



HEADWAY SOUTHAMPTON

ANNUAL REPORT AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Company Limited by Guarantee Registered in England No. 03263597

Registered Charity No. 1058717

120 Commercial Road
Totton
Southampton
SO40 3AD

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

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FOR THE YEAR ENDED 31 MARCH 2024

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HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2024

Trustees	J Lloyd (Chairperson) E Thomas E M Bailey D Hunter T Farmer K Wasilek
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Manager	T Lockwood
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Bankers	Lloyds TSB Shirley Branch 77 Shirley High Street Southampton SO15 3TX
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Accountants	Hub Accountants Ltd Innovation House Wincombe Lane Shaftesbury Dorset SP7 8FG
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Address & Registered Office	120 Commercial Road Totton Southampton SO40 3AD
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Company Secretary	M Bennett
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Solicitors	Trethowans Rockstone Place Southampton SO15 2EP
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Company Number	03263597
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Charity Number	1058717
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HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees submit their annual report and the accounts for the year ended 31 March 2024.

Objects and Principal Activity

The objects and principal activity of the company continued to be the rehabilitation of persons who have suffered acquired brain injuries and who reside in Southampton and South West Hampshire and to advance the education of the public in the matter of head injuries. Headway Southampton is affiliated to Headway – the brain injury association, which is a separate company limited by guarantee.

Review of the Year and Plans for the Future

The review of the year and plans for the future are included in the attached report of the Chairperson.

Trustees

The Trustees are responsible for decision making within the organisation based upon reports and other information provided by the Manager and other members of staff. The trustees who served during the year are as listed below:

J Lloyd (Chairperson)
E Thomas
E M Bailey
D Hunter
H Knight (resigned 19 April 2023)
T Farmer (appointed 18 October 2023)
K Wasilek (appointed 18 October 2023)

In accordance with clause 29 of the Articles of Association one third of the trustees retire at the forthcoming Annual General Meeting and offer themselves for re-election.

In accordance with clause 5 of the Memorandum of Association, no trustee was in receipt of any remuneration in respect of his or her services.

The company is limited by guarantee, not having a share capital. The company is established as a charitable body not for profit. Accordingly, the trustees, who are also members of the company, have no beneficial interest in the equity or assets of the company.

The maximum contribution required from each member, in the event of a winding up is £10.

The Articles of Association of the company govern the appointment of trustees.

Risk review

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining our reserves at the levels stated on page 8 to these accounts combined with our annual review of the controls over key financial systems carried out will provide sufficient resources in the event of adverse conditions. The trustees have also examined other operational and business risks, which they face and confirm that they have established systems to mitigate the significant risks.

Public benefit

The trustees have considered the definitions of charitable purpose in the Charities Act 2011, and are confident that the activities of the charity are conducted for the benefit of the public and fall clearly under the headings of the advancement of health, the advancement of education, with regard to the causes and consequences of acquired brain injury and the relief of those in need by reason of ill-health, disability, financial hardship or other disadvantage.

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

REPORT OF THE TRUSTEES - continued
FOR THE YEAR ENDED 31 MARCH 2024

Trustees' Responsibilities

Company law requires the trustees to prepare accounts for each financial year, which give a true and fair view of the company's state of affairs at the end of the year and of its surplus or deficit for that period. In preparing those accounts the trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the accounts on the going concern basis unless it is inappropriate to assume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud or irregularities.

Approved by the board of trustees on 21 October 2024



Jack Lloyd
Trustee

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

CHAIRPERSON'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Headway Southampton is a registered charity and a company limited by guarantee. Our mission is to improve the lives and promote the independence of local brain injury survivors, to provide support and advice to their families, friends, and carers and to raise awareness of the life changing effects of brain injury. The organisation provides a community-based, post-acute rehabilitation, activity, and support service for adults with an acquired brain injury. Our board of Trustees met six times during the year to review and assess this work, develop policies, advise on good practice, and monitor operations.

This financial year has been a time of continually growing the services that we offer, not just to the communities of Southampton and Southwest Hampshire, but in September we were asked to help support Headway Salisbury and South Wiltshire. The help was required due to staffing issues as well as financial restrictions. Headway Southampton agreed to help, which has resulted in us taking on the management of this charity with a view to Headway Salisbury and South Wiltshire closing and Headway Southampton providing services in its place in the next financial year.

