

THE BRAIN AND SPINE FOUNDATION

England & Wales · Charity number 1098528

Details

Status Registered

Legal form Charitable company

Company number [04432677](#)

Registered 2003-07-11

Register [View on the Charity Commission register](#)

Contact

Address Canopi
Unit A
Arc House
82 Tanner Street
London
SE1 3GN

Phone 02030967880

Email info@brainandspine.org.uk

Website www.brainandspine.org.uk

Activities

Objects: THE ADVANCEMENT OF EDUCATION IN THE FIELD OF NEUROLOGICAL DISEASES IN THE UK FOR THE PUBLIC BENEFIT, IN PARTICULAR, BUT NOT EXCLUSIVELY, BY:- PROVIDING INFORMATION, SUPPORT AND SERVICES TO PEOPLE AFFECTED BY NEUROLOGICAL PROBLEMS, THEIR FAMILIES AND THE PROFESSIONALS WHO WORK WITH THEM; AND - PROMOTING UNDERSTANDING OF NEUROLOGICAL PROBLEMS.

Activities: The Brain and Spine Foundation offers a UK-wide information service to people affected by neurological conditions. This information is available on the charity's website www.brainandspine.org.uk and in 25+ booklets. A freephone Helpline service is staffed by specialist neuroscience nurses to answer queries on conditions, symptoms and investigations linked to the brain and spine.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£891,987	£720,794	£191,188	9
2024-03-31	£967,951	£1,049,430	£19,995	12
2023-03-31	£718,621	£799,864	£101,474	12
2022-03-31	£704,878	£810,854	£182,717	13
2021-03-31	£892,901	£885,957	£288,693	13

Trustees

Name	Role	Appointed
Mark Luce	Chair	2017-07-06
Asli Guner-Paul		2020-04-29
Carolyn Louise Turner		2023-01-31
Ifeyinwa Kantonna		2025-08-01
Jeroen Huysinga		2020-04-29
Kavita Basi		2023-01-31
Lauren Downie		2023-06-28

Linked charities

- THE BRAIN AND SPINE FOUNDATION (1098528-1)

THE BRAIN AND SPINE FOUNDATION

England & Wales - Charity number 1098528

Accounts

Company no. 04432677
Charity no. 1098528

The Brain and Spine Foundation

Report and Unaudited Financial Statements

31 March 2025



The Brain and Spine Foundation

Reference and administrative details

For the year ended 31 March 2025

Company number	04432677	
Charity number	1098528	
Registered office	Canopi Unit A Arc House 82 Tanner Street London SE1 3GN	
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Mark Luce (Chair) Lauren Downie Kavita Basi Carolyn Louise Turner Jeroen Huysinga Asli Guner-Paul Ifeyinwa Kantonna (appointed 31 July 2025) Paul Fleming (resigned 17 June 2024) Elizabeth Manuel (resigned 6 August 2024) Ian Basden-Smith (deceased 29 January 2025) Peter Brickley (resigned 6 March 2025)	
Charity president	Peter Hamlyn BSc MB BS MD FRCS FISM	
Charity vice presidents	Alistair Watkins	
Chief operating officer	Alex Sunley	
Company secretary	Alex Sunley	
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA	NatWest Bank PO Box 158 214 High Holborn London WC1V 7BX
Independent examiners	Moore Kingston Smith LLP Chartered Accountants 6th Floor 9 Appold Street London EC2A 2AP	

Annual Trustees' Report 2024-25

Chair's Statement

This has been a year of both transition and renewed momentum for the Brain & Spine Foundation. We have continued to deliver our trusted professional services, ensuring that people affected by neurological conditions can access expert support, reliable information, and a vital sense of community.

At the same time, we have taken strong steps to secure our future. Our work this year has focused on strengthening our identity and deepening our impact, which builds upon more than 30 years of experience, insight, and engagement with people affected by neurological conditions.

As we evolve, we remain fully committed to delivering the same trusted services and support that so many rely on. Our forward-looking approach signals our intent to harness data, innovation, and the power of collective voice to drive lasting, systemic change for the 13 million people across the UK affected by neurological conditions.

This year saw extraordinary moments that galvanised our mission, none more powerful than Michael's Mile. Michael Watson's walk helped raise national awareness, secured significant media attention, and connected us with new supporters who share our determination.

Throughout the year, we have sharpened our focus, reduced costs, and significantly increased our reserves to safeguard our future. At the same time, we've expanded services by launching new peer support groups, creating new creative resources and continuing to respond to thousands of complex helpline enquiries.

This has all been made possible through the remarkable commitment of our team, our nurses, our volunteers, our funders, and our supporters. We are incredibly grateful to each of you.

Finally, we were deeply saddened by the passing of our long-standing Treasurer, Ian Basden-Smith, earlier this year. For 12 years, Ian expertly managed our finances and was a devout supporter of our work. He provided invaluable counsel and unwavering support to me as Chair and to the entire Board, guiding us with clarity, integrity, and warmth. He will be greatly missed.

Thank you for your continued support.

Signed by:

Mark Luce

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Mark Luce

Chair of Trustees

Introduction

In 2024–25, we remained focused on delivering high-quality, professional services for people affected by neurological conditions across the UK. From helpline calls and emotional support sessions to peer-led groups and creative resources, we continued to provide trusted support to thousands of individuals and families navigating complex diagnoses and care journeys.

This year also marked the start of a significant organisational shift. While the exact shape and timing of this transition are still evolving, our direction is clear, we are building on over 30 years of history to unite service delivery, research, and innovation in pursuit of ground-breaking solutions for our community. Our core support services will remain unchanged and our community will continue to receive the same expert help they rely on today.

