



Sussex Partnership NHS Foundation Trust's Charity



# Trustees' Report and Financial Statements

For the year ended 31 March 2023

Charity Registration Number: 1051736

# Contents

<b>Message from the Chair and Chief Executive of Sussex Partnership NHS Foundation Trust . . . . .</b>	<b>03</b>
<b>Message from our Charity Director . . . . .</b>	<b>05</b>
<b>Charity Objectives and Activities . . . . .</b>	<b>06</b>
<b>Achievements and Performance: Review of the Year . . . . .</b>	<b>08</b>
<b>Looking to the Future . . . . .</b>	<b>20</b>
<b>Financial Review . . . . .</b>	<b>22</b>
<b>Annual Financial Statements for the year ended 31 March 2023 . . . . .</b>	<b>26</b>
<b>Legal and Administrative Information . . . . .</b>	<b>46</b>

## Message from the Chair and Chief Executive of Sussex Partnership NHS Foundation Trust **Peter Molyneux and Dr Jane Padmore**



# An opportunity to do things differently

**It is our pleasure to introduce Heads On's annual report and accounts for 2022-23. This report shows that against the backdrop of another year of tremendous challenge across NHS mental health and learning disability services, we are at our best when we work hand in hand with our NHS charities to create change.**

As we navigate the legacy of the pandemic, a cost of living crisis, significant levels of need for our services and our ambitious transformation programmes, it is clear that the NHS must continue to improve and innovate. The last 3 years have tested the mental health of the nation, with mental ill health now the leading cause of disability in the UK. We need to harness the skills and expertise of our NHS charity partners to develop services for the future, and create new opportunities to improve services for the local communities we serve. As our official NHS charity, Heads On specialises in the art of the possible, showing what we can create when we work in partnership with our communities to put people first.

As part of Sussex's transformation of mental health community services, Heads On has delivered our Mental Health Voluntary, Community and Social Enterprise (VCSE) grants programme, supported by NHS Sussex, awarding funding across the county that support people's recovery and enables them to live well in their communities. The grants programme builds strong partnerships between the NHS and voluntary sector that put people at the heart of their own recovery, on their own terms. It involves peer support, arts-based recovery, specialist therapy for refugee and asylum-seeking communities and piloting mental health support for male Gypsy Romany Travellers.

**“Breaking down the stigma of mental health is key to our success.”**

In a world where black people are almost 5 times as likely as white people to be detained under the Mental Health Act, the Charity's work to address ethnic inequalities in healthcare continues apace, delivering anti-racism training in partnership with Brighton & Sussex Medical School across the Sussex healthcare system. This involves training NHS, voluntary sector and social care colleagues alongside one another. Feedback has been overwhelmingly positive and Heads On are working to develop the programme.

Across the NHS, staff continue to work tirelessly to meet the needs of patients, families and carers. They continuously demonstrate compassion and commitment to providing high quality care. The Charity's Nightwaking project launching in summer 2023, will support Sussex Partnership's night staff; who work in particularly challenging circumstances and can face many health inequalities and barriers to career progression.

Prevention is key to successfully addressing health inequalities. This involves addressing the root causes of poor mental health and offering creative routes to recovery. More Than Football, in partnership with Brighton & Hove Albion's Albion in the Community, shows what is possible when NHS charities reach outside the NHS. An early suicide prevention project for middle aged men, More Than Football has been hugely successful; using the power of football to support men to build confidence, play a part in their communities and, crucially, talk about and seek help for their mental health. It has helped us reach men who would not otherwise engage with mental health services.

As an NHS charity, Heads On demonstrates that out of the most challenging of times can come moments of innovation, beauty and joy. Make Your Mark's programme of music workshops for people with severe mental illness, launched by Fatboy Slim in summer 2022 and supported by Heads On, did exactly that. This initiative created unique opportunities for music participation at Sussex Partnership, at the same time as challenging the stigma and discrimination that is still too often associated with mental illness.

Breaking down the stigma of mental health is key to our success. Our thanks go to everyone who has supported Heads On's work this year. It is as a result of you, your conversations, awareness raising and fundraising, that we have been able to achieve everything we have. Your support means so much, to everyone who has ever struggled with their mental health. Thank you.

**Peter Molyneaux**

Chair, Sussex Partnership NHS Foundation Trust

**Dr Jane Padmore**

Chief Executive, Sussex Partnership NHS Foundation Trust



## Message from the Charity Director Rachael Duke

# Partnerships for the future

**Heads On's history is rooted in partnership, with one foot in the NHS and the other in the voluntary sector. Since we launched in 2014 we have worked to ensure people with mental health problems can access the very best care possible both within and in partnership with the NHS, in whatever way works for them.**

Over the last 12 months, key to this has been our external grant making - something we had not undertaken prior to the pandemic and which became an essential part of the recovery support we were able to offer people. With our fundraising staff pivoting to focus on delivering our grant programmes, we were able to make new grants this year totalling £270,000 to 10 community projects across Sussex, supporting recovery and relieving pressure on the NHS. Whilst this had an impact on our fundraising income, it enabled us to support people across the county facing some of the greatest health inequalities which had been significantly exacerbated by Covid-19.

As an NHS charity our most important partner remains Sussex Partnership, who share our commitment to addressing health inequalities both locally and with national relevance. Co-produced evaluation of community services by people from minoritised communities makes recommendations for how NHS mental health services can improve and was published this year. Our partnership with the Health Foundation has enabled us to deliver our AI for Length of Stay project, testing whether machine learning could predict length of stay on adult mental health wards to improve patient outcomes. At the same time, our internal small

grants programme supports projects across the Trust to improve everyday life for service users and staff; this will always be essential to our work.

Alongside clinically focused projects, our creative recovery programme continues to grow - Good Space, delivered in partnership with Brighton Dome & Brighton Festival and Sussex Past offers high quality arts and sports volunteering opportunities for people with experience of psychosis. It is a celebration of partnership working and has done much to challenge the stigma around severe mental illness. We are delighted to be working with Natural England and Recovery Partners to support user-led natural recovery research - we await the results of this work with much anticipation.

People who use Sussex Partnership services tell us how much it matters to them that their mental health is seen in the context of their whole lives. At Heads On, by working in partnership with community organisations, NHS partners, academia and the arts and sports, we seek to do exactly that, supporting people to maintain better mental health throughout their lives. This simply would not be possible without the generosity of our partners, funders and supporters. From the bottom of our hearts, thank you.

**Rachael Duke**  
Charity Director

# Charity Objectives & Activities



**Heads On's strategy 2021–2025 focuses on:**

- **Health Inequalities and how to address them.**
- **Championing the needs, rights and voices of people who use mental health, learning disability and neuro-diverse services, challenging stigma and discrimination.**
- **New opportunities that support recovery through non-clinical routes, for example the arts, sports and education.**

**Heads On is governed by a Declaration of Trust and exists to support any charitable purpose or purposes relating to the National Health Service and particularly the Mental Health Sector that would not normally be covered by main NHS funds. We are the official charity of Sussex Partnership NHS Foundation Trust and a member of NHS Charities Together.**



Heads On develops, fundraises for and supports projects that empower people with mental health problems, learning disabilities and neurodivergent conditions in their journeys, building a more equal world for everyone. To ensure Heads On can react swiftly to emerging needs, the Charity pay particular attention to ensuring continuing unrestricted donations.

