



ANNUAL REPORT 2021

TOURETTE
SCOTLAND

Scottish Charity Number: SC021851

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We know that tics are only half the challenge of TS. It is now recognised that 80% of people also have a diagnosis of Attention Deficit Hyperactivity Disorder/Attention Deficit Disorder (ADHD/ADD), 70% have Obsessive-Compulsive Disorder (OCD), and 5-15% are Autistic. People with TS may also experience difficulties with mental health, eating and sleep disorders, anxiety, sensory processing and specific learning difficulties such as dyslexia, dysgraphia (handwriting) and dyscalculia (maths).



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A note from our chairperson

Welcome to Tourette Scotland's annual report, where we aim to show all the hard work we have been doing and continue to do with your support.

We have welcomed an influx of new members from across the country and have enjoyed getting to know them through our online resources, open days and face to face groups. Over 300 people have registered as members of our charity – this has more than doubled since the start of 2021.

Covid19 may have forced us to change the way we worked, but we have risen to the challenge to ensure our members still get the support they need, albeit in a slightly different way. Our increased use of online services has allowed us to communicate regularly with individuals living with TS and their families in a manner and frequency that we previously never could. Members based in more geographically remote locations have found this particularly beneficial.

As restrictions have steadily reduced, we have been re-evaluating our services and changing them to ensure we continue to support our members in the most effective ways. While we still run some of our support groups virtually, we are working hard to provide face to face groups where possible.

We have some exciting plans for the coming year, which we cannot wait to share with you all. We are eternally grateful for the support of our members and funders

Thank you to everyone for your continued support over the past year

Kyla McDonald
Chairperson



Our mission

Tourette Scotland is a national charity that prides itself on being open, understanding, and supportive. Tourette Syndrome (TS) is a highly complex neurological condition that affects children and adults throughout the world. We offer up to date and informative training for teachers, peers, families and organisations, hoping to learn more about the condition and the variety of ways that it can affect individuals and the people around them.

We run fundraising events, awareness sessions, training and support groups for adults and families. We also network with other Tourette charities across the world. Tourette Scotland is working to provide information, support, and acceptance to everyone living with TS.



We welcome everyone, young and old and hope to change the way people look at Tourette's by dispelling the myths and creating understanding around this complex neurological condition.

Since our relaunch in 2018, we have been updating and developing our services. There have been many changes and challenges along the way, but the outcomes have been very successful and positive. Not only can our members see the difference, but they can also feel it too. Please feel free to get in touch and help us raise awareness, acceptance and understanding for people with Tourette's.



Our work



Training

We completed
47 training
sessions in 2021



Training and Awareness

At Tourette Scotland, we pride ourselves on providing quality awareness and training sessions for community groups, educational institutes, and employers. We also offer training for our members on any additional relevant topics. As covid still impacted the delivery of training during 2021, we have continued to deliver most of this online. This year we have completed 47 training sessions.

Schools Awareness sessions

From January to December 2021, we have delivered training to 20 schools reaching over 300 staff. Since the COVID restrictions halted our face-to-face sessions, we have been offering virtual training sessions and the demand for these has been continuous throughout the year. We are reviewing how we move forward post lockdown and how to use technology to develop our reach far and wide. The charity sees virtual training sessions as an integral part of our operations moving forward. This has revolutionised our activities with a vast increase in the number of training sessions we are currently able to hold and reach people needing support in more remote locations. The feedback we have received from schools continues to be excellent.

"This information session was so beneficial for my personal and professional development. Previously, I had a very limited knowledge and awareness of Tourette's Syndrome. There was so much information shared in a really short amount of time, with a busy workload this was ideal. I feel that I now have a much more thorough knowledge and awareness of the causes, symptoms and co-existing conditions but also the strategies to support. I really appreciated the real-life examples that were shared as this helped to solidify my understanding. I feel like I didn't have any questions to ask as all of the information was already covered! I would highly recommend this training to anyone working with Children and Young People as the strategies were beneficial for individuals with Tourette's syndrome but also for more general anxiety management, ASD, ADHD etc. Thanks again for your input it has been invaluable!"

Peer Awareness sessions

We offer peer awareness sessions tailored to the young person so that their classmates or friendship groups at community-based activities understand their challenges. In the same period of time, we have completed 10 peer awareness sessions. The young people are often involved in the delivery of the session. It empowers them to be open and honest about the challenges they face and to advocate for themselves. Here is some feedback we received:

"I feel more confident in class and can be me now and not hide my tics."

Higher Education Institutes

The feedback from the training completed at the Higher Educational institutes reflects has also been excellent. Colleges and universities also acknowledged that the information and support strategies discussed would also assist the wider neurodivergent population at their institutes.

The charity was invited to work with a group of final year masters occupational therapy students at Queen Margaret University. This was a fantastic opportunity to educate future clinicians about the complexities of living with Tourette Syndrome and co-existing conditions.

Voluntary Sector

We have provided training sessions for Healthier minds, ADHD Perth and Children 1st. All these charities have supported young people with Tourette Syndrome. Here is some of the feedback we received:

"Brilliant and informative presentation that really increased my understanding and gave me an idea of what to do if I suspect a young person may have Tourette's. All presenters were very open and responsive to questions. It was great to hear personal anecdotes to give a sense of reality to the descriptions"

NHS Training

We provided an awareness session for several NHS Children and Mental Health Services across the country. We embrace supporting our NHS colleagues to improve their knowledge and understanding of Tourette's and more importantly how it affect the young person living with the condition. This is some of the feedback we received:

"My knowledge on Tourette's was limited to information from the NHS website. I feel the discussions and real-life examples helped me to start to see things in a more in-depth way. I would never have thought of repetitive thoughts as Tics but would have linked them to OCD. The training has deepened my knowledge and also helped me think of the wider family impacts. I had not heard of Tourette Scotland but what an amazing resource for families. Thank you."

Training for our members

We provide high-quality training sessions for our members based on their identified needs. We provided the following sessions, which were very positively received:

- Tourette's awareness session for newly diagnosed members and their families.
- Tourette's and Attention Deficit Hyperactivity Disorder
- Tourette's and Autism Spectrum Disorder
- Tourette's and Sensory Processing Difficulties
- Coping with Anxiety

Corporate Training

Workplace awareness sessions are an integral part of the activities offered by the charity. Understanding at work is one of the biggest challenges for Adults living with Tourette's. Please contact info@tourettescotland.org for further details on our corporate training.



Committee Development

Our committee is always keen to expand their knowledge so that we can better support our members. Over the last year, we've taken part in some excellent external training.

Mental Health First Aid

Kyla took this course with FAA Distance Learning and now has the following:

FAA Level 3 Award in Supervising First Aid for Mental Health (RQF)

Award in Leading First Aid for Mental Health at SCQF Level 6

Mind Out

We pride ourselves on being a truly inclusive organisation. We are aware that to provide support, we need to be able to offer an all-round approach, especially in terms of mental health. We have several members who are part of the LGBTQ+ community. We wanted to be able to understand their needs better and how any additional challenges in their lives might affect their Tourette's or associated conditions. Some of our committee and volunteers attended a half-day bespoke training session facilitated by MindOut, and it was invaluable. The knowledge shared by the trainer was excellent. MindOut specifically chose her as she has Tourette's herself. Everyone learned an enormous amount and felt better equipped to support anyone struggling with LGBTQ+ related mental health challenges. They also provided us with information on where to signpost our members for any more specialised support.

