anderson, to mark our anniversary. A capacity audience rated the event very highly in June 2018.

(Our business plan of 2017-2020 shows that we hoped for an in-house training facility by this date, due to the issues of space and limited accommodation. The new annexe will hopefully go along way to address this problem fairly shortly.)

Report of the trustees (continued)
for the year ended 31 March 2019

REFLECTING BACK ON OUTCOMES - SOME KEY TARGETS FOR 2017-2018 were to (continued)

Other aims from the last twelve months were to: (continued)

Take forward work on child witnesses and settings for other vulnerable witnesses

Ongoing. Following "Getting it Right for Child Witnesses" a conference we jointly organised some time ago, and our attendance at the Scottish Sentencing Council's conference on Sex Offending, there is now real progress in this area. (See Chair's Report) and hopes are higher that our additional accommodation may possibly be considered as a test site.

Deliver a successful fundraiser calendar utilising our volunteer workforce to best effect

Fully met. While the Ladies Lunch, our flagship event raised a very good amount, attracting 240 plus attendees who enjoyed first class entertainment, other smaller fundraisers nevertheless punched above their weight. While attendees at our Night of Stars Concert could have been higher, the sum raised was a record high, and it picked up a 5 star review. Also helpful with our activities has been **Airdrieonians Football Club** adopting us as a charity partner (July 2018.) As well as raising our profile at matches with a very smart MAF trackboard, the Club has held events for us such as silent auctions. We are very grateful to Patron Eddie Goucher for paving the way for this helpful partnership on MAF's behalf.

Recruit further volunteers in Autumn 2018.

Fully met. 5 volunteers successfully completed 5 weeks of training. We currently hold the well-regarded Volunteer Friendly Award, presented to us by Alex Neil MSP, and will do till Mar 2020.

(Recruitment for September training in 2019 has already been organised by Co-ordinator Audrey Leckie, and as this is an area which urgently needs 'topping up', it is good to know early interest has come from extremely interesting individuals, eg, Those with a background in Children's Panel volunteering for the Reporter.)

Progress our Development Plan, & upgrade protocols, policies & governance issues

Ongoing. A SWOT analysis was done in 2016, and a Risk Register collated. (Revised 2018.) A sub-group prepared for Investors in People 'health check' Jan- June 2017. Gold status was secured August 2017 and represents the best in people management excellence, with many MAF practices regarded as 'mature'/'embedded'. During the operational year we have brought in additional protocols for ensuring confidentiality is observed, given the issues with traffic flow through reception.

Governance Issues

Fully Met. The MAF Constitution was re-visited (last done in 2013) and a helpful Trustee Handbook was circulated.

Governance issues covered in our Handbook are topics such as Trustees attendance, conduct, understanding of the Constitution and roles and responsibilities. It is our belief that having former service users on the Board is a great asset.

(Autonomy and respect of everyone's ideas and contributions are the backbone of MAF. We have indeed been fortunate to attract absolutely the right people and definitely in Gillian Urquhart have the right Director to drive forward our ambitions for Moira's legacy, including taking over the additional accommodation which will help meet the demands of consistent high client referrals over 2018-19. Our Development Days have been enjoyed by both staff and Trustees, and thanks to the searching level of discussion in September when we had consensus on the most crucial issues in a SWOT analysis, we were able to prioritise key concerns, namely: Gillian our Director's top-heavy workload, and space being at breaking point.)

Report of the trustees (continued) for the year ended 31 March 2019

Host more screenings of film Hiding in Silence about CSA in minority ethnic communities

Partially met. MAF sponsored a special launch event at the Royal Conservatoire of Scotland, Glasgow, Nov, 2016, which was well-attended by multi-agency staff, and included speakers including Trustee Rukhsana Saleem, and Maria Hanlon, Client Co-ordinator for MAF. The documentary, which also features Matthew McVarish our International Ambassador being welcomed by First Minister Nicola Sturgeon- at a Holyrood event we organised on his return from walking 10,000 miles around EU countries on his Road to Change Project- was evaluated very positively. We plan to take more work on with the documentary and its makers. Getting its messages further spread might mean ethnic minority survivors may have a more level playing field. We hope to see a further showing at Wishaw General Hospital in 2019, attracting more attendees.