We work tirelessly to enhance NHS services through charitable giving, in accordance with our charitable objects, paying due regard to guidance from the Charity Commission. We pride ourselves on

fundraising consciously, by making sure donations truly add value to service users' experience and all expenditure is carefully considered.

Trustees award grants to projects delivered by Sussex Partnership NHS Foundation Trust and external partners that support people with mental health problems in their recovery or address healthcare needs within the wider population. This can also include supporting projects for staff that will improve patients' experience. Grants are only awarded through published funding programmes and unsolicited applications are not accepted. The monies required to support our work are secured through fundraising from our local communities, charitable trusts and foundations, individual donors, corporate sponsors and from grant making bodies.

Our parent NHS Trust, Sussex Partnership, provides mental health, learning disability and neurodevelopmental services to people living in south east England. Its services are for children, young people, adults of working age and older people.

The Trust provide care in a range of locations including people's own homes, specialist clinics, hospitals, low and medium secure units and GP surgeries.

Sussex Partnership is passionate about research and aims to put it at the core of everything they do to continually improve clinical care. The Trust is a member of the University Hospital Association and part of the Sussex Health and Care integrated system.

**Review of the Year**

# **Achievements and Performance**





## Review of the Year



**During 2022/23 Heads On's core focus has been on delivering our grants programmes into the voluntary sector, supporting over £270,000 of projects that address suicide prevention and complement the transformation of NHS community mental health services, supporting people's recovery in their communities in places and spaces that work for them.**

This has built on our learning from delivering Community Partnership Grants on behalf of NHS Charities Together during the pandemic, and has enabled Sussex Partnership and NHS Sussex to support a programme of voluntary sector led work that reaches people who can face many barriers to accessing NHS support and significant health inequalities, including refugees, travelling communities and the LGBTQ+ community. The NHS Long Term Plan recognises the vital role the voluntary sector plays in supporting people to stay well in their communities, and our work offers a template for how NHS trusts might wish to consider working with their NHS charities to support this.

Alongside our partnership grants programmes, our commitment to innovation remains, and we are delighted to have launched a range of essential pilot programmes this year to support people most impacted by the pandemic. Support for families on CAMHS waiting lists is much needed as mental health needs amongst young people following the pandemic continue to grow. Nightwaking will support Sussex Partnership night staff, who can face many health inequalities and barriers to career progression. Good Space provides arts and sports volunteering opportunities for people using early intervention in psychosis services, alongside our pilot music workshop programme for people with severe mental illness.

Our support to enhance day to day life for people using and working within Sussex Partnership services continues, with over £46,000 made available in small grants that make a real difference to people's experience. Funding sea swimming, the Heads On run club, yoga classes and gym equipment through to gardening programmes, arts and crafts activities and sensory spaces, creative recovery is testament to our commitment to support new work that offers non-clinical routes to recovery.

As our small team have focused on grant making over the last year, our fundraising income has dropped, alongside the economic challenges faced by all charities fundraising during the cost of living crisis. A renewed approach to fundraising will be vital for the year ahead to sustain the level of growth and ambition Heads On has been able to deliver to date and is part of the strategy review we are undertaking to build a robust NHS charity for the future at the heart of Sussex Partnership's strategic development.

# Over the last 12 months we have:



**Awarded  
£220,000**

in grants to voluntary sector partners, supporting recovery in community settings

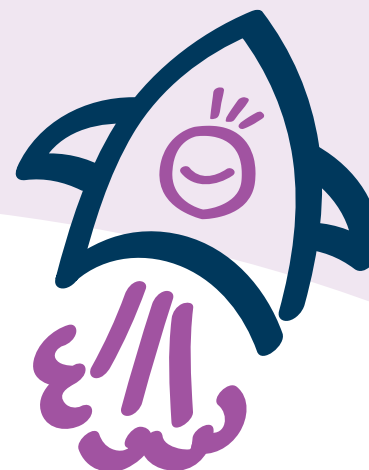
- Creative recovery 22%
- Health inequalities 45%
- Suicide prevention 33%



**Awarded  
£46,000**

in grants across Sussex Partnership to improve day to day life for staff and patients including:

- Creative recovery 59%
- Kit and equipment for people in hospital 37%
- Staff support 4%



**Launched**

- Family support for people on CAMHS waiting lists
- Nightwaking - addressing health inequalities and barriers to career progression faced by night staff
- Goodspace volunteering in sport and the arts
- Recovery through music pilot programme

# Mental Health Sussex Community Grants

Grant making on behalf of an Integrated Care Board

In early 2022, building on its external grant making experience, Heads On took on the management of a voluntary sector grants programme on behalf of the mental health collaborative of Sussex Health & Care, funding work across the county addressing suicide prevention and complementing the transformation of NHS community mental health services. Grant making is an important part of partnership working with the voluntary sector, enabling smaller organisations to access funding, as recommended in the NHS Long Term Plan.

The programme has supported voluntary sector partners across the county to Innovate with new programmes, Build on existing work and Grow their own organisations. We have made awards totalling **£220,000** during 2022/23 and been able to target people who have been most impacted by the pandemic.

Organisation name	Location of funded work	Project title	Funding Priority	Innovate / Build	Number of people reached	Grant Amount
West Sussex Mind	Littlehampton	Littlehampton Peer Outreach: Supporting people with severe mental illness in their community before they reach crisis	Transformation	Build	50	£25,000
BWC (Brighton Women's Centre)	Brighton and Hove	Together Mental Health: Improving access to mental health provision for women in Brighton & Hove with complex trauma histories	Transformation	Build	44	£25,000
Refugee Radio	Hastings	Refugee Hub providing long-term trauma therapy (EMDR) and a weekly mental-health support group.	Transformation	Build	200	£25,000



## Review of the Year

Organisation name	Location of funded work	Project title	Funding Priority	Innovate / Build	Number of people reached	Grant Amount
ONCA Trust Ltd	Brighton	Dresscue: Community sewing space for people experiencing personality, emotional intensity and attachment disorders.	Transformation	Build	50+	£20,000
Sussex Cricket Foundation	Crowborough	Sussex Sporting Memories: to help tackle loneliness and depression in later life and for those living with dementia.	Transformation	Build	50	£10,000
Friends, Families and Travellers	Brighton	Fighting Talk: giving male travellers basic tools to support their mental health	Transformation	Innovate	20	£15,000
Grassroots Suicide Prevention	Brighton and Hove, Eastbourne, Hastings, Crawley	Developing and delivering a new suicide prevention training approach for non-clinical staff working across Sussex.	Suicide Prevention	Build	300	£45,000
Citizens Advice in West Sussex (North, South, East)	Langley Green, Crawley	Citizens Advice Langley Green Hospital Money Advice Suicide Prevention Project	Suicide Prevention	Build	200	£35,000
MindOut LGBTQ Mental Health Service	Worthing and Crawley	LGBTQ Community Suicide Prevention	Suicide Prevention	Build	50+	£20,000

In addition, we have awarded £50,000 to West Sussex Mind to establish and coordinate the development of a West Sussex Voluntary, Community & Social Enterprise Mental Health Network.