Sensory Integration and Mental Health Training from ASI Wise,

Sarah took part in this training. Here's what she had to say: *"As an Occupational Therapist, I am very interested in our sensory world and the impact it has on us. From supporting people who have Tourette Syndrome, I have found that many have daily challenges with their sensory processing. This course was invaluable in facilitating my understanding of sensory integration theory across the life span and not just in childhood, and it gave me lots of practical ideas, tools, and strategies to support our community further."*

Sensory Ladders Course with ASI Wise

This is one of the tools that Sarah studied further this year, following a mental health course. It has been a great resource to help people understand their sensory world and express their needs in an informed way. These are now available as part of our standard services.

Food Hygiene

Both Sarah and Kyla took part in this course with High-Speed Training to ensure the safety of our members during our Fordell Firs residential weekend. They both now hold the following:

Level 2 Food Hygiene and Safety for Catering

Our Outreach service, and subsequent follow-up, have steadily increased over the past year with up to 6 session per week currently being fulfilled.

A total of 89 Outreach and 143 follow up sessions were completed during 2021. These covered a varied array of needs including Personal Profiles, Tic Attack Plans, help with PIP and DLA applications and general support and advice. This is a significant increase in the number of people we have managed to reach. This has only been achievable due to our increased use of digital platforms and a reduction in travel time.

We are delighted with how well our digital Outreach is working. However, we acknowledge that there are still challenges to overcome particularly in terms of digital poverty. As Covid19 is better managed and lockdown restrictions are eased, we hope to be able to offer a blended approach whereby we can hold face-to-face sessions with those who require it.

Here are some comments from families who have received support from our outreach workers:

We reached a crossroads in our lives with no understanding or realisation of TS, apart from always having suspicions our son had it. For years I'd consulted professionals and got nowhere. So, when our son was displaying behaviours at his school, I looked for support online, where I found Tourette's Scotland who gave immediate support and the courage and ammunition to push for a diagnosis. 5*

This outreach call was just fantastic. To be able to speak to people so knowledgeable and helpful was beyond what I had expected. With so little support anywhere else this was hugely beneficial. The advice given and written feedback will be so helpful for me in supporting E with diagnosis, treatment and self-acceptance. After such a long journey I'm so happy to be able to access support. Many thanks. 5*

It made a really big difference to us as a family to be able to speak to people who actually understand what is happening and who were able to help us see more clearly where we are now and give suggestions for things that may be useful. I felt listened to and respected by both Kyla and Kelsie and I came out of the meeting feeling a lot more positive about the support available to us. 5*



Personal Story

Claire's story

We are so lucky to have our amazing son!!! Strong, resilient, funny and sarcastic. I would like to say that strength and resilience have been something we've worked on with him as his parents, but unfortunately, these qualities have been forced upon him through traumatic experiences.

Our son has never really been understood by friends, family or professionals. "You have to go to school. It's the law" used to be our response when R would cry and say he didn't want to go to school, when he used to kick and hit and punch to show how distressed he was, not realising how much the school system traumatises someone with Tourette's. R's Tourette's makes him. It's always been a huge part of him, and yet at almost 11 years old, we're still learning every day.



Some days we laugh together as R's tics are almost sarcastic in nature, but other days are dark and difficult where pain and misunderstanding takes hold. Tics can be so prominent that we physically cannot leave the house or are hardly noticeable at all. One minute sitting in silence, next minute screeching, hitting, nipping, spitting, swearing and head-butting. R has lots of simple and complex motor and vocal tics, internal tics through intrusive thoughts and images, which affect sleep and can lead to self-harm (which is happening more often as he matures). Also, tic and rage attacks where both R and ourselves are

both physically and mentally hurt. R is always in pain, both mentally and physically, leading to severely low self-esteem and body image.

Tourette's has little understanding, and this is becoming more prominent as we continue to fight the education system. "He's fine in school, never shows distressed behaviours" and "we've never seen him tic in school" are the responses we receive when we reach out for support. A culture of parental blame and labelling R's behaviour "because he's an only child" has led to a refusal of support as R "doesn't need support, it's for children with complex needs". He continues to get consequences and chastisement for his tics because "we've never seen him tic in school". R spends his days suppressing tics or making his tics less pronounced through fear of getting into trouble.

Our saviours have been Tourette Scotland, who have been there when others refused to listen and turned their backs. They listened, acknowledged and provided us with the support we needed to pick ourselves up and carry on the fight to be heard. Without them, I would have given up the job I love so much. R would've been without an education or, even worse, continually traumatised through the responses of a broken education system and lack of belief from all around us.

Each day is hard, but with small steps and support, we are slowly rising back up again.



Peer Support

Local Support Groups

Scotland is a vast area to cover, but we continue to believe that one of the best coping mechanisms available is meeting others living with the same challenges. Feedback from group members tells us that being able to talk to other people and families in similar situations makes a huge difference to their quality of life and their understanding of this complex condition.

The groups support local families in various situations, many of whom are in crisis. Tourette's can be completely overwhelming, especially in the beginning. Group sessions often include awareness sessions to increase the general understanding of Tourette's and its co-existing conditions.

The groups are an excellent opportunity for people to share experiences and offer support to other members at an earlier stage in their journey. We have several families who attend groups regularly, and the kids form wonderful friendships. Activities are provided for the children and young people, including arts and crafts, games, puzzles and gardening.

The reduction of Covid19 restrictions has helped us reintroduce face to face groups, activities and Open Days. We have continued to offer monthly meetings on a digital platform to ensure we can support those unable to attend. Read on to find out a little more about our groups and activities.



Tourette Scotland's groups are the foundation of the charity. We continue to increase the groups we have and reach more people within their local communities.

Our virtual groups are still running and are well attended, with some sessions being a general catch up and others sharing information and helping those who are struggling. Our Lothian and Fife groups are now back face-to-face, and we hope that more groups will follow suit soon!

The dates for our monthly support groups are as follows:

Fife - 3rd Thursday of the month (face to face).

Lothians - 2nd Tuesday of the month (face-to-face).

West of Scotland - 1st Thursday of the month. (virtual).

Grampian - 4th Tuesday of the month. (virtual).

Perth and Borders - 2nd Thursday of the month. (virtual).

"These groups are a lifeline,
so good to be with people
who "get it" and don't judge"

"We came to a support group
– we left with a family"

For more information on any of our groups, please contact info@tourettescotland.org

Teen's activities

We had our first Fortnite tournament on 21st August 2021 and now hold monthly contests. They have been a lot of fun, and our members are always looking forward to the next one. We have beginner and expert levels, both with regular attendance and fantastic feedback.



