

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025  
FOR  
HEADWAY (NOTTINGHAM) LIMITED**

Hewitt Card Limited  
Chartered Certified Accountants  
70-72 Nottingham Road  
Mansfield  
Nottinghamshire  
NG18 1BN

# HEADWAY (NOTTINGHAM) LIMITED

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## **HEADWAY (NOTTINGHAM) LIMITED**

### **REPORT OF THE TRUSTEES for the year ended 31 March 2025**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

#### **OBJECTIVES AND ACTIVITIES**

##### **Charitable objects**

##### **What does Brain Injury Mean?**

There are no certainties or 'one size fits all' approaches in the field of brain injury. Whilst some people do have physical disabilities meaning they are reliant on wheelchairs or walkers, every one of our clients struggles with profound cognitive disability. By the nature of this invisible disability, on arriving at Headway Nottingham people often find that their relationships with family are strained, friendship groups have fallen away and they may have lost the ability to plan and execute straightforward tasks independently. Long and short term memory loss is invariably a difficult area for most, potentially making them vulnerable in terms of safety in the home and community, and causing profound upset for many with the feeling that they simply don't know who they are any longer. This can mean that without intensive support, the individual and their families can experience spiralling debt, housing insecurity and experience exclusion from their communities.

Behaviourally, clients frequently struggle with impulsive behaviour and disinhibition, struggle to manage their mood and as a result can be alienated from their support networks. The effects of brain injury can reach into every part of someone's life and take away everything that they knew about themselves prior to their injury. The disproportionate amount of depression, anxiety and family breakdown experienced in those with brain injuries demonstrates the urgent need for Headway Nottingham to provide accessible therapeutic processes to improve quality of life for clients and their families.

##### **Brain Injury in the UK**

**Every 90 seconds someone is admitted to hospital with an acquired brain injury related illness -this could be from a head injury, stroke or other cause.**

Comparison - "Every two minutes someone in the UK is diagnosed with cancer."\*\*

**There were 335,409 UK admissions to hospital with acquired brain injury in 2023-24. That is 919 admissions each and every day.**

[\*\*Cancer Research UK, <https://www.cancerresearchuk.org/health-professional/cancer-statistics-for-the-uk#heading-Zero>, Accessed July 2024.]

Headway Nottingham shares its Nottingham roots with national charity, Headway - the brain injury association, who's UK-wide services include an invaluable information Helpline, downloadable web-based information on the effects of brain injury and nationwide campaigning to highlight the prevalence and significance of disabilities resulting from brain injury. This more generalised support complements the work of Headway Nottingham and aids some local residents to find our day centre for their person-centred, long term rehabilitation. Headway Nottingham remains a separate charity to its national neighbour, with responsibility for its own strategic direction, governance and fundraising.

## HEADWAY (NOTTINGHAM) LIMITED

### REPORT OF THE TRUSTEES for the year ended 31 March 2025

#### OBJECTIVES AND ACTIVITIES

##### Public benefit

##### Brain Injury in Nottingham

Headway Nottingham operates on the doorstep of one of the UK's foremost Major Trauma Centres at Nottingham Queens Medical Centre. As a result, this incredible medical care sees local survival rates following brain injury ever-increasing. As our clients often report though, long term support for the profound and potentially devastating disabilities resulting from brain injury is severely lacking. Headway Nottingham continues to be the only brain injury specific service available in Nottinghamshire without time limit and for as long as each person needs us.

The frequency of brain injury-related hospital admissions has remained consistently high at every 90 seconds, with the support needs of those affected remaining extremely diverse. Reaching more people who urgently need us remains a priority for Headway Nottingham and we intend to pro-actively increase the number of referrals into the service through partnership working.

\*In 2023-24 Nottingham city and county saw 5,638 admissions to hospital as a result of an acquired brain injury.

Headway Nottingham supports and represents people living throughout Nottingham city and Nottinghamshire county - a vast geographical remit for our small charity. Our catchment area is diverse in terms of affluence and does include areas included in the National Indices of Deprivation. As a result, many of our clients experience multiple and complex deprivation in addition to the disabilities they experience following brain injury.

The majority of Headway Nottingham's clients are not supported by any other organisation and often struggle to accurately advocate for themselves. This exacerbates the likelihood of people living with brain injuries slipping 'through the net' of available support and demonstrates a wider failure of statutory services to recognise and acknowledge the nature of brain injury as distinct from other types of disability. Indeed, over the year we witnessed a marked increase of referrals for individuals whose brain injury symptoms are compounded by mental health challenges. With pressure from the Headway network, United Kingdom Acquired Brain Injury Forum and other concerned organisations the then Government initiated an All-Party Parliamentary Group on Acquired Brain Injury, with the aim of improving the provision of services by local authorities, NHS, Department for Education, Ministry of Defence, Prison Service, DWP and The Department of Digital, Culture, Media and Sport. Progress on the strategy has been slow, however we fully support Headway's ongoing national campaign to see increased understanding and awareness of brain injury, an end to the neurorehabilitation postcode lottery, investment in local brain injury reablement services, enhanced support for brain injury survivors' loved ones, and a reform to social care making it equitable and sustainable.

We sincerely hope to see a nationwide ABI Strategy introduced that facilitates the ongoing care and support that our community deserves.

100% of Headway Nottingham clients surveyed agree that attending Headway Nottingham's centre helps to improve their quality of life.

100% of Headway Nottingham's clients surveyed agree that the staff at Headway Nottingham treat them with respect and dignity.

93% of Headway Nottingham clients surveyed agree that the activities offered at Headway Nottingham are meaningful and engaging.

100% of Headway Nottingham clients surveyed believe that their individual needs are understood and supported by Headway Nottingham.

[\*Figures from national charity, Headway - the brain injury association's analysis of ABI admission statistics from 2023-24.]

## HEADWAY (NOTTINGHAM) LIMITED

### REPORT OF THE TRUSTEES for the year ended 31 March 2025

#### STRATEGIC REPORT

##### Achievements and performance

##### Charitable activities

##### Achievements

"Headway Nottingham is an amazing place. I always say [Queens Medical Centre] saved my brain but Headway saved my soul"

Annie - previous Headway Nottingham client

For the first time since Covid struck we are happy to be beginning this part of the report with positivity and hope. Instead of telling you what we've managed to achieve through the prism of the hurdles we've had to face to get there, we're just straight up telling you all that we've had an amazing year!