**Grants will continue to be made throughout 2023/24.**



**"We are delighted to have supported such a breadth of work through our community grants, the following case studies show the impact this funding has had."**

## Review of the Year

### Grant recipient:

**ONCA Trust Ltd**

### Total funding awarded in 2022–23:

**£20,000**

### Project:

# Dresscue

**Community sewing space  
for people experiencing  
personality, emotional  
intensity and attachment  
disorders.**



Dresscue is a community sewing space providing creative and social opportunities for people accessing support through Lighthouse, a specialist service for people experiencing personality, emotional intensity and attachment disorders provided in partnership between Sussex Partnership, Southdown and Mind in Brighton and Hove.

Through weekly workshops, participants learn and connect socially through creative activity reducing loneliness, building mental and community resilience and supporting people to contribute to, and participate in, a creative recovery programme that sustains them.

The structure and logistics of the sewing sessions were co-produced with Lighthouse members.

Dresscue participants report they have experienced improvements in:

- **feeling part of a community**
- **opportunities to have fun**
- **improved wellbeing**
- **confidence in joining community spaces**

Staff from Lighthouse observed that many members appeared more relaxed in this space, displayed more confidence, and had a better understanding of boundaries.



*'Two other members, whose attendance at Lighthouse groups has been poor in the past, have attended multiple groups and stayed for the full three-hour session, which represents huge progress for both of them.'* - Lighthouse group case study

*One participant explained: "It gets me out of bed in the morning. It gives me the excuse to get out and go. I said to Lisa (Lighthouse staff) today I was lying in bed thinking oh I can't be bothered to get up and then I thought, no I've got sewing. I've got to get up because I enjoy doing it. And you're just so helpful. I can't believe I've done a lot, I've learnt a lot. Even though it's only lavender bags I've actually learnt a lot of sewing techniques. I just really enjoy this group, it's one of my favourite groups of the week."*

*'I think you've made a big difference to me and especially my mental health. Just the whole programme has been a good thing for me and it's nice how you help people and you're going to help me make my paddington bear coat.'*

Dresscuc continues into Spring 2024.



## Review of the Year

### Grant recipient:

## Brighton Women's Centre

### Total funding awarded in 2022–23:

**£24,999.97**

### Project:

# Together Mental Health

**Improving access to mental health provision for women in Brighton & Hove with complex histories**

[womenscentre.org.uk](https://womenscentre.org.uk)



Brighton Women's Centre (BWC) help women from all backgrounds, facing all kinds of issues, to live happier lives.

Together Mental Health is a two-year project providing women facing multiple disadvantages in Brighton & Hove with therapeutic support, ensuring that barriers to mental health recovery are reduced by:

- **Offering a choice of in-person or remote delivery**
- **Offering therapy at locations in the community where women live**
- **Ensuring cost is not a barrier by offering therapy free of charge for women who are facing food insecurity or needing support with the cost-of-living crisis**
- **Arranging childcare or transport costs where needed**

During the first six months of the funding period:

- **63% of women receiving therapy reported reduced anxiety and nervousness**
- **63% of women receiving therapy reported improved sleep**
- **75% of women receiving therapy reported decreased unhappiness**

# G's story

*'G is woman in her forties, with a history of childhood abuse - emotional, physical and sexual. She came to BWC asking for support with 'closing the door' on her relationship with her mum, who she had experienced a troubling relationship with throughout her life. She was also looking for help to speak up for herself in relationships without becoming overwhelmed by anger. G was also going through the process of her children returning to live with her after a period in care.'*

*At times, G would use the time to process the ups and downs of the week and the very emotional experience of being a full-time mum again. This involved working on understanding the complex mix of feelings of guilt, hope, loss and joy that she was experiencing on a daily basis.*

*Through the lens of her everyday experiences and using the therapeutic relationship as a model, G had the opportunity to reflect on the kind of relationships she wants to have in her life and how she can create them. She decided not to end contact with her mother, instead choosing to manage their communications in a way that was more comfortable for her. She worked on her other relationships, finding ways to tell the truth of her own experiences in ways that could be heard. This involved the pain of realising when others were not in a position to be ready to listen to her. Finally, G was able to express that she would have liked more counselling sessions, but that she felt that she got what she had hoped for during her time with BWC.*



# Creative Routes to Recovery



# **GOOD SPACE**

## **Arts and sports volunteering opportunities for people with mental health problems**



**In 2022 Heads On partnered with Brighton Dome & Brighton Festival and Sussex Past as founders of Good Space, funded by the DCMS's Volunteering Futures Fund via Arts Council England.**

The programme provides creative, inclusive and meaningful volunteering opportunities in arts, heritage and sports organisations across Sussex for people with mental health problems with placements including De La Warr Pavilion, Ditchling Museum of Art & Craft, Hastings Fat Tuesday, Sussex Cricket and Worthing Theatres and Museums.

Heads On has trained the host organisations in supporting volunteers with mental health problems and/or neurodiversity and is co-producing a buddy model to support people using Sussex Partnership's Early Intervention in Psychosis services into volunteering. For people who have experienced a first episode of psychosis, there can be many barriers to accessing volunteering and employment, particularly the stigma that persists around severe mental illness. Good Space aims to change this, through informed and inclusive training and buddying people with peers with lived experience to support their volunteering journey.

**"Being involved in the Good Space co-production has been really exciting. To be asked to be a part of a new idea/project, made my past experiences feel very valued. I liked how everyone was treated with the same respect. It all felt very balanced and inclusive. And it was really nice that the co-production opportunity follows with another opportunity which is to be involved in it. The feeling of continuity as an EBE feels important."**

**Amelia, Good Space Expert by Experience**



# **Music Workshops**

## **for People with Severe Mental Illness**

**Heads On is a proud funder of Sussex Partnership's Make Your Mark programme, supporting creative recovery through arts participation.**

In summer 2022 we saw first-hand the power of music and finding your creative voice for people with severe mental illness, when we funded a series of music workshops at Rockwater in Hove for people using services across Sussex. They launched with a DJ workshop with Fatboy Slim who said of the workshops "It's sort of life-affirming really, it's good for me to see the people who've never touched a set of decks before going between two tracks and thinking: 'Whoo!' Sometimes I can get a bit blasé about what I do for a job, and seeing that innocent joy about the way you can manipulate music: it's exciting, it centres you, it gives you a nice warm feeling. So it's joyful to see people who've been struggling going through that process."