OTHER OBJECTIVES OVER PAST 12 MONTH PERIOD

- i) *Support more individuals affected by CSA by increasing our activities, upgrade our accommodation, and health and safety, boost volunteer numbers, give better access to a safe friendly environment.*

Ongoing. Our Reception area was improved providing excellent seating, but we still have issues with traffic flow. Our volunteer pool was augmented, but we lost some very experienced trained volunteers in the past year, and they will take a while to replace properly. Access is better now for some clients, but for those with a disability difficulties remain. Hopefully these can be addressed by the new annexe plus our refurbishment plans

- (ii) *Build more public awareness, partnerships, training initiatives & do more networking to increase our impact.*

Ongoing. Awareness raising was done through a number of ways eg. Police Scotland, with discussions held to improve interviewing with clients who are survivors. A leaflet prepared by Police Scotland also received some consultation from MAF as well as the Cross-Party Group at Parliament. It's hoped that the partnership with Social Destination, an agency set up concerning CSA survivors from minority ethnic communities, will ensure the messages of the documentary film is spread through training and education, and will signpost people to MAF.

Networking has been varied at both a local and national level. Regular Open Days are held at the main base to allow external people to tour the agency and ask questions for research. They have been well attended.

Representation by MAF has occurred at events too numerous to mention eg, Scottish Government Seminars, conferences on In-Care Survivors, and more recently, on Barnahus, a full day workshop held in Stirling.

- (iii) *Build further recognition of the charity at international and national level as well as locally*

Ongoing. MAF was nominated for the GSK Impact Award which is very prestigious and given to charities seen to be making a difference. That translated into a prize of £3K after we were shortlisted from almost 400 entrants but as only 2 Scottish charities got that far, and this was a UK-based Award, it was a phenomenal result in terms of recognition of our 'brand'. Our Director represented us at the London Science Museum for the awards ceremony in May 2019 and we have received very insightful, helpful feedback from the organisers on our entry.

Matthew our International Ambassador continues to raise the profile of CSA issues and services MAF provides through his own global profile. Thanks to his determination, the Icelandic model for child witnesses has more chance of succeeding than ever before, and Matty remains much in demand as a conference speaker, most recently attracting excellent evaluations in March at a Survivors Conference hosted by partners Break the Silence.

Report of the trustees *(continued)*
for the year ended 31 March 2019

OTHER OBJECTIVES OVER PAST 12 MONTH PERIOD *(continued)*

There has been good use made of the MAF website, and social media over the operational year. Our activities always feature on social media, on our website and in newsletters. Our Ladies Lunch has grown substantially in recognition within the Lanarkshire community, but also attracts supporters from further afield as well as high profile personalities providing first class entertainment. At 2018's Lunch the actor and singer Tom Urie helped to draw some 245 attendees and very ably supported Matty, Liz Sloan and former client Beth Swan.

The Positive Steps project, led by the tireless Janine Lamont, goes from strength to strength in the Glasgow Health Board area with patients at Possilpark Healthcare Centre accessing our services in the operational year. It is hoped our sustainability will be helped by forthcoming plans to run our course in Bridgeton Health Centre. We ensured that the Minister for Mental Health was made aware of this on her visit to MAF in the Spring, and that our wish is to see a satellite service rolling out the full range of our services city-wide, serving some of the most vulnerable communities where there are so many problems accessing support, people overwhelmingly use drugs.

It is also important to acknowledge the terrific fundraising done by members of the Peer Support Group, with the making of special handcrafts in particular reaching over £1K from stalls at MAF events, which helps them to subsidise group outings and activities which are all beneficial for their recovery from trauma.

