

Scottish Cot Death Trust SCIO
Charity Number SC003458

Trustees' annual report and accounts
Year ended 31st March 2021

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An introduction from our Chairman

2020-21 has been a year like no other, in which every aspect of life has been affected in some way by the Covid-19 pandemic. Care of newly bereaved and those bereaved for any length of time due to the sudden and unexpected death of a baby, prevention of these deaths through education and the work of Scottish Cot Death Trust, have been no exception.

Most critically, how families begin to grieve for their precious child have been significantly disrupted through the restrictions in place around funerals, for wider families to travel to be with one another and for families to access community-based support from the start of the first lockdown in March 2020 onwards. This was a dramatic change from the typical access that parents would expect to have to spend time with their deceased baby and with their wider family members and friends who provide important emotional and practical support in the days, weeks and months that follow the sudden and unexpected death of a child.

This year has had a devastating effect on the parents, siblings, and grandparents within the families that we support. Their grief magnified by added distress of not having the funeral they would wish for and having remote contact with the key professionals involved in the investigation into their child's death.

It has therefore been a significant focus of the charity all year to ensure parents and other family members could access specialist bereavement support, through contact with a dedicated bereavement support professional and to access counselling through the charity as soon as they expressed a need for this service.

Our entire staff team began home working from mid-March 2020 and this remains the case at time of writing. Fortunately, funding was secured to ensure staff are suitably equipped to work from home but nonetheless it has been challenging for the team and I am proud that all services have continued to be available which is due to their dedication and perseverance.

We were able to pivot our services to accommodate working in new and diverse ways, including the rapid introduction of a new virtual support service delivered by our community-based support workers and to provide training for the counsellors we contract to ensure competence for online therapy. Counselling referrals over this year have been more complex and with increased demand from families newly referred and those supported for years.

We have provided clear and evidence-based education to health and early years professionals through online meeting platforms - continuing to ensure that valuable information is shared with those caring for our youngest members of society and best placed to educate their parents and carers.

As Scotland's only charity dedicated to the sudden unexpected death of infants and young children, Scottish Cot Death Trust has been providing a unique service to families and professionals since 1985.

The number of babies and young children dying suddenly and unexpectedly in Scotland each year continues to be unacceptably high. Since it was founded, the original objectives of the charity - making a difference through Research, Education and Support have remained consistent - the reason for which is evident in the statistics. In this reporting period we were sadly notified of twenty-eight cases within Scotland. Whilst there is ongoing debate about some sleeping environmental factors being a significant risk for sleep related infant deaths, we remain sure that the correct course is to provide infant safe sleep messaging with clarity, and which adheres to the safest practices. This ensures that as many preventable infant deaths as possible can be avoided.

We have endured a challenging year with staff and Trustees each coping with their own personal adversity, however, we have all passionately helped those who need our services. As an organisation we value courage, optimism and dedication and it is in this spirit that we look ahead to the coming year and shaping new ways of working.



Dr Mary Ray

Chairman

Date: 22/12/2021

Trustees' report

The Board of Trustees of The Scottish Cot Death Trust presents its annual report and financial statements for the year ended 31st March 2021.

The Board of Trustees are complying with their duty as set out in the Charities and Trustees Investment (Scotland) Act 2005.

Charitable purpose

The Scottish Cot Death Trust charitable aims remain as valid this year as they were when identified in 1985:

1. Providing support for bereaved families.
2. Educating the public and health professionals about cot death.
3. Funding research into the cause(s) and mechanisms of cot death.

The Scottish Cot Death Trust's vision is to eliminate sudden and unexpected infant and young child death.

Making a difference through research, education and bereavement support is the Scottish Cot Death Trust's mission statement.

In Scotland in 2020 there were 46,809 live births and twenty-eight sudden unexpected deaths of infants (SUDI) and young children (SUDC). Reporting of final causes of death following investigation is delayed at the time of writing but from information made available, the cause of twenty of these deaths remain unexplained. When a baby or young child dies suddenly and unexpectedly, the impact on the family is one of utter devastation. There is a wider ripple effect within the community where the family live, for those professionals involved at the time of the death and those caring for the family long term. Society too bears the burden of these deaths through increased social isolation, increased poverty and worsening mental health affecting many who experience SUDI. As Scotland's only cot death charity, the Scottish Cot Death Trust provides a unique service for those who need it.

Our understanding of preventable accidental sleep related death is increasing. Therefore, our education programme, and safe sleep messages are so important. If every infant slept in a safe, sole sleep space, we predict the number of sudden and unexpected infant deaths would drop by at least 50%.

SUDI still accounts for the largest cause of post-neonatal deaths in children within the first year of life and for a considerable number of young children aged over one year too. Whilst the number reported in this period is less than previous years and significantly less than when the charity was founded, the number is still unacceptably high. The reduction in SUDI since the early 1990s is due largely to education about infant safe sleep. As the charity continues through its 36th year and beyond, it is important that core safe sleep messages are retained as well as exploring novel approaches to engage young parents. There was a total of 146 infant deaths in Scotland in 2020, 28 of which were SUDI. We must always consider not just the number but the rate of SUDI as whilst the number of these deaths is less than 36 years ago the number of live births has also fallen by just over 20,000 per year. The reduced number of SUDI and SUDC this year (28) compared to the fifty cases last year may be in part due to lockdown and infants becoming exposed to less circulating viruses and bacteria which can be factors associated with sudden infant and childhood death,

Trustees' report *(continued)*

Our easy read safe sleep resource is widely distributed throughout Scotland so that each family expecting a new baby can be provided with an up-to-date engaging leaflet on how to keep their baby safe when sleeping. This resource along with the education website, Safe Sleep Scotland, provides clear information in tiered detail to suit different audiences. Our new resource, Back to Basics, Back to Baby was launched in January 2021 as a printed resource and practical teaching aid with complementary video explaining the 'why' behind each safe sleep message and the basic principles of keeping a baby's airways clear for every sleep time, day, or night.