Continuing in our beautiful home in Old Basford (courtesy of our national affiliate charity, Headway - the brain injury association) we have sought to build on the generous lease terms given to us, and the success of our urgent appeal at the beginning of 2024 to gain some financial security and reach more people who need us. After spending time building our relationship with medical staff at Queens Medical Centre (QMC) we are delighted to have entered into a partnership with the Neuro-Trauma Service at Nottingham University Hospitals Trust to launch our "By the Bedside" project. This project allows us to talk with families from the earliest point in their brain injury journey, offering practical advice, a listening ear and the knowledge that there is brain injury specific support available at Headway Nottingham that can help them when their clinical rehabilitation ends. So often we've heard that our clients have been managing on their own, or rather, not managing on their own after NHS services end. It's vital that we do all we can to reduce this problem and make sure people know that support is available; this project is doing just that. We're so proud to have been able to push forward with this initiative to reach more people at an earlier point, lessening the likelihood of those living with disability after brain injury falling through gaps. We hope to be able to expand this project with the Trust in coming years, offering similar services for all acquired brain injury in a hospital setting, including wards helping people after strokes, brain tumours and illnesses like meningitis or encephalitis.

With a focus in this year of reaching more people who need us, we have also developed an 8-week long "Living Well with Brain Injury" course which can be delivered in person or online. This course aims to support those adapting to life with brain injury, who, for whatever reason cannot attend our day centre. We offer huge thanks to Headway Thames Valley for sharing with us the content of their own 8-week course. Without their generosity it would have taken far more time and money to land at this point. We intend to launch the inaugural course in 2025-26 and cannot wait to extend our support offering to even more people who are struggling to adapt to life after brain injury.

Another area of focus for Headway Nottingham this year has been to develop a training offering suitable for businesses and organisations across a variety of specialities. Offering training ranging from a basic 1 hour long "Brain Injury Awareness" course to a far more in depth half day training that delves deeper into the difficulties people with brain injury face in their day to day lives, and what we can do to successfully work with them. This is another offering being prepared in 2024/25 that will become available in 2025-26 and not only helps our mission to raise awareness of brain injury, but will also offer a valuable income source for our valuable small charity, helping us to move closer to our goal of becoming more sustainable in the future.

This year in our friendly social rehabilitation hub we saw an astonishing 3,230 attendances, an 11% increase on the previous year. We responded to 35 new referrals, conducted 28 Initial Assessments of support needs and 16 client trial visits to our centre. 72 people benefitted from regular attendance at our centre, with 34 clients receiving additional casework support with pressing matters requiring 1-1 enabling advocacy. In addition, we continue to be a valuable hub of support and information for those (often coping with the adjustment stages of brain injury) requiring signposting, benefits guidance and support to navigate the realm of brain injury, providing 1,148 telephone and email interventions. Our Caseworker maintained a 100% success rate in securing appropriate financial welfare awards for clients, ensuring their medium-term financial stability, whilst also attending and advocating at tribunals, medical assessments and award assessments.

Our timetable of creative and active rehabilitation activities is the cornerstone of skills redevelopment that empowers our community to regain a sense of personal autonomy, nurture and grow their abilities and promote their safe independence. **We are proud to have facilitated 2,569 attendances at our rehabilitation workshops over the year**, across a diverse range of sessions to engage, encourage and improve, as well as celebrate achievements and build on successes.

Workshops delivered include:

- **English and Maths Functional Skills** - using real-world tasks clients are supported to redevelop skills for feeling confident with daily living activities, such as managing correspondence and budgeting, overall supporting their literacy and numeracy.
- **Creative Writing** - consistently popular with our clients, all of whom take tremendous steps forward with their confidence to express themselves in written form (some are supported by a scribe to ensure inclusivity) then share their work aloud with the group. Sessions improve written skills, speed up coherent thought processing and demonstrate to the individual that their thoughts, feelings and creations are valuable and recognition-worthy.
- **Therapeutic Textiles** - our clients work on individual textile projects, tailored to their abilities and areas for progression, to improve manual dexterity, hand-eye coordination, planning and organisation and a sense of achievement.
- **Indoor Bowls** - following on from our collaboration with researchers at Sheffield Hallam University. Sessions provide inclusive physical activity to improve balance and coordination, dexterity, physical fitness and mobility while also encouraging gentle competition and a sense of fun.

## HEADWAY (NOTTINGHAM) LIMITED

### REPORT OF THE TRUSTEES for the year ended 31 March 2025

- **Cognitive / Understanding your Brain workshops** - focussing on different, practical areas of daily living each week, sessions support our clients to create strategies for safety, communication, household management, appropriate behaviours and many other areas. Sessions are extremely well-attended and provide an excellent and encouraging introduction to long term rehabilitation and a foundation for safe independence.
- **Dramatherapy** - during group and one-to-one sessions, our Dramatherapist supports clients to reflect and process events from their lives, recognise and understand their feelings and emotions whilst expressing themselves appropriately and respectfully. The dynamic of trust, particularly in group workshops, allows our clients to appreciate their value amongst their peers.
- **Mindfulness and Meditation** - sessions practice techniques for stress reduction, mood management and pain reduction, all of which can be transferred back to the home for clients to independently self-manage their symptoms. These foundational tools improve clients' feelings of personal control and bolster coping skills.
- **Nordic Walking** - particularly empowering for our clients with physical disabilities, these sessions improve balance and co-ordination, stamina, posture and breathing. This project is especially valuable for our clients who face additional barriers to accessing physical exercise due to an increased likelihood of becoming lost if walking alone or for whom expensive gym memberships are prohibitive.
- **Crafting Workshop** - a new introduction this year, the crafting workshops is facilitated by staff and volunteers offering the opportunity to try lots of different crafting skills, from drawing to jewellery making, to pottery, mosaic making and more. All these sessions help to develop fine motor skills, planning and execution of a task and a lift in confidence for those creating beautiful works of art.
- **Benefits Workshops** - another new introduction this year and facilitated by our resident welfare and benefits expert, these sessions have been vital to our clients as many make the switch to Universal Credit. These workshops, given early on in the process, have helped clients to prepare what they need for the process of switching to a new benefit and has given them lots of time to gather the evidence required. Crucially though, it has helped them to understand that they need to save some money as when the time comes there will be a delay in payments that has proved difficult for many during the switch. We firmly believe that these sessions have empowered our clients to feel in control of their own financial affairs and reduced the stress all too often associated with the claiming of disability related benefits.