GROWTH & SUSTAINABILITY:

We have expanded once more over the year, we again have external indicators showing our growth is healthy and awards have come our way, endorsing our model of practice. Operations have been relatively smooth, and we continue to provide high quality services through staff, therapists and volunteers who are people of calibre. No charity has a crystal ball however, and we remain as uncertain as others in the third sector as to what a post-Brexit political climate might look like for the Foundation, with October 2019 now fairly close.

Capacity was a definite issue we had to address within 2018-19 as there were no signs of client figures decreasing, and that pattern has continued relentlessly. In the Spring, we were so inundated with referrals that it was 'breaking point' and we wondered if this surge had directly stemmed from the documentary *Leaving Neverland* a two part television interview with survivors affected by the pop star Michael Jackson's behaviour.

The main concerns or 'gaps' that were identified in a SWOT analysis at our Development Day showed a consensus that premises and Director being 'overloaded' was reaching a tipping point, and though funding will always be a worry- with priorities sometimes changing without warning, or Government shifting particular agendas too- we had to prioritise and address our lack of space, and Gillian's lack of direct assistance urgently.

It is clear that while we have very strong leadership capabilities at all levels in the charity, we have been required to identify future needs as we go forward: we have looked at the demands of the Director's remit, and appointed Maria Hanlon, a very experienced staff member, to the newly created role of Clinical Manager. Maria will take up her post on August 1st. This should alleviate the pressure as some of the responsibilities slot into this new post.

We plan to introduce a succession plan at Board level so that whatever comes down the pipeline, we will have the skills mix we need and the resources to meet other strategic objectives, as our Chair serves a final year of tenure. Two specific individuals are being actively recruited for clear roles. A Vice Chair is now appointed.

Report of the trustees (continued) **for the year ended 31 March 2019**

GROWTH & SUSTAINABILITY: (continued)

The age range of Trustees covers early forties to early seventies, while the age range for volunteers is much, much wider. The problem of the decreased pool of trained volunteers is being tackled to ensure they are replaced. We are fortunate that new Staff posts filled in the operational year proved to be good choices of candidate, and they have adapted well to new roles. As is always the case in the third sector, however, there are no guarantees that people will stay if the funding climate is insecure. Quality accommodation though, will help.

We are lucky that Scotland is one of the few countries in the world to have actively taken steps to address the issue of CSA. The Scottish Government is aware, however, that sustainability can be hard for many agencies to crack, and so we are glad that since Spring 2017, we are represented at a working group set up to bring several charities of differing sizes together. Its aim is to look at pertinent issues, and define understanding, so that the Government's own Strategy is underpinned and in turn they are helped meet their national targets, while identifying possible threats to the very survival of those frontline charities providing necessary services. We have benefited from advice from this Group and also thank *Inspiring Scotland* for their support and encouragement.

FINANCIAL REVIEW

The net expenditure of the charity in the year was £4,876 and the net assets as at 31 March 2019 were £116,633.

Reserves Policy

The members of the Board of Trustees along with the Company Members have continued to monitor reserve funds with due diligence. To meet ongoing operational requirements, the Board considers that a reserve equivalent to four months of expenditure remains appropriate. This would be required in either crisis situations, or the winding up of operational services to cover all mandatory criteria, e.g. redundancies for permanent staff.

We are grateful to Royal Bank of Scotland and Bank of Scotland for services provided during the financial year.

Our latest Special Adviser to the Board, John Jess, has very relevant experience in our field and in assessing the balancing of accounts in a charity where our turnover has steadily grown year on year. We have been glad to gain the financial acumen too of Phil Wheeler as a Company Member, and these two gentlemen have taken a very active interest throughout the operational year, and willingly made helpful suggestions at meetings. Both are involved in a Strategy Group set up to navigate a path through the first few years of the forthcoming new decade. Always keeping a close eye open on cash flow, salaries, and deadlines for reports to various funders are Treasurer Sheena Pollock and our Finance and Sustainability Officer, Leigh Robinson. As the audited accounts which follow show, they have once again kept very much on top of things at MAF, and must both be congratulated for doing such a demanding task to a very high level indeed.