Over the past year, we have strengthened partnerships, expanded our reach, and deepened our commitment to using real-world insight, gathered through platforms like NeuroLifeNow, to influence policy and improve care. From the success of Michael's Mile to our growing volunteer network and new regional support groups, momentum has been building across all areas of our work.

This report sets out our achievements over the past year across our three main workstreams: (1) Professional Neuro Services, (2) Neuro Changemakers, and (3) NeuroLifeNow.

It reflects our belief that change is both possible and necessary and that with the right support, everyone affected by a neurological condition can live with dignity, purpose, and hope.

Professional Neuro Services

The charity has seen a notable increase in the complexity and urgency of enquiries, highlighting both the deepening challenges faced by the communities we support and the expansion of our services to meet these evolving needs.

"I wouldn't have known where to go unless I had spoken to the nurse. It's a minefield for us as a family trying to deal with multiple health conditions." Helpline caller.

This year, the Brain and Spine Helpline responded to 2,530 enquiries, with 36 individuals receiving ongoing support through our Enhanced Emotional Support Service (EESS), which delivered a total of 174 sessions.

"I am more able to cope as I now have the knowledge of anatomy and what happened to me, as well as the strategies to cope with managing the worry. I have progressed as I now have a structured, clear logical explanation of what's happened to me. Categorize it, rationalize it and have strategies in place." EESS caller.

We focus on delivering professional, high-quality services, which is reflected in the Helpline Survey Results where 95% of respondents felt satisfied or very satisfied with the support and information provided by our neuro nurses.

The charity is thrilled to have developed two new online Peer Support groups for North-East and North-West.

We are also thrilled to have initiated the development of the B&SF Neuro Creative Activities resource. The aim of the resource is to use creative art activities to increase resilience and wellbeing of those living with neurological conditions, to help them to find better coping strategies and to aid rehabilitation and recovery. This resource is inspired by our Neuro Creatives and Creative Writing groups and is co-developed with our Peer Support volunteers who have lived experience of a neurological condition and in collaboration with Health Professionals and our BACP accredited Arts Counsellor.

“Most brain injury patients have residual effects on problems with memory, energy levels and dealing with emotions. As much as we like to organise support groups for our patients, we do not have capacity currently and so knowing that neuro creative resources of Brain and Spine Foundation would help patients recover in a long-term aspect while accepting the residual effects of brain haemorrhage.” Neuro Vascular Nurse Specialist.

This year, with our Peer Support volunteers, we delivered 146 sessions to a total of 142 unique participants across the groups.

Our placement was successfully completed, and a supervisor's report has been shared with Tobias School of Art and Therapy. *“I joined the online Art wellbeing group called Neuro-Creatives as a placement student whilst in my third year of Tobias School of Art and Therapy. This was my first placement working with adults and working online so it was a steep learning curve, but I couldn't have wished for a more supportive team to teach and guide me through it. The volunteers on the team were also very encouraging and helpful and offered their knowledge and feedback of participants in previous sessions. I feel the placement has helped me grow in confidence and I have gained valuable experience of how to facilitate and plan for an online group.”* Lisa, Placement student.

We would also like to thank our Legal Partner Irwin Mitchell for delivering four one-off sessions to a total of 34 participants. Topics included information on Wills, Power of attorney, Financial Planning and Benefits.

In our weekly Neuro Social group, we welcomed four guest speakers who shared their experience of living with a neurological condition and looking after their wellbeing, including George Peasgood, Paralympic athlete who competed in the Rio & Tokyo Paralympic Games, winning a silver & bronze medals during the Tokyo Games.

Our two condition specific Facebook groups of Subarachnoid Haemorrhage and Chiari Malformations provide a safe community to a total of 6,000 members.

This year we supported 25 neuro specialist Hospitals in the UK distributing over 3,800 free copies of our health information to specialists including Clinical Nurse Specialists in Neurovascular, Neuro Oncology and Neuro Radiology Trauma which was provided to patients and their families. Our printed booklets are distributed to health professionals and individuals at no cost, supporting accessible information sharing across care settings and within the wider community.

“The B&SF booklets are very useful, and our Physiotherapists and Occupational therapists use them as and when needed for the relatives or patients to understand their injury better and what the next steps are going to be.” Specialist nurse.

Neuro Changers

Our team of Ambassadors and Volunteers has grown to 47 and with their support we have reached more members within local communities and have raised awareness of neurological conditions, the needs of our community, and the programmes and services we provide. Our Peer Support Volunteers provided over 200 hours of volunteering time to support the Peer Support and Creative Group’s development and delivery.

The Self-Help Group in support of people affected by Nerve Injury has grown by 50% in the last year. This group offers a monthly online Zoom meeting for people living with nerve injury. It brings together a diverse group of people, from various locations across the UK, in a safe space where they can share their stories, hear from others, and feel mutually supported.

“It makes such a difference to know I’m not alone.”

“I look forward to this group every month. I’ve learnt so much from everyone and hopefully my story has been useful to them too.”

People can also be referred to the group through the UCL Centre for Nerve Engineering mailing list, by the charity Traumatic Brachial Plexus Injury Group, and by healthcare professionals at the Royal National Orthopaedic Hospital.

“I love being part of the charity, it gives me a chance to give back but also to receive support when I need it.” Feedback from one of our Peer Support volunteers.

NeuroLifeNow

This year was a year of learning, development and reflection for the NeuroLifeNow (NLN) project.

By the end of 2024-25, we had received 2570 responses to our bi-monthly survey programme, which ran four times over the period, incorporating a four-month pause to accommodate for the *My Neuro Survey*, which is a bi-annual survey run by our NLN partner organisation, the Neurological Alliance. The slight decline in numbers from 2750 responses last year is likely accounted for by the reduced number of surveys released due to the four-month hiatus.