The Scottish Cot Death Trust provides free safe sleep education face to face to thousands of professionals and parents each year with this year being busy despite many types of education being cancelled as staff were required to cover additional duties within NHS Covid-19 pandemic services. The fact that our safe sleep sessions have continued is testament to the importance and need.

The Trust's Scientific Advisory Committee (SAC) reviews all research grant applications, and the Chairman of the SAC makes recommendations to the Board on behalf of the Committee. Two new funding applications were submitted as initial proposals. The SAC requested full applications for each, however, each of these research projects stalled due to the pandemic. The SAC is positioned to grant funding for research as soon as these research projects can resume.

Summary of charitable activities

Our activities and achievements

From April 2020 to the end of March 2021 activity increased in each of our key objective areas:

Support for families who have experienced the unexpected death of a baby or young child:

The Trust received 260 new referrals for support with uptake of all services on offer during the year. Outreach support in the community was provided to 308 individuals (an increase of 5% on 2019/2020), enabling them to have online video and telephone contact provided by their dedicated bereavement support worker.

Support extends to grandparents and siblings as well as through the Next Infant Support Programme (NISP) which is specific to families having another baby when they have previously been bereaved by the sudden and unexpected death of their baby or young child.

In keeping with previous years, some families contacted the Trust several years after their bereavement. The Trust offers support to bereaved families no matter when they seek support.

A total of 1,664 hours of outreach support in the community was delivered across Scotland by our dedicated bereavement support workers visiting families and having ongoing regular contact providing practical assistance and offering advice and information whenever families want this.

Requests for counselling have increased this year with bereaved families struggling with grief and the additional impact of isolation and worsening mental health due to lockdown and restrictions. A total of 391 referrals for counselling were made this year (an increase of 53% since 2019/2020). Counsellors report more complex caseloads with individuals requiring extended course of sessions. Scottish Cot Death Trust made supporting families a priority this year for this reason.

Trustees' report (*continued*)

Education and awareness for professionals and parents on how to reduce the risk of cot death:

We have provided education through booked virtual sessions for groups of NHS staff (38 sessions), social care and early years care providers (67 sessions), college and university students (32 sessions) and community groups (18 sessions).

In addition, we have virtually exhibited and presented at conferences and events with NHS staff, Early Years Scotland, The Scottish Childminding Association, Edinburgh's Bonnie Bairn parent event and the Scottish Midwifery Festival. We have delivered virtual workshops at online events with live question and answer sessions.

We have enjoyed increased media coverage and had numerous articles published across social media pages and in magazines through our partnership working with other organisations. NHS Boards have received safe sleep sessions, resources, and information on the Next Infant Support Programme.

Partnerships with colleges and universities have increased this year to include thirty-two sessions delivered to eighteen establishments:

- Ayrshire College,
- Belfast College,
- Borders College,
- Cardonald College,
- City of Glasgow College
- College Development Network,
- Dumfries and Galloway College,
- Dundee and Angus College
- Edinburgh Napier University,
- Edinburgh College,
- Fife College
- Glasgow Caledonian University,
- Glasgow City College,
- Glasgow Clyde College
- Inverness College,
- South Lanarkshire College,
- University of the Highlands and Islands,
- West College Scotland

Partnership working with early years training providers has continued throughout the year and includes work with Experiential Play, Tigers Ltd, and Training for Care.

We have exhibited and presented at six virtual conferences this year. These were an opportunity to talk about our role in prevention of SUDI and provide practical demonstrations on safe sleep with large and varied audiences. A total of 9,261 people had an opportunity for face-to-face training and awareness on how to keep babies safe when they are sleeping. The bespoke training, we provide is gaining increasing popularity with a waiting list for this service, with free safe sleep education sessions booked within sixty private nurseries over the coming four months.

We value the relationship we have with the NHS staff and with health visitors and midwives as well as early years care providers across Scotland. These professionals have regular contact with the parents and are well placed to raise and discuss the issues of safe sleep, not just on one occasion but to bring the topic into several conversations. We have delivered to 38 NHS staff teams this year across Scotland.

This year we distributed 55,000 copies of our easy read resource so that families across Scotland can receive a copy during pregnancy and once again when their baby is newly born. Since launch in January 2021, 10,000 copies of our Back to Basics Baby teaching aid have been issued. Both resources provide an opportunity for a simple discussion and demonstration on how to make every sleep time a safe one.

Research into the cause(s) and development of prevention strategies:

This year we have been focusing on our project to digitise historical data. Four decades of Scottish SUDI data will inform research for years to come. Glasgow university will host the data within its Safe Haven. Data extraction is due for completion in summer of 2021.

Our Executive Director was elected as secretary of the International Society for the Study and Prevention of Perinatal and Infant Death (ISPID) of which Scottish Cot Death Trust is an organisational member.

This is an opportunity for collaborative working, to learn about emerging research and to engage with the wider SUDI research community.

Our role in national work and policy

The overall incidence of sudden unexpected deaths of babies and toddlers in Scotland during 2020/2021 is unacceptably high for a western country.

The remit of our small charity is wide and to effectively influence each area within our charitable purpose we must engage with wider stakeholder groups. During the past year we have contributed to several national groups and external programmes.

Child Safety Week in June each year is an important awareness period to highlight safe sleep and the role this has in prevention of accidental sleep related death in babies and young children.