Disclosure of information to auditors

The Trustees who held office at the date of approval of this directors' report confirm that, so far as they each are aware, there is no relevant audit information of which the company's auditors are unaware; and each director has taken all the steps that they ought to have taken as a Trustee to make themselves aware of any relevant audit information and to establish that the company's auditors are aware of that information.

Report of the trustees *(continued)*
for the year ended 31 March 2019

Statement of Trustees' Responsibilities

The Board of Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice (UKGAAP). Company Law requires the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Board of Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

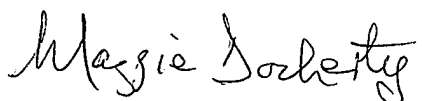
The Board of Trustees is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The Board of Trustees is also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The Board of Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Approval of the Trustees' Annual Report

At the time of approving this report, the Board of Trustees are aware of no relevant audit information of which the charity's auditors are unaware and have taken all steps that they ought to have taken as a member of the Board of Trustees in order to make themselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and in accordance with the special provisions of the Companies Act 2006 relating to small companies.

Approved by order of the Board of trustees on 1 October 2019 and signed on its behalf by:



M. Docherty
Chair & Trustee

Report of the independent auditor's to the trustees and members of The Moira Anderson Foundation

Opinion

We have audited the financial statements of The Moira Anderson Foundation (the 'charitable company') for the year ended 31 March 2019 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2019 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and the provisions available for audit of small entities, in the circumstances set out in note 20 to the financial statements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Report of the independent auditor's to the trustees and members of The Moira Anderson Foundation (*continued*)

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' Report which includes the Directors' Report for the financial period for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report which includes the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report which includes the Directors' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of directors

As explained more fully in the Directors' Responsibilities Statement, the directors (who are also the trustees of the charitable company for the purposes of charitable law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Acts and relevant regulations made or having effect thereunder

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Report of the independent auditor's to the trustees and members of The Moira Anderson Foundation *(continued)*

This report is made solely to the members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charity's directors, as a body, in accordance with Section 44 (1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 10 of the Charities Accounts (Scotland) Regulations 2006 (as amended). Our audit work has been undertaken so that we might state to the members and the charity's directors those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity, its members as a body and its directors as a body, for our audit work, for this report, or for the opinions we have formed.



James Davidson (Senior Statutory Auditor)
For and on behalf of MHA Henderson Loggie
Chartered Accountants & Statutory Auditors
Eligible to act as an auditor in terms of section 1212 of the Companies Act 2006
11-15 Thistle Street
Edinburgh
EH2 1DF

14 Oct 2019

MHA Henderson Loggie is the trading name of Henderson Loggie LLP.

Statement of financial activities and income and expenditure account
for the year ended 31 March 2019

		2019	2019	2019	2018	2018	2018
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Notes	Funds	Funds	Funds	Funds	Funds	Funds
			£	£		£	£
Income from:							
Donations and legacies	2	66,490	290,828	357,318	66,654	242,226	308,880
Other trading activities	4	23,571	-	23,571	27,247	-	27,247
Investments	3	84	-	84	25	-	25
Charitable activities	5	4,809	-	4,809	4,289	-	4,289
Total income		94,954	290,828	385,782	98,215	242,226	340,441
Expenditure on:							
Raising funds	6	10,356	2,572	12,928	9,253	2,533	11,786
Charitable activities:	7	56,240	321,490	377,730	90,726	239,277	330,003
Total expenditure		66,596	324,062	390,658	99,979	241,810	341,789
Net income/(expenditure)		28,358	(33,234)	(4,876)	(1,764)	416	(1,348)
Transfer between funds		577	(577)	-	(410)	410	-
Net movement in funds		28,935	(33,811)	(4,876)	(2,174)	826	(1,348)
Total funds at 1 April 2018		54,131	67,378	121,509	56,305	66,552	122,857
Total funds at 31 March 2019		83,066	33,567	116,633	54,131	67,378	121,509