"Tourette Scotland have been a valuable source of information and support since our son was diagnosed last year. They've set up monthly gaming sessions for each peer group to get together virtually and make new friendship groups with people who understand the struggle of being a pre-teen with this condition."

MAD Group

We relaunched the national MAD group in March 2020, held online monthly. Initially introduced by our Fife group, "Mums and Dads" come together over lunch or a coffee and talk through their challenges and strategies. This group is, of course, for carers and guardians too and is held online via zoom. Every group is different depending on what is needed on the day by those attending.

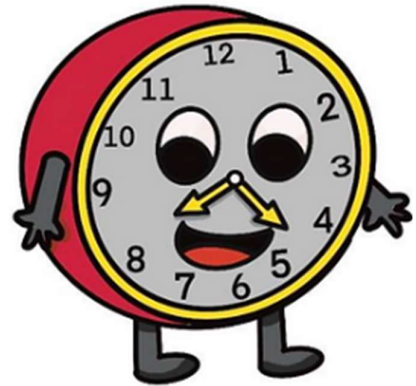


Kids Club

The Tic Time Club is open to all our young ticcors and their siblings of primary school age (5-11). It's a chance to get together with other young people with TS and have fun. The idea came about during lockdown, and it was such a success we decided to keep it going and officially launch the club. Once signed up to become a member, a welcome pack with some goodies and a membership certificate.

Our youngsters with Tourette's are the **Tic Time Crew** and their siblings, the **Tic Time Support Crew**. There are currently 53 members of the tic time club: tic time crew and 18 support crew. We have Tic Time t-shirts available on our website and a dedicated news page.

We are delighted by the success of The Tic Time Club! For the past year, some of our youngsters and their siblings have been participating in craft activities via zoom. This is delivered by a few of our creative teenagers and overseen by Gillian and Sarah. The activity sessions have been a tremendous success, with some beautiful creations and friendships developing.



"Thank you so much to you and Ross for today's session. Luke was a little shy and apprehensive before it started as it was his first one, but he loved it and his brother Noah had a fabulous time also."



It really is fantastic to see your youngest members relax and let their tics out, knowing they are in a safe space with good company. The members can chat about Tourette's and what helps them or ask questions if they want to. The chat is often more about dinosaurs in space, football, and their special talents, though. Sarah and our teen volunteers help raise topics to encourage supportive conversation but are led by what the kids need at the time.

"Jack loved the club, and this was the first zoom session he has ever managed to attend due to his anxiety. You, Ross and Iona were fab, and Jack felt more at ease as the time went on, asking me to leave so he could have time in the club alone."



Living with You project

In April 2021, we began a new initiative to use the power of storytelling to help our community better understand their experiences and empower them with new ways to express their Tourette's.

Living With You is a short play conceived and written by Nigel Ashworth, our Storyteller in Residence. Eleven young people with Tourette's, aged between 12 and 22, took part. They shared their stories about life in families, schools and communities whilst they dealt with Tourette's and how other people respond to it.



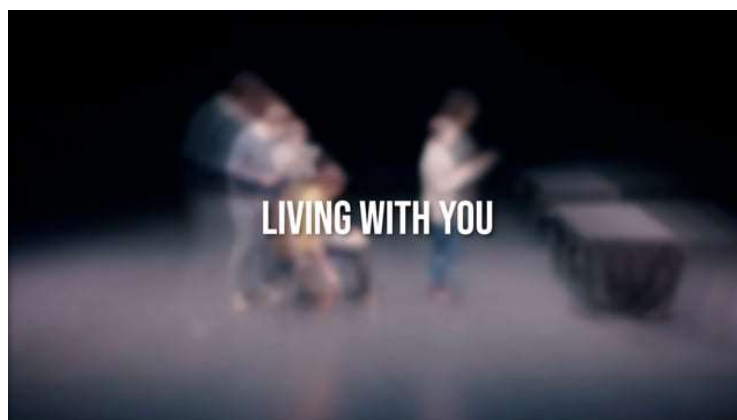
Sharing their moving stories about how Tourette's feels inside, they provided terrific insights, some they'd never spoken about before. Two main themes came from all these shared stories. The first was that whilst Tourette's is painful, confusing & frustrating; it isn't the worst part of their lives. What's worse is being stared at, questioned, told just to stop, deliberately triggered or called a faker. It's other people who make living with Tourette's so hard.

The second theme was how Tourette's feels inside, what other people never see. The anxiety, over-thinking and intrusive thoughts. Tourette's can feel like a separate, different person who's like you but not you. They are loud, impulsive, vulgar, cruelly funny and often seem to control you. Tourette's takes over until it is hard to know where you end and your Tourette's begins. Sometimes it feels that having Tourette's is all you are now.

We need better ways to communicate Tourette's and how complex, contradictory and confusing it can be. The story of Living With You inspired this new way of thinking about Tourette's:

Tourette's is like owning the world's worst behaved pet. You didn't ask for it and can't control it. It keeps doing things that other people don't like, but you always get the blame.

Living With You was rehearsed and filmed in just one day, on 7th June 2021, international Tourette's Awareness Day. We had a cast of professional actors for a staged reading. Professional videographers Cro+Know made the film and is available on our website or below. This project was supported by Creative Lives, Creative Scotland and Get Creative.





Personal Story

Nigel's Story

When I was around 11, I started to shake my head from side to side. Very quickly. Even typing this, many years later, makes me want to do it. And that scares me. I don't ever want to do that again. I would come downstairs, stop halfway and shake my head several times before going into the living room. I had no idea what was happening to me, but I knew I didn't want to do this in front of my family.



Family is a word that has different meanings for us all. You will have a certain feeling of family. Maybe close and caring. Or maybe loud and competitive. Maybe yours was broken up by Tourette's or maybe it became a fortress against the outside world.

My family was none of these. It mostly didn't exist. If family means doing things together, going to the park together, taking holidays, bedtime stories. None of that happened. I knew the word "tic" because this is what my parents called my movements. But as I didn't spend much time with my family, it wasn't much of an issue. No one was interested in why I did them, there was no trip to the GP. Like most of what I did, I did it alone.

I don't remember if I made movements in school. I got fat after an operation and then I got glasses because I was very short-sighted (another event that passed my family by). So, there was enough for the bullies to latch on to, even if I was moving.

As I got older the head shaking stopped. I became more of a fidgeter. Mostly around my neck, shoulders and arms. When I was with other people, I kept these movements small, made them seem like I was moving for a reason. A neck movement could be me just looking at something to the side. Or an arm movement could be me adjusting my clothes or reaching for a pen, turning a page. Like a magician, I was an expert in misdirection, nothing to see here. I made people see what I wanted them to see, which was a "normal" person. I've never really left the place, halfway up the staircase. The place, away from everyone else, where I let my movements out.

A few years back, TV programmes started to feature Tourette's. Like many people I was fascinated by these. Always showing people with Coprolalia, I laughed and felt bad about laughing and then laughed again.