Our small staff team of 6 worked extremely hard this year to maintain our high-quality service for our clients despite the difficult beginning to the year as we emerged from our Urgent Appeal of 2023-24. The period of uncertainty during our appeal took its toll on our staff team and we can only praise their efforts, resilience and tenacity. We are aware that our restrictive budget has made it difficult in the past to offer as much employee investment as we would like. This year we aim to increase our effort to support and invest in our team as our financial situation improves. They deserve it!

## **HEADWAY (NOTTINGHAM) LIMITED**

### **REPORT OF THE TRUSTEES for the year ended 31 March 2025**

#### **STRATEGIC REPORT**

##### **Financial review**

##### **Review of the year**

The biggest challenge for people with brain injuries throughout Nottingham and Nottinghamshire continues to be accessing appropriate, long term cognitive and physical rehabilitation and emotional support. For most people, the pathway to accessing brain injury specific support is ambiguous and it is too often left to luck as to whether they are made aware of, or referred to Headway Nottingham. We've worked hard in recent years to make sure we are more visible, and things are improving. However, an ever-tightening public purse only increases barriers to support as subsidised transport to our centre is cut dramatically (leaving many unable to attend due to geography) and contributions of statutory funding reduced per person, sometimes to pence per day.

The overall trend of reduced statutory funding received by Headway Nottingham is reflected in our accounts once again this year, despite the incidence of brain injury remaining largely the same. This continues to be a problem for many small charities providing specialised social care services for local authorities, as they see yearly fee uplifts fall short of the required amount to keep pace with the increased costs of delivering their services. This continual squeezing of the already negative margins does make us question the viability of retaining these contracts. However, we know that for some citizens with brain injury, funding through adult social care is their only chance at receiving our support and we simply cannot justify withdrawing this undeniably valuable brain injury specific service from them. We are only too aware that local authorities are under immense pressure to do more with less, and we remain committed to helping our commissioning colleagues retain their only brain injury specialised day service for adults with brain injuries. Indeed, we thank our commissioners in Nottinghamshire County, who pledged support during our urgent appeal last year and whose contribution undeniably helped us to weather the storm.

Our fundraising efforts last year were well rewarded, and we saw a larger success rate with applications for funding than we have previously enjoyed. We received generous funding from The James Tudor Foundation and The Lady Hind Trust to support our Casework project which is having such a fantastic impact in helping us to find more people earlier in their recovery journey. We also saw contributions towards the costs associated with running our friendly social rehab day centre from The Forman Hardy Trust, The Jessie Spencer Trust, The BNA Charitable Incorporated Organisation, The Hospital Saturday Fund, Garfield Weston Foundation, The Blakemore Foundation, The Gray Trust and The May Hearnshaw Charitable Trust. Along with these fabulous donations to our work, we also had contributions towards our extensive activity timetable from the Bingham Community Events Committee, The Asda Foundation, The Browne Jacobson Foundation and the AbbVie Foundation. Alongside this investment in work that so positively impacts our beneficiaries, we were also successful in applying to Nottinghamshire County Council's Workforce Sustainability Fund which enabled us to offer our loyal and reliable workforce a thank you for their hard-work over the course of the year.

This financial year also brought us an extraordinary moment in Headway Nottingham's history - the largest single donation we have ever received. During our urgent appeal at the end of 2023-24, our communications reached someone who truly understood the importance of our work with the brain injury community here in Nottinghamshire. That person was Alan George Dean, whose generosity has left us all humbled and deeply moved.

After visiting our centre and seeing first-hand the difference we strive to make, Alan astonished us with a remarkable donation of £300,000. Words alone cannot capture the depth of our gratitude for such an unexpected and transformative gift.

For many years, we have worked tirelessly to keep going - stretching every pound to its fullest, relying on reserves to bridge gaps, and carrying the constant burden of financial uncertainty. Alan's gift has changed that. It has given us breathing space, lifted the shadow of worry, and granted us the freedom to plan with confidence and ambition rather than fear.

For our Board, the staff and volunteers, and above all the people we support, this donation has lifted an enormous weight from our shoulders. Alan's kindness ensures not only greater security for our charity but also a brighter future for those who are too often overlooked and marginalised.

His generosity leaves a lasting legacy of hope, stability and opportunity - one we will treasure and honour always.

##### **Staff Team**

- Chief Executive Officer
- Business Development and Communications Manager
- Case Manager
- Senior Support Worker
- Support workers x 2

##### **Accounts Preparation**

The Trustees confirm that the accounts comply with current statutory requirement and with those of the governing instruments. This report and the accounts have been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities (SORPS 2015(FRS102) ), the companies Act 2006 and the Trust Deed. The report has also been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

## **HEADWAY (NOTTINGHAM) LIMITED**

### **REPORT OF THE TRUSTEES for the year ended 31 March 2025**

#### **STRATEGIC REPORT**

##### **Financial review**

##### **Reserves & investment policy**

Following the incredible generosity of our benefactor, we are proud to share the news that Headway Nottingham has not only reached our reserves target of six months' operating costs, but exceeded it. This is a significant milestone for us as a small charity and reflects the careful and responsible way we manage our finances. Our reserves policy commits us to maintaining six months of services costs to safeguard our beneficiaries and staff team. Any surplus liquid funds are then placed in short-term deposits to ensure security while remaining accessible. Having now achieved this important benchmark, we have carefully considered how best to use the additional funds available to us. Thanks to the improvements in governance, we have made in previous years - including a thorough assessment of organisational risks - we have established a new Designated Fund, named in honour of Alan George Dean. This fund will address our most significant risk: the insecurity of our premises. At present we operate from a rented centre (on exceptionally generous terms) that provides a safe, welcoming environment for the people we support, our staff and volunteers. While our landlords remain supportive, any lease arrangement carries inherent risk. Should we ever be served notice, our services - which are predominantly building-based - could face serious disruption. The Alan George Dean Designated Property Fund now gives us the ability to respond swiftly and decisively to such a situation, enabling us to secure alternative premises, whether through commercial rent or a property purchase. Looking ahead, it is our intention to continue growing the designated fund while we remain on favourable rental terms. This proactive approach ensures we are actively reducing risk and protecting the long-term security of our services.

The Trustees have the power to invest in such assets as they see fit.