The notes form part of these financial statements

Balance sheet
at 31 March 2019

	Notes	2019 £	2018 £
Fixed assets			
Tangible assets	11	6,354	10,304
Current assets			
Debtors	12	8,538	40,547
Cash at bank and in hand		133,100	137,800
		<u>141,638</u>	<u>178,347</u>
Creditors:			
Amounts falling due within one year	13	(31,359)	(67,142)
		<u>110,279</u>	<u>111,205</u>
Net current assets			
		<u>116,633</u>	<u>121,509</u>
Total assets less current liabilities			
		<u>116,633</u>	<u>121,509</u>
Net assets			
		<u>116,633</u>	<u>121,509</u>
Funds			
Unrestricted funds	16	83,066	54,131
Restricted funds	16	33,567	67,378
		<u>116,633</u>	<u>121,509</u>
Total funds			
		<u>116,633</u>	<u>121,509</u>

The notes form part of these financial statements

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Trustees on 1 October 2019 and were signed on its behalf by:



Maggie Docherty
Chair

Statement of cash flows
for the year ended 31 March 2019

	2019 £	2019 £	2018 £	2018 £
Cash flows from operating activities				
Net expenditure	(4,876)		(1,348)	
Depreciation	5,750		5,009	
Movement in debtors	32,009		(1,170)	
Movement in creditors	(35,783)		39,864	
Interest received	(84)		(25)	
	<hr/>		<hr/>	
Cash (used in)/ provided by operating activities		(2,984)		42,330
Cash flows from investing activities				
Investment income	84		25	
Purchase of tangible assets	(1,800)		(3,382)	
	<hr/>		<hr/>	
Cash used in investing activities		(1,716)		(3,357)
		<hr/>		<hr/>
Increase in cash and cash equivalents in the year		(4,700)		38,973
Cash and cash equivalents at the beginning of the year		137,800		98,827
		<hr/>		<hr/>
Total cash and cash equivalents at the end of the year		133,100		137,800
		<hr/> <hr/>		<hr/> <hr/>

Notes to the financial statements

1 Accounting policies

Accounting policies

A summary of principal accounting policies, all of which have been applied consistently throughout the year and the preceding year is set out below.

Basis of accounting

The financial statements have been prepared on a going concern basis in accordance with applicable accounting standards and under the historical cost convention. The charity is a Public Benefit Entity and a company limited by guarantee, incorporated in Scotland with the registered office as noted in the trustees report. The financial statements are compliant with the charity's constitution, the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006, the Statement of Recommended Practice (SORP) FRS 102 "Accounting and Reporting by Charities", and in accordance with Financial Reporting Standard 102 (FRS 102). As is common with many charities of a similar size, the charity uses its auditors to assist in the preparation of its financial statements.

The financial statements are prepared in £ Sterling which is functional currency of the charity rounded to the nearest £.

Going concern

The Board of Trustees have considered the position for the next twelve months and concluded that the use of the going concern basis of accounting is appropriate because there are no material uncertainties related to events or conditions that may cast doubt about the ability of the charity to continue as a going concern.

Income

All income including donated services is included on the statement of financial activities when the charity is legally entitled to the income, it is probable it will be received and the amount can be quantified with reasonable accuracy. The value of services provided by volunteers has not been included in these accounts.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Expenditure includes any VAT which cannot be recovered and is reported as part of the expenditure to which it relates. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on raising funds

These comprise the costs associated with attracting donations.

Expenditure on charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them. Governance costs include those costs associated with meeting the constitutional and statutory requirement of the charity and include the audit fees and costs linked to the strategic management of the charity.

Tangible fixed assets

Only items costing more than £1,000 will be capitalised. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant and machinery	25% straight line
Fixtures and fittings	20% straight line

Debtors

Debtors are recognised at the settlement amount due.