I've always been quite outspoken. The truth was more important to me than fitting in. So, there was part of me that identified with those who could say whatever they wanted, who didn't have a filter. But like most people, I never saw that they didn't want to swear, they weren't challenging norms but desperately wanted to avoid all the attention they got.

Within this distorted view of Tourette's on TV, I noticed they didn't just swear but made movements like mine. I stopped laughing, started googling and discovered that Tourette's was, in fact, mostly about motor movements, like mine. It seemed weird to me, that after so long, I could have Tourette's. I left this thought dangling and got on with my life.

I left my job of 20+ years in 2017. I thought my movements would get less now I was out of a very stressful world but actually they increased. At work I was busy, distracted. Now I had more time and space and that was filled with more movements.

Nigel's Story cont'd...

I went to see my GP. She didn't challenge the idea that I might have Tourette's but as I didn't want medication, saw no need to refer. I walked out wondering what this meant. I couldn't just claim to have Tourette's now, there was nothing official. So, after a few months I went back, got a referral and had a video appointment with a neurologist. I know how many families struggle to get a diagnosis, so I feel a bit guilty that my journey was super simple. A letter arrived. I had Tourette's it said. Now my movements got even worse.

When I left work in 2017, I went back to college to study theatre directing. I'd trained as an actor after school, so this was returning to my first love. Just after graduating at the end of 2019, the pandemic hit, and lockdowns closed theatres. I did what I could over zoom and got involved in supporting people who wanted to try writing plays.

When I joined my first local Tourette's Scotland group over zoom, I heard people with stories to tell. I guess I have an ear for this now. I reached out to Kyla to ask if Tourette Scotland had ever had a storytelling group, somewhere members could explore writing for themselves. We explored how this could work and launched the group in December 2020.

After a few months I discovered that I'd expected too much. Those in Tourette's families have no spare time and very unpredictable lives. Asking them to add another thing into their lives was too ambitious. So, in April 2021, I suggested a different approach, let's find people who just wanted to talk about their lives, and I would do the writing for them.

We had 11 amazing young people who agreed to be part of Living With You. It's their stories, their insights into living with Tourette's that allowed me to write this short play. And in February this year I was asked to give a talk to the University of Glasgow's Neurodiversity group about the work behind Living With You. It's so rewarding to see others are interested in our work together.



Tourette Scotland have been so welcoming and supportive of my work. When you are in the storm of living with Tourette's, it is easy to lose sight of who you are, to know where you start and Tourette's ends, to see how much it takes just to survive one day. Through storytelling, I can reflect back the lives we all lead. Set the record straight. Show the world how we feel inside.

Tourette's is just a condition. We are the amazing people who share a body and mind with it. Tourette's hasn't really made us who we are, we did that. It is our strength, persistence, sensitivity and sacrifice, that I'm celebrating through the stories you share with me.

Fordell Firs Residential Weekend

Meeting with other people who have Tourette's is all too often something that many never experience. Tourette Scotland has welcomed many new members who, until then, had never known anyone else living with the same diagnosis. They often felt alone and isolated with their condition, not knowing who to turn to for support. Tourette Scotland support groups are a significant first step to meeting others. It has become clear that activities and outings outwith the groups help create bonds. These activities allow members to be themselves, feel accepted, relax, and have fun while challenging themselves and stepping out of their comfort zone.



Thanks to funders like the Carnegie Trust and Better Breaks and the group's own fundraising efforts, Tourette Scotland's support Group members have managed to plan and attend an annual weekend camp in Dunfermline, Fife. The camp is held at Scout Adventures Fordell Firs and is always an enormous success. Instructors assist with several activities throughout the weekend, including bungee trampoline, archery, climbing wall and abseiling. They lead team-building activities and host a fantastic campfire followed by hot chocolate and marshmallows. The instructors are accepting, understanding and compassionate, along with being a great laugh. There is always much laughter and encouragement to try new things and take risks!



Members stay in dorm-style accommodation, and Tourette Scotland Group leaders supply and prepare all food and drinks. Menus are prepared in advance, and special dietary needs are catered for where possible.

Previous camps have seen family bonds improved with a greater understanding of Tourette's and its challenges. Being able to spend time talking with others really helps the development of coping strategies and building resilience. The children and young people are so supportive of their peers and welcome any new members with open arms, which helps increase confidence and wellbeing. Parents have commented several times that their child or young person never leaves their side, yet within half an hour of being at the camp, they are off having fun. It is a fantastic, powerful, and often a very emotional experience.

This year we doubled our numbers with 66 people attending throughout the weekend. Some staying overnight, and others for the daytime activities. Everyone got so much out of the camp, and even though everyone left absolutely exhausted, there were lots of requests to do it all again next year!

"Just wanted to say how amazing the weekend was! I haven't felt so safe and secure for years and my group were just so awesome...we were constantly in hysterics!!!! It was an honour seeing our young adults and children ticing away freely with nothing but love and understanding. It has been a powerful weekend for us. Thank you so much to everyone for making it so



"Just wanted to say a massive thank you to all the organisers for all their hard work and to everyone for making us so welcome x We may have arrived as strangers, but we left with a whole new family 😊 thank you for an amazing weekend xx"

Adults with Tourette's are also welcomed and often find themselves relaying their own childhood experiences and coping strategies. This is a significant help to the youngsters and their parents, who often can't imagine what lies ahead. The parents/carers always have a wonderful time making new connections and taking part in activities, often leading to hilarity. The friendships created here are long-lasting, and we find that parents and carers reach out to each other and offer support and friendship throughout the year.

This year we trialled a parents and carers session with our resident storyteller, Nigel. Nigel led the participants through a variety of questions and helped them to develop their own stories and experiences. Sharing parts of their lives and having others empathise and offer support was an emotional journey with a fantastic outcome. Nigel is working on a new project highlighting the variety of skills a parent or carer needs when they have a young person with Tourette's. This will be showcased on our website.

Tourette Scotland aims to support the whole family, not just the person with Tourette's. Entire families are encouraged to attend and join in activities. The weekend camp allows siblings to meet others with Tourette's and other siblings dealing with similar issues. Feedback forms are provided to see what can be improved upon for the following year.



Personal Story

Andrena's story

My two daughters and I lived a pretty active lifestyle. We were quite spontaneous and would randomly go out and about, ice skating, cinema, concerts or whatever we fancied without too much thought. Then one day, after my 15-year-old daughter arrived home from her Saturday job in a hairdresser, she had dinner and then began shouting and swearing at the TV. Within 10-15 mins, the physical tics came and then the seizures.

I am ashamed to say I was one of those people whose knowledge of Tourette's was that it happened in America, and they had a camp. I phoned A&E, and they told her to take paracetamol. She ticced continuously for the next 48 hours with very little sleep. Monday morning came, and we attended the hospital. The Dr said this was fascinating and asked if he could bring his colleagues to see, leaving us surrounded by various medical professionals in a tiny room during lockdown. They offered no explanation and said it may have been medication that Nia was on, and once it got out of her system, her brain should reset.