The company has a policy of keeping any surplus liquid funds in short term deposits which can be accessed readily should the need arise.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document & body**

The charity is governed by its Memorandum and Articles of Association dated 16 February 2001

The company's directors who are also the trustees of the charity are set out below. The directors also constitute the board of directors who accept overall responsibility of operational, financial and constitutional matters.

##### **Recruitment and training of Trustees**

The Boards of Trustees is composed of Trustees nominated by existing members. They are constantly looking to recruit new Trustees who can broaden the skills, knowledge and experience of the charity to ensure that it continues to be focused on meeting the needs of the beneficiaries.

All potential Trustees will be in sympathy with the aims, objectives and ethos of Headway Nottingham.

Each Trustee recruited receives a copy of the Annual accounts, and a copy of the current business plan. Each Trustee is also invited to visit the centre and spend time with members of staff and clients so they can fully appreciate how the charity operates on a day to day basis.

##### **Organisational management**

The charity's Trustees are legally responsible for the overall management and control of the charity and usually meet on a monthly basis.

The day to day running of the charity is delegated to the Chief Executive Officer who attends meetings of the Trustees.

##### **Risk management**

The trustees regularly review the major risks which the charity face and procedures have been put in place to mitigate these risks. The procedures themselves will be regularly reviewed to ensure that they still meet the needs of the charity.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

04161891 (England and Wales)

##### **Registered Charity number**

1088685

##### **Registered office**

Bradbury House  
190 Bagnall Road  
Old Basford  
Nottingham  
NG6 8SF



# HEADWAY (NOTTINGHAM) LIMITED

## REPORT OF THE TRUSTEES for the year ended 31 March 2025

### Trustees

J C Blakey  
Mrs S A Harris  
Dr J A Ditchfield  
Ms M A Roe (resigned 1.9.24)  
A Sutcliffe  
H J Rapinet  
G S Almond  
Mrs L K Edwards  
S M Lowe (appointed 1.4.24)  
Mrs V L Davison (appointed 3.11.24)

The Trustees present their annual report together with the unaudited financial statements of the year ended 31 March 2025.

### Company Secretary

J C Blakey

### Independent Examiner

James T Card FCCA  
Hewitt Card Limited  
Chartered Certified Accountants  
70-72 Nottingham Road  
Mansfield  
Nottinghamshire  
NG18 1BN

The company is limited by guarantee, not having a share capital. It was incorporated on the 16 February 2001 and is registered with the charity commission as a registered charity.

The Trustees and the principle address of the charity along with the professional advisors are detailed in this document.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 24/10/2025 and signed on the board's behalf by:



Mrs S A Harris - Trustee

# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEADWAY (NOTTINGHAM) LIMITED

## Independent examiner's report to the trustees of Headway (Nottingham) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

### 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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. 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 a matter considered as part of an independent examination; or
4. 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 (FRS 102)).

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.



James T Card                      FCCA  
The Association of Chartered Certified Accountants

Hewitt Card Limited  
Chartered Certified Accountants  
70-72 Nottingham Road  
Mansfield  
Nottinghamshire  
NG18 1BN

Date: 29/10/2025

# HEADWAY (NOTTINGHAM) LIMITED

## STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	457,227	62,350	519,577	104,447
<b>Charitable activities</b>	4				
General		77,175	-	77,175	80,276
Investment income	3	2,753	-	2,753	453
<b>Total</b>		<b>537,155</b>	<b>62,350</b>	<b>599,505</b>	<b>185,176</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	5				
General		142,881	57,979	200,860	175,656
Restricted		-	-	-	8,513
<b>Total</b>		<b>142,881</b>	<b>57,979</b>	<b>200,860</b>	<b>184,169</b>
<b>NET INCOME</b>		<b>394,274</b>	<b>4,371</b>	<b>398,645</b>	<b>1,007</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		55,488	7,349	62,837	61,830
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>449,762</b>	<b>11,720</b>	<b>461,482</b>	<b>62,837</b>

The notes form part of these financial statements

# HEADWAY (NOTTINGHAM) LIMITED

## BALANCE SHEET 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	11	76	-	76	190
<b>CURRENT ASSETS</b>					
Debtors	12	9,162	-	9,162	10,315
Cash at bank and in hand		449,255	11,886	461,141	84,675
		458,417	11,886	470,303	94,990
<b>CREDITORS</b>					
Amounts falling due within one year	13	(8,731)	(166)	(8,897)	(32,343)
<b>NET CURRENT ASSETS</b>		449,686	11,720	461,406	62,647
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		449,762	11,720	461,482	62,837
<b>NET ASSETS</b>		449,762	11,720	461,482	62,837
<b>FUNDS</b>	15				
Unrestricted funds				449,762	55,488
Restricted funds				11,720	7,349
<b>TOTAL FUNDS</b>				461,482	62,837

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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 of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 24/10/2025 and were signed on its behalf by;

  
S A Harris - Trustee

The notes form part of these financial statements

# HEADWAY (NOTTINGHAM) LIMITED

## CASH FLOW STATEMENT for the year ended 31 March 2025

	Notes	2025 £	2024 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>373,713</u>	<u>28,259</u>
Net cash provided by operating activities		<u>373,713</u>	<u>28,259</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>2,753</u>	<u>453</u>
Net cash provided by investing activities		<u>2,753</u>	<u>453</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>376,466</u>	<u>28,712</u>
Cash and cash equivalents at the beginning of the reporting period		<u>84,675</u>	<u>55,963</u>
Cash and cash equivalents at the end of the reporting period		<u><u>461,141</u></u>	<u><u>84,675</u></u>

The notes form part of these financial statements

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE CASH FLOW STATEMENT for the year ended 31 March 2025

### 1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	398,645	1,007
Adjustments for:		
Depreciation charges	114	114
Interest received	(2,753)	(453)
Decrease in debtors	1,153	1,619
(Decrease)/increase in creditors	(23,446)	25,972
Net cash provided by operations	373,713	28,259

### 2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24	Cash flow	At 31.3.25
	£	£	£
Net cash			
Cash at bank and in hand	84,675	376,466	461,141
	84,675	376,466	461,141
Total	84,675	376,466	461,141

The notes form part of these financial statements

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS for the year ended 31 March 2025

### 1. ACCOUNTING POLICIES

#### Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

#### Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

#### Tangible fixed assets

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

Office equipment                      -    33.3% straight line

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

#### Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

### 2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	484,677	74,357
Other income	34,900	30,090
	<u>519,577</u>	<u>104,447</u>