Notes to the financial statements *(continued)*

1 Accounting policies *(continued)*

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in a transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objective at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Where restricted funds are received for the purpose of purchasing fixed assets the restriction is deemed fulfilled and a transfer made to unrestricted funds when the assets are purchased.

Leasing commitments

Rentals paid under operating leases are charged to the statement of financial activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates two defined contribution pension schemes. Contributions payable to the pension schemes are charged to the statement of financial activities in the period to which they relate.

Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Judgements in applying accounting policies and key sources of estimation uncertainty

In the application of the company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

In preparing these financial statements, the trustees have made the following judgements:

- Determine whether leases entered into by the charity as a lessee are operating or finance leases. These decisions depend on an assessment of whether the risks and rewards of ownership have been transferred from the lessor to the lessee on a lease by lease basis.
- Tangible fixed assets are depreciated over a period to reflect their estimated useful lives. The applicability of the assumed lives is reviewed annually, taking into account factors such as physical condition, maintenance and obsolescence.
- Fixed assets are also assessed as to whether there are indicators of impairment. This assessment involves consideration of the economic viability of the purpose for which the asset is used.

Notes to the financial statements (continued)

2 Income from donations

	Unrestricted	Restricted	2019	2018
	£	£	£	£
Grants				
Scottish Government Section 10	48,000	-	48,000	48,000
Scottish Government – CYP early intervention	-	25,000	25,000	25,000
Scottish Government – Survivor Fund	-	81,276	81,276	35,112
Big Lottery Fund – Positive Steps	-	75,768	75,768	73,902
Big Lottery Fund – Improving Lives	-	40,520	40,520	-
North Lanarkshire Council Community Grants	-	995	995	150
Comic Relief	-	-	-	54,693
British Airways	-	-	-	30,000
The Robertson Trust	-	10,000	10,000	10,000
BBC Children in Need	-	17,800	17,800	-
Corra Foundation	-	6,000	6,000	7,000
Co-op	-	4,629	4,629	4,119
Kilpatrick Fraser	-	4,190	4,190	2,250
GSK	3,000	-	3,000	-
Henry Smith	-	16,750	16,750	-
Souter	-	3,000	3,000	-
Bank of Scotland	-	4,900	4,900	-
Donations from individuals	15,490	-	15,490	18,654
	66,490	290,828	357,318	308,880

3 Income from investments

	2019	2018
	£	£
Deposit account interest	84	25

4 Income from other trading activities

	2019	2018
	£	£
Fundraising events	23,571	27,247

5 Income from charitable activities

	2019	2018
	£	£
Training seminars	4,809	4,289

Notes to the financial statements *(continued)*

6 Expenditure on raising funds

	2019 £	2018 £
Advertising and PR	445	948
Fundraising cost of events	12,483	10,838
	<u>12,928</u>	<u>11,786</u>

7 Expenditure on charitable activities

	2019 £	2018 £
Training and education	470	1,368
Counselling and support	249,787	210,024
Support costs (see note 8)	127,473	118,611
	<u>377,730</u>	<u>330,003</u>

8 Support costs

	2019 £	2018 £
Indirect staff	72,208	66,467
Premises	25,790	26,091
Equipment hire, maintenance and depreciation	11,763	11,023
Telephone, postage and stationery	7,169	6,428
Legal and professional	4,701	3,508
Governance - Audit fee	5,444	5,094
Bank charges	398	-
	<u>127,473</u>	<u>118,611</u>

9 Net incoming/(outgoing) resources

	2019 £	2018 £
<i>Net resources are stated after charging/(crediting):</i>		
Depreciation – owned assets	5,750	5,009
Operating lease payments	15,000	15,000
	<u></u>	<u></u>

10 Staff costs

	2019 £	2018 £
Wages and salaries	182,673	158,526
Social security costs	10,856	9,212
Other pension costs	10,881	7,704
	<u>204,410</u>	<u>175,442</u>

Notes to the financial statements *(continued)*

10 Staff costs *(continued)*

The average monthly number of employees during the year was as follows:

	2019	2018
Management, administration and fundraising	6	5
Support workers	5	5
	<u>11</u>	<u>10</u>

No employees receive emoluments in excess of £60,000.