A major success for the NLN programme this year has been the completion of our neurosurgery patient experience survey, which was run in concert with the four major neurosurgery units in partnership with NHS Northwest London. This provided enormously valuable insight into patient experience of care following neurosurgery, and highlighted their areas of concern, giving voice to our community to express what matters to them when it comes to their own care. Take up of the survey was strong across wards, though we were surprised to find that offering the surveys in an alternative language (Bengali) did not lead to improved uptake in survey completion among mono-lingual Bengali speakers who accessed neurosurgery within the trusts. We know there are underserved minority communities within the wider neuro community, and although this attempt to improve access was unsuccessful, we will continue to explore ways to make access to neuro research (as both contributor and consumer) as accessible as possible.

We will continue the bi-monthly surveys for NLN through into Summer 2025, and we will reflect on the next steps for the NeuroLifeNow programme as we transition to i-Neuro as part of a strategic review of our charity's offerings. We hope to see NLN grow into the active research arm of our charity, and see a bright future for it in many possible guises, though we will likely pause the bi-monthly surveys after Summer 2025 as we focus on our professional service delivery and transition to i-Neuro, and we will need to secure additional funding to pursue our ambitious research aims, including delivery of the *Neuro Census*; a flagship piece of research that will show the true cost of high variation in neuro care across the UK.

Fundraising and governance

Fundraising and financial performance in 2024-25

The Brain & Spine Foundation operates entirely from voluntary income and the strategy is to maintain this independence. We aim to generate income from multiple channels, including Individual Giving, Legacies, Trusts and Foundations, Major Donors, Corporate and Community activities so that we have a balanced and sustainable funding model.

In April 2025, we had an excellent performance from our team of 44 London Marathon runners who between them have raised £147,000.

Fundraising approach

The Brain & Spine Foundation is registered with the Fundraising Regulator and subscribes to their standards for fundraising. We have an engagement philosophy that informs our fundraising approach, looking to build long-term relationships with supporters, volunteers, and service users. We value all contributions, whether financial or non-financial. We received zero complaints in the last year.

Reserves Policy

The Trustees recognise the importance of maintaining sufficient financial reserves to safeguard the charity's operations and sustainability. Our target is to hold unrestricted free reserves equivalent to 50% of annual operating costs which equates to approximately six months of expenditure.

As of 31st March 2025, free reserves stood at £71,188, covering approximately 1.8 months of current running costs. Additionally, we currently hold £120,000 in the Edward Gosling Endowment Fund. In the year £30,000 plus £1,173 interest has been drawn within allowable limits from this expendable endowment.

In response to external economic pressures, Trustees have closely monitored cash flow and implemented rigorous cost controls during the year. While the reserves target has not yet been met, we are confident that a strong fundraising pipeline and disciplined financial management will enable us to rebuild reserves progressively.

Our financial strategy for 2025-26 prioritises increasing free reserves to at least 50% of annual costs as soon as practical, while continuing to deliver vital services and invest in the i-Neuro initiative.

Structure, governance and management

The Brain & Spine Foundation is a company limited by guarantee and is registered as a charity with the Charity Commission. It is governed by its Articles of Association (and updated on 22 March 2017).

The Board of Trustees is responsible for determining the overall strategic direction of the charity and for developing policies and plans to support the delivery of charitable objects. The Board monitors progress across all areas of activity including legal requirements and financial performance. Meetings take place five times per year and the Finance and Governance sub-committee, a sub-group of the Board, meets up to four times each year to consider finances and good governance. Other subcommittees are created by the Chair to support and give oversight of strategic initiatives as required.

A part-time Chief Operating Officer (COO) is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the authority for operational matters, employment and performance relating to agreed key objectives is delegated to the COO.

Any decisions outside of the strategic direction agreed by the Board or outside of the agreed budget are referred to Trustees for approval.

We have a code of conduct for trustees. The code sets out the conduct and practices required to ensure the highest standards of integrity and stewardship in this role.

Trustee recruitment and appointment, induction, and training

We aim to represent the community we serve at all levels of the organisation and are actively reviewing our policy and practice related to Equality, Diversity and Inclusion.

The Articles of Association include terms of office for Trustees, so that an initial appointment is made for a 3-year term and Trustees will be eligible for reappointment for one further term of 3 years.

Our Board of Trustees currently number 7 (of 12) and we have been steadily improving the diversity of the Board across all relevant dimensions in order that we can better represent the communities we serve. Details of Trustees are to be found in the appendix.

Risk management

An organisational risk review sets out the major risks and uncertainties facing the organisation. This is monitored periodically by the Board's Finance and Governance Committee and systems and policies have been established to mitigate exposure to those risks.

Our top risks include financial sustainability, safeguarding vulnerable beneficiaries, and maintaining robust data security. We mitigate these risks through prudent financial management, regular safeguarding reviews, and stringent data protection measures."

Public benefit

When planning the activities for the year, the Trustees have regard to the Charity Commission's guidance on public benefit in accordance with the duties set out in Section 17 of the Charities Act 2011. The benefit is to a specific group of individuals who have a neurological condition, or who have a friend or family member with such a condition, or who are involved in the treatment and care of these people. This report illustrates the activities provided for this group.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;

- state whether applicable UK accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

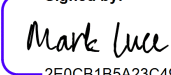
The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Independent examiners

Moore Kingston Smith LLP were appointed as independent examiners to the charitable company in May 2024 and reappointed in 2025.

Approved by the Trustees on 2 December 2025 and signed on their behalf by

Signed by:

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Mark Luce - Chairman

Independent examiner's report

To the trustees of

The Brain and Spine Foundation

I report to the trustees on my examination of the accounts of The Brain and Spine Foundation (the charitable company) for the year ended 31 March 2025, which are set out on pages 10 to 24.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company'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 the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

- (1) accounting records were not kept in respect of the charitable 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.