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

<b>3. INVESTMENT INCOME</b>			<b>2025</b>	<b>2024</b>
			£	£
	Deposit account interest		<u>2,753</u>	<u>453</u>
<b>4. INCOME FROM CHARITABLE ACTIVITIES</b>			<b>2025</b>	<b>2024</b>
			£	£
	Funding bodies	Activity General	<u>77,175</u>	<u>80,276</u>
<b>5. CHARITABLE ACTIVITIES COSTS</b>				
		Direct Costs	Support costs (see note 6)	Totals
		£	£	£
	General	<u>196,236</u>	<u>4,624</u>	<u>200,860</u>
<b>6. SUPPORT COSTS</b>				
				Governance costs
				£
	General			<u>4,624</u>
<b>7. NET INCOME/(EXPENDITURE)</b>				
Net income/(expenditure) is stated after charging/(crediting):				
			<b>2025</b>	<b>2024</b>
			£	£
	Depreciation - owned assets		<u>114</u>	<u>113</u>
	Other operating leases			<u>10,502</u>
<b>8. TRUSTEES' REMUNERATION AND BENEFITS</b>				
There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.				
<b>Trustees' expenses</b>				
There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.				
<b>9. STAFF COSTS</b>				
			<b>2025</b>	<b>2024</b>
			£	£
	Wages and salaries		<u>147,728</u>	<u>135,400</u>
			<u>147,728</u>	<u>135,400</u>
The average monthly number of employees during the year was as follows:				
			<b>2025</b>	<b>2024</b>
	Admin and management		<u>2</u>	<u>2</u>
	Support workers		<u>4</u>	<u>4</u>
			<u>6</u>	<u>6</u>
No employees received emoluments in excess of £60,000.				



# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

### 10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	91,323	13,124	104,447
<b>Charitable activities</b>			
General	80,276	-	80,276
Investment income	453	-	453
<b>Total</b>	<u>172,052</u>	<u>13,124</u>	<u>185,176</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
General	175,656	-	175,656
Restricted	-	8,513	8,513
<b>Total</b>	<u>175,656</u>	<u>8,513</u>	<u>184,169</u>
<b>NET INCOME/(EXPENDITURE)</b>	(3,604)	4,611	1,007
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	59,092	2,738	61,830
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>55,488</u>	<u>7,349</u>	<u>62,837</u>

### 11. TANGIBLE FIXED ASSETS

	Office equipment £
<b>COST</b>	
At 1 April 2024 and 31 March 2025	<u>1,175</u>
<b>DEPRECIATION</b>	
At 1 April 2024	985
Charge for year	114
At 31 March 2025	<u>1,099</u>
<b>NET BOOK VALUE</b>	
At 31 March 2025	<u>76</u>
At 31 March 2024	<u>190</u>

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

### 12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other debtors and prepayments	9,162	10,315

### 13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	2,649	772
Social security and other taxes	2,639	2,441
Other creditors	459	456
Deferred income	-	25,526
Accrued expenses	3,150	3,148
	8,897	32,343

### 14. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	5	5
Between one and five years	12	2
	17	7

### 15. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	Transfers between funds	At 31.3.25
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	11,488	44,274	(36,000)	19,762
Operational reserve (i)	44,000	-	36,000	80,000
The Alan George Dean Designated Property Fund (v)	-	350,000	-	350,000
	55,488	394,274	-	449,762
<b>Restricted funds</b>				
Skipton Building Society (iv)	169	(169)	-	-
Reg Adair - Councillor (vii)	82	-	-	82
Ken Bird Donation (xi)	210	-	-	210
The Prince of Wales's Charitable Fund (xvii)	49	-	-	49
Blakemore Foundation (2023) (xx)	100	(100)	-	-
Sir Roberty McAlpine Foundation (xxii)	1,819	(1,819)	-	-
The Jones 1986 CT (xxiii)	2,920	(2,920)	-	-
The Sir Jules Thorne Charitable Trust (xxiv)	2,000	(2,000)	-	-
Anonymous individual donor (xxv)	-	5,360	-	5,360
National Lottery Community Fund - Awards for All (xxvi)	-	1,498	-	1,498
The Lady Hind Trust (xxx)	-	1,272	-	1,272
Asda Foundation (xxxii)	-	325	-	325
Browne Jacobson (xxxiv)	-	1,090	-	1,090
The May Hearnshaw Charitable Trust (xxxix)	-	1,834	-	1,834
	7,349	4,371	-	11,720
<b>TOTAL FUNDS</b>	<b>62,837</b>	<b>398,645</b>	<b>-</b>	<b>461,482</b>

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

### 15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	175,155	(130,881)	44,274
FormanHardy Trust (ii)	2,000	(2,000)	-
The BNA Charitable Incorporated Organisation (iii)	10,000	(10,000)	-
The Alan George Dean Designated Property Fund (v)	350,000	-	350,000
	<u>537,155</u>	<u>(142,881)</u>	<u>394,274</u>
<b>Restricted funds</b>			
Skipton Building Society (iv)	-	(169)	(169)
The Blakemore Foundation (2024) (xiv)	100	(100)	-
Blakemore Foundation (2023) (xx)	-	(100)	(100)
Sir Roberty McAlpine Foundation (xxii)	-	(1,819)	(1,819)
The Jones 1986 CT (xxiii)	-	(2,920)	(2,920)
The Sir Jules Thorne Charitable Trust (xxiv)	-	(2,000)	(2,000)
Anonymous individual donor (xxv)	6,000	(640)	5,360
National Lottery Community Fund - Awards for All (xxvi)	19,526	(18,028)	1,498
The James Tudor Foundation (xxvii)	8,391	(8,391)	-
Jessie Spencer Trust (xxviii)	1,000	(1,000)	-
The Barchester Trust (xxix)	1,000	(1,000)	-
The Lady Hind Trust (xxx)	3,500	(2,228)	1,272
Bingham Fundraising Group (xxxi)	933	(933)	-
Asda Foundation (xxxii)	700	(375)	325
The Hospital Saturday Fund (xxxiii)	2,000	(2,000)	-
Browne Jacobson (xxxiv)	2,000	(910)	1,090
Garfield Weston (xxxv)	10,000	(10,000)	-
NCC Workforce Sustainability Fund (xxxvi)	2,200	(2,200)	-
AbbVie (xxxvii)	2,000	(2,000)	-
The Gray Trust (xxxviii)	1,000	(1,000)	-
The May Hearnshaw Charitable Trust (xxxix)	2,000	(166)	1,834
	<u>62,350</u>	<u>(57,979)</u>	<u>4,371</u>
<b>TOTAL FUNDS</b>	<u>599,505</u>	<u>(200,860)</u>	<u>398,645</u>