Baby Loss Awareness week in October provides an opportunity for many baby loss charities to work together to raise the profile of infant loss and the impact this has on the wider community.

A Police Scotland child death review group has been active throughout the year and brings key stakeholders together to discuss SUDI cases and agree a work plan to improve the multi-agency response to SUDI.

Scottish government policy on safe sleep messaging is changing to include messaging around how parents can bed-share more safely with a baby, should they choose to do so. This messaging does not carry information that in the absence of any additional risk factors (which make bed sharing with an infant a very high risk for SUDI), there is still an inherent risk of increased odds ratio of 5 times greater risk for all infants under age 3 months in the absence of additional risk factors.

Scottish Cot Death Trust is concerned about the lack of transparency of this information and has asked for all risk to be transparent so parents may make informed decisions on how their baby sleeps. The issue appears to remain contentious. Scottish Cot Death Trust is working with leading researchers in the UK, New Zealand, and North America to prepare a paper and to urge independent statistical review of existing data to try to resolve the issue.

Until the matter is resolved, Scottish Cot Death Trust will continue to support messages which promote the safest sleeping circumstances for an infant and those in which accidental sleep related deaths can be avoided.

SUDI Reviews

The Trust has campaigned tirelessly for the implementation of SUDI Review as part of the standardised approach to the management of cases of sudden deaths in infants.

The Scottish Cot Death Trust is supportive of a new Child Death Review process being set up in Scotland. Progress of the project is slower than proposed and is likely impacted further due to the pandemic. The Trust hopes that existing processes such as the SUDI Reviews with which it has great expertise, will inform, and augment a new process to ensure that there is learning, and good quality data collected to work towards reducing infant mortality in Scotland.

The Trust remains concerned that there is a lack of national learning from infant deaths and poor use of important data collected in these tragic cases to inform prevention of future deaths.

Bereavement groups

A significant programme of national work is the SUDI pathway which is one of five specific infant loss guidelines. This programme will deliver a national resource for NHS staff to support them in delivering optimum care for families when their baby dies. Five early adopter sites are providing feedback on their experience of using the new guideline in supporting families who have experienced SUDI.

The Scottish Cot Death Trust is active in ten regional bereavement network groups. These local groups allow many charities to work collaboratively to improve the reach and impact of their work. They also help ensure that professionals working in different areas across Scotland are aware of the individual services offered by each organisation. Collaborative work amongst these networks is improving the bereavement care for families across Scotland.

Multiagency work

The further development of the SUDI simulation education package has brought this training experience to the highest level of simulation available in the UK. Whilst these sessions are highly emotive, all who have participated have found the experience worthwhile. Our Education Manager had now also undertaken faculty training for the Mobile Skills Unit and is trained to deliver SUDI simulation to professionals from healthcare and emergency services.

These training sessions have proved popular with Police Scotland to the extent that we are working with them to develop a pre-hospital training scenario with first attending officers and then an in-hospital scenario specifically for investigating officers conducting the early part of the child death investigation.

This year our partnership with Linus Project UK continues. They make hand quilted blankets for Scottish Cot Death Trust to make available to families bereaved by SUDI. These are distributed to emergency departments across Scotland.

We have partnered with Mini First Aid, a UK wide organisation delivering First Aid training to expectant parents and families with children as well as teaching children themselves about first aid. Mini First Aid discuss safe sleep messages and issue our Back to Basics Back to Baby resource to everyone enrolled in their classes. Our new resource is also supported by the Royal Society for the Prevention of Accidents (ROSPA). Mini First Aid also provide Infant Resuscitation and First Aid training to families enrolled on our Next Infant Support Programme.

A multiagency group meets quarterly through a group led by Police Scotland. This is an opportunity for shared learning and allows the Scottish Cot Death Trust to feedback families' voices about their experience with Police when their child died. The group enables joint working in terms of education events being planned around SUDI.

Trustees' report *(continued)*

National awareness events

October is Baby Loss awareness month, with a week of activities arranged around international Baby Loss awareness day on the 15th of October. We provided social media coverage to raise awareness in communities across Scotland to give a voice to families bereaved by the sudden and unexpected death of a baby. It was not possible to hold any events due to restrictions being in place.

Thank you to our donors

This is an opportunity to thank those who have so generously supported the work of the Scottish Cot Death Trust throughout 2020/2021. The dedication, enthusiasm and effort given by individuals and organisations to ensure we can continue and indeed grow our activity is evident in the reporting of what has been achieved despite such challenging circumstances this year. In summary:

£4,266 was donated through in memoriam and legacy giving. We are always humbled that families choose to support the charity during their most challenging times.

Within this reporting period there has been increased activity and engagement from fundraising activities in the community. £6,798 was generated through Welly Waddle events arranged by individuals doing their own virtual welly waddle events whilst at home. No nursery wide events took place this year due to restrictions in place and the number of establishments which remained closed. We are most grateful to each of the families for their support:

This year has been exceptional as fundraising in traditional ways and those we are all familiar with have not been able to take place. Like all other charities we have had to create virtual fundraising opportunities and create a suite of activities to appeal to our supporters.

A virtual afternoon tea, SCDTea, raised an amazing £2,410. Virtual bingo nights raised £1,520. An online appeal for people to send in videos or perform live streamed videos of themselves signing with supporters donating to charity, brought an income of £4,251.

Running events also turned virtual this year with London Marathon encouraging all who had a place to complete their marathon miles at home. Our supporters raised £5,699. A big thank you to all the runners who put in many hours of training ahead of their virtual events.

Some of the income we received is from anonymous donations and from general donations in appreciation of education sessions delivered. Total donations from general sources account for £207 The total income from event participation which we administer is £22,203 which is wonderful given the extraordinary year we have had.