Signed by:


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Adam Fullerton

Member of the ICAEW

For and on behalf of:

Moore Kingston Smith

Chartered Accountants

6th Floor

9 Appold Street

London

EC2A 2AP

Date: 2 December 2025

The Brain and Spine Foundation**Statement of Financial Activities** *(incorporating an income and expenditure account)***For the year ended 31 March 2025**

	Note	Restricted £	Unrestricted £	Endowment £	2025 Total £	2024 Total £
Income from:						
Donations and legacies	3	43,365	369,350	150,000	562,715	617,186
Charitable activities	4	111,000	72,500	-	183,500	225,081
Other trading activities	5	-	144,285	-	144,285	125,272
Investments		-	1,487	-	1,487	412
Total income		154,365	587,622	150,000	891,987	967,951
Expenditure on:						
Raising funds		-	78,823	-	78,823	123,282
Charitable activities		154,365	487,606	-	641,971	926,148
Total expenditure	6	154,365	566,429	-	720,794	1,049,430
Net income/(expenditure)		-	21,193	150,000	171,193	(81,479)
Transfers between funds		-	30,000	(30,000)	-	-
Net movement in funds	7	-	51,193	120,000	171,193	(81,479)
Reconciliation of funds:						
Total funds brought forward		-	19,995	-	19,995	101,474
Total funds carried forward		-	71,188	120,000	191,188	19,995

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 15 to the accounts.

The Brain and Spine Foundation**Balance sheet****As at 31 March 2025**

	Note	£	2025 £	2024 £
Fixed assets				
Tangible assets	10		-	-
Current assets				
Debtors	11	13,956		67,636
Cash at bank and in hand		<u>211,946</u>		<u>67,445</u>
		225,902		135,081
Liabilities				
Creditors: amounts falling due within 1 year	12	<u>34,714</u>		<u>115,086</u>
Net current assets			<u>191,188</u>	<u>19,995</u>
Net assets	13		<u><u>191,188</u></u>	<u><u>19,995</u></u>
Funds	14			
Endowment funds			120,000	-
Restricted funds			-	-
Unrestricted funds				
General funds			<u>71,188</u>	<u>19,995</u>
Total charity funds			<u><u>191,188</u></u>	<u><u>19,995</u></u>

The directors are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act; 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 the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 2 December 2025 and signed on their behalf by

Signed by:

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 Mark Luce - Chairman

The Brain and Spine Foundation**Statement of cash flows****For the year ended 31 March 2025**

	2025	2024
	£	£
Cash provided by/(used in) operating activities:		
Net movement in funds	171,193	(81,479)
<i>Adjustments for:</i>		
Dividends, interest and rents from investments	(1,487)	(412)
Receipt of endowment income	(150,000)	-
Decrease in debtors	53,680	4,086
(Decrease)/increase in creditors	(80,372)	91,805
Net cash provided by operating activities	(6,986)	14,000
Cash flows from investing activities:		
Dividends, interest and rents from investments	1,487	412
Net cash provided by investing activities	1,487	412
Cash flows from financing activities:		
Receipt of endowment income	150,000	-
Increase in cash and cash equivalents in the year	144,501	14,412
Cash and cash equivalents at the beginning of the year	67,445	53,033
Cash and cash equivalents at the end of the year	211,946	67,445

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

1. Accounting policies

a) Basis of preparation

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

The Brain and Spine Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate. The charity ended the year 2024-25 with £71,188 (2023-2024 £19,995) of free reserves. Whilst this represents a significant increase from the previous year, the charity has a strong funding pipeline and has continued to secure major grants including multi-year arrangements. Additionally rigorous cost controls are in place to ensure that new financial commitments cannot be entered into unless appropriate funds are in place. For these reasons the trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from fundraising events and other trading income is recognised when the event or conference takes place and is deferred where the income relates to future periods.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

1. Accounting policies (continued)

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

For Google AdWords, the charity measures the value of the gift at the market value provided by Google. Where the market value is given in foreign currency, this is translated in line with the charity's foreign exchange policy (note 1 (o)).

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity. Expendable endowment funds are given, for the long-term benefit of the charity. However, the trustees may, at their discretion determine to spend all or part of the capital.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support and governance costs

Premises costs, office costs, depreciation and consultancy fees have been allocated to raising funds, charitable activities and support costs on an allocation of staff time spent on each activity.

	2025	2024
Raising funds	11.3%	11.2%
Charitable activities	83.8%	84.6%
Support costs	4.9%	4.2%

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

1. Accounting policies (continued)

h) Allocation of support and governance costs (continued)

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis, which is an estimate of resources spent on each activity:

	2025	2024
Raising funds	10.0%	10.0%
Charitable activities	90.0%	90.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	4 years straight line basis
Database and website	4 years straight line basis

Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

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

k) Cash at bank and in hand

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

l) Creditors

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

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

1. Accounting policies (continued)

o) Foreign currency transactions

Transactions in foreign currencies are translated at the period average rate. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the year end.

p) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

2. Prior period comparative: Statement of Financial Activities

	Restricted £	General £	2024 Total £
Income from:			
Donations and legacies	73,773	543,413	617,186
Charitable activities	114,180	110,901	225,081
Other trading activities	-	125,272	125,272
Investments	-	412	412
Total income	187,953	779,998	967,951
Expenditure on:			
Raising funds	-	123,282	123,282
Charitable activities	187,953	738,195	926,148
Total expenditure	187,953	861,477	1,049,430
Net expenditure and net movement in funds	-	(81,479)	(81,479)