This constant cycle of tics continued throughout the next three months, and any information I had was through personal research. My youngest daughter found the tic attacks the hardest as all she wanted to do was hug her sister and tell her it was ok like we would normally do however suddenly, we couldn't touch her when she needed us the most. Dinner time was always the liveliest as after having been hit with forks, knives and glasses, or whatever was to hand, our reflexes very quickly adapted. There were times when we would laugh as the movie quotes and voices appeared but overall, the journey was extremely emotional for the three of us. We had to invest in plastic plates and cutlery. I bought every aid suggested, from fidgets to weighted blankets.

With so many hospital and school appointments or days where Nia couldn't leave her bed, I missed a lot of work, and financially the whole family felt the impact. We were told to wait and see what happens in six months, and it was suggested that I look at my parenting skills but still no information on Tourette's. Until one day, we were told that Tourette Scotland would support us even without a diagnosis.

It's been a long and difficult journey, but with the support from the group, we are beginning to settle into our new normal. The spontaneity is gone as each hour of the day is planned for every eventuality, and things we once took for granted are not possible at the moment, but who knows in the future.

Thanks to Tourette Scotland, we have met others with similar experiences and know we are not alone. As a mum, I felt totally overwhelmed that I could not comfort my daughter and couldn't get her the right support. The group gave me the strength to keep going and be Nia's voice when she needed it the most. They helped us see that for every bad day, there is a good one just around the corner, and for that, the three of us will be eternally grateful.





The National Diversity Awards

The National Diversity Awards is a prestigious black-tie event that celebrates grass-root communities' excellent achievements that tackle the issues in today's society, giving them recognition for their dedication and hard work. Charities, role models and community heroes are honoured at the ceremony showcasing their outstanding devotion to enhancing equality, diversity, and inclusion; thus, embracing the excellence of all our citizens irrespective of race, faith, religion, gender, gender identity, sexual orientation, age, disability, and culture.

These awards are for people who inspire other individuals through their work, through their commitment to helping others, through their infectious personalities and through adversity.

Tourette Scotland had the honour of not only being nominated for these prestigious awards but also shortlisted for the final in the Community Organisation Award/Disability category. The Community Organisation Awards recognise individuals and groups who have made an outstanding contribution to their local community. We were in the same category as seven other wonderful charities who all do amazing work, and we were thrilled to be alongside them.

Most of the Tourette Scotland committee, a selection of volunteers and our two students made the trip to Liverpool for this exciting event. We saw four seasons in 6 hours on the journey as the weather did its best to dampen our spirits, unsuccessfully, of course. After arriving and getting glammed up, we took two taxis to the venue. The taxi drivers fed off our high spirits, and both took different routes to the cathedral, both determined to beat the other there.



As we approached the drop-off point in our respective taxis, the realisation that we were actually there began to sink in. This was an emotional and momentous occasion for all of us. It became clear that we were already winners whether we won or not. The Anglican Cathedral in Liverpool is stunningly beautiful and the perfect backdrop to celebrate all the truly remarkable people who were lucky enough to be there.

We enjoyed a lovely meal and drinks, rubbed shoulders with celebrities and spoke with some of the most inspiring people from other charities and organisations across the UK.



Open days

After a long wait, thanks to Covid-19, we have finally been able to get back on track with our Open Day plan. We built on our original plan from 2019 and kept our fingers crossed while we kept a close eye on the ever-changing guidelines. Even as the first date drew closer, we struggled to shake the concern that it could be cancelled again or people may not come. Gatherings of any size still felt like a risk to many.

Our first venue was Ibrox Parish Church in Glasgow on 19th February 2022. It was a fantastic day with upwards of 40 visitors. Our guest speakers included John Davidson MBE and Paul Stevenson, who shared their individual experiences and spoke about new projects which could make signposting for appropriate supports easier. We had an informative question and answer session, and our committee members spoke about the services we offer and the difference having peer support can make.



We showcased some of our new merchandise, which was a huge hit, and held a raffle. The highlight for our younger members (and some of the adults) was the Nerf War run by Sarah McClory, thanks to Foam Dart Thunder. Two teams running around battling to be crowned Nerf champions under the watchful eye of Sarah. They had a lot of fun, and we were even asked if we could go to one young member's birthday party.

Our Open Days allow families to come together and meet other families in similar situations as themselves and meet other people with Tourette's. Feedback tells us that meetings like these can help people accept their diagnosis, increase their knowledge about this complex neurological condition and reduce isolation. They help people realise that they are not alone and that there is hope with the proper support.

Our next Open Day was for the Lothians, hosted in Uphall Community Education Centre in West Lothian on 23rd April 2022, where we welcomed more than 30 people. Some of the families in attendance had never met anyone else with Tourette's, and they were over the moon to join this ever-growing community. The running order was like Glasgow with the addition of a parent and carer session with Nigel, and again we were welcomed with open arms. In May, we headed to Riverside Church in Perth for our AGM and Open Day. We hope to book more Open Day events across the country throughout the year and add to our events and guest speakers. We love getting out and meeting our members face-to-face and showing them that they are not alone.





Our Volunteers

Currently, we have volunteers working in outreach, training, storytelling, and creative activity projects. These projects would be much more limited without their support and dedication to raising awareness and supporting others with Tourette's.

We were lucky to retain **Elaine Smurthwaite** when she stepped down from the committee three years ago. Elaine has 3 wonderful children who all have Tourette's and a complex mixture of the co-existing conditions. Elaine helps with training, profiles and outreach, benefit forms and is an integral part of the team.

We were thrilled to see our Occupational Therapy student **Katie Lyons** come back on board as a volunteer after successfully qualifying and getting her first job as an Occupational Therapist. Katie offers an evening session for outreach and profiles.

We have two of our young ambassadors, **Joel Smurthwaite** and **Iona McDonald**, supporting our training for schools. The feedback they get for sharing their lived experience of Tourette's is fantastic, and they are always asked lots of questions by teachers and parents alike.

Nigel Ashworth has very kindly donated his time and expertise for our story writing group, the excellent Living with You script reading. He has more recently been working on a new podcast project. It will be wonderful to see more of our community's Tourette stories brought to life.

Ross Macpherson, **Nia Morris**, and **Abi McDonald** support our popular monthly online kids activity sessions organised and planned by committee members Gillian and Sarah. We asked our young volunteers a few questions about working with us:



TOURETTE SCOTLAND

NAME

Nia Morris

Pronouns (she/her/hers)

ROLE



Volunteer



www.tourettescotland.org SC021851

When did you start volunteering with Tourette Scotland?

I started volunteering with Tourette Scotland tic time club last year.

What sparked your interest in supporting the work of the charity?

The work that Tourette Scotland does and the community they have built with it is something that I really wanted to be a part of after experiencing their support first hand.

What does your role involve?

As a volunteer for the kids' club, I help create a safe space for kids with tics to do arts and crafts and talk to others living with Tourette's.

What do you personally gain from supporting the charity?

I continue to benefit from the work Tourette Scotland does to raise awareness of the complexity and diversity of Tourette's as well as gaining confidence, acceptance and understanding friends.

Do you feel supported when working with Tourette Scotland?

