

SPIT IT OUT

Scottish Charitable Incorporated Organisation (SC051134)

ANNUAL REPORT & FINANCIAL STATEMENTS

For the period

21st July 2021 – 31st July 2022

Independent Examiner

**Susan Godsall
35 Keptie Road
Arbroath
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TRUSTEES' ANNUAL REPORT

The trustees are pleased to present their report and financial statements together with the independent examiners report for the year ended 31st July 2022.

Charity Name Spit it Out SCIO
Charity also known as The Spit it Out Project

Charity Number SC051134

Principal Address 1 Summerhall
Newington
Edinburgh
EH9 1PL

Website Address www.spititoutproject.com

Current Trustees	Fiona Cross	31.07.2022	Chair
	Catherine Middleton Findlay	31.07.2022	Vice Chair
	Alison Rogers	31.07.2022	Treasurer

Others who served during the year

Bethany Asha Singh	res 23.11.2021	
Callie Rose Petal	res 23.11.2021	Treasurer
Lea Luiz de Oliveria	res 23.11.2021	
Nisan Yetkin	res 23.11.2021	
Catriona Donaldson	res 31.07.2022	Chair
Seina Baalouche	res 31.07.2022	Vice Chair
Katja Hanninen	res 31.07.2022	
Beth Simpson	from 23.11.2021 to res 31.07.2022	Treasurer
Serena Steptoe	res 07.08.2022	

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TRUSTEES' ANNUAL REPORT

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

Spit it Out SCIO was registered as a charity with the Office of the Scottish Regulator (OSCR) on the 21st July 2021. It became Scottish Charitable Incorporated Organisation (SCIO) on this date and is governed by its constitution.

Appointment of Trustees

The Board which meets regularly throughout the year, are the charity trustees. The trustees are appointed by the membership at the Annual General Meeting (AGM). During the year the trustees may co-opt other trustees to serve on the board twice per annum if they believe it is in the interest of the charity to do so. All trustees retire at the AGM but are eligible for re-election. The constitution allows for a minimum of three and a maximum of eleven.

Organisation Structure

The Spit it Out SCIO is entirely run by volunteers. The trustees are responsible for the strategic direction and governance of the charity.

OBJECTIVES & ACTIVITIES

The Spit it Out SCIO exists:-

To build a professional network of Scottish based artists and provide safe spaces for discussions about mental health, gender issues, sex positivity and healing through creativity in Scotland.

To fight to improve the accessibility of the arts and culture industries:-

by providing a platform for artists who have been prevented from progression in the arts due to marginalisation (Female identifying people, people of colour, people suffering from mental illnesses and people from the LGBTQIUA+ community.)

by offering free and accessible artistic and educational content : live and online performances, podcasts and multimedia content on our social media platforms. The advancements of human rights, equality and diversity.

by creating awareness campaigns around consent, racism, homophobia, transphobia, sexism and mental health discrimination.

by offering free workshops designed to reduce prejudices and stigmas around these themes.

by promoting restorative justice and other forms of conflict resolution or reconciliation. The advancements of education

by offering free educational content and opportunities around consent, mental health, sex positivity and creativity.

by organising educational events such as multimedia festivals offering conferences and Q&A with specialists and artists.

TRUSTEES' ANNUAL REPORT

ACHIEVEMENTS & PERFORMANCE

Monthly Workshops for the community

We organise monthly free female-led workshops where we invite people from the community to join us for an evening where they can learn in a safe and trauma-informed environment. The paid workshops are delivered by members of the community and participants of the Spit it Out events.

This year, we covered topics such as:

Self Compassion Workshop

Self-Massaging Workshop

Writing to heal

Collaging to express and envision

Pumpkin Carving

Public Speaking & Advocacy

Knowing our Boundaries

Monthly Meet-ups for the community

We organise monthly meet ups where we invite people from the community to join us for an evening of discussions, games and activities. Our goal is to give a chance for participants to learn, have fun and meet new people. We believe the meet-ups have allowed members of our community to feel less alone and to feel welcome and safe through this initiative.