**"genuinely loved it": "It makes you want to pursue it more and think, 'I am good enough, I do exist in this world, I'm not just past it.'"**

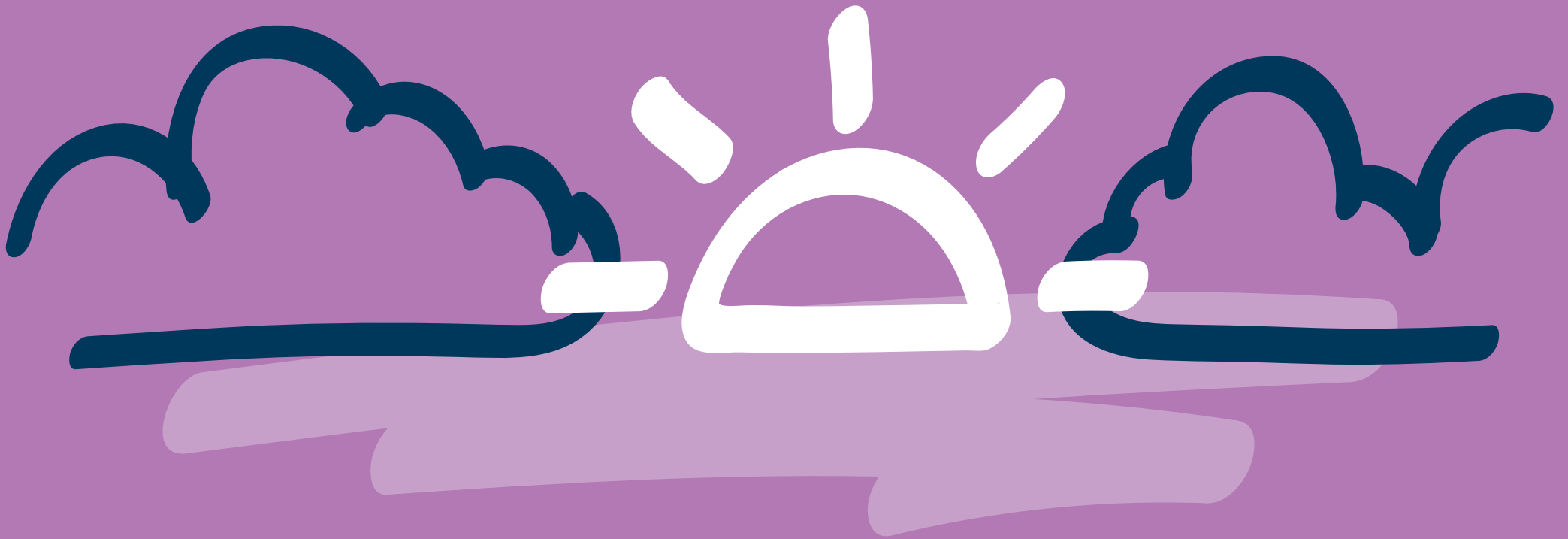
**Jess, participant and drummer**



**"it's joyful to see people who've been struggling going through that process."**

**Fatboy Slim**

# Looking to the Future



## Looking to the Future

**Over the last three years the nation has faced the greatest public health crisis in living memory, with the Covid-19 pandemic disrupting all our lives in ways we never thought possible. We now face a sustained cost of living crisis, and turmoil across the globe, at a time when financial security, stability and safety have never been more needed.**



In NHS mental health services, we are seeing unprecedented demand for our care, as the nation struggles to deal with the health, social and economic impacts of the pandemic and their effects on mental health. It is clear that the work of Heads On has never been more important.

Throughout 2023-2024, Heads On's strategic review will inform the future direction of the charity, focusing our efforts on the areas where we can have the greatest impact and tackling the root causes of mental ill health. A refreshed fundraising strategy will build sustainable funding routes for the charity and allow for the impact the cost of living crisis is having on charitable income across the sector.

Service users tell us that their mental health is just one part of their story, and that the best kind of support comes when their mental health is seen and cared for within the context of their whole life.

The transformation of NHS community services seeks to provide care in places and spaces that feel right for people, giving them choice in how they access services and in the roles they play in their communities. At Heads On, our work to deliver non-clinical routes to recovery, tackle the root causes of mental health and create support for those who can face real barriers to accessing services means our potential as a strategic partner to Sussex Partnership has never been greater.

Whilst the pandemic has left crisis and disruption in its wake, it has been a great leveller for the conversation on mental health, normalising and building acceptance. As a proactive NHS fundraising charity, the time for Heads On to build on this is now.

# Financial Review



### Total operating income for the financial year was £460k (2021/22: £1.9m).

**Donated income includes a grant from Sussex Partnership NHS Foundation Trust of £219k to fund the operational costs of the charity.**

The reduction in income from 2021/22 sees a return to pre-pandemic levels and is in part attributable to the deployment of the charity's fundraising staff to running external grant programmes, thus reducing fundraising activity in year. Income in 2021/22 was exceptionally high due to non-recurrent income received to deliver external grant programmes which will conclude in Spring 2025.

### Expenditure for the year was £526k as follows:

**Charitable Activities £421k**

(2021/22: £764k).

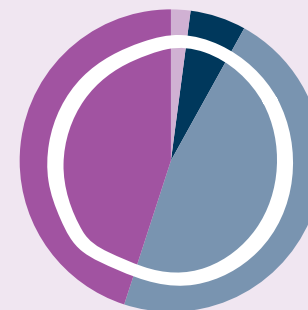
**Support Costs £115k** (2021/22 £48k)

**Raising Funds £105k** (2021/22 £140K)

Increased support costs reflect the management of external grants programmes which the charity was commissioned to deliver. Within these programmes, whilst significant grant commitments have been made as detailed in note 5 of the accounts, these are not yet shown as expenditure within the accounts.

As an active NHS charity, predominantly funding projects within our parent NHS Trust and making external grants with restricted donations, our annual expenditure sometimes exceeds our income as we spend funds that we have held over time or restricted donations that are fundraised for specific, time-limited programmes. When these funds are spent they are not routinely replenished, particularly if they are restricted for specific projects or services.

**The statement of financial activities shows net expenditure for the year of £65k and net losses on investments of £14k.**



#### INCOME

**45% Donations/Grants**  
**47% Donation from NHS Trusts**  
**2% Dividends**  
**6% Bank Interest**



#### EXPENDITURE

**19% Raising Funds**  
**58% Charitable Activities**  
**23% Support Costs**



# Investments: including Investment Strategy and Performance

**The balance sheet consists predominantly of investments, including cash and within stocks and shares.**

The committee continues to adopt a low risk investment strategy when dealing with short term investment of donated monies, with current asset investments totalling **£269k** (2021/22 £266k). Heads on has continued its investment strategy during the year to include some long term equity investments to help improve the returns against its endowment funds which totalled **£458k** (2021/22 £464k) at the year end. The equity investments decreased in value during 22/23 due to reduced investment portfolio performance.

The endowment funds of **£458k** (2021/22 £464k) are predominantly invested in equity investments as detailed above, with **£46k** (2021/22 £37k) remaining within cash at bank.