We have seen the need for our services continue to grow with more people coming into our centre over the course of a week, as well as our online provision through our DIRECT service.

Referrals for our services come from hospitals, local adults' social services, local doctors' surgeries as well as personal referrals.

We continue to base our services around the 4 pillars and regularly review each service user to try to fit our care around what the individual is wanting to achieve at Headway Southampton in these areas, making sure that all we do is service user focused. A member of staff is allocated as a key worker for each service user, and they evidence the work they are doing and are appraised annually by this evidence.

These Pillars are:

1. Engagement: Looking at helping service users engage conatively with events and the world around them. Looking at developing coping strategies that can help negate the effect of their brain injuries.
2. Wellbeing: This pillar worked on their physical and mental wellbeing, including helping them to develop positive habits, including hobbies, wellness exercises, develop fitness and cooking skills to help have more of an understanding of nutrition and empowering them to use these skills at home.
3. Community: helping service users build friendships, gaining peer support and sharing best practise in living with life after brain injury. Also learning how to use social media in a safe and responsible way.
4. Independence: This involved looking at building skills that helped service users have as much independence as possible. Looking at equipping them with skills which they can take away from Headway and use in their everyday life.

In line with the 4 pillars, our in-centre services continue to grow as do the activities we are able to provide. These include fitness and sport activities in the form of badminton, tennis, walks, swimming, horse riding, bowling, cycling and neuro fitness activities.

We also hold cognitive session that include memory games and strategies, quizzes and problem-solving activities as well as using music and art therapy, we are also developing speech and language sessions, to help develop new post injury coping and conative strategies.

Over the last year the building has undergone some refurbishment that has allowed us to develop a good welcome and waiting room for our counselling services, as well as a relaxing space for service users to use.

CHAIRPERSON'S REPORT - continued
FOR THE YEAR ENDED 31 MARCH 2024

In the last year we have provided 1332 different sessions in our center for service users, which were attended by 5,406 service users. We have received 139 referrals over the year. These have been for the centre as well the DIRECT service.

The DIRECT service that is fully funded by the National lottery, completed its second year and continues to grow and develop. Over the year it has provided 178 one to one mentoring sessions that has helped service users claim benefits owed to them, as well as fill out forms, being sign posting to other services, helped to set up online banking and shopping facilities, helped with financial budgeting, helped with legal inquiries as well as family liaison activities, it has also helped to connect service users and carers with other people in similar positions to create peer to peer support.

The service has provided 88 Digital Awareness Training sessions, helping service users connect to the digital world as well as safety training around online activity. This has included using digital support to negate the effects on a brain injury, including using Alexa devices to help remember taxi appointments and when to take medication. Libraries in isolated locations have also been contacted and given equipment and training to help service users in that area get to the online activities.

The service has hosted 245 zoom sessions attended by 1607 people over the year. These have helped to build and develop online support communities as well as peer to peer friendships. These have included sessions that have been accessed by neurological wards at Southampton General hospital where patients have been able to interact with survivors who are further along the recovery pathway. It has also helped service users to connect outside of the service and build friendships.

It has provided 112 counselling sessions to service users, their families and also staff at Headway who have to deal with difficult situations while at work. This has helped families who are having to deal with a family member with a new ABI, as well as survivors who are coming to terms with their injury. Staff have also accessed the service to help them deal with the effects of working with and emotionally supporting survivors who are going through very difficult events.

The DIRECT service also hosted a number of support groups including chat spaces where service users and their families can come together and talk, allowing for peer support and the building of relationships.

Due to the growth of its services and the funding that is needed to sustain them, the charity saw an uplift in its income from £347,765 in 2023 to £427,269 in 2024. The expenses also increased from £285,807 to £352,742. The charity received a surplus in the year of £74,527 £25,593 of which was restricted funds.

The charity currently employs 12 members of staff.

The Charity currently holds £176,305 of unrestricted reserves which equates to approximately 6 months' worth of expenses. It has restricted reserves of £23,511 and has designated funds of £185,000. The total reserves are £384,816.

The trustees are confident in the financial position of the charity and its ability to continue to meet its future charitable obligations.