Creative Events and Live Performances

We organise creative events with live performances and open mics. It allows the community to discover new artists and share their own experiences if they want to. Spit it Out realised that it was more important than ever to use our platform to give opportunities to BPoC and queer performers. We curated our events with this priority in mind and it is always a huge success. We want to continue organising live performances inviting BPoC and inter-sectionally marginalised performers to showcase their art and create a space for learning about the experiences and needs of the BPoC community. Spit it Out offers support for participants to become more confident on stage. We want people to use art as a way to bring people together and break the stigma around mental health. These events allow our audience to feel less alone.

Aye Breathe

Aye Breathe was born of the realisation that the Spit it Out audience did not feel confident or welcome in the outdoors. Despite knowing the healing power of nature on the mind, they felt like it was not their place or felt out of reach because of a lack of knowledge, resources or mental space. We wanted to use this platform to offer them the opportunity to try new things, feel better and learn about themselves. We work with vulnerable adults who have experienced trauma and mental health crises. We wanted to cater a programme that would be accessible to all and would bring a community together through outdoor activities. Thanks to new collaborators and partners, we designed a 8 months project called Aye Breathe.

Activities include:

- Yoga and Meditation
- Dance
- Wild Swimming
- Camping Trips

TRUSTEES' ANNUAL REPORT

The Aye Festival

A two week immersive mental health and arts festival across Glasgow, Edinburgh and Online. Our goal is to create a community event where people can meet new people, learn about sensitive topics, feel more connected to people that recognise their needs and the issues important to them and learn new techniques to support mental health

The programme is composed of Workshops, Talks, Exhibitions, Screening and Live performances covering topics of –

Aye Consent – Consent and Boundaries

Aye Am – Identity

Aye Feel – Mental health

Aye Fuck – Sex

Aye Stand – Activism

Aye Change- Transformative Justice

Aye Move – Connection to the body through movement

Monthly reading groups and screenings

We invite the community to meet and discuss sensitive topics. We try to educate ourselves and the participants on different ways to help our community to find accountability and to heal without relying on the current justice system.

The Phlegm Zine & The Phlegm Magazine

A platform for people to express themselves through art that centres on difficult topics. We aim to educate and inform people about these topics, such as boy neutrality, sex, trauma and depression. The zine is open to everyone to submit to and read, however we do aim to reserve this platform for a large diversity of artists, with emphasis on those in the LGTBQAI+ community, trans/enby/gender non-conforming and QTPOC folk. We believe taking part in the magazine is a way for people to share their stories and connect with people in similar situations. It also offers the volunteer team an opportunity to learn new skills such as team (work, design, writing, marketing) and apply them in their work.

We covered subjects such as:

Medical Bias

Reproductive rights

Sexual Trauma

Eating disorders

Collaborations and Partnerships

Collaboration is a big part of our work. We are seeking partnerships with other organisations and collectives in order to offer our services and skills as well as receive help and support from established charities and collectives.

TRUSTEES' ANNUAL REPORT

Collaboration included:

- Radio shows for EHFM.
- Workshops for organisations
- Fundraising for organisations (Rape Crisis Scotland, The Good Store).
- Panel discussions for creative events (Ibero Docs, Theater Paradok).
- Documentary creation for organisations such as Simon Community.
- Talks by Samaritans and See Me Scotland.
- Takeover partnerships (GrrrlCrush, Skate Boobs, Back Off Scotland)
- Partnerships with venues for special events (Summerhall, CCA, August_21)

Specialised Support

We offer specialised support to our volunteers. Our goal is to give paid opportunities and training opportunities to our community, helping them realise their strengths and how to use them in their professional and personal lives.

We offer one to one support to workshops leaders providing feedback on work-shop delivery, structure and response.

We also offer performance support to new creatives wanting to take to the stage. Offering a safe and inclusive space for them to experience performing as well as providing feedback on delivery techniques and how to engage their audience.

FINANCIAL REVIEW

This is the first period of records for this charity income for the charity for the period is £77,055 and expenditure of £65,369, leaving current assets of £11,686. Unrestricted funds of £5,324 and restricted of £6,362.

Reserves Policy

The trustees' policy is to maintain sufficient reserves to meet operating costs of running events as they occur.

APPROVAL

This report was approved by the trustees and signed on their behalf by:

Fiona Cross

Fiona Cross

Chair

Spit it Out – SCIO

is a Charitable Incorporated Organisation, Scottish Charity No. SC051134

16/09/22
Date

**Spit it Out SCIO Scottish Charity No. SC051134
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES**

I report on the accounts of the charity for the period ended 31st July 2022 which are set out on pages 8 to 10.