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

3. Income from donations and legacies

	Restricted £	Unrestricted £	Endowment £	2025 Total £
Donations and appeal income	-	296,806	150,000	446,806
Legacies	-	72,544	-	72,544
Gifts in kind - Google AdWords	43,365	-	-	43,365
Total donations and legacies	43,365	369,350	150,000	562,715
Prior period comparative				2024 Total £
		Restricted £	Unrestricted £	
Donations and appeal income		-	498,808	498,808
Legacies		-	44,605	44,605
Gifts in kind - Google AdWords		73,773	-	73,773
Total donations and legacies		73,773	543,413	617,186

4. Income from charitable activities

	Restricted £	Unrestricted £	2025 Total £
<i>Grants > £5,000:</i>			
The National Lottery Community Fund:			
Reaching Communities/Partnerships	111,000	-	111,000
Garfield Weston	-	33,000	33,000
The Childwick Trust Grant	-	15,000	15,000
<i>Grants = £5,000:</i>			
The February Foundation	-	5,000	5,000
<i>Grants < £5,000:</i>			
The Souter Charitable Trust	-	3,000	3,000
The Stanley Grundy Foundation	-	2,500	2,500
The Peter Storrs	-	2,500	2,500
The Hospital Saturday Fund Grant	-	2,000	2,000
The Peter Courtauld Charitable Trust	-	2,000	2,000
Joseph and Lena Randall Charitable Trust	-	1,500	1,500
HEAD PMC Health Charity SUP	-	1,000	1,000
J H Levy Charitable Trust	-	1,000	1,000
The Bartle Family Charitable Trust	-	1,000	1,000
The Rainford Trust	-	1,000	1,000
The Armstrong Family Trust	-	700	700
Broughton Family	-	600	600
The J H Levy Charitable Trust	-	500	500
Carol Ann Evershed	-	200	200
			-
Total charitable activities	111,000	72,500	183,500

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

4. Income from charitable activities (continued)

Prior period comparative

	Restricted £	Unrestricted £	2024 Total £
<i>Grants > £5,000:</i>			
The National Lottery Community Fund: Reaching Communities/Partnerships	110,000	-	110,000
Garfield Weston	-	33,000	33,000
Edward Gostling	-	25,000	25,000
Eveson Trust	-	10,001	10,001
			-
<i>Grants = £5,000:</i>			-
The February Foundation	-	5,000	5,000
The Lawson Trust	-	5,000	5,000
The Persula	-	5,000	5,000
29th May 1961	-	5,000	5,000
Sandra Charitable Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
NHS England Trust	4,180	-	4,180
Souter CT	-	3,000	3,000
The D'Oyly Carte Charitable Trust	-	3,000	3,000
The Peter Storrs	-	2,500	2,500
William Allen Young	-	2,500	2,500
PF Charitable Trust	-	2,000	2,000
Joseph and Lena Randal	-	1,500	1,500
The Bartle Family Charitable Trust	-	1,000	1,000
J H Levy Charitable Trust	-	500	500
Christadelphian Samaritan Fund	-	500	500
Broughton Family	-	500	500
The Ian Askew Charitable Trust	-	500	500
The Armstrong Family Trust	-	200	200
Carol Ann Evershed	-	200	200
Total charitable activities	114,180	110,901	225,081

5. Income from other trading activities

	2025 Total £	2024 Total £
Fundraising events	144,285	125,272

All income from other trading activities in the current and prior year is unrestricted.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

6. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2025 Total £
Direct costs	25,389	54,980	6,862	87,231
Staff costs (note 9)	21,741	343,059	16,876	381,676
<i>Allocated costs:</i>				
Premises costs	3,411	18,935	1,161	23,507
Office costs	5,936	51,145	3,567	60,648
Consultants	18,903	142,869	5,960	167,732
Sub-total	75,380	610,988	34,426	720,794
Allocation of support and governance costs	3,443	30,983	(34,426)	-
Total expenditure	78,823	641,971	-	720,794

Governance costs in the year were £6,240 (2024: £6,000).

Prior period comparative

	Raising funds £	Charitable activities £	Support and governance costs £	2024 Total £
Direct costs	28,332	95,968	13,027	137,327
Staff costs (note 9)	57,311	467,655	22,834	547,800
<i>Allocated costs:</i>				
<i>Premises costs</i>	4,113	22,835	1,400	28,348
Office costs	11,231	49,199	7,286	67,716
Consultants	17,144	244,135	6,960	268,239
Sub-total	118,131	879,792	51,507	1,049,430
Allocation of support and governance costs	5,151	46,356	(51,507)	-
Total expenditure	123,282	926,148	-	1,049,430

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

7. Net movement in funds

This is stated after charging:

	2025 £	2024 £
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	611	400
Trustees' indemnity insurance	110	110
Independent examiners' remuneration (including VAT)	6,240	2,100

Trustee reimbursed expenses relate to travel and subsistence costs for 2 trustees (2024: 1).

8. Staff costs and numbers

Staff costs were as follows:

	2025 £	2024 £
Salaries and wages	322,330	479,695
Redundancy payments	15,886	-
Social security costs	28,390	45,293
Pension costs	15,070	22,812
	381,676	547,800

	2025 No.	2024 No.
Employees earning more than £60,000 during the year		
£60,000 - £70,000	-	1
£70,000 - £80,000	-	1

The key management personnel of the charitable company comprise the trustees, chief executive and senior management team. The total employee benefits of the key management personnel were £255,636 including redundancy payments of £15,886 (2024: £356,995).