Individuals registering for their own place in a running event or one of the Kiltwalk events, raised an amazing £36,990. Between other challenge events, school fundraising, rotary clubs, and district groups a further £12,561 was donated.

£319 was collected through the many collection tins held by small businesses throughout Scotland with another £377 collected through store bucket collections.

Within the communities we support, many people including bereaved families and their friends will wish to hold their own events in memory of a baby or young child who has died. Community fundraising has brought income of £57,709 in 2020/2021.

Trustees' report *(continued)*

Some people have set up online fundraising through their Facebook page asking for donations for the Scottish Cot Death Trust in general and also often in lieu of birthday or other celebratory gifts. This popular fundraising stream has raised £4,858. Including other individual giving opportunities such as online celebration cards, payroll giving and online shopping platforms which donate a percentage of value.

Gift Aid has brought welcome additional income of £9,364 from all donations received from individuals.

Thank you to each of the companies and organisations who have supported us throughout 2020/2021. The income this has generated for us this financial year is £9,376. The following companies gave donations to the charity either as one-off donations or as matched funding employee's fund raising for the charity:

Angus Clearance Services
Beatson Building Supplies
Capita Mortgage
Ecclesiastical
First Scotia
Impact Homework Out
Make a Difference Locally
Spar

Income received through charitable Trust Donations and Grants has been invaluable to us continuing to deliver services this year. We have received a total income of £121,423. We are grateful to all our donors and supporters and in particular want to thank the following Charitable Trusts for their donations throughout the year:

Albert Hunt Trust
Alexander Moncur
Bank of Scotland Foundation Reach Fund
Bellahouston Bequest Fund
Corra Foundation Resilience Fund
DWF Foundation
Foundation Scotland
Global Make Some Noise
Hospital Saturday Fund
Hugh Fraser Foundation
James Inglis
Meikle Foundation
Merchant House of Glasgow
Nancie Massie Trust
National Emergencies Trust
Ronald Miller Foundation
Saints and Sinners
Stafford Trust
Thistledown Trust
Tillyloss Trust
Tiny Changes

The Trust is grateful for the significant funding provided by emergency Covid funding made available to help charities during such uncertain fundraising times and at a time when our support services in particular are needed more than ever.

The investment portfolio at the time of writing has a value of £258,701. We have received an income of £6,215.

Trustees' report *(continued)*

Financial review

Income during this reporting period increased by £14,742 from the previous year, mainly due to increased Charitable Trust donations. Income for the year was £252,063. Total expenditure also increased due to the need for our support services during the year. Overall expenditure was increased by £29,270 compared to the previous year. Expenditure for the year was £267,503.

The issue of financial prudence and control continues to be a matter of priority in the forthcoming years and in particular continuing with a strategy agreed to enable applications for funding to be carried out by a third party on behalf of the Trust. Of course, the most pressing issue once again in the coming financial year will be the loss of income due to cancellation of events and reduced fundraising activity due to the coronavirus pandemic and how we begin to resume in person events once safe to do so.

Reserves policy

Since the "Back to Sleep" campaign in the 1990s, there has been an overall reduction in the number of cot deaths. Whilst this is positive it also means that there are fewer scientific researchers conducting studies in the field of cot death and it is becoming increasingly difficult to attract good, quality research applications for within Scotland and the UK. Given this, the Trust needs to be in a position to respond to quality applications when they are received, and for this reason it is important to have sufficient reserves to award research grants which may not have been budgeted for within the normal annual budget.

1. Research grants awarded by the Trust often involve multi-year funding, typically 2-3 years, and the Trust needs to be able to honour any research commitments it makes, regardless of how well or badly annual income levels perform. On that basis, the Trust needs to hold funds in reserve to meet these research commitments. A total of £90,000 is designated towards this activity.
2. Public perception is that cot death cases are in decline, and it is becoming increasingly difficult to generate funds when competing against other charities whose causes are more high profile, or more significant in terms of the number of new cases each year. The Trust needs to hold reserves to ensure that much-needed support services can continue to be provided in the event of a major downturn in income. A total of £30,000 is designated for support.
3. As well as the legal requirement to hold reserves there is a moral obligation. When cot death occurs, a family could need support from the Trust over a prolonged period of time, typically at anniversaries, the birth of a new baby and on dates which would have been a landmark occasion e.g., the date their child should have started school. The Trust is the only charity in Scotland dedicated to supporting families affected by the loss of a baby to cot death and therefore needs to be in a position to offer ongoing support for families in need, any time after their bereavement, and on that basis, reserves form a vital part of future security.

The financial climate has changed significantly over several years and none more so that this year, meaning that many people who may have been willing to donate to charity simply can no longer afford to do so. It is well documented that charitable donations have suffered for the majority of charities as a result of the recession and investment income has also reduced dramatically. The net result of increasing financial insecurity means that the Trust may need to rely on its reserves to meet any gaps in income. Our current reserves of £384,553 (which includes designated funds of £120,000 for research and development and for bereavement support services) for 2020/2021 are deemed to be at an appropriate level to ensure the sustained running of the Trust's core services with six-months running costs which was £133,752 this year.

The policy and reserves level will be reviewed annually, and remedial action implemented if reserves fall below a safe level.

Trustees' report (*continued*)

Funds

Funds available to the charity are categorised into those which can be used freely (general), and funds donated for a particular activity (restricted). There are also designated funds which is activity which the charity Board has made a commitment to expend funds on.

General funds consist of funds which are available to the charity to use in furtherance of achieving its objectives.