Respective responsibilities of Trustees and Examiner

The charity's Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity Trustees consider that the audit requirement of the Regulation 10(1) (d) of the Accounts Regulations does not apply.

It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In the course of my examination, **no matter has come to my attention**

1. Which gives me reasonable cause to believe that in any material respect the following requirements have not been met: - To keep accounting records in accordance with Section 44 (1) (a) or the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and - To prepare accounts with accord with the accounting record and comply with Regulation 9 of the 2006 Accounts Regulations.

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the Accounts to be reached.

22/09/2022 Date of signing

S Godsall Independent Examiner
Susan Godsall ACIE
Independent Examiner
35 Keptie Road
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STATEMENT OF RECEIPTS AND PAYMENTS

	Note	2022 £ Unrestricted	2022 £ Restricted	2022 £ Total
Receipts				
Donations & Gift Aid		1,647	0	1,647
Grants	5	6,000	64,035	70,035
Fundraising		3,967	0	3,967
Trading		290	0	290
Other Charitable Activities		1,066	0	1,066
Interest		50	0	50
TOTAL RECEIPTS		13,020	64,035	77,055
Payments				
Charitable Activities	6	5,456	59,673	65,129
Governance				
Independent Examination		240	0	240
TOTAL PAYMENTS		5,696	59,673	65,369
Surplus/Deficit for period		7,324	4,362	11,686

STATEMENT OF BALANCES

	2022	2022	2022
	£	£	£
Funds Reconciliation	Unrestricted	Restricted	Total
Balance as at 21st July 2021	0	0	0
Surplus/Deficit	7,324	4,362	11,686
	<hr/> 7,324	<hr/> 4,362	<hr/> 11,686

These accounts were approved by the Trustees and signed on their behalf by:

Fiona Cross 

Date 16/09/22.

Chairperson

NOTES TO THE ACCOUNTS

1. Basis of Preparation

These accounts have been prepared on the Receipts and Payments basis in accordance with:

- a) The Charities & Trustees Investment (Scotland) Act 2005
- b) The Charities Accounts (Scotland) Regulations 2006 (as amended).

There have been no changes to the preparation or to the previous year's accounts.

2. Fund Accounting

- a) Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity.
- b) Restricted funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor, or when funds are raised for a specific purposes.
- c) Any purposes are set out below in the further notes

3. Taxation

- a) The charity is not liable to corporation tax or capital gains tax on its charitable activities
- b) The charity is not registered for VAT, thus all costs are shown inclusive of VAT charged.

4. Transactions with trustees and related parties

- a) No remuneration was paid to trustees or any persons connected with them during the year (2021:£nil)
- b) No travelling expenses were reimbursed to trustees this year or last annual period.
- c) The charity's insurance policy includes trustees indemnity insurance cover for all of its trustees.

NOTES TO THE ACCOUNTS cont'd

5. Grants

	Unrestricted Funds	Restricted Funds	Total 2022
EIFF	1000	0	1000
Corra Foundation	2500	0	2500
Local Giving	500	0	500
EVOC Thrive	0	360	360
Scotmid	0	330	330
Edinburgh Council - AYE Change	0	9701	9701
EVOC Thrive Xmas	0	300	300
National Lottery	0	6152	6152
Main Grsnt – Evaluation Scotland	0	666	666
Foundation Scotland	0	9836	9836
Creative Scotland	0	36407	36407
Tudor Trust	2000	0	2000
Alpkit Foundation	0	200	200
Creative Lives	0	83	83
	<hr/>	<hr/>	<hr/>
	6000	64035	70035
	<hr/>	<hr/>	<hr/>

6. Cost of Charitable Activities

Events	2241	6635	8876
Freelance Staff	100	43204	43304
Advertising	173	444	617
Merchandise	0	2586	2586
Accountancy	54	60	114
Insurance	124	0	124
Equipment & Repairs	167	18	185
Travel	311	466	777
Parking & Transport	343	161	504
Meeting Expenses	958	1031	1989
Postage	86	4	90
Office Rental	10	3548	3558
Stationery/Packaging	208	10	218
Printing	59	1087	1146
Website IT	526	249	775
Sundries	96	170	266
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	5456	59673	65129
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