



Depression**Alliance** Scotland



mother
father
son
daughter
brother
sister
lover
friend
....
you?

Annual Report
2006/07

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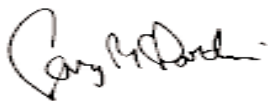
A Message from our Chairperson

“ The World Health Organisation predicts that, by the year 2020, Depression will be the second most common cause of disease after heart disease. In Scotland around 20% of us will be affected in our lifetime. So, it is a paradox that such a common and disabling illness is represented by such a small charity as Depression Alliance Scotland (DAS). The suffering caused by Depression demands that DAS should be much bigger, enabling us to make a larger impact on the stigma and misery associated with this major disease. Your support is vital to help us to achieve this objective.

The past year has seen DAS take important steps to increase our influence and authority as the voice of those affected by Depression in Scotland. Some facts and figures that illustrate this are included in this report.

We are grateful to our funders for their continued generosity and to Standard Life for their invaluable support with the costs of our newsletter. Even more, we are indebted to our Directors for their commitment and expertise and to our volunteers and staff for their exceptional dedication and energy.

”



Gerry McPartlin
Depression Alliance Scotland Chair 2006 - 2007

About DAS

Depression Alliance Scotland is the only organisation working in Scotland with and for people affected by depression. We are a user-led organisation committed to raising awareness of depression and treatment options and to reduce the stigma that surrounds the condition.

The organisation is managed by a Board of Directors and in 2006/07 had five part-time paid members of staff. Our staff were:

Ilena Day (Chief Executive)

Ruth Lang (Information and Support Officer)

Trish Crawford (Information and Support Officer)

Mel O'Riordan (Group Development Officer)

Jeanette Wallis (Group Development Officer)

We would also like to thank all the volunteer group facilitators and office volunteers without whom we would not have been able to achieve as much as we have this year.



I find (the group) helpful, supportive and the facilitator's input is second to none. She is caring and understanding without being intrusive



A Self -Help Support Group Member

Our Funders

We received financial support from the **Scottish Executive**, **Lloyds TSB Foundation**, the **Tudor Trust**, The **Robertson Trust**, the **Allen Lane Foundation**, **Lothian Health Board**, **Tayside Health Board**, **Greater Glasgow and Clyde Health Board**, supporter subscriptions and **donations** from individuals.

We would like to thank everyone who has supported us this year.

Our Achievements 2006/07

Self Help Support Groups

- During this year, we ran **14 Self Help Support Groups** across Scotland



The group has helped me to understand more about my illness and... more about myself. I feel confident that with the help of DAS and the group, I won't feel so isolated and lonely.



A Self-help Support Group Member

Training and Awareness Raising

We delivered presentations to a wide range of audiences including:

- **Breathing Space Scotland** staff;
- **Glasgow Caledonian** and **Edinburgh Universities**;
- **British Association of Behavioural and Cognitive Therapists** Annual Conference.

We ran **Living Life to the Full** training courses for groups of people affected by depression and professionals working in the field.

Website and Online Services

This year we:

- Launched our website www.dascot.org in April 2006. It was visited 28,557 times during the year;
- Developed and sent out a regular email bulletin.
- Received 1704 enquiries by email or via the contact form on our website;
- Supported www.livinglifetothefull.com, a free online course for those with low mood based on evidence based therapies;
- Hosted an "Ask the Expert" webchat with Dr Chris Williams, author of Living Life to the Full.

Information and Advice

Between April 2006 - March 2007 we:

- Answered **3,434 enquiries** by **telephone, email and letter**;
- Ran **information stalls** at 14 events.