Because of the importance of maintaining activity in each area of charitable purpose, the Board has committed funding, which may mean drawing down reserves if income is not available for the following: Research and development: Within a three-year rolling period up to £90,000 shall be designated to enable research funding to be granted and to ensure that the Trust could commit to funding a typical research funding cycle, regardless of the income during the year.

Support services: Regardless of income, the Trust has a commitment to honour bereavement support, including counselling therapies with which families may have engaged. For this purpose, £30,000 per annum is designated towards support services.

Contingency: In line with best practice and recommendations by the Scottish charity regulator, OSCR, the Scottish Cot Death Trust has £133,752 for a six-month period toward running costs for the organisation in the event that income is reduced.

Restricted funds are donations contingent on being used within a particular activity. Within 2020/2021 the restricted donations included:

£34,110 received from charitable trusts restricted for provision of support services including counselling. A further £4,800 was classed as restricted for provision of the Next Infant Support Programme including support for the families. A total of £9,400 was donated for purchase of apnoea monitors. £14,500 has been classified as restricted for delivery of education and awareness about safe sleep for infants with an additional £5,638 donated towards SUDI simulation training.

Investment powers, policy, and performance

The Trustees have wide powers of investment, as set out by the former Trust Deed and the existing SCIO. The trustees follow the advice of their stockbrokers Rathbone Investment Management. A prudent level of funds is retained in bank deposits.

Those funds invested in stocks and shares have been very variable over the past 12 months. During this reporting period the overall value of the portfolio is at £258,701 with an income of £6,215 realised.

Donated facilities and services

The Trust occupies offices at the West Glasgow Ambulatory Care Hospital. NHS Greater Glasgow and Clyde (GGC) has always been extremely supportive of the Trust and its connection with the facilities in the NHS Board.

The Trust has several dedicated volunteers whose contribution is vital in the delivery of our services. This year we have had one regular volunteer who delivered most of the nursery education sessions. We also have an active pool of twenty-nine befrienders providing support to others.

Trustees' report *(continued)*

Plans for the future

Support services

When a baby or young child dies suddenly and unexpectedly, there are many people who benefit from the support of the Trust. These include the parents, siblings, grandparents, wider family circle, friends, and neighbours. The Trust is committed to supporting those affected by the loss of a baby and will continue to look at new ways of offering support to those who need it. This year all face-to-face contact between community-based support workers and counsellors has been replaced by video and telephone contact. We will resume face to face contact as soon as it is safe to do so. In the meantime, we must explore new ways to engage and support families who need our support.

We have invested time and effort in recruiting more counsellors to ensure that when referred, families wait no longer than two or three weeks to begin their counselling. We secured funds to help bereaved siblings and will continue to expand this service. We also secured funding to ensure our counselling and play therapy professionals are as highly trained as possible to deliver online therapies.

Education and awareness

The role of education and awareness is vital to ensure that future generations of parents and those involved in the care of babies know about the risks of hazardous sleeping environments and how to reduce them. The latest published figures show that in 2020, 46,809 babies were liveborn in Scotland.

The Trust has a long-term role to play in educating the parents of all new babies. By having a planned programme of education, the Trust can ensure that those who need to know about cot death will know the facts and be clear about the steps they can take in terms of reducing risks. In the coming year we plan to engage more widely with partners involved in the care of babies and young children and to raise awareness of the Safe Sleep Scotland website and resources with more parents and professionals.

Education sessions have been provided to family nurses, community midwives, health visitors, antenatal midwifery staff, postnatal midwifery staff, paediatric staff, special care nursery staff and vulnerable in pregnancy midwifery teams as well as to early years care providers in both a nursery and childminding setting. These audiences are crucial if we are to ensure the biggest impact of our safe sleep messaging. In 2020/2021 we have reached more groups than ever and have embraced various online meeting platform to deliver engaging interactive education sessions.

Research

The Trust will continue to support research projects within the limits of its financial capability and continue to play a role in disseminating vital scientific and evidence-based information to parents, professionals and the wider public. Furthermore, having taken the step to engage directly with the global research community, we are confident in our own ability to drive some research work within Scotland which is the ideal situation.

Fundraising

The ongoing implementation of the fundraising strategy, in particular income from Trust and Grant applications, is vital in terms of seeking new income streams and creating a more sustainable level of income. This will continue to be a key priority in future years. In the shorter term we will endeavour to explore more virtual fundraising events to secure income as the pandemic and restrictions continue.

Trustees' report *(continued)*

Case Review & guidelines for the investigation of sudden unexpected death in infancy(SUDI)

The Trust supports a national, standardised approach to the management and investigation of cases of SUDI and to inform any overarching child death review process. All families, regardless of where they live in Scotland, should experience the same level of robust support at the time of their child's death.

International activities

The Trust will continue to play a role in the international SIDS community and will continue to receive updates from the SIDS International Group of published research and current practices and to interpret and share that information throughout Scotland. The Chairman of the SAC and the Executive Director regularly updates the Board members of the International Society for the Study of the Prevention of Perinatal and Infant Death (ISPID).

The Scottish Cot Death Trust is an organisational member of ISPID. The Executive Director sits on the ISPID Board and is heavily involved in planning the next international ISPID conference, being hosted in Brisbane, now due to be held in November 2021, possibly as a virtual event.