# Restricted Funds

**Restricted funds of the Charity total £1.1m** (2021/22: £1.2m) **and comprise:**

- **West Sussex Dementia Services**  
Kitty Harrison Memorial Fund
- **Service Improvement**  
Health Foundation  
NHSCT Development Grant
- **Care home support**  
Lindridge
- **Support for People with a Learning Disability**  
Springboard Learning Disability Project (Springwell)
- **Support for Children & Young People**  
Chalkhill Rockinghorse Fund  
Chalkhill Fund
- **Suicide Prevention**  
Public Health East Sussex
- **Staff Support**  
The Estate of Michael Joseph Czerwik
- **Creative Recovery**  
Arts & Health Make for Tomorrow (Arts Council)  
Good Space
- **Covid-19 Response**  
Covid-19 Relief Fund  
NHS Charities Together Funded Projects (Stage 2)  
Covid-19 Minoritised Communities disparities programme  
Second wave Covid-19 funding
- **Grant Making**  
Mental Health Collaborative Grants Fund  
Sussex Staff In Mind Bursary Scheme
- **Other restricted funds**

### Reserves Policy – note 5 support costs

**The Charity seeks to apply all funds received in an efficient and timely manner.**

The Charity is mainly reliant on the generous goodwill of the local population and organisations through their donations and legacies. The holding of reserves allows for planned expenditure to progress as intended, uninhibited by the volatility of income levels from year to year.

The level of reserves held is determined by reference to future spending plans. This applies not only to general funds but also to the level of restricted funds, in the context of their terms of reference.

Funds are not allowed to accumulate except where plans may require sufficient funds to be initially collected, either by appeal or through the gradual build-up of donations before expenditure occurs. The Charity considers that it has met its reserves policy during the period, holding free reserves of **£123k** at the year end.

### Financial Control and Risk Management

**The Trust's Standing Orders and Financial Instructions apply in full to the operation of the Charitable Funds, which are subject to periodic review.**

The Corporate Trustee fulfils its legal duty by ensuring that funds are spent in accordance with the objectives of each fund. By designating funds in this way the Trustee is able to respect the wishes of the donors.

The Trustee has also paid due regard to the Charity Commission guidance on public benefit.

The Trustee has complied with the duty in section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charity Commission.



# **Unaudited Annual Accounts** **for the year ended 31st March 2023**

The accounts have been prepared in accordance with Charities SORP FRS102, Accounting Standards and with the Charities Act 2011.

# Statement of the Trustees responsibilities

**The directors, who constitute the Executive Committee, are responsible for preparing the Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).**

Company law requires the Executive Committee to prepare accounts for each financial year which give a true and fair view of the state of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these accounts, the Executive Committee is 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 UK 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 assume that the charitable company will continue in business.**

The Executive Committee is responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They 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.

The report has been prepared in accordance with the provisions of the Companies Act 2006 relating to small companies.

### By Order of the Trustee

**Dr Jane Padmore**  
Chief Executive Officer

Date **08 January 2024**

**Peter Molyneux**  
Chair

Date **08 January 2024**

# Independent examiner's report to the trustees of Heads On

for the year ended 31 March 2023

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEADS ON

I report to the trustees on my examination of the accounts of Heads On for the year ended 31 March 2023.

### RESPONSIBILITIES AND BASIS OF REPORT

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

## INDEPENDENT EXAMINER'S STATEMENT

Since the Charity's gross income exceeded £250,000 your examiner must be a member of an appropriate body. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies. I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or**
- 2 the accounts do not accord with those records; or**
- 3 the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.'**

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report.

**Lucy Hammond BSc FCA**



Date: **08 January 2024**

For and on behalf of Kreston Reeves  
**Kreston Reeves LLP Chartered Accountants**  
9 Donnington Park  
85 Birdham Road  
Chichester  
West Sussex  
PO20 7AJ



# Statement of financial activities

(incorporating the income and expenditure account) for the year ended 31 March 2023

	Note	Unrestricted funds (£)	Restricted funds (£)	Designated funds (£)	Endowment funds (£)	Total this year (£)	Total last year (£)
<b>Income and endowments from:</b>							
Donations and legacies	3	14,306	373,052	37,590	-	424,948	1,891,902
Investments	3	25,907	-	-	9,584	35,491	10,020
<b>Total</b>		<b>40,213</b>	<b>373,052</b>	<b>37,590</b>	<b>9,584</b>	<b>460,439</b>	<b>1,901,922</b>
<b>Expenditure on:</b>							
Raising funds	4	-	104,520	-	-	104,520	140,356
Charitable activities	4	5,003	391,654	24,031	500	421,188	763,528
<b>Total</b>		<b>5,003</b>	<b>496,174</b>	<b>24,031</b>	<b>500</b>	<b>525,708</b>	<b>903,884</b>
Net income/ (expenditure)		35,210	(123,122)	13,559	9,084	(65,269)	998,037
Transfers between funds	10	4,833	1,036	(5,869)	-	-	-
<b>Net movement in funds</b>		<b>40,043</b>	<b>(122,086)</b>	<b>7,690</b>	<b>9,084</b>	<b>(65,269)</b>	<b>998,037</b>
<b>Other recognised gains/(losses)</b>							
Net gains and (losses) on investment assets	7	-	-	-	(14,373)	(14,373)	21,986
<b>Net movement in funds</b>		<b>40,043</b>	<b>(122,086)</b>	<b>7,690</b>	<b>(5,289)</b>	<b>(79,642)</b>	<b>1,020,023</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		82,874	1,215,651	176,888	463,707	1,939,120	919,097
<b>Total funds carried forward</b>		<b>122,917</b>	<b>1,093,565</b>	<b>184,578</b>	<b>458,418</b>	<b>1,859,478</b>	<b>1,939,120</b>

All activities undertaken at the year-end were continuing operations.

# Balance Sheet

as at 31 March 2023



	Note	Unrestricted funds (£)	Restricted funds (£)	Designated funds (£)	Endowment funds (£)	Total this year (£)	Total last year (£)
<b>Fixed assets</b>							
Investments	7	-	-	-	412,165	412,165	426,538
<b>Total fixed assets</b>		-	-	-	412,165	412,165	426,538
<b>Current assets</b>							
Debtors	8	-	313,442	-	-	313,442	580,034
Investments	7	-	268,819	-	-	268,819	266,327
Cash at bank and in hand		122,917	735,697	184,578	46,253	1,089,445	1,096,778
<b>Total current assets</b>		122,917	1,317,958	184,578	46,253	1,671,706	1,943,139
Creditors: amounts falling due within one year	9	-	224,393	-	-	224,393	430,557
<b>Net current assets</b>		122,917	1,093,565	184,578	46,253	1,447,313	1,512,581
<b>Total assets less current liabilities</b>		122,917	1,093,565	184,578	458,418	1,859,478	1,939,120
<b>Total net assets</b>		122,917	1,093,565	184,578	458,418	1,859,478	1,939,120
<b>Funds of the Charity</b>							
Unrestricted funds	10	122,917	-	-	-	122,917	82,874
Restricted income funds	10	-	1,093,565	-	-	1,093,565	1,215,651
Endowment funds	10	-	-	-	458,418	458,418	463,707
Designated funds	10	-	-	184,578	-	184,578	176,888
<b>Total charity funds</b>		122,917	1,093,565	184,578	458,418	1,859,478	1,939,120

Signed by two  
Directors on behalf of  
the Corporate Trustee.