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

### 15. MOVEMENT IN FUNDS - continued

#### Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	15,092	(3,604)	11,488
Operational reserve (i)	44,000	-	44,000
	59,092	(3,604)	55,488
<b>Restricted funds</b>			
Skipton Building Society (iv)	249	(80)	169
Reg Adair - Councillor (vii)	82	-	82
Ken Bird Donation (xi)	325	(115)	210
The Souter Charitable Trust (xvi)	1,783	(1,783)	-
The Prince of Wales's Charitable Fund (xvii)	49	-	49
Alpkit (xviii)	250	(250)	-
Blakemore Foundation (2023) (xx)	-	100	100
Sir Roberty McAlpine Foundation (xxii)	-	1,819	1,819
The Jones 1986 CT (xxiii)	-	2,920	2,920
The Sir Jules Thorne Charitable Trust (xxiv)	-	2,000	2,000
	2,738	4,611	7,349
<b>TOTAL FUNDS</b>	61,830	1,007	62,837

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	172,052	(175,656)	(3,604)
<b>Restricted funds</b>			
Skipton Building Society (iv)	-	(80)	(80)
Ken Bird Donation (xi)	-	(115)	(115)
Anonymous (xv)	2,500	(2,500)	-
The Souter Charitable Trust (xvi)	-	(1,783)	(1,783)
Alpkit (xviii)	-	(250)	(250)
Blakemore Foundation (2023) (xx)	100	-	100
Skipton Building Society (2023) (xxi)	1,026	(1,026)	-
Sir Roberty McAlpine Foundation (xxii)	2,498	(679)	1,819
The Jones 1986 CT (xxiii)	5,000	(2,080)	2,920
The Sir Jules Thorne Charitable Trust (xxiv)	2,000	-	2,000
	13,124	(8,513)	4,611
<b>TOTAL FUNDS</b>	185,176	(184,169)	1,007

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

### 15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
<b>Unrestricted funds</b>				
General fund	15,092	40,670	(36,000)	19,762
Operational reserve (i)	44,000	-	36,000	80,000
The Alan George Dean Designated Property Fund (v)	-	350,000	-	350,000
	<u>59,092</u>	<u>390,670</u>	<u>-</u>	<u>449,762</u>
<b>Restricted funds</b>				
Skipton Building Society (iv)	249	(249)	-	-
Reg Adair - Councillor (vii)	82	-	-	82
Ken Bird Donation (xi)	325	(115)	-	210
The Souter Charitable Trust (xvi)	1,783	(1,783)	-	-
The Prince of Wales's Charitable Fund (xvii)	49	-	-	49
Alpkit (xviii)	250	(250)	-	-
Anonymous individual donor (xxv)	-	5,360	-	5,360
National Lottery Community Fund - Awards for All (xxvi)	-	1,498	-	1,498
The Lady Hind Trust (xxx)	-	1,272	-	1,272
Asda Foundation (xxxii)	-	325	-	325
Browne Jacobson (xxxiv)	-	1,090	-	1,090
The May Hearnshaw Charitable Trust (xxxix)	-	1,834	-	1,834
	<u>2,738</u>	<u>8,982</u>	<u>-</u>	<u>11,720</u>
<b>TOTAL FUNDS</b>	<u>61,830</u>	<u>399,652</u>	<u>-</u>	<u>461,482</u>

# HEADWAY (NOTTINGHAM) LIMITED

## NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

### 15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	347,207	(306,537)	40,670
FormanHardy Trust (ii)	2,000	(2,000)	-
The BNA Charitable Incorporated Organisation (iii)	10,000	(10,000)	-
The Alan George Dean Designated Property Fund (v)	350,000	-	350,000
	<u>709,207</u>	<u>(318,537)</u>	<u>390,670</u>
<b>Restricted funds</b>			
Skipton Building Society (iv)	-	(249)	(249)
Ken Bird Donation (xi)	-	(115)	(115)
The Blakemore Foundation (2024) (xiv)	100	(100)	-
Anonymous (xv)	2,500	(2,500)	-
The Souter Charitable Trust (xvi)	-	(1,783)	(1,783)
Alpkit (xviii)	-	(250)	(250)
Blakemore Foundation (2023) (xx)	100	(100)	-
Skipton Building Society (2023) (xxi)	1,026	(1,026)	-
Sir Roberty McAlpine Foundation (xxii)	2,498	(2,498)	-
The Jones 1986 CT (xxiii)	5,000	(5,000)	-
The Sir Jules Thorne Charitable Trust (xxiv)	2,000	(2,000)	-
Anonymous individual donor (xxv)	6,000	(640)	5,360
National Lottery Community Fund - Awards for All (xxvi)	19,526	(18,028)	1,498
The James Tudor Foundation (xxvii)	8,391	(8,391)	-
Jessie Spencer Trust (xxviii)	1,000	(1,000)	-
The Barchester Trust (xxix)	1,000	(1,000)	-
The Lady Hind Trust (xxx)	3,500	(2,228)	1,272
Bingham Fundraising Group (xxxii)	933	(933)	-
Asda Foundation (xxxii)	700	(375)	325
The Hospital Saturday Fund (xxxiii)	2,000	(2,000)	-
Browne Jacobson (xxxiv)	2,000	(910)	1,090
Garfield Weston (xxxv)	10,000	(10,000)	-
NCC Workforce Sustainability Fund (xxxvi)	2,200	(2,200)	-
AbbVie (xxxvii)	2,000	(2,000)	-
The Gray Trust (xxxviii)	1,000	(1,000)	-
The May Hearnshaw Charitable Trust (xxxix)	2,000	(166)	1,834
	<u>75,474</u>	<u>(66,492)</u>	<u>8,982</u>
<b>TOTAL FUNDS</b>	<u>784,681</u>	<u>(385,029)</u>	<u>399,652</u>

Each restricted and designated fund has sufficient resources to enable the fund to be applied in accordance with the restrictions imposed.

(i) The operational reserve was established as a designated fund to ensure that the charity would be able to meet expenditure commitments (salaries and Tax) for at least six months.