The key management of the charity are deemed to be the Director and the Senior Administrators. The remuneration of key management including employers NI (but excluding adjustment for holiday pay accrual) was £58,279 (2018: £51,467) and employer pension payments were £3,418 (2018: £2,360).

As a Board member Sandra Brown was reimbursed for expenses in the period of £1,374 (2018: £1,320). In addition, working courses were run by Sandra Brown and she was paid reimbursement of £500 (2018: £1,980). No other trustees received reimbursement of expenses during the year and, other than as referred to above and the related party note, there were no other such payments to trustees during the year to 31 March 2019.

11 Tangible fixed assets

	Plant and machinery £	Fixtures and fittings £	Total £
<i>Cost</i>			
At 1 April 2018	14,331	18,604	32,935
Additions	1,800	-	1,800
Disposals	(4,049)	(1,891)	(5,940)
	<u>12,082</u>	<u>16,713</u>	<u>28,795</u>
At 31 March 2019	12,082	16,713	28,795
<i>Depreciation</i>			
At 1 April 2018	9,431	13,200	22,631
Charge for year	3,223	2,527	5,750
Released on disposal	(4,049)	(1,891)	(5,940)
	<u>8,605</u>	<u>13,836</u>	<u>22,441</u>
At 31 March 2019	8,605	13,836	22,441
<i>Net book value</i>			
At 31 March 2019	<u>3,477</u>	<u>2,877</u>	<u>6,354</u>
	<u>4,900</u>	<u>5,404</u>	<u>10,304</u>
At 31 March 2018	4,900	5,404	10,304

12 Debtors: Amounts falling due within one year

	2019 £	2018 £
Trade debtors	2,945	1,608
Other debtors	2,407	3,892
Prepayments and accrued income	3,186	35,047
	<u>8,538</u>	<u>40,547</u>

Notes to the financial statements (continued)

13 Creditors: Amounts falling due within one year

	2019 £	2018 £
Trade creditors	11,081	9,431
Social security and other taxes	3,317	3,583
Other creditors	900	-
Accrued expenses	16,061	8,769
Deferred income	-	45,359
	<u>31,359</u>	<u>67,142</u>

Deferred income at 1 April 2018	45,539
Resources deferred during the year	-
Resources released during the year	<u>(45,359)</u>
	<u>-</u>

14 Financial instruments

	2019 £	2018 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	<u>5,352</u>	<u>5,500</u>
Carrying amount of financial liabilities		
Measured at amortised cost	<u>28,042</u>	<u>18,200</u>

Debt instruments measured at amortised cost comprises trade debtors and other debtors.

Liabilities measured at amortised cost comprises trade creditors, accrued expenses and other creditors.

15 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases at the year end are:

	2019 £	2018 £
Within 1 year	15,000	15,000
Within 2 – 5 years	53,014	60,000
Greater than 5 years	-	8,014
	<u>68,014</u>	<u>83,014</u>

Notes to the financial statements (continued)