Reference and administrative details

Registered Charity number

SC003485

Company Number

CS000527

Principal address

5th Floor (5B)
West Glasgow Ambulatory Care Hospital
Dalnair Street
Glasgow G3
8SJ

Trustees

Dr Mary Jacob Ray MBBS, DCH, FRCPCH Chairman
Mr Adrian Lawrie Trustee
Ms Agnes Malone SRN Trustee
Mr Alastair McLean Trustee
Mrs Alexis Graham Trustee
Mrs Annie Hair Trustee
Mr David Stewart, MSP Trustee
Dr Dawn Penman Trustee
Mr Gil Paterson, MSP Trustee
Mrs Sue Bomphray Trustee
Mrs Wilma Carragher Trustee
Mrs Yvonne Millman Trustee

Executive Director

Mrs Lynsay Allan DCR(R), MSc, PGCE

Independent Examiner

Cornerstone Accountants
Gordon Chambers
90 Mitchell Street Glasgow
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Bankers

Bank of Scotland
Pentland House
8 Lochside Avenue
Edinburgh
EH12 9DJ

Solicitors

Dentons
1 George Square
Glasgow
G2 1AL

Reference and administrative details (continued)

Committees:

Executive Committee

Dr Mary Jacob Ray (Chairman)
Miss Agnes Malone
Mr Alastair McLean (Treasurer)
Mrs Annie Hair
Mrs Lynsay Allan Mrs
Wilma Carragher
Dr Tom Turner

Scientific Advisory Committee

Dr Tom Turner (Chairman)
Professor Colin Smith
Professor David Tappin
Mrs Lynsay Allan
Dr Mary Jacob Ray
Dr Paul Brown
Professor Sameer Zuberi
Dr Una Macfadyen

Structure Governance and Management

Governing document

The Scottish Cot Death Trust is a Scottish Charitable Incorporated Organisation (SCIO), governed by a constitution written for the SCIO which came into effect on the 3rd of September 2015. Prior to this date the Scottish Cot Death Trust had the legal entity of a charitable Trust.

Recruitment and appointment of new Trustees

The recruitment and selection of Trustees is formalised and is initiated by a written invitation to meet members of the Executive Committee for a briefing and the aims and objectives of the Trust and outline the role of a Trustee prior to confirmation of appointment by the Board. A 'Guidelines for Trustees' pack is provided for signature which sets down the legal obligation for the Trustee.

Contained within the pack is a checklist for induction for the new Trustee about the Trust's activities. During 2020/2021 no new Trustees were recruited. The number of Trustees during the financial year was 12.

Management

The Scottish Cot Death Trust is governed by a Board of Trustees which includes representatives from a range of professions including Medicine, Finance, Law, Police, Business, Human resources and Nursing as well as bereaved Parents. An Executive Committee is responsible for the implementation of the Board's policies and also advises on specific issues.

We have a vital role this year in shaping the way the charity operates in the months ahead as we emerge out of the coronavirus pandemic. We will no doubt have new ways of staff working, a changed working environment, altered ways of delivering support and education, and many events will not take place in the traditional way. We will be supportive and adaptive and work alongside our resilient staff, support workers and volunteers.

Risk management

The Trust has a risk register including existing controls and actions for mitigation of known risks. This register is kept under regular review at each meeting of the Executive Committee. In addition, each risk is actively managed by the Executive Director who draws attention to any variance in her regular reports to the Executive Committee.

The Board also discusses the risk register once a year to ensure all known risks are identified for the year ahead and that the Board is fully cognisant of these. It is further noted that the Trust's stockbrokers also comply with relevant risk legislation. The Board is the ultimate governing body and is responsible for the Trust's system of internal financial controls.

The Trust's internal controls are:

- Regular consideration by the Board of financial results
- Delegation of authority to the Executive Director
- Identification and management of risks
- Regular review of all routine spending to ensure best value for money
- Regular review of Scientific Committee recommendations for research proposals and review of grants made

By order of the Board

Date: 22/12/2021



Dr Mary Jacob Ray MBBS, OCH, FRCPCH (Chairman)

Cornerstone Accountants
Gordon Chambers
90 Mitchell Street
Glasgow
G1 3NQ
United Kingdom

I report on the accounts of the charity for the year ended 31 March 2021 which are set out on pages 17 to 26.

Respective responsibilities of directors and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) 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 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (a) to (c) 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 and 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 2006 Accounts Regulations (as amended). 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.

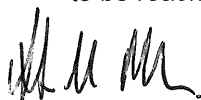
Independent examiner's statement

In the course of my examination, no matter has come to my attention other than as disclosed below:

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 (as amended); and
 - to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations (as amended);

have 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.



Stephen McKelvie FCCA
Cornerstone Accountants

Date: 22-12-2021

Statement of financial activities
For the year ended 31 March 2021

	Unrestricted	Unrestricted General Funds	Designated Funds	Restricted Funds	Total 2021	Unrestricted Funds	Designate Funds	Restricted Funds	Total 2020
	Note	£	£	£	£	£	£	£	£
Income from:									
Donations and Legacies	2	60,131	-	111,823	171,954	109,536	-	11,375	120,911
Charitable activities	3	73,246	-	-	73,246	110,772	-	-	110,772
Investments	4	6,863	-	-	6,863	5,638	-	-	5,638
Total Income		140,240	-	111,823	252,063	225,946	-	11,375	237,321
Expenditure on:									
Raising Funds	5	20,311	-	19,153	39,464	41,119	-	-	41,119
Charitable Activities	6	148,627	-	79,412	228,039	182,561	440	14,113	197,114
Total Expenditure		168,938	-	98,565	267,503	223,680	440	14,113	238,233
Net (Losses) / Gains on Investments	10	49,199	-	-	49,199	(28,769)	-	-	(28,769)
Net Income / (Expenditure)		20,501	-	13,258	33,759	(26,503)	(440)	(2,738)	(29,681)
Transfers between funds		94,560	(94,560)	-	-	20,000	(20,000)	-	-
Net movement in funds		115,061	(94,560)	13,258	33,759	(6,503)	(20,440)	(2,738)	(29,681)
Reconciliation of funds:									
Total funds brought forward		3,268	344,560	2,966	350,794	9,771	365,000	5,704	380,475
Total funds carried forward	13	118,329	250,000	16,224	384,553	3,268	344,560	2,966	350,794

All incoming resources and resources expended derive from continuing activities. The charity has no recognised gains or losses other than those included in the Statement of Financial Activities.