(ii) The Forman Hardy Trust A contribution to costs associated with the running of our invaluable day service, offering support, information, friendship and rehabilitation opportunities to adults living with brain injury. As the wider community becomes more fragmented, and meaningful in-person social connections are more difficult to forge, particularly for the disability community, our day centre becomes evermore vital. A client shared with us of the day centre "I would be lost without it. I feel part of something when I am here."

## HEADWAY (NOTTINGHAM) LIMITED

### NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

#### 15. MOVEMENT IN FUNDS - continued

(iii) **The BNA Charitable Incorporated Organisation** A lovely donation given to support costs associated with the running of our day service, offering support, information, friendship and rehabilitation opportunities for those living with disability following brain injury. The day centre can act as a springboard to further community involvement, employment or other meaningful and productive independent activities, and is uniquely successful due to our exclusive focus on brain injury-related disability. The day centre is an invaluable resource for Nottingham's brain injury community and will remain a funding priority for our charity.

(iv) **Skipton Building Society** This fund was donated to help towards the cost of Nordic Walking sessions delivered by professional instructors here at Headway Nottingham. Nordic walking exercises every muscle group of the body whilst also improving balance and coordination, stamina and general fitness levels for those who are unable to access exercise facilities away from the centre.

(v) **The Alan George Dean Designated Property Fund** This fund, established thanks to the extraordinary generosity of Alan George Dean, safeguards Headway Nottingham against the risk of losing our premises in the private rental market. It ensures we can act quickly to secure new accommodation if needed, while also giving us the opportunity to build towards owning a property of our own in the future. We are profoundly grateful for this gift, which strengthens our stability and long-term security.

(vii) **Reg Adair - Councillor** This award of funds comes from Nottinghamshire County Councillor Reg Adair's allocated Divisional fund for community support. Specifically designated to pay for two tablets for use in the centre, and art supplies needed for our therapeutic art workshops.

(xi) **Ken Bird Donation** A very generous donation from a valued and long-standing volunteer with a wish that it be used to provide activity workshops and sessions directly benefiting our Day Centre users. With first hand experience of these sessions and their impact, our donor wishes this work to continue to bring increased wellbeing and confidence to the clients.

(xiv) **The Blakemore Foundation (2024)** A donation to contribute towards the costs associated with the running of our specialised day service, offering support, information and friendship opportunities to adults living with disability following brain injury. Our wonderful day centre team has over 50 years of experience in the field, all of whom understand the cognitive, emotional, and physical challenges of brain injury, and empower our clients with compassion and dedication.

(xv) **Funder wishing to remain anonymous** This donation was given to contribute to the costs of our Casework service which provides welfare advice and representation as well as advocacy services to adults living with the effects of brain injury who may need extra support.

(xvi) **The Souter Charitable Trust** A donation specifically to fund a year of Singing for Wellbeing workshops. Singing itself is not only fun, but can help to improve lung function, rhythm, sequencing, memory and a sense of improved wellbeing. Being a part of group to sing also helps to reduce feelings of isolation and improves feelings of connection with others.

(xvii) **The Prince of Wales's Charitable Fund** Funding to implement our "Mind Over Mood" project, including guided mindfulness sessions and 1-1 reflexology for our members. For those struggling with over-stimulation, stress and the difficulties associated with their brain injury a series of reflexology can work wonders to aid relaxation, restful sleep and increase feelings of wellbeing. Mindfulness techniques learned in sessions are transferrable into the home environment, allowing our clients to self-manage dips in mood and episodes of emotional dysregulation away from the safe and reassuring environment of our day centre.

(xviii) **Alpkit** A contribution towards our Nordic Walking sessions, offering all round general fitness improvement, increased well-being, access to local green spaces and improvements in balance and co-ordination.

(xx) **Blakemore Foundation (2023)** A contribution towards the costs of providing Nordic Walking sessions for our members so that they may improve their balance, coordination, strength and fitness while accessing our local community. Sessions are particularly valuable for our clients who cannot otherwise access physical activity due to financial constraints or who struggle with topographical disorientation and have limited support to leave their homes.

(xxi) **Skipton Building Society (2023)** A generous donation given in order for us to buy three new laptops for use during our 1-1 work supporting clients to problem solve, access online services, and receive some help to understand how to safely navigate on the world wide web.

(xxii) **The Sir Robert McAlpine Foundation** Funding given to pay for the costs associated with our "Mind over Mood" project, comprised of workshops to improve feelings of wellbeing of participants through a combination of Nordic Walking alongside mindfulness and meditation sessions. Through the project, clients are empowered to self-manage low mood, encouraged to continue to push through feelings of plateaux and gain a great sense of accomplishment as they demonstrate their ability to achieve despite disability.

## HEADWAY (NOTTINGHAM) LIMITED

### NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

#### 15. MOVEMENT IN FUNDS - continued

(xxiii) **The Jones 1986 Trust** This donation was given to contribute to the costs of our Casework service which provides welfare advice and representation as well as advocacy services to adults living with the effects of brain injury. Our Caseworker is the first point of contact many new clients will have with Headway Nottingham and the role is integral to our ability to respond to immediate need in our community.

(xxiv) **The Sir Jules Thorne Charitable Trust** A donation to contribute towards the costs associated with running our vibrant and precious day centre which brings together those affected by brain injury, facilitates peer support and provides rehabilitative opportunities. Our centre, which our clients value so highly, is the foundation of confidence-building, continual improvement and safety that is otherwise absent from the brain injury support landscape in Nottingham.

(xxv) **Anonymous individual donor** An eagerly anticipated and highly valued donation given to cover the costs associated with providing group music therapy sessions for an entire year. Music therapy helps those participating to explore their post injury selves in a closed, safe and understanding therapeutic group. Workshops support nurturing personal insight, understanding of how to navigate co-supportive relationships and deeper emotional recognition in a uniquely accessible way that can bypass prohibitive verbal and written instruction.

(xxvi) **The National Lottery Community Fund - Awards for All** Funding received to fund our work with clients who are struggling to navigate the cost of living crisis in both practical and emotional terms. From 1-1 support with experienced staff to work on very specific difficulties to group workshops aimed at helping improve feelings of wellbeing and providing tools to empower clients to better manage practical issues, including household energy use, correspondence and simple budgets.