I would like to thank all our stakeholders who have helped to make this year a successful one for Headway Southampton, as we continue to grow and develop as a charity to meet the needs of survivors of an ABI living in a post pandemic society. This includes our team of staff and volunteers who provide such a great service for those who have survived an acquired brain injury, as well as those that care for them. I would also like to thank all those who have generously fundraised for Headway Southampton over this last year, and for the donations we have received and the grants that have helped us to continue to push forward and offer the best support and service that we can. Also, I would like to thank the service users who continue to inspire, challenge, and motivate us with their stories of survival, endurance, and optimism in the face of life changing injuries.



Jack Lloyd
Chairperson

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024, which are set out on pages 7 - 12.

Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)).

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 in order to enable a proper understanding of the accounts to be reached.



Paul Stacey FCA

For and behalf of
Hub Accountants Limited, Chartered Accountants
Innovation House, Shaftesbury, Dorset, SP7 8FG

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds	Restricted Funds	2024 Total Funds	2023 Total Funds
		£	£	£	£
Income					
Charitable activities		292,562	-	292,562	239,771
Donations and legacies		28,526	-	28,526	7,695
Grants and funding		-	101,551	101,551	97,911
Investment income		3,828	-	3,828	388
Other income		802	-	802	-
Total income		325,718	101,551	427,269	345,765
Expenditure	2	257,864	94,878	352,742	285,807
NET INCOME		67,854	6,673	74,527	59,958
TRANSFERS BETWEEN FUNDS		8,755	(8,755)	-	-
FUNDS BOUGHT FORWARD		284,696	25,593	310,289	250,331
FUNDS CARRIED FORWARD		361,305	23,511	384,816	310,289

The notes on pages 9 to 12 form part of these accounts.

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL POSITION
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
FIXED ASSETS					
Tangible Assets	3	25,821	-	25,821	34,956
CURRENT ASSETS					
Debtors	4	38,677	-	38,677	25,968
Cash at bank and in hand		300,303	23,511	323,814	251,754
		338,980	23,511	362,491	277,722
CREDITORS					
Amount falling due within one year	5	3,496	-	3,496	2,389
NET CURRENT ASSETS		335,484	23,511	358,995	274,333
NET ASSETS		361,305	23,511	384,816	310,289
FUNDS					
General unrestricted fund	6	176,305	-	176,305	99,696
Restricted funds	6	-	23,511	23,511	25,593
Designated funds	6	185,000	-	185,000	185,000
		361,305	23,511	384,816	310,289

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024. The members have not required the charitable company to obtain an audit of its accounts for the year ended 31 March 2024, in accordance with section 476 of the Companies Act 2006. The Directors acknowledge responsibility for:

i) ensuring the charitable company keeps accounting records which comply with section 386 and 387 of the Companies Act 2006; and

ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and its profit and loss for each financial year in accordance with Sections 394 and 395, and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Approved by the board of trustees and signed on its behalf by:



J Lloyd - Trustee

Date: 21 October 2024

The notes on pages 9 to 12 form part of these accounts

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Basis of accounts

The accounts are prepared under the historical cost convention and in accordance with the statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2015) and the Charities Act 2011.

The charity has taken advantage of the exemption in Financial Reporting Standard 1 from the requirement to produce a cash flow statement on the grounds that it qualifies as a small Charity.

The charity meets the definition of a public benefit entity under FRS 102.

Depreciation of tangible assets

Depreciation is calculated on all tangible fixed assets in use, at rates and bases calculated to write off the cost or valuation, less estimated residual value, of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	25% per annum on a reducing balance basis/33.33% per annum on a straight line method
Computer Equipment	straight line over 3 years
Leasehold Improvements	straight line over 9 years
Motor Vehicle	25% per annum on a reducing balance basis

Donated equipment and services

Equipment donated to the charity is included in fixed assets at an estimated value of cost and credited to the Statement of Financial Activities as a donation in kind in the year of receipt.

Incoming Resources

Incoming Resources represents grants, attendance allowances and donations receivable. Donations are included in the accounts when received. Grants and Attendance Allowances are included either on a contractual basis or on such dates as the trustees consider that they are receivable.

Resources Expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Value Added Tax

Expenditure which is subject to VAT is included in these accounts inclusive of VAT as it is not recoverable by the charity.

Funds accounting

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor and/or within restricted purposes included in the objects of the Charity.