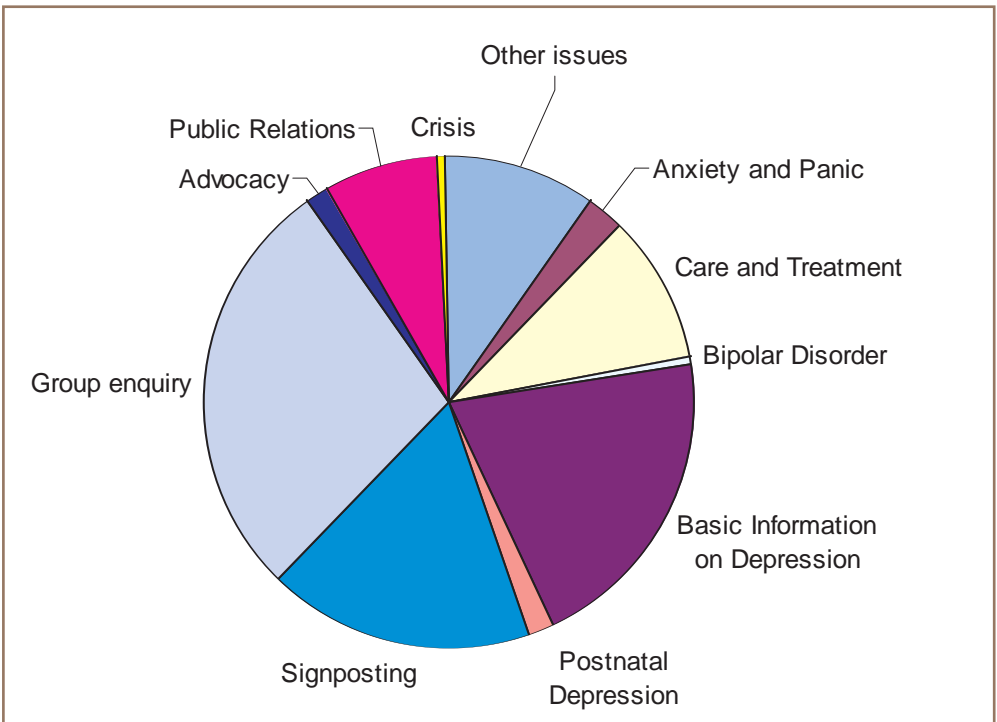


I wish I had known about you years ago.
You have been more helpful to me than my
doctor



Information Service User

What people enquired about



Publications

- Our **Mother, Father, Son, Daughter, Brother, Sister, Lover, Friend, You?** leaflet and poster were launched in April 2006.
- Our **Mother, Father...** materials were used as part of the Lothian Alliance Against Depression campaign
- Our newsletter was published regularly with a circulation of 500.
- In total, we distributed **14,841** publications throughout Scotland.

Campaigning

We launched:

- Living Life to the Full** in partnership with NHS Greater Glasgow and NHS Clyde;
- The **"Mother, Father..."** campaign in National Depression Week (April 2006);
- Lothian Alliance Against Depression** in partnership with Lothian Health Board and Edinburgh University.

We were profiled:

- on the **BBC** website;
- in the **Scotsman** Newspaper;
- on **Radio Scotland**.

We influenced political decision making:

- As a member of the **Cross-Party Group on Mental Health** in the Scottish Parliament;
- As a member of the **SIGN** Subgroup for Mental Health and Learning Disability; and
- Three parliamentary motions** were lodged by **MSPs** in support of our campaign.



This Lothian Alliance Against Depression bus advertisement was designed by DAS

Our Finances

Summary Financial Statement

Income:

Grants	£94,000*
Scottish Executive	£50,000
Health Boards	£44,951
Supporter Subscriptions	£785
Donations	£20,080
Publication Sales	£ 2,107
Training Services	£420
Bank Interest	£365

Total **£212,708**

**Includes a grant of £55,000 from the Barcapel Foundation for services provided in 2007/08*

Expenditure:

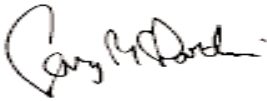
Costs of generating voluntary income	£14,936
Staff Costs and Expenses	£84,008
Grants payable	£10,000
Office Costs	£21,566
Services	£14,021
Governance Costs	£4,372
Total	£148,903

A full set of audited accounts is available from our office on request.

Trustees' Statement

These summarised financial statements contain information from the Statement of Financial Activities for the year ended 31st March 2007, but are not the full statutory report and accounts. The full financial statements were approved by the Directors on 4th October 2007. They received an unqualified audit report and copies may be obtained from the charity's head office, on request.

Signed on behalf of the Trustees



Gerald M McPartlin (Chair)

Auditors' Statement on the Summary Financial Statement

Independent auditors' statement to the directors of Depression Alliance Scotland

We have examined the summarised financial statements.

This statement is made solely to the charity's members. Our work has been undertaken so that we might state to the charity's members those matters we are required to state to them in such a statement 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 and the charity's Members as a body, for our work, for this statement, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

The trustees are responsible for preparing the summarised financial statements in accordance with United Kingdom law and the

recommendations of the charities' Statement of Recommended Practice (SORP).

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Directors Annual Report. We also read the other information contained in the annual report and consider the implications for our report if we become aware of any apparent mis-statements or material inconsistencies within the summarised financial statements.

Basis of opinion

We conducted our work in accordance with Bulletin 1999/6 "the auditors' statement on the summary financial statement" issued by the Auditing Practices Board. Our report on the organisation's full annual financial statements describes the basis of our audit opinion on the financial statements.

Opinion

In our opinion the summarised financial statements are consistent with the full annual financial statements and the Directors' Annual Report of Depression Alliance Scotland for the year ended 31st March 2007.

Alexander Sloan
Chartered Accountants and Registered Auditors
1 Atholl Place
Edinburgh
EH3 8HP



“ Depression can be the loneliest thing in the world. Knowing that that there were others who suffered in the same way... helped me realise that it wasn't just me. ”

A DAS service user

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