(xxvii) **The James Tudor Foundation** A contribution towards the work of our Casework project, offering guidance, signposting and welfare support to adults living with brain injury in Nottinghamshire. Over the period of this grant, as well as provide Casework within our centre, our Caseworker was instrumental in the early-stage delivery of our 'At the Bedside' project at the Queens Medical Centre, supporting (predominantly families and loved ones) in the acute stages of brain injury to navigate the emotional and practical difficulties associated with sudden hospitalisation due to brain injury. Consequently, by funding end, 129 individual patients and their families were made aware that long-term brain injury support is available post clinical discharge, avoiding the cliff-edge loss of professional input at the point of significant need.

(xxviii) **The Jessie Spencer Trust** A contribution given towards the costs of employing dedicated brain injury support workers in our specialised day service. Support Workers are the backbone of Headway Nottingham's day centre, providing person-centred and strengths-based support for clients, despite the nuances of their disabilities. Our Support Workers facilitate involvement in rehabilitation workshops, identify safeguarding concerns, encourage and empower our clients to progress and believe in their abilities, beyond the perceived limitations of their new disabilities.

(xxix) **The Barchester Trust** A contribution towards our Therapeutic Textiles workshops, offering a creative outlet for our members, along with mastering skills requiring manual dexterity, hand/eye coordination, planning and organisation. One of our most well-attended rehabilitation workshops, our clients are supported to rebuild skills in a pressure-free and supportive environment, making strides forward in confidence and their own sense of ability by planning, executing and completing creative tasks based on their own interests and challenging their ability levels.

(xxx) **The Lady Hind Trust** A contribution towards the work of our Casework project, offering guidance, signposting and welfare support to adults living with brain injury in Nottinghamshire. Vitally, and in addition to Casework functions within our day centre, this funding contributed to our ability to improve the pathways of support for local people with brain injuries through the development of relationships with our local hospitals and clinical services, all with a view to ensure continuity of support for those who so urgently need it, and reduce crises that can occur whilst families adjust to life with their loved one's brain injury.

(xxxi) **Bingham Community Events** A generous donation supporting our workshops delivering functional skills training in English and Maths for those who has lost these skills after brain injury. Workshops utilise real-world scenarios to aid the transference of skills back in the home and community, ultimately improving each person's resilience, sense of purpose and confidence in their ability to complete independent living tasks and lessen reliance on family members.

(xxxii) **The Asda Foundation** A valuable donation given to help in three areas of spending, supporting us to provide food and drinks for our members, to reimburse our indispensable volunteers for their travel expenses and for buying activity resources to enable us to continue our Therapeutic Textiles workshops.

(xxxiii) **The Hospital Saturday Fund** A donation to contribute towards the costs associated with the running of our specialised day service, offering support, information, friendship and rehabilitation opportunities for adults living with disability following brain injury. With others who understand their journey and through tailored therapeutic activities and expert care, activities at our day centre empower individuals to regain independence and improve their quality of life.



## HEADWAY (NOTTINGHAM) LIMITED

### NOTES TO THE FINANCIAL STATEMENTS - continued for the year ended 31 March 2025

#### 15. MOVEMENT IN FUNDS - continued

(xxxiv) **The Browne Jacobson Foundation** A donation specifically to fund our functional skills workshops in English and Maths, helping those who have lost these skills because of their brain injury. Workshop subjects include transferrable and relatable activities such as bus timetable interpretation, household budgeting and rebuilding literacy and numeracy skills for independent living. Sessions are delivered by a sessional worker with expert knowledge in the field of brain injury, ensuring learning is delivered appropriately and compassionately.

(xxxv) **Garfield Weston** A very generous donation to contribute towards the costs associated with the running of our specialised day service, offering support, information, friendship and rehabilitation opportunities for adults living with disability following brain injury, and respite for their carers and family members. With someone in Nottingham (and the UK) admitted to hospital with a brain injury every 90 seconds, our centre continues to be a lifeline for those struggling to adjust to new, potentially lifelong, disabilities.

(xxxvi) **The Nottinghamshire County Council Workforce Sustainability Fund** A much appreciated award given exclusively to help providers of Adult Social Care outsourced services within the county to reward and recognise their staff, encouraging and promoting staff retention in the social care sector.

(xxxvii) **AbbVie** A donation made to support our provision of workshops and activities in the day centre, offering personalised creative, practical and health related sessions to improve confidence and skills after brain injury. The donation ensured we continued to provide rehabilitation through engagement, with structured sessions that support memory, communication, mobility and problem-solving, as well as creative therapies to promote socially appropriate emotional expression and cognitive stimulation.

(xxxviii) **The Gray Trust** A donation made to help bolster all aspects of our work in the day centre, offering specialised support, information, friendship and rehabilitation opportunities for adults living with disability following brain injury. This donation helped maintain our unique springboard of confidence, enthusiasm and person-centred continual improvement for otherwise often marginalised and misunderstood clients living with profound and complex disabilities.

(xxxix) **The May Hearnshaw Charitable Trust** A very welcome donation offered to support the costs associated with our brain injury support workers and their delivery of our workshops and activities, all of which is integral to our clients' redevelopment of insight and strategies to overcome the often life-changing effects of brain injury.

#### 16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

# HEADWAY (NOTTINGHAM) LIMITED

## DETAILED STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2025

	2025 £	2024 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	484,677	74,357
Other income	34,900	30,090
	<u>519,577</u>	<u>104,447</u>
<b>Investment income</b>		
Deposit account interest	2,753	453
<b>Charitable activities</b>		
Funding bodies	77,175	80,276
<b>Total incoming resources</b>	<u>599,505</u>	<u>185,176</u>
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages (see note 4 & 5)	147,728	135,400
Rent (see note 3 & 10)		10,502
Rates and utilities	-	310
Insurance	3,715	3,594
Cost of providing activities for members	31,873	23,664
Travel & Transport	730	400
Management costs	1,512	940
Staff training & welfare	4,885	1,164
Stationery & Postage	731	751
IT and Telephone costs	4,948	3,546
Depn office equipment (see note 3)	114	114
	<u>196,236</u>	<u>180,385</u>
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy fees	3,000	3,000
Professional fees	600	
Payroll costs	1,024	784
	<u>4,624</u>	<u>3,784</u>
<b>Total resources expended</b>	<u>200,860</u>	<u>184,169</u>
<b>Net income</b>	<u>398,645</u>	<u>1,007</u>

This page does not form part of the statutory financial statements