Unrestricted funds comprise those funds which the Trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds include designated funds where the Trustees, at their discretion, have created a fund for a specific purpose.

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

2. RESOURCES EXPENDED - UNRESTRICTED

	2024	2023
	£	£
Direct Care Costs		
Therapy & Activities	7,477	12,028
Salaries (incl. NI) (see below)	82,895	81,746
Pension, Training & Other Staff Costs	14,000	6,298
Establishment expenses	54,779	34,404
	<u>159,151</u>	<u>134,476</u>
Management and Administration		
Salaries (incl. NI) (see below)	61,204	53,163
Accountancy	3,504	3,244
Fundraising	23,955	353
	<u>88,663</u>	<u>56,760</u>
Financial Expenses		
Depreciation	10,050	11,262
Profit on disposal of fixed assets	-	(630)
	<u>10,050</u>	<u>10,632</u>
TOTAL RESOURCES EXPENDED - UNRESTRICTED	<u>257,864</u>	<u>201,868</u>

RESOURCES EXPENDED - RESTRICTED

	2024	2023
	£	£
Direct Care Costs		
Therapy & Activities	5,998	5,545
Salaries (incl. NI) (see below)	44,347	29,538
Pension, Training & Other Staff Costs	112	1,030
Establishment expenses	16,052	13,118
	<u>66,509</u>	<u>49,231</u>
Management and Administration		
Salaries (incl. NI) (see below)	28,281	25,906
Fundraising	88	8,802
	<u>28,369</u>	<u>34,708</u>
TOTAL RESOURCES EXPENDED - RESTRICTED	<u>94,878</u>	<u>83,939</u>

Staff Costs and Numbers

The average number of staff who were employed during the year amounted to 13 and none were paid in excess of £60,000 per annum.

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

3. FIXED ASSETS	Fixtures, fittings and equipment £	Leasehold improvements £	Motor vehicles £	Total £
Cost				
At 1 April 2023	41,946	60,166	41,796	143,908
Additions	915	-	-	915
Disposals	-	-	-	-
At 31 March 2024	<u>42,861</u>	<u>60,166</u>	<u>41,796</u>	<u>144,823</u>
Depreciation				
At 1 April 2023	37,552	46,785	24,615	108,952
Charge for the year	3,960	1,796	4,294	10,050
Disposals	-	-	-	-
At 31 March 2024	<u>41,512</u>	<u>48,581</u>	<u>28,909</u>	<u>119,002</u>
Net Book Value				
At 31 March 2024	<u>1349</u>	<u>11,585</u>	<u>12,887</u>	<u>25,821</u>
At 31 March 2023	<u>4,394</u>	<u>13,381</u>	<u>17,181</u>	<u>34,956</u>

All the fixed assets are used for charitable purposes.

4. DEBTORS	2024 £	2023 £
Grants & Attendance Allowances	32,528	20,192
Other debtors	383	542
Prepayments & Accrued Income	<u>5,766</u>	<u>5,234</u>
	<u>38,677</u>	<u>25,968</u>

5. CREDITORS	2024 £	2023 £
Amounts falling due within one year		
Trade Creditors	1,341	451
Other Taxes and Social Security	55	-
Accruals & Grants Received in Advance	<u>2,100</u>	<u>1,938</u>
	<u>3,496</u>	<u>2,389</u>

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

6. FUNDS

	Unrestricted	Restricted	Designated	Total	Total
	£	£	£	2024	2023
				£	£
At 1 April 2023	99,696	25,593	185,000	310,289	250,331
Net movement in funds	67,854	6,673	-	74,527	59,958
Transfer between funds	8,755	(8,755)	-	-	-
At 31 March 2024	<u>176,305</u>	<u>23,511</u>	<u>185,000</u>	<u>384,816</u>	<u>310,289</u>

<u>Designated Funds</u>	£
Redundancies and Renovations	160,000
New Vehicle	20,000
Building Works	5,000
	<u>185,000</u>

7) ANALYSIS OF NET ASSETS BY FUND

	Unrestricted	Restricted	Total	2023
	£	£	2024	£
			£	
Fixed Assets	25,281	-	25,281	34,955
Debtors	38,677	-	38,677	25,968
Cash at bank	300,303	23,511	323,814	251,755
Creditors	(3,496)	-	(3,496)	(2,389)
Total	361,305	23,511	384,816	310,289

8. RESERVES

Unrestricted Reserves

Reserves equate to 6 months operating costs in accordance with the Charity commission advice on best practice.