**Dr Jane Padmore**  
Chief Executive Officer  
Date of approval **08 January 2024**

**Peter Molyneux**  
Chair  
Date of approval **08 January 2024**

# Statement of Cash Flows

for the year ended 31 March 2023



	Note	Total funds (£)	Total last year (£)
<b>Cash flows from operating activities:</b>			
Net cash provided by (used in) operating activities	1	(40,332)	776,886
<b>Cash flows from investing activities:</b>			
Interest receivable		25,907	1,348
Dividends received		9,584	8,672
Sale/(Purchase) of investments		-	-
Net cash provided by (used in) investing activities		35,491	10,020
<b>Cash flows from financing activities:</b>			
Repayments of borrowing		-	-
Cash inflows from new borrowing		-	-
Receipt of endowment		-	-
Net cash provided by (used in) financing activities		-	-
Change in cash and cash equivalents in the reporting period		(4,841)	786,906
Cash and cash equivalents at the beginning of the reporting period	2	1,363,105	576,199
Change in cash and cash equivalents due to exchange rate movements		-	-
Cash and cash equivalents at the end of the reporting period	2	1,358,264	1,363,105

# Statement of Cash Flows – Notes

## Note 1 • Reconciliation of net (expenditure)/ income to net cash flow from operating activities

	This year (£)	Last year (£)
Net (expenditure)/ income for the reporting period (as per the statement of financial activities)	(79,642)	1,020,023
<b>Adjustments for:</b>		
Interest receivable	(25,907)	(1,348)
Dividends received	(9,584)	(8,672)
Gains on investments	14,373	(21,986)
Decrease in debtors	266,592	579,275
(Decrease)/ increase in creditors	(206,164)	368,144
<b>Net cash provided by (used in) operating activities</b>	<b>(40,332)</b>	<b>1,935,436</b>

## Note 2 • Analysis of cash and cash equivalents

	This year (£)	Last year (£)
Held as current assets	1,089,445	1,096,778
Held within investments	268,819	266,327
<b>Total</b>	<b>1,358,264</b>	<b>1,363,105</b>

## Notes to the accounts

### Note 1 • Basis of preparation

#### 1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at fair value) in accordance with:

- **The accounts 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 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.**

The functional currency of the charity is pounds sterling and items are rounded to the nearest pound.

#### 1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

#### 1.3 Going Concern

The trustees consider that there are sufficient secured donations post year end and that there are no material uncertainties about the Trust's ability to continue as a going concern.

#### 1.4 Legal Information

Legal information regarding the charity can be found within the annual report on page 46.



# Notes to the accounts

## Note 2 • Accounting policies

### INCOMING RESOURCES

**Recognition of income** – Income is included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is probable the resources will be received;
- the monetary value can be measured with sufficient reliability.

**Income with related expenditure** – Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

**Grants and donations** – Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources amounts can be measured reliably and it is probable that funds will be received.

**Tax reclaims on donations and gifts** – Income from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

**Contractual income and performance related grants** – This is only included in the SoFA once the related goods or services have been delivered.

**Donated services and facilities** – These are only included in income (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

**Volunteer help** – The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

**Investment income** – This is included in the accounts when receivable.

**Endowment Income** – Endowment income is unrestricted

### EXPENDITURE AND LIABILITIES

**Liability recognition** – Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

**Support costs** – Include costs of the preparation and examination of statutory accounts, the cost of any legal advice to trustees on governance or constitutional matters. Costs also include central functions that have been allocated to activity cost categories on a

basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by time spent and other costs by usage.

**Grants with performance conditions** – Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

**Grants payable without performance conditions** – These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

### EXPENDITURE AND LIABILITIES

**Accumulated Funds** – Restricted and Permanently Endowed funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts. 25% (2021/22: 24%) of accumulated funds were held as Permanent Endowment Funds at the end of the year.

### ASSETS

**Fixed assets** – The charity holds no property, equipment or heritage assets.

**Investments** – Quoted stocks and shares are initially recognised at fair value which is normally the transaction price excluding transaction costs. Subsequently they are measured at fair value at the balance sheet date. The Statement of Financial Activities include net gains and losses arising on revaluation and disposals throughout the year.

**Debtors** – Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Cash at bank and in hand** – Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short and medium term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.



# Notes to the accounts

## Note 3 · Analysis of income

	This year (£)	Last year (£)
<b>Donations and legacies</b>		
Donations/ grants	205,635	1,703,630
Donation from NHS Trusts	219,313	188,272
Legacies	-	-
<b>Total</b>	<b>424,948</b>	<b>1,891,902</b>
<b>Investments</b>		
Bank Interest	25,907	1,348
Dividends received	9,584	8,672
<b>Total</b>	<b>35,491</b>	<b>10,020</b>

## Note 4 · Analysis of expenditure

	This year (£)	Last year (£)
<b>Raising funds</b>		
Salary costs - Gross Pay	58,105	90,697
Salary costs - NI	11,621	17,051
Salary costs - Pension	7,747	11,368
Database costs	2,308	6,330
Other costs	24,739	14,910
<b>Total</b>	<b>104,520</b>	<b>140,356</b>
<b>Charitable activities</b>		
Patient Welfare & Amenities	306,395	715,611
Support costs (Note 5)	114,793	47,917
<b>Total</b>	<b>421,188</b>	<b>763,528</b>

# Notes to the accounts

## Note 5 • Support costs

	This year (£)	Last year (£)
Management & Administration (including grant Programmes) – Salary Costs	90,490	31,665
Management & Administration (including grant Programmes) – NI	9,527	3,334
Management & Administration (including grant Programmes) – Pension	10,491	3,671
Annual Accounts / Examiner Fees / Bank Charges	4,285	9,247
<b>Total</b>	<b>114,793</b>	<b>47,917</b>

Included under support costs above, are **£2,874** (2021/22 £7,700 audit fees) of governance costs, which relate to independent examination fees.

At the end of 2022/23 there was approx **£737k** (2021/22 £937k) of bids which had been approved but not yet spent.

These outstanding bid amounts mainly relate to the following funds:

MH Collaborative Grants Programme	£229,971
Grants and Programme Manager	£132,455
NHS Charities Together Stage 2 – Partners Fund	£131,917
The Estate of Michael Joseph Czerwik	£40,122
NHS Charities Together Stage 3 Award	£38,973
NHS Charities Together Stage 2 – Operational Support Costs	£32,822
GoodSpace DCMS volunteering project	£30,800
Health Foundation	£27,156
Second wave Covid-19 funding	£13,670

Heads On is a fundraising and grant making charity and has no staff employed by the charity. Sussex Partnership NHS Foundation Trust (SPFT) provide all administration and clerical services to the charity, including fundraising, which the Trust fund through a grant to the charity. All staff costs and pension contribution liabilities that may arise are solely the responsibility of SPFT.

The average number of staff during the year was equivalent to **4.6 full time staff** (4.0 in 2021/22).

There were no employees with annual remuneration over **£60,000** (nil in 2021/22).

# Notes to the accounts

## Note 6 • Details of certain items of expenditure

This year

Last year

### 6.1 Trustee expenses

Number of trustees who were paid expenses	None	None
Nature of the expenses	N/A	N/A
Total amount paid	£ NIL	£ NIL

### 6.2 Fees for the audit or independent examination of the accounts

The independent examination fees for 2022/23 were **£2,395 plus VAT** (2021/22 £6,250 plus VAT which for audit fees).