The notes on pages 20 to 26 form part of these accounts.

Balance sheet
at 31 March 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible Assets	9	3,506	-
Investments	10	258,701	210,004
		<u>262,207</u>	<u>210,004</u>
Current assets			
Stock		-	-
Debtors	11	7,132	18,201
Cash at bank and in hand		136,885	142,930
		<u>144,017</u>	<u>161,131</u>
Creditors: amounts falling due within one year	12	(21,671)	(20,341)
		<u>122,346</u>	<u>140,790</u>
Net current assets			
		<u>384,553</u>	<u>350,794</u>
Net assets			
		<u>384,553</u>	<u>350,794</u>
Represented by:			
Restricted funds	13	16,224	2,966
Unrestricted funds - General	13	118,329	3,268
- Designated funds		250,000	344,560
		<u>384,553</u>	<u>350,794</u>

Approved by the Board of Trustees and signed on its behalf by:



Dr Mary Jacob Ray
[Chairman]

Date: 22/12/2021

Charity Number: SC003458

Statement of cash flows
as at 31 March 2021

	2021 £	2020 £
Net income/(expenditure) for the period as per the statement of financial activities	33,759	(29,681)
Depreciation charges	688	-
(Increase)/decrease in debtors	11,069	(10,971)
Increase/(decrease) in creditors	1,330	1,324
(Increase)/ decrease in stock	-	71
Unrealised (gains)/ losses on investments	(49,199)	28,769
Investment income	(6,215)	(5,116)
	<hr/>	<hr/>
Cash flows from operating activities	(8,568)	(15,604)
Cash flows from investing activities		
Purchase of tangible assets	(4,194)	-
Movement of investments	502	(28)
Investment income	6,215	5,116
	<hr/>	<hr/>
Net cash provided by (used in) investing activities	2,523	5,088
	<hr/>	<hr/>
Change in cash and cash equivalents in the year	(6,045)	(10,516)
Cash and cash equivalents at the beginning of the year	142,930	153,446
	<hr/>	<hr/>
Total cash and cash equivalents at the end of the year	136,885	142,930
	<hr/> <hr/>	<hr/> <hr/>

Notes to the accounts

1. Accounting policies

Basis of preparation

The accounts have been prepared in accordance with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006, the Statement of Recommended Practice FRS102 (SORP FRS102) "Accounting and Reporting by Charities" and in accordance with Financial Reporting Standard 102 (FRS102). The Trust is considered a Public Benefit Entity under FRS102.

Going Concern

These accounts have been prepared on a going concern basis. There are no material uncertainties that exist or material changes in the way charity operates. The Trustees consider it is appropriate to prepare accounts on a going concern basis.

Recognition of income

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, receipt is probable and the value can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Research and equipment	– 20% on a straight line basis
Office fixtures and equipment	– 20% on a straight line basis
Support equipment	– 20% on a straight line basis
Computer software	– 33.3% on a straight line basis

Stocks

Stocks are stated at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items.

Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of twelve months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and Provisions

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

VAT policy

The Scottish Cot Death Trust is not registered for VAT and accordingly expenditure includes irrecoverable VAT.

Fund accounting

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

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds are unrestricted funds which have been earmarked by the Trustees for particular purposes.

Notes to the accounts *(continued)***1. Accounting policies** *(continued)***Grants payable**

Grants payable are payments made to third parties in the furtherance of the charitable objectives of the Trust. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the trustees have agreed to pay the grant without condition, or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the Trust.

Investments

Investments are valued at market value at the balance sheet date. For listed investments the market value is the closing middle market price on the stock exchange.

2. Donations and legacies

	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Donations	60,131	111,823	171,954	113,911
Scottish Government – Next Infant Support	-	-	-	7,000
	<u>60,131</u>	<u>111,823</u>	<u>171,954</u>	<u>120,911</u>

3. Income from other trading activities

	2021 £	2020 £
Fundraising events	71,755	109,740
Sale of goods	1,491	1,032
	<u>73,246</u>	<u>110,772</u>

4. Income from investments

	2021 £	2020 £
Dividend income	6,215	5,116
Bank interest	648	522
	<u>6,863</u>	<u>5,638</u>

5. Expenditure on raising funds

	2021 £	2020 £
Staff costs	24,883	23,831
Fundraising event costs	9,914	11,122
Travel costs	855	3,739
Website costs	454	216
Charges	1,635	1,459
Cost of goods sold	573	257
Investment management costs	1,150	495
	<u>39,464</u>	<u>41,119</u>

Notes to the accounts *(continued)***6. Expenditure on charitable activities**

	Unrestricted £	Restricted £	2021 Total £	2020 Total £
Staff costs	101,072	16,466	117,538	128,955
Education and awareness	-	-	-	2,813
Project costs	24,122	55,363	79,485	43,328
Support costs (see note 7)	23,433	7,583	31,016	22,018
	<u>148,627</u>	<u>79,412</u>	<u>228,039</u>	<u>197,114</u>

7. Admin costs

	2021 £	2020 £
Insurance	1,634	1,435
Telephone	1,607	1,529
Postage & stationary	747	1,047
Sundries	1,928	2,529
Travelling expenses	49	1,171
Recruitment costs	275	550
Repairs and renewals	5,669	5,397
Hire of equipment	4,880	2,930
IT Costs	7,881	-
Subscriptions	667	340
Depreciation	688	-
Professional fees	191	612
	<u>26,216</u>	<u>17,540</u>
Governance costs – Independent examiners fee	4,800	4,038
– Professional fees	-	-
	<u>4,800</u>	<u>4,038</u>
	<u>31,016</u>	<u>21,578</u>

8. Wages & salaries

	2021 £	2020 £
Wages	129,101	134,033
Employer's National Insurance	7,657	8,341
Employer's pension contributions	9,663	10,412
	<u>146,421</u>	<u>152,786</u>

The average number of employees based on head count during the year was 6. (2020: 7). No employee received emoluments in excess of £60,000. No Trustees received any remuneration in the year (2020: £nil). No Trustees were reimbursed for travel expenses in the year. (2020: £153).