Allocated Reserves

The Trustees have allocated money to be held in reserve for staff redundancy costs and building renovation to get the existing Headway Southampton building back to its pre rental state, in the case of the Charity closing.

9. GUARANTEE

The company has no share capital and is limited by guarantee.

10. LEASE COMMITMENTS

The lease on 120 Commercial Road, Totton, Southampton runs until 31 May 2025 and at the year end the remaining commitment was for £14,875 (2023: £27,625).

11. TRUSTEES REMUNERATION AND EXPENSES

During the current and previous year no remuneration or other benefits were payable to the Trustees by the charity. There were no Trustees expenses during the year.

11. RELATED PARTY TRANSACTIONS

There were no related party transactions during the current or previous year.

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

DETAILED INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Income				
Attendance payments	292,562	-	292,562	239,771
Donations and legacies	28,526	-	28,526	7,695
Grants and funding	-	101,551	101,551	97,911
Other Income	802	-	802	-
Interest	3,828	-	3,828	388
	<u>325,718</u>	<u>101,551</u>	<u>427,269</u>	<u>345,765</u>
Expenses				
Staff Costs	158,099	72,740	230,839	197,687
Fundraising	23,955	88	24,043	9,155
Overheads	54,779	16,052	70,831	47,516
Legal & Financial	3,504	-	3,504	3,244
Activities & Social Events	7,476	5,998	13,474	17,573
Depreciation	10,050	-	10,050	11,262
Profit on disposal of assets	-	-	-	(630)
	<u>257,863</u>	<u>94,878</u>	<u>352,741</u>	<u>285,807</u>
Surplus for the year	<u>67,855</u>	<u>6,673</u>	<u>74,528</u>	<u>59,958</u>

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

DETAILED INCOME AND EXPENDITURE ACCOUNT - continued
FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Staff Costs				
Salaries & N I	144,098	72,628	216,726	190,359
Pension Costs	6,043	-	6,043	4,900
Staff Advertising	6,207	-	6,207	184
Staff & Volunteer Training	1,427	-	1,427	1,624
Staff Cost	324	112	436	620
	<u>158,099</u>	<u>72,740</u>	<u>230,839</u>	<u>197,687</u>
Overheads				
Rent & Rates	968	12,997	13,965	13,215
Heat & Light	2,991	320	3,311	2,701
Motor Running Costs	9,266	-	9,266	6,880
Travel	268	1,402	1,670	1,246
Repairs & Small Equip.	21,957	315	22,272	6,185
Telephone	2,695	360	3,055	2,296
Insurance	3,176	-	3,176	2,372
Stationery & Postage	994	-	994	656
Computer Maintenance	615	658	1,273	2,393
Website	248	-	248	820
Publications	644	-	644	402
Registration fees	168	-	168	168
Cleaning	10,069	-	10,069	7,830
Alarm	290	-	290	198
Sundry	430	-	430	154
	<u>54,779</u>	<u>16,052</u>	<u>70,831</u>	<u>47,516</u>
Activities & Social Events				
Social - Events, Holidays Etc.	1,081	-	1,081	2,469
Counselling / Therapist	-	4,000	4,000	6,020
Rehabilitation Activities	5,332	1,319	6,651	4,181
Headway IOW activities	235	-	235	503
Recreational Activities	828	679	1,507	4,400
	<u>7,476</u>	<u>5,998</u>	<u>13,474</u>	<u>17,573</u>
Fundraising				
Fundraising	<u>23,955</u>	<u>88</u>	<u>24,043</u>	<u>9,155</u>

HEADWAY SOUTHAMPTON
A COMPANY LIMITED BY GUARANTEE

DETAILED INCOME AND EXPENDITURE ACCOUNT - continued
FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £
Legal & Financial				
Accountancy	3,504	-	3,504	3,244
Depreciation				
Motor	4,294	-	4,294	5,726
Equipment	1,796	-	1,796	1,796
Property improvements	3,960	-	3,960	3,740
	10,050	-	10,050	11,262