Staff numbers were as follows:

	2025 No.	2024 No.
Average head count	9	12
Full time equivalent	7	10

9. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

10. Tangible fixed assets

	Computer equipment £	Database and website £	Total £
Cost			
At 1 April 2024	37,601	52,800	90,401
Disposal/write offs	(37,601)	(52,800)	(90,401)
At 31 March 2025	-	-	-
Depreciation			
At 1 April 2024	37,601	52,800	90,401
Charge for the year	-	-	-
Disposal/write offs	(37,601)	(52,800)	(90,401)
At 31 March 2025	-	-	-
Net book value			
At 31 March 2025	-	-	-
At 31 March 2024	-	-	-

11. Debtors

	2025 £	2024 £
Prepayments	13,956	16,195
Accrued income	-	51,441
	13,956	67,636

12. Creditors: amounts due within 1 year

	2025 £	2024 £
Trade creditors	16,732	67,700
Accruals	11,071	15,841
Other taxation and social security	6,911	31,545
	34,714	115,086

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

13. Analysis of net assets between funds

	Endowment funds £	Restricted funds £	Unrestricted funds £	Total 2025 £
Tangible fixed assets	-	-	-	-
Net current assets	120,000	-	71,188	191,188
Net assets at 31 March 2025	120,000	-	71,188	191,188
Prior period comparative				
	Endowment funds £	Restricted funds £	Unrestricted funds £	Total 2024 £
Tangible fixed assets	-	-	-	-
Net current assets	-	-	19,995	19,995
Net assets at 30 March 2024	-	-	19,995	19,995

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

14. Movements in funds

	At 1 April 2024 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2025 £
Restricted funds					
Google AdWords	-	43,365	(43,365)	-	-
The National Lottery Community Fund	-	111,000	(111,000)	-	-
NHS England Trust	-	-	-	-	-
Total restricted funds	-	154,365	(154,365)	-	-
Unrestricted funds					
General funds	19,995	587,622	(566,429)	30,000	71,188
Total unrestricted funds	19,995	587,622	(566,429)	30,000	71,188
Endowment funds					
The Edward Gostling Fund	-	150,000	-	(30,000)	120,000
Total endowment funds	-	150,000	-	(30,000)	120,000
Total funds	<u>19,995</u>	<u>741,987</u>	<u>(720,794)</u>	<u>-</u>	<u>191,188</u>

Purposes of restricted funds

Google AdWords - Represents the value of advertising donated by Google to support access to information.

The National Lottery Community Fund: Reaching Communities/Partnerships - Three year grant of £330,000 allocated equally between Professional Neuro Services and NeuroLifeNow.

NHS England Trust - Used to deliver the service evaluation of 5 Neurosurgery units across North London.

Purposes of endowment funds

The Edward Gostling Fund - expendable endowment funds held to use to invest and generate income to be used to further the Foundation's charitable purposes. In the year £30,000 was released to the general fund for use of charitable purposes.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2025

14. Movements in funds (continued)

Prior period comparative

	At 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2024 £
Restricted funds					
Google AdWords	-	73,773	(73,773)	-	-
The National Lottery					
Community Fund	-	110,000	(110,000)	-	-
NHS England Trust	-	4,180	(4,180)	-	-
Total restricted funds	-	187,953	(187,953)	-	-
Unrestricted funds					
General funds	101,474	779,998	(861,477)	-	19,995
Total unrestricted funds	101,474	779,998	(861,477)	-	19,995
Total funds	101,474	967,951	(1,049,430)	-	19,995

15. Related party transactions

During the year trustees donated £nil to The Brain and Spine Foundation (2024: £nil).

Marc Smith, previous Chief Executive of the charity, was also a trustee of the Neurological Alliance. During the year ended 31 March 2025, the charity paid £14,110 (2024: £10,000) to the Neurological Alliance for support with the Neuro Life Now project. At year end, there was a balance owing of £nil (2024: £7,360) to the Neurological Alliance.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2025

Our Founder and President, Peter Hamlyn MB BS BSC MD FRCS FISM

In a medical career that has spanned 40 years, Peter has led change at the elite level of both neurosurgery and sports medicine. He has headed neurosurgical teams in some of London's elite teaching hospitals such as St Bartholomew's Hospital and The Royal London Hospital, academic units in leading universities such as Queen Mary University London and University College London. He has worked at the elite level in multiple sports medicine, including motor sports, equine sport, combat and collision sports as well as the performing arts – everything from the NFL to the Royal Ballet. He has chaired Ministerial Working Groups and was pivotal to the creation of Sport and Exercise Medicine as a recognised specialty.

He has worked as medical advisor to the Society of British Neurological Surgeons (first Safe Neurosurgery working group), General Medical Council, Trigeminal Neuralgia Association of Great Britain, British Olympic Association, British Boxing Board of Control, The Jockey Club of Great Britain, UK Sport, Royal Ballet, GB rowing team, England Rugby, plus numerous premier league football and rugby clubs.

Peter was a member of the 2012 Olympic Bid Advisory Panel and has worked as a correspondent for the sports section of The Daily Telegraph newspaper. In 1996, he was awarded Fellowship of the Institute of Sport Medicine for work in the field of head injury in sport. He is founder and president of the Brain and Spine Foundation, has been the Chair of the Football Association's Expert Medical Panel since 2016 and has been a Trustee of the Grand Prix Trust since 2005. Most recently, Peter has been appointed Medical Director and Trustee of Podium Analytics.

Vice President, Alistair Watkins

Alistair has spent the last 25 years working in the world of international sport at the highest level. He started his career working as the FIA's Formula One Press Officer 1995 – 1999, an era a great change in sport with safety becoming a primary objective. A change of direction into the commercial side of the sports world followed a year of study and an MBA from the Management School of Imperial College in London. Two year of working for leading consultancy Oliver & Ohlbaum on Premier League media rights valuations led to Alistair joining Kirch Media, who acquired Formula One, and subsequent work on the sports long term business plan.

Alistair re-joined the sport of Formula One in 2002 as Marketing Director of Lucky Strike BAR Honda's Formula One team, which saw Alistair leading the team's global marketing operations for five years. He was then head hunted to be Marketing Director of Swiss America's Cup sailing team, Alinghi. Created by Swiss biotech billionaire, Ernesto Bertarelli, Alinghi was the first European team to win the America's Cup and defend it successfully in Valencia in 2007.