16 Movement in funds

	As at 1 April 2018 £	Incoming resources £	Resources expended £	Transfers	As at 31 March 2019 £
<i>Unrestricted funds</i>					
General fund	54,131	94,954	(66,596)	577	83,066
<i>Restricted funds</i>					
Scottish Government – CYP early intervention	-	25,000	(25,322)	322	-
Scottish Government – Survivor Fund 2020	-	81,276	(80,976)	(300)	-
Big Lottery Fund – Positive Steps project	18,730	75,768	(76,554)	-	17,944
Big Lottery Fund – Improving Lives project	-	40,520	(40,527)	7	-
North Lanarkshire Council	-	995	(995)	-	-
Comic Relief	29,726	-	(29,864)	138	-
BBC Children in Need	-	17,800	(17,800)	-	-
Foundation Scotland	2,000	-	-	-	2,000
The Maple Trust	2,000	-	-	-	2,000
British Airways	14,922	-	(14,985)	63	-
Robertson Trust	-	10,000	(10,000)	-	-
Co-op	-	4,629	(4,629)	-	-
Kilpatrick Fraser	-	4,190	(4,190)	-	-
Lloyds TSB Henry Duncan	-	6,000	(6,000)	-	-
Bank of Scotland	-	4,900	(4,923)	23	-
Souter Trust	-	3,000	(883)	-	2,117
Henry Smith	-	16,750	(6,414)	(830)	9,506
	67,378	290,828	(324,062)	(577)	33,567
Total funds	121,509	385,782	(390,658)	-	116,633
	As at 1 April 2017 £	Incoming resources £	Resources expended £	Transfers	As at 31 March 2018 £
<i>Unrestricted funds</i>					
General fund	56,305	98,215	(99,979)	(410)	54,131
<i>Restricted funds</i>					
Scottish Government – CYP early intervention	-	25,000	(27,552)	2,552	-
Scottish Government – Survivor Fund 2017	6,862	-	(6,862)	-	-
Scottish Government – Survivor Fund 2018	-	35,112	(35,121)	9	-
Big Lottery Fund – Positive Steps project	21,639	73,902	(74,572)	(2,239)	18,730
North Lanarkshire Council	-	150	(150)	-	-
Comic Relief	29,526	54,693	(54,493)	-	29,726
BBC Children in Need	3,052	-	(3,140)	88	-
St James Place Foundation	1,473	-	(1,473)	-	-
Foundation Scotland	2,000	-	-	-	2,000
The Maple Trust	2,000	-	-	-	2,000
British Airways	-	30,000	(15,078)	-	14,922
Robertson Trust	-	10,000	(10,000)	-	-
Corra Foundation	-	7,000	(7,000)	-	-
Co-op	-	4,119	(4,119)	-	-
Kilpatrick Fraser	-	2,250	(2,250)	-	-
Total funds	66,552	242,226	(241,810)	410	67,378

Notes to the financial statements (continued)

16 Movement in funds (continued)

The purpose and use of restricted income funds included are as follows:

Scottish Government – CYP early Intervention	Art therapy for clients under 25 years old
Scottish Government – Survivors fund	Intensive support by a key link worker
Big Lottery Fund – Positive steps	Complementary therapies and Hands on Health training
Big Lottery Fund – Improving Lives	to support the Client Support team in their work with survivors
North Lanarkshire Council	Event/activity support
Comic Relief	Funding for support for under 25 years olds
BBC Children in Need	Counselling and play counselling support
St James Place Foundation	Funding for counselling
Foundation Scotland	Funding for the "Stay safe from the Start" programme
The Maple Trust	Funding for the "Stay safe from the Start" programme
British Airways	Funding for client support worker and for counselling
Robertson Trust	Funding for client support co-ordinator
Corra Foundation	Funding towards the salary of the executive director
Co-op	Funding for counselling
Kilpatrick Fraser	Funding towards capital purchases
Lloyds TSB Henry Duncan	Part fund a manager's salary
Bank of Scotland	To cover pop in costs, therapies and counselling
Souter Trust	Train new volunteers and Safe Hands training
Henry Smith	Core funding

Transfers between funds represent either the clearance of deficits on restricted funds or the release of restricted funds on the purchase of fixed assets.

17 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	2019 Total Funds £
Tangible fixed assets	6,354	-	6,354
Current assets/ (liabilities)	76,712	33,567	110,279
Total	83,066	33,567	116,633

	Unrestricted Funds £	Restricted Funds £	2018 Total Funds £
Tangible fixed assets	10,304	-	10,304
Current assets/ (liabilities)	43,827	67,378	111,205
Total	54,131	67,378	121,509

18 Related party disclosures

Total donations received from trustees during the year without conditions were £1,378 (2018: £345).

19 Ultimate controlling party

The charity is controlled by its trustees, no individual trustee has overall control.