## Note 7 • Investment assets

£

### 7.1 Short Term Investments

Carrying (fair) value at beginning of year	266,327
Add: additions/ transfers into investments at cost	-
Add: interest received	2,492
Carrying (fair) value at end of year	268,819

### ANALYSIS OF INVESTMENTS

#### 7.2 Market value at year end

Cash held as part of the investment portfolio	268,819
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#### 7.3 Income from investments for the year

Cash held as part of the investment portfolio	2,492
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The investment relates to fixed rate deposits with Lloyds, Virgin Money and Cambridge and Counties.

# Notes to the accounts

## Note 7 • Investment assets (continued)

£

### 7.4 LongTerm Investments

Carrying (fair) value at beginning of year	426,538
<b>Add:</b> additions/ transfers into investments at cost	-
<b>Less:</b> disposals at carrying value	-
<b>Add/(deduct):</b> net gain/(loss)	(14,373)
<b>Carrying (fair) value at end of year</b>	<b>412,165</b>

### ANALYSIS OF INVESTMENTS

#### 7.5 Market value at year end

<b>Investment portfolio - Equities</b>	<b>412,165</b>
--	----------------

#### 7.6 Income from investments for the year

<b>Investment portfolio - Equities</b>	<b>9,584</b>
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The investment relates to an investment in the Newton SRI Fund for Charties.



# Notes to the accounts

## Note 8 • Debtors and prepayments

### 8.1 Analysis of debtors

	This year (£)	Last year (£)
Amounts falling due within one year		
Grants due	312,432	534,919
Other debtors	-	44,288
Prepayments and accrued income	1,010	827
<b>Total</b>	<b>313,442</b>	<b>580,034</b>

## Note 9 • Creditors and accruals

### 9.1 Analysis of creditors

	This year (£)	Last year (£)
Amounts falling due within one year		
Other creditors	224,393	430,557
<b>Total</b>	<b>224,393</b>	<b>430,557</b>

### 9.2 Security over assets

No loan, overdraft or other creditor holds a charge or other security over any assets of the charity.

# Notes to the accounts

## Note 10 · Endowment and restricted income funds

### 10.1 Funds held

The following is a brief description of any of the material restricted and endowment funds held by the charity:

- permanent endowment funds (PE);
- expendable designated funds (D); and
- expendable endowment funds (EE);
- restricted income funds, including special trusts, of the charity (R).

Fund Name	Type	Purpose and Restrictions
Kitty Harrison Memorial Fund	PE	To enhance the lives of patients with dementia
Health Foundation	R	To be used for 'Advancing Applied Analytics' project only
Lindridge	R	For the benefit of Lindridge
Springboard LD (Springwell)	R	Supporting people with complex learning disabilities to have a voice in their care planning
Chalkhill Rockinghorse Fund	R	Funded as agreed by Rockinghorse
Chalkhill	D	To be used for Children & Young People for activities, outings, items over and above what should already be provided by NHS budget
Public Health East Sussex	R	To be used for Albion in the Community/ Movember suicide prevention and mental health awareness - education project
Covid-19 Relief Fund	R	To be used for the Covid-19 Relief Response
NHS Charities Together Stage 2 – Operational Support Costs	R	To be used for operational support costs as part of NHS Charities Together stage 2 community partnership fund
NHS Charities Together Stage 2 – Training	R	To be used for training and related support costs as part of NHS Charities Together stage 2 community partnership fund
NHS Charities Together Stage 2 – Partners Fund	R	To be used for programme delivery of 10 partner organisations as part of NHS Charities Together stage 2 community partnership fund
Covid-19 Minoritised Communities disparities programme	R	Held for any Charitable purpose that meets the criteria designated
Second wave Covid-19 funding	R	To be used for the 2nd Wave Covid-19 Relief Response
The Estate of Michael Joseph Czerwik	R	To be used to support nurse-led own account research studies
MH Collaborative Grants Programme	R	MH collaborative grants to VCSE
Sussex Staff in Mind Bursary scheme	R	To provide grants to individuals employed in the health and social care sector of an organisation within Sussex ICS

# Notes to the accounts

## Note 10 · Endowment and restricted income funds (continued)

Other restricted funds & New funds	Type	Purpose and Restrictions
Connolly House Legacy Fund	R	To be used for rehabilitation of patients in Chichester
NHS Charities Together funded projects	R	Held for any Charitable purpose that meets the criteria designated
Electronic Temperature Instruments	R	To be held for care packages for carers
NHS Charities Together Stage 3 Award	R	Held for any Charitable purpose that meets the criteria designated to NHS Charities Together Stage 3 Award
GoodSpace DCMS volunteering project	R	Project manager, buddy volunteer model. DCMS Volunteer project.
Grants and Programme Manager	R	project management costs NHSCT Stage 2, MH Collab Grants programme, Staff in Mind hardship grants
NHSCT Development Grant	R	Organisational Development grant - strategy development, website improvement
Langley Green – Life Music	R	To be used for Life Music sessions at LG.
FORGET ME NOT GARDEN (Previously Burrowes)	R	For use in the Forget me not Garden
Patricia Dervish Legacy	R	Restricted to Millview Hospital
Music Workshops – CLOSED	R	To be used for music workshops
Make for Tomorrow	R	Trustwide fund.
General Reserve	General	Held for any Charitable purpose that meets the criteria designated by the Charitable Funds Committee and available for access by all areas of the Trust.
Chalkhill	D	Children & Young People e.g activities, outings, items over and above what should already be provided by NHS budget.
Schools MH Projects	D	To support CAMHS teams across Sussex and Hampshire
Film Project CAMHS – CLOSED	R	To be used for CAMHS Film project

## Notes to the accounts

### Note 10 • Endowment and restricted income funds

#### 10.3 Charity Ownership

Sussex Partnership NHS Foundation Trust is the Corporate Trustee of the Charitable Funds governed by the law applicable to Trusts, namely the Trustee Act 2000 and the Charities Act 1993. The Corporate Trustee of the Charity acts through the decisions and actions of the executive and non-executive members of Sussex Partnership NHS Foundation Trust Board. Where statute permits, the Board delegates authority for the review of strategy, activity and compliance to a subcommittee of the Board called the Charitable Funds Committee.

### Note 11 • Transactions with related parties

#### 11.1 Remuneration and Benefits

There has been no remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it during 2022/23 (£Nil 2021/22).

#### 11.2 Loans

There are no loans owing to or from the charity's trustees or other related parties by the charity at the year end (£Nil 2021/22).

#### 11.3 Related parties

Sussex Partnership NHS Foundation Trust is a sole trustee of the charity. All items of income and expenditure go through Sussex Partnership NHS Foundation Trust's accounts on the charity's behalf. At the year end **£92,475** (2021/22 £Nil) was owed to the Corporate Trustee, and **£Nil** (2021/22 £44,288) owed by them. During the year, none of the members of the NHS Foundation Trust Board or senior NHS Foundation Trust staff or parties related to them were beneficiaries of the charity.

There are no other transactions with related parties.