Alistair founded Influence Associates in 2008 with two other directors, which saw the marketing and PR agency offer corporate clients PR, investor relations, marketing and sponsorship services. Since then he has created Influence Sports & Media for sports clients.

Alistair stepped down as Trustee of Brain & Spine Foundation after six years and was elected as Vice President in 2022. He will be working on projects with our Founder and President, Peter Hamlyn.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2025

Chair of Trustees, Mark Luce

Mark joined the Board of Trustees in July 2017, stepping up to his current role as Chair in July 2018. Mark spent the last 20 years working for global beer giant SABMiller and now runs his own marketing consultancy. Continuing his passion for change, his ambition is to transform the care provided to those living with neurological conditions and in doing so, to make a meaningful difference to many more people. He is a wine maker, avid traveler, and motorsport fan.

Trustee, Kavita Basi

Kavita has over 25 years of experience in the fashion industry. In 2015 she suffered a subarachnoid brain haemorrhage and was told she had a 50% chance of survival and could be left with life-changing disabilities.

After four brain operations and extensive rehabilitation, Kavita made it her mission to make a positive difference in the fashion industry, be a role model to the next generation and help others that have suffered a similar illness. She has been a Brain & Spine Foundation Ambassador since 2015, is an author of two books about surviving brain haemorrhage and has shared her story through her podcast and social media. Her two ethical brands promote vegan and gender-neutral fashion. She donates 5% of profits from her brand Ration.L to the Brain & Spine Foundation.

Trustee, Asli Guner-Paul

Asli is currently working as Associate General Counsel at Lightsource BP, a global solar company, heading up projects in the EMEA region. She holds a Bachelor of Law (with first class honours equivalent) from Galatasaray University and an LL.M degree (with merit) in corporate and commercial law from the London School of Economics and Political Science. She speaks Turkish, French and German. Asli joined the Board of Trustees in May 2020 after a close family member was diagnosed with a neurological illness. She is passionate about contributing to the invaluable work of the Brain & Spine Foundation. Asli enjoys spending time with her family, travelling, pilates and collecting vintage crockery.

Trustee, Jeroen Huysinga

Jeroen has spent 35 years working as a portfolio manager covering equity markets globally. He was a Managing Director at JPMorgan Asset Management for 20 years.

In 2020, Jeroen chose to retire from his work in the City and embark on a Master's degree in Charity Accounting and Financial Management at the Cass business school. His ambition is to combine commercial experience and rigorous learning to make a difference and to build a second career in the charities sector. Jeroen joined the Board of Trustees in April 2020 and is passionate about the potential to create positive change.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2025

Trustee, Lauren Downie

After suffering a subarachnoid haemorrhage in 2004, Lauren was discharged from hospital and given a leaflet from the Brain and Spine Foundation. A few months after, she realised her recovery was taking longer than expected and as she had no follow up appointments booked with the hospital, Lauren called the Brain & Spine Foundation's Helpline.

The advice she received was extremely helpful, explaining what Lauren might expect in terms of recovery time. She went to meet the team and was invited to support the Brain and Spine at the London marathon. She was asked to run a 5k to raise funds, and that was her introduction to running. After a follow up procedure in 2006, Lauren was persuaded to run the marathon to raise funds for the foundation again. This is when she met all the team and was inspired by the charity. Along the way, Lauren has contributed to a book written by Alison Wertheimer, called "A Dented Image, Journeys of Recovery from Subarachnoid Haemorrhage", and attended conferences run by the charity. She was appointed an ambassador several years ago as she raised awareness of the charity by getting running friends to join her on fundraising runs.

More recently Lauren has been working as a peer support volunteer for the Neuro Social group where survivors of neurological illnesses meet once weekly online. Support for people with neurological conditions is lacking throughout the UK and Lauren feels very grateful to the Brain and Spine Foundation for the support the charity has given her in the past. She is so happy to help in any small way towards improving services for others.

Trustee, Carolyn Turner

In 2008 Carolyn was diagnosed with a spinal cord tumour. She lived with it for 5 years before having complex spinal surgery in 2013. In 2014, she reached out to the Brain and Spine Foundation for support and began fundraising in 2015. This is when she became an Ambassador for the charity.

Carolyn comes from a nursing background, having worked as a staff nurse at the Leicester Royal Infirmary NHST for 15 years, initially in the Central Operating department. She then transferred to Ophthalmology, gaining experience in theatres, on the wards and clinics before joining the hospital agency and working in the recovery suite of the Women's Hospital.

Following her surgery, she worked as support staff at a pre-school and now dedicates her time to the Brain & Spine Foundation. She is the Volunteer Facilitator for the charity's peer support groups: Neuro Social, Neuro Creative, Neuro Social Midlands and Neuro Creative Writing.

Carolyn chairs the Brain & Spine Foundation sub-committee focused on our Professional Services offering. She was appointed to the Board of Trustees in 2023.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2025

Trustee, Ifeyinwa Kantonna

Ifeyinwa Kantonna is a Chartered Accountant with over 20 years of experience, recognized by both the Association of Chartered Certified Accountants (ACCA) and the Institute of Chartered Accountants of Nigeria (ICAN). She also holds an MSc from Henley Business School, UK, and is an associate member of the Institute of Chartered Secretaries and Administrators of Nigeria (ICSAN).

Her career began with a volunteer role at Citizens Advice Kensington and Chelsea, sparking a lifelong commitment to the nonprofit sector. Since then, she has led finance strategy, compliance, and governance for national and international nonprofits, ensuring accountability to boards, funders, regulators, and beneficiaries.

Her core strengths include Compliance & risk management, Board advisory & reporting, Treasury & financial strategy, Systems implementation, Governance & stakeholder engagement.