Notes to the accounts *(continued)***8. Wages & salaries** *(continued)*

Key management of the charity are considered to be the Executive Director and the Finance Officer. The total remuneration received by key management in the year totalled £65,239 (2020: £65,239), employer's pension contributions in respect of key management totalled £5,219 (2020: £5,219).

9. Fixed Assets

	Research equipment £	Office equipment £	Support equipment £	Computer software £	Total £
Cost					
At 1 April 2020	10,540	16,338	32,307	7,508	66,693
Additions	-	4,194	-	-	4,194
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2021	10,540	20,532	32,307	7,508	70,887
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Depreciation					
At 1 April 2020	10,540	16,338	32,307	7,508	66,693
Charge for year	-	688	-	-	688
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2021	10,540	17,026	32,307	7,508	67,381
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Net book value					
At 31 March 2021	-	3,506	-	-	3,506
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
At 31 March 2020	-	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

10. Investments

	UK Listed Investments £
Market Value	
At 1 April 2020	210,004
Movement in investment	(502)
Unrealised gains/(losses)	49,199
	<hr/>
At 31 March 2021	258,701
	<hr/>
Historical Cost	
At 31 March 2021	209,317
	<hr/>
At 31 March 2020	193,808
	<hr/>

11. Debtors

	2021 £	2020 £
Prepayments and accrued income	7,132	18,201
	<hr/>	<hr/>

Notes to the accounts *(continued)***12. Creditors: amounts falling due within one year**

	2021	2020
	£	£
Trade creditors	10,316	7,062
Social security and other taxes	1,860	1,967
Accruals	8,576	10,326
Prepaid income	-	-
Pension liability	919	986
	<u>21,671</u>	<u>20,341</u>

Notes to the accounts (continued)

13. Funds

	As at 1 April 2020 £	Income	Expenditure £	Gains/losses on investments £	Transfers £	As at 31 March 2021 £
Unrestricted						
General	3,268	140,240	(168,938)	49,199	94,560	118,329
Designated:						
Research	179,560	-	-	-	(89,560)	90,000
Support services	35,000	-	-	-	(5,000)	30,000
Contingency	130,000	-	-	-	-	130,000
Total designated funds	344,560	-	-	-	(94,560)	250,000
Total unrestricted funds	347,828	140,240	(168,938)	49,199	-	368,329
Restricted						
Support fund – Support Services	(1,165)	29,280	(29,280)	-	-	(1,165)
Research fund	-	80	(80)	-	-	-
Scot Gov – National coordinator	(61)	-	-	-	-	(61)
Hugh Fraser Foundation	-	4,000	(4,000)	-	-	-
Aponea monitors	(672)	9,400	(8,782)	-	-	(54)
Bellahouston Bequest Fund	-	4,500	-	-	-	4,500
Next Infant Support Programme	300	800	(800)	-	-	300
Education	-	14,500	(14,500)	-	-	-
Dr McClure Memorial Fund	4,564	-	-	-	-	4,564
Bank of Scotland Reach Fund	-	11,196	(7,700)	-	-	3,496
Core Costs/IT	-	36,929	(33,423)	-	-	3,506
SUDI Simulation	-	1,138	-	-	-	1,138
Total restricted funds	2,966	111,823	(98,565)	-	-	16,224
	350,794	252,063	(267,503)	49,199	-	384,553

Notes to the accounts *(continued)*

13. Funds *(continued)*

Designated funds:

Research: Within a three-year rolling period up to £90,000 shall be designated to enable research funding to be granted and to ensure that the Trust could commit to funding a typical research funding cycle, regardless of the income during the year.

Support services: Regardless of income, the Trust has a commitment to honour bereavement support, including counselling therapies with which families may have engaged. For this purpose, £30,000 per annum is designated towards support services.

Contingency: In line with best practice and recommendations by the Scottish charity regulator, OSCR, the Scottish Cot Death Trust designated at least £133,752 per annum toward running costs for the organisation, in the event that income is reduced.

Restricted funds:

The research fund includes activities based on research and development.

The education fund covers all activity concerned with prevention of SUDI, including printed and digital resources.

The support fund represents donations received for the purposes of providing bereavement support services including outreach community support workers and counselling, including printed and digital resources.

The Next Infant Support Programme includes, education, support (outreach, counselling, first aid training) and resources concerned with running the service.

Apnoea monitors fund represents funding to cover the costs incurred in the purchase of infant breathing monitors and ancillary equipment required for their use on the Next Infant Support Programme.

14. Analysis of Net Assets

	Restricted Funds	Unrestricted Funds	Total Funds
	£	£	£
Fixed Assets	3,506	-	3,506
Investments	-	258,701	258,701
Current assets	12,718	131,299	144,017
Current liabilities	-	(21,671)	(21,671)
Net Assets	16,224	368,329	384,553

15. Related party transactions

There were no related party transactions in the year

16. Ultimate controlling party

The charity is constituted by its governing document, a deed of trust and is controlled by its appointed trustees.