I feel Tourette Scotland are very supportive of everyone within their community.

Would you recommend volunteering with Tourette Scotland?

Yes.

NAME
Abi McDonald
Pronouns (she/her/hers)
ROLE



Volunteer



www.tourettescotland.org SC021851

When did you start volunteering with Tourette Scotland?

About a year ago.

What sparked your interest in supporting the work of the charity?

I enjoy helping people who have Tourette's and doing activities with children.

What does your role involve?

I help with the kids' club. I sometimes run the activities with the kids and support the others with their activities.

What do you personally gain from supporting the charity?

I like working with children and I enjoy supporting people with Tourette's. It has helped me build my confidence and made me less anxious.

Do you feel supported when working with Tourette Scotland?

Yes, the committee are very supportive and helpful if I have any questions.

Would you recommend volunteering with Tourette Scotland?

Yes, they are very kind and supportive.

NAME
Ross Macpherson
Pronouns (he/him/his)
ROLE



Volunteer



www.tourettescotland.org SC021851

When did you start volunteering with Tourette Scotland?

I began raising money for Tourette Scotland in 2015 by selling origami sculptures.

What sparked your interest in supporting the work of the charity?

Tourette Scotland have supported me a great deal in helping me manage and live with Tourette syndrome, so I wanted to help give my support back to them!

What does your role involve?

More recently I have been helping run the kid's club where myself and other volunteers teach arts and crafts projects to children online every month via Zoom.

What do you personally gain from supporting the charity?

I feel a sense of joy giving back to a charity that supported me so much and have gained more experience taking a leading role during "tic time". It has also given me experience working with and teaching children which I enjoy doing!

Do you feel supported when working with Tourette Scotland?

Yes, there's always someone there to talk to that I can confide in if I do require support.

Would you recommend volunteering with Tourette Scotland?

I would definitely recommend it. The organisation is full of amazing individuals who are completely supportive of anyone in need and are always wonderful to work with.



Occupational Therapy Placement

We have now had the pleasure of supporting two outstanding Occupational Therapy students through their practise placements as part of their course. Katie was first in from Queen Margaret University. She loved the experience so much that she stayed on as a volunteer, supporting outreach and profile sessions. Our second student was Kelsie from Napier University. She gave us fantastic feedback on the support she had been given and is continuing her studies using Tourette's as her dissertation topic.

These placements offer a fantastic opportunity for us to teach Allied health professional students about Tourette Syndrome and everything that comes with that diagnosis. With that in mind, we are excited to announce that we have agreed to support another Occupational Therapy student through their final placement with us.

Katie Lyons



Becoming a volunteer at Tourette's Scotland has helped foster my passion for providing accessible support to people who truly need it. I have been provided with numerous opportunities to enhance my development in both a personal and professional capacity, evident through the online training seminars I have attended facilitated through the charity and the one-to-one support from my fellow volunteers and committee members. In all my professional experience to date, I have never met a more dedicated and hardworking collection of individuals. The work that unfolds at Tourette Scotland has inspired me to no end. I have witnessed first-hand the impact the services Tourette Scotland provide has on the people we support. I am fortunate to work alongside a creative and innovative bunch of individuals who always pull together for those who are in crisis and in need of support. Tourette Scotland is an essential service in Scotland, and I have no doubts they will continue to thrive and prosper. It has been an honour having a small part to play in their endless efforts.



Kelsie Jamieson

I was granted a wonderful opportunity to conduct my first placement with Tourette Scotland during my Occupational Therapy Masters course. From day one my practice educators, Sarah and Elaine, made me feel incredibly welcomed, invited, and supported. The whole team were a delight to work with, and by the end of my 8-week placement, I felt like a real part of the team! I have gained a huge repertoire of knowledge on Tourette Syndrome and its co-existing conditions, heard real stories of individuals lived experiences and now have a deep understanding of the hardships individuals with Tourette Syndrome and their families face daily. I was amazed every day by the resilience, positivity, and strength those in the Tourette community have, and it was extraordinary meeting so many lovely individuals. I have seen first-hand the difference Tourette Scotland have made for its community members. Whether that is giving individuals a safe place to talk, supplying emotional support or giving much needed advice, Tourette Scotland are always willing to support members in any way they can. Tourette Scotland have inspired me to advocate for individuals with Tourette Syndrome, which will follow me into my career.





Testimonials

My daughter was diagnosed with Tourette's 2 years ago. It was a scary and lonely time as we knew nothing about TS. This group helped us so much with advice, friendship, acceptance and an understanding that meant the world. Without them that diagnosis and the future looked very scary to us as a family and especially to my then, 15-year-old daughter. They helped with school, exams, school passports, college applications and so much more. They are unrecognised angels!

Tourette Scotland are an amazing organisation who have helped our child with Tourette Syndrome, our family and our child's school, in so many ways. They have made and continue to make positive differences in so many ways. We began our journey by looking for help from Tourette Scotland advisers, prior to diagnoses, by having our first outreach call with Tourette Scotland advisers, which helped us immensely. We then attended an awareness session on Zoom, which helped our understanding of Tourette Syndrome, making us much more able to support our child. Our child has also had help directly, developing a sensory ladder, helping them cope with tics, and having their own input into writing a personal profile, which helps others, such as teachers & school staff understand them. The personal profile helps enable them to support our child appropriately. Tourette Scotland advisers did an awareness session specifically for our child's school, which immediately made a huge difference as to their understanding of Tourette Syndrome and our child's tics and co morbidities. This directly led to specific supports being put in place immediately. We attended an activity camp, which was the first time we had spent time with other children with Tourette Syndrome and their families, forming new friendships and making awesome memories. I as a parent have attended support groups, which have been invaluable, chatting with other people who "get it" takes such a pressure off. My child has taken part in the art activities which help maintain connection in a fun way for the children. Tourette Scotland have helped us in more practical ways too, providing us with awareness cards to carry, which help others understand, and give our child the tool they need to explain themselves without embarrassment. Tourette Scotland is a safety net for us and our child, we know they will advocate on their behalf, and are always there for practical help and support, and also friendship and community Thank you all at Tourette Scotland, for the invaluable work that you do.

Tourette Scotland has touched the hearts of so many families... literally saved them from insanity and separation, without them so many families would still struggle through every minute of every day. The people who run the charity are simply phenomenal, with families of their own needing the charities support or even themselves they face diversity every single day and deserve recognition for everything they have done and continue to do.

Tourette Scotland is run by people who actually understand Tourette's. Half the committee and over half of the volunteers have Tourette's themselves. The teenagers help the younger kids understand Tourette's and embrace it as well as supporting them and the adults help each other, the teens and parents. Peer support is so important. Their training is fantastic, so much information that's engaging and hard hitting when it should be, not just for effect. The outreach team are so understanding and knowledgeable and genuinely care about what you're struggling with. They make a massive difference in communities across Scotland. I don't know where my family would be without them.