## Notes to the accounts

### Note 12 - Grants (Patient Welfare & Amenities) paid of £3,500 or over

	£
MH Collaborative Grants Programme	110,417
Sussex Staff in Mind Bursary scheme	55,231
NHS Charities Together Stage 2 – Operational Support Costs	27,800
Covid-19 BAME disparities programme	23,929
Chalkhill Rockinghorse Fund	19,912
BAME grassroots engagement	10,200
The Estate of Michael Joseph Czerwik	9,406
Public Health East Sussex - CLOSED	8,319
Millview Hospital Caburn Ward	7,544
General - SPFT Charity	5,004
Small grants across SPFT hospitals and services	28,633
<b>Total</b>	<b>306,395</b>



# Notes to the accounts

for the year ended 31 March 2022

## Note 13 · Statement of financial activities comparative detail

	Note	Unrestricted funds (£)	Restricted funds (£)	Designated funds (£)	Endowment funds (£)	Total last year (£)
<b>Income and endowments from:</b>						
Donations and legacies	3	28,512	1,834,639	28,751	-	1,891,902
Investments	3	1,349	-	-	8,671	10,020
<b>Total</b>		<b>29,861</b>	<b>1,834,639</b>	<b>28,751</b>	<b>8,671</b>	<b>1,901,922</b>
<b>Expenditure on:</b>						
Raising funds	4	-	140,356	0	-	140,356
Charitable activities	4	5,119	739,033	19,376	-	763,528
<b>Total</b>		<b>5,119</b>	<b>879,389</b>	<b>19,376</b>	<b>-</b>	<b>903,884</b>
Net income/ (expenditure)		24,741	955,250	9,375	8,671	988,662
Transfers between funds		(708)	(26,161)	26,869	0	(26,869)
Transfers between funds	10	0	(140,645)	140,645	0	(140,645)
<b>Net movement in funds</b>		<b>24,033</b>	<b>788,444</b>	<b>176,888</b>	<b>8,671</b>	<b>998,037</b>
<b>Other recognised gains/(losses):</b>						
Net gains and (losses) on investment assets	7	-	-	-	21,986	21,986
<b>Net movement in funds</b>		<b>24,033</b>	<b>788,444</b>	<b>176,888</b>	<b>30,657</b>	<b>1,020,022</b>
<b>Reconciliation of funds:</b>						
Total funds brought forward		58,841	427,206	0	433,050	919,097
<b>Total funds carried forward</b>		<b>82,874</b>	<b>1,215,651</b>	<b>176,888</b>	<b>463,707</b>	<b>1,939,120</b>

# Notes to the accounts

as at 31 March 2022

## Note 14 - Balance sheet comparative detail

	Note	Unrestricted funds (£)	Restricted funds (£)	Designated funds (£)	Endowment funds (£)	Total last year (£)
<b>Fixed assets</b>						
Investments		-	-	-	426,538	426,538
<b>Total fixed assets</b>		-	-	-	426,538	426,538
<b>Current assets</b>						
Debtors	8	-	580,034	-	-	580,034
Investments	7	-	266,327	-	-	266,327
Cash at bank and in hand		82,874	799,848	176,888	37,169	1,096,778
<b>Total current assets</b>		<b>82,874</b>	<b>1,646,208</b>	<b>176,888</b>	<b>37,169</b>	<b>1,943,139</b>
Creditors: amounts falling due within one year	9	-	430,557	-	-	430,557
<b>Net current assets/(liabilities)</b>		<b>82,874</b>	<b>1,215,651</b>	<b>176,888</b>	<b>37,169</b>	<b>1,512,582</b>
<b>Total assets less current liabilities</b>		<b>82,874</b>	<b>1,215,651</b>	<b>176,888</b>	<b>463,707</b>	<b>1,939,120</b>
<b>Total net assets</b>		<b>82,874</b>	<b>1,215,651</b>	<b>176,888</b>	<b>463,707</b>	<b>1,939,120</b>
<b>Funds of the Charity</b>						
Unrestricted funds	10	82,874	-	-	-	82,874
Restricted income funds	10	-	1,215,651	-	-	1,215,651
Endowment funds	10	-	-	-	463,707	463,707
Designated funds	10	-	-	176,888	-	176,888
<b>Total charity funds</b>		<b>82,874</b>	<b>1,215,651</b>	<b>176,888</b>	<b>463,707</b>	<b>1,939,120</b>

## Legal & Administrative Information

**Heads On is an NHS charity in the corporate trustee model, established for charitable purposes in relation to the NHS and particularly for the benefit of patients of Sussex Partnership NHS Foundation Trust.**

## Sussex Partnership NHS Foundation Trust Corporate Trustee Membership for 2022/23

### **Peter Molyneux**

Trust Chair

### **Jo Larbie**

Non-Executive Director

### **Anna Van Der Gaag**

Non-Executive Director

### **Dinesh Bhugra**

Non-Executive Director (from February 2023)

### **Nitin Mehta**

Non-Executive Director (from April 2022)

### **Kevin Crowley**

Non-Executive Director (from February 2023)

### **Jane Padmore**

Interim Chief Executive Officer (from January 2022)

Chief Executive Officer (from April 2022)

### **Usman Niazi**

Chief Finance Officer and Deputy Chief Executive Officer (from April 2022)

### **Peter Aitken**

Chief Medical Officer (from May 2023)

### **Teresa Barker**

Chief Nursing Officer (from January 2023)

### **Dan Charlton**

Chief Communications Officer

### **John Child**

Chief Operating Officer

### **Funmi Onamusi**

Chief People Officer (from April 2023)

### **Gurprit Pannu**

Chief Digital and Information Officer

### **Colin Hicks**

Chief Strategy and Partnerships Officer (from February 2023)

### **Rachel Goldsworthy**

Chief of Staff (from August 2023)

### **Martin Richards**

Non-Executive Director (to December 2022)

### **Amanda Jones**

Non-Executive Director (to April 2023)

### **Carrie Llewellyn**

Non-Executive Director (to April 2023)

### **Claire Woolcock**

Interim Chief Medical Officer (to May 2023)

### **Mandy Burton**

Interim Chief Nursing Officer (to January 2023)

### **Claire Webster**

Interim Chief People Officer (to April 2023)

## Trustee

The Charity has a Corporate Trustee – Appointments to the Corporate Trustee are made in accordance with Financial Standing Orders and prevailing guidance and/or legislation from the Department of Health or Appointments Commission.

### **Charity's Principle Address**

Swandean  
Arundel Road  
Worthing  
West Sussex  
BN13 3EP

### **Charity's Independent Examiners**

Kreston Reeves  
37 St Margaret's Street  
Canterbury  
Kent  
CT1 2TU.

### **Charity Staff Team**

#### **Rachael Duke**

Charity Director

#### **Jennie Rule**

Head of Fundraising & Deputy Charity Lead

#### **Rachel Blair**

Grants & Programmes Manager

#### **Abi Harley**

Charity Officer – on maternity leave

#### **Beth Reske**

Charity Officer – maternity cover

#### **Zoe Webb**

Good Space Project Manager



## **Contact us**

**Sussex Partnership NHS Foundation Trust**

**e: [headsoncharity@spft.nhs.uk](mailto:headsoncharity@spft.nhs.uk)**

**w: [headsoncharity.org](http://headsoncharity.org)**