Meet the Committee

TOURETTE SCOTLAND

NAME
Kyla McDonald
Pronouns (she/her/hers)

ROLE
Chairperson



I have four awesome kids and one crazy dog. I have Tourette's as do two of my kids. I joined the Fife support group after my youngest son was diagnosed and it made a massive difference to us. We went from being terrified and lost to feeling like part of a new family. This involvement helped me grow in knowledge, understanding, and confidence in all things Tourette's and I loved being a part of it all.

TOURETTE SCOTLAND

NAME
Derek Miller

ROLE
Treasurer



Derek is our treasurer and has been a trustee of the charity since 2012. He is a whizz with a spreadsheet, with a great eye for the details! He is also an expert in all things Rubik's Cube! His current record for solving it is 12.13 SECONDS!

TOURETTE SCOTLAND

NAME
Sarah McClory
Pronouns (she/her/hers)

ROLE
Vice-Chairperson



I have been volunteering with Tourette Scotland for 5 years. It's a charity close to my heart as I have 3 family members with Tourette's. My niece and nephews have taught me so much and I am immensely proud of them and their achievements. In my day job I am an Occupational Therapist, so I bring many of my skills to the work I do with the charity.

TOURETTE SCOTLAND

NAME
Lauren Reid
Pronouns (she/her/hers)

ROLE
Trustee



Hi, I'm Lauren and I have Tourette's myself, along with some of the coexisting conditions. I wasn't diagnosed until I was almost 22. After growing up feeling so different, it was a relief to have a name for it and I set about learning what I could. That's how I found Tourette Scotland, it was just amazing to meet other people like me and it was genuinely like gaining a second family. I'm really proud of the work we do and love being a part of it.

TOURETTE SCOTLAND

NAME
Gillian Macpherson
Pronouns (she/her/hers)

ROLE
Trustee



I'm Gillian, from Glasgow. I'm married to David and have a son, Ross. Ross was diagnosed with Tourette's at age 9 and since then, Tourette Scotland has been, at times, a lifeline! I am a Support for Learning Worker and find it challenging but rewarding. I recently stepped down as a Boy's Brigade Leader after 30 years. I love travelling, all things Disney, and a good blether!

TOURETTE SCOTLAND

NAME
Melissa Doyle
Pronouns (she/her/hers)

ROLE
Trustee



I got involved with Tourette Scotland through a recommendation by a friend. Our son suffers from a wide array of tics and Tourette Scotland has provided invaluable support for both him and us. When I'm not working, we enjoy walks in the hills, cycling and caring for animals.

Sponsored Events

Huge thank you to all of our outstanding members who took part in a fundraising event for us last year. Your support is greatly appreciated and allows us to keep supporting the Tourette's Community. Here are a few shout outs:

Becca Forbes



£294 Raised

Tammy Henderson



£660 Raised

**Kimberly
McCallum**



£174 Raised

**Walk together for
Tourette's**



£180 Raised

Ally & Cammy



£482 Raised



Our Supporters

We are blessed to have had so many people support us over the last year.

To all of our members and friends who have taken part in fundraising events, we would like to take the opportunity to say **THANK YOU**.

We would also like to say a huge **THANK YOU** to the organisations below – your support has been invaluable.



Tourette Scotland

Financial Statements & Accounts

for the Year Ended 31 August 2021



Reference and Administrative Details

Chairperson: Kyla McDonald

Trustees: Derek Miller, Treasurer
Sarah McClory, Vice-chair
Lauren Reid
Gillian Macpherson
Melissa Doyle

Principle Office: Inveralmond Business Centre
Auld Bond Road
Perth
PH1 3FX

Charity Registration Number: SC021851

Independent Examiner: Alexander J Fyfe M.A.A.T., C.A., DCha.
Morris & Young
Chartered Accountants
6 Atholl Crescent
Perth
PH1 5JN

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 August 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with applicable law and the Statement of Recommended Practice, "Accounting and Reporting by Charities", applicable to Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Treasurer's Report

The financial results for the year are set out on the following pages.

The surplus for the year has been allocated in full to the general reserve.

The Trustees aim to keep at least enough within the General Reserve to keep the charity going for a period of three months in the event of no income being generated, and as such consider the reserves to be satisfactory. The Trustees have been considering their options going forward and recognise the need to bring in further grants and donations and have been dedicating their time to do so.

The charity has not been massively impacted financially as result of covid-19. Similar to many other organisations though our activities have been greatly restricted over the past 2 years. However, as lockdown restrictions have gradually eased, we have been able to reconvene some of our core activities, such as monthly community group meetings and open days. We have a plan in place for even more activities and a return to business as usual over the year ahead.

We have also received excellent support from our funders, and all financial commitments from them have not been impacted by covid. The main financial impact over the past 2 years has been on sponsored events such as marathon runs, walks etc. Due to lockdown restrictions our members, who have done some excellent work in this area over many years, have been largely unable to support the charity in this manner. However, we are already starting to see an upturn in these activities with several thousand pounds being raised during the 2021 Kiltwalk.

We have also seen further growth this year in the number of monthly gift-aid donations we are receiving from our members. A massive thank you goes out from all the board to everyone who has contributed to the charity. This has been absolutely key to our long-term stability and is greatly appreciated by everyone. Overall, the trustees are satisfied with the charity's current financial position. The financial results for the year are set out in the following pages.

Structure, governance and management

Recruitment and appointment of trustees

The trustees are as stated on the administration page. The trustees are volunteers, and they administer the society. New trustees are trained by the existing trustees as to their legal obligations under charity law, the Scottish Charity Regulator's guidance on trustees' duties, the decision-making duties and the recent financial performance and plans for the future of the charity.

Organisational Structure

Tourette Scotland is a registered charity. The Association is a charitable unincorporated association, and the purpose and administration arrangements are set out in our constitution.

Financial instruments

Objectives and policies

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk.

Cash flow risk

The trustees are conscious of the aim to retain sufficient cash resources to meet the immediate requirements of the charity.

Credit risk

The charity's principal financial assets are bank balances.

The charity has no significant concentration of credit risk.

The credit risk on liquid funds is limited because the counterparties are banks with high credit-ratings assigned by international credit-rating agencies.

Liquidity risk

In order to maintain liquidity to ensure that sufficient funds are available for ongoing operations and future developments, the Charity's liquid funds are kept in a combination of bank accounts to enable it to service its everyday financial needs.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the Constitution. The trustees are 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.

Independent Examiner's Report to the trustees of Tourette Scotland

I report on the accounts of the charity for the year ended 31 August 2021.

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 Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under Section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was 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 seeking explanations from you as 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 connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulationshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Alexander J Fyfe M.A.A.T., C.A., DCha.
Institute of Chartered Accountants of Scotland
Morris & Young
Chartered Accountants
6 Atholl Crescent
PERTH
PH1 5JN

Statement of Financial Activities for the Year Ended 31 August 2020

Income & Endowments from:	Note	Unrestricted £	Restricted £	Total 2021 £	Total 2020 £
Donations and legacies	2	7,232	-	7,232	4,695
Charitable activities	3	1,062	11,000	12,062	28,005
Total Income		8,294	11,000	19,294	32,700
Expenditure on:					
Raising funds		-	(2,120)	(2,120)	(678)
Charitable activities	4, 5	(657)	(6,886)	(7,543)	(7,479)
Total Expenditure		(657)	(9,006)	(9,663)	(8,157)
Net movement in funds		7,637	1,994	9,631	24,543
Reconciliation of funds					
Total funds brought forward		9,842	18,342	28,184	3,641
Total funds carried forward	13	17,479	20,336	37,815	28,184

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2020 is shown in note 13.

Balance Sheet as at 31 August 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	10	1,012	-
Current assets			
Debtors	11	105	287
Cash at bank and in hand	12	36,170	27,897
		36,275	28,184
Total assets less current liabilities		37,287	28,184
Provisions		528	-
Net assets		37,815	28,184
Funds of the charity:			
Restricted income funds			
Restricted funds		20,336	18,342
Unrestricted income funds			
Unrestricted funds		17,479	9,842
Total funds	13	37,815	28,184

Notes to the Financial Statements for the Year Ended 31 August 2021

1. Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis of preparation

Tourette Scotland meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The financial statements are presented in sterling (£) and are rounded to the nearest £1.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received, and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable, and the amount can be reliably measured.

Grants receivable

Income from charitable activities includes grant funding subject to specific performance conditions. Grant income included in this category provides funding to support programme activities and is recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings, they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income and those incurred in trading activities that raise funds.

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.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £100 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer Equipment	25% reducing balance
Fixtures and fittings	25% reducing balance
Equipment	33% straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Financial instruments

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

2. Income from donations and legacies

	Unrestricted funds General £	Total 2021 £	Total 2020 £
Donations and legacies			
Donations from individuals	6,435	6,435	4,162
Gift aid reclaimed	797	797	533
	7,232	7,232	4,695

3. Income from charitable activities

	Unrestricted funds General £	Restricted funds General £	Total 2021 £	Total 2020 £
Fundraising				
Grants	1,062	-	1,062	4,695
	-	11,000	11,000	28,005
	1,062	11,000	12,062	32,700

The following grants were received:

The Gannochy Trust	£9,000	(2020 - £10,000)
The National Lottery	£nil	(2020 - £10,000)
Better Breaks	£nil	(2020 - £2,557)
Carnegie Trust	£nil	(2020 - £1,500)
Groundworks UK	£nil	(2020 - £500)
Voluntary Arts	£2,000	(2020 - £nil)

4. Expenditure on charitable activities

	Note	Unrestricted funds General £	Restricted funds £	Total 2021 £	Total 2020 £
Direct costs		-	1,797	1,797	7,156
Depreciation, amortisation and other similar costs		337	-	337	-
Allocated support costs		320	5,089	5,409	1,227
Governance costs		-	-	-	(904)
		657	6,886	7,543	7,479

5. Analysis of governance and support costs

Governance costs

	Total 2021 £	Total 2020 £
Independent examiner fees		
Examination of the financial statements	-	(1,080)
Depreciation, amortisation and other similar costs	-	176
	-	(904)

6. Net incoming/outgoing resources

Net incoming resources for the year include:

	Total 2021 £	Total 2020 £
Loss on disposal of fixed assets held for the charity's own use	-	176
Depreciation of fixed assets	337	-

7. Trustee's remuneration and expenses

During the year, the charity made the following transactions with trustees:

Kyla McDonald

£Nil (2020: £1,258) of expenses were reimbursed to Kyla McDonald during the year.
Travel expenses, activity expenses.

Lyndsay Hay

£Nil (2020: £35) of expenses were reimbursed to Lyndsay Hay during the year.
Travel expenses.

Elaine Smurthwaite

£Nil (2020: £264) of expenses were reimbursed to Elaine Smurthwaite during the year.
Travel expenses.

Lauren Reid

£Nil (2020: £67) of expenses were reimbursed to Lauren Reid during the year.
Travel expenses and activity expenses.

Sarah McClory

£357 (2020: £1,178) of expenses were reimbursed to Sarah McClory during the year.
Travel expenses and activity expenses.

Gillian MacPherson

£77 (2020: £Nil) of expenses were reimbursed to Gillian MacPherson during the year.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

8. Independent examiner's remuneration

Examination of the financial statements

Total 2021 £	Total 2020 £
-	(1,080)

9. Taxation

The charity is a registered charity and is therefore exempt from taxation.

10. Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
Additions	1,349	1,349
At 31 August 2021	1,349	1,349
Depreciation		
Charge for the year	337	337
At 31 August 2021	337	337
Net book value		
At 31 August 2021	1,012	1,012

11. Debtors

	2021 £	2020 £
Other debtors	105	287

12. Cash and cash equivalents

	2021 £	2020 £
Cash at bank	36,170	27,897

13. Funds

	Balance at 1 September 2020 £	Incoming resources £	Resources expended £	Balance at 31 August 2021 £
Unrestricted funds				
<i>General</i>				
General	9,842	8,294	(657)	17,479
Restricted funds				
TOPS Program Fund	10,000	-	-	10,000
Fordell Firs Annual Camp Fund	2,419	-	-	2,419
Covid Assistance Fund	417	-	-	417
Project Support Fund	5,506	11,000	(9,006)	7,500
Total restricted funds	18,342	11,000	(9,006)	20,336
Total funds	28,184	19,294	(9,663)	37,815

	Balance at 1 September 2019 £	Incoming resources £	Resources expended £	Balance at 31 August 2020 £
Unrestricted funds				
<i>General</i>				
General	3,641	8,143	(1,942)	9,842
Restricted funds				
TOPS Program Fund	-	10,000	-	10,000
Fordell Firs Annual Camp Fund	-	4,057	(1,638)	2,419
Covid Assistance Fund	-	500	(83)	417
Project Support Fund	-	10,000	(4,494)	5,506
Total restricted funds		24,557	(6,215)	18,342
Total funds	3,641	32,700	(8,157)	28,184

The specific purposes for which the funds are to be applied are as follows:

The TOPS Program Fund represents monies advanced from the National Lottery to be used for our training outreach and peer support (TOPS) program. The monies are restricted in that they can only be used for the purposes set out.

Fordell Firs Annual Camp Fund represents monies from Better Breaks and the Carnegie Trust to be used for the Fife's Group annual camp trip to Fordell Firs. The monies are restricted in that they can only be used for the purposes set out.

Covid Assistance Fund represents monies advanced from Groundwork UK to be used for the Fife Group to assist members through Covid. The monies are restricted in that they can only be used for the purposes set out.

The Project Support Fund represents monies advanced from The Gannochy Trust to be used for training, outreach, website and general running and support costs. The monies are restricted in that they can only be used for the purposes set out.

14. Analysis of net assets between funds

	Unrestricted funds General £	Restricteed funds £	Total funds 2021 £
Tangible fixed assets	-	1,012	1,012
Current assets	17,479	19,324	36,803
Total net assets	17,479	20,336	37,815

	Unrestricted funds General £	Restricteed funds £	Total funds 2021 £
Current assets	9,842	18,342	28,184