Driven by purpose, Ifeyinwa Kantonna partners with NGOs, charities, unions, and churches to help them achieve meaningful impact through sound financial leadership and transparent operations.

In her spare time, Ife loves spending time with family, travelling and learning about new foods and culture. She also enjoys driving and spending time outdoors, exploring national parks.

Accounts

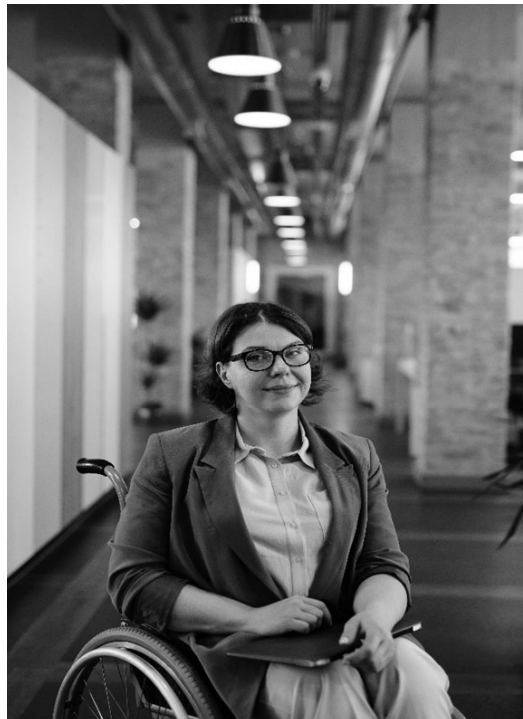
Company no. 04432677
Charity no. 1098528

The Brain and Spine Foundation

Report and Unaudited Financial

Statements

31 March 2024



The Brain and Spine Foundation

Reference and administrative details

For the year ended 31 March 2024

Company number	04432677
Charity number	1098528
Registered office	Canopi Borough 4th Floor 7-14 Great Dover Street London SE1 4YR
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Ian Basden-Smith Kavita Basi Joseph Bedford (resigned 15 December 2023) Peter Brickley Lauren Downie (appointed 28 June 2023) Paul Fleming (resigned 17 June 2024) Asli Guner-Paul Jeroen Huysinga Mark Luce (Chair) Elizabeth Manuel (resigned 6 August 2024) Carolyn Louise Turner
Charity president	Peter Hamlyn BSc MB BS MD FRCS FISM
Charity vice president	Alistair Watkins
Chief operating officer	Alex Sunley
Company secretary	Alex Sunley
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA NatWest Bank PO Box 158 214 High Holborn London WC1V 7BX
Independent examiners	Moore Kingston Smith Chartered accountants 6th Floor 9 Appold Street London EC2A 2AP

Letter from our Chair

Following on from our 30th Anniversary year, I am very pleased to report that the Brain & Spine Foundation has redoubled its efforts to deliver much needed support to our community of people affected by a neurological condition across the UK in more effective and impactful ways than ever before. This in a period when the demand for services is at an all-time high and the need is so great.

In the last 12 months we have focussed on the development of our Neuro UK campaign following the launch event at Downing Street last March. This has involved extensive discussions with the Neurological Alliances of the four home nations, together with key single condition charities in the sector. The objective being to explain our strategy and seek support for the establishment of the Institute for Neuro Life Sciences. I am delighted to report that such support was widely forthcoming which gives us confidence in the validity and relevance of our strategy.

Consistent with our strategic aims, we concluded at the end of the year that the Brain & Spine Foundation would transition to an organisation with a single-minded focus on 3 key dimension to change the future:

- a) The Institute to develop a patient-led case for change, to improve the woeful patterns of neurological diagnosis and care;
- b) Our Neuro Life Now platform to gather patient data;
- c) Our Neuro Change Makers campaign to drive awareness of Neuro and to encourage patients to submit their data and give a powerful voice to a potentially 13m strong community

At the same time, we will continue the critical focus on our Professional Services proposition that deal with the present. The combination of these 4 service propositions constitutes our revised strategy.

To signal this more ambitious strategy and to simplify our proposition, we will be changing the name of our charity to i-Neuro in the coming months.

We are confident that this more ambitious strategy will significantly help to deliver lasting and meaningful change for our community by gathering real-world insights from people affected and allowing us to not only refine our own services but also influence the improvement of treatment, care and support in the wider community.

The transition also involves the embracing of a start-up mindset so that we become more cost effective, whilst becoming more nimble and agile in securing funding support for our strategy. We believe i-Neuro will be a more attractive funding proposition to potential donors.

I am very aware that none of this would be possible without the continued support and generosity of our supporters, the engagement of our community, and the energy, passion and talent of our team of professionals, staff and volunteers. Thank you to each and every one.

Signed by:

2E0CB1B5A23C499...
Mark Luce
Chair of Trustees

Annual Trustees' Report 2023-24

Introduction

This year, despite a challenging financial environment, we have pressed ahead and continued to deliver our core programmes, motivated by our mission to enable anyone and everyone within our community to live their lives with dignity and purpose.

In 2023-24, the first of our strategic focuses was on maintaining and improving the quality of our work.

Across the year, our programmes and the services they deliver have remained available to all who need them – and this is a testament to previous years' work to ensure the stability of our operating model.

Although we are still seeking the funding required to expand our programmes significantly, we were able to grow the support and information available to our community across 2023-24.

We achieved this through collaborations, partnerships, guest speakers, placements, and by providing opportunities for volunteers to use their skills and experience to benefit both themselves and those around them.

This past year has shown without a doubt that this approach of working alongside our community, bringing people together, and supporting individuals to act, that has and will continue to bring us success in creating lasting change and impact.

Another strategic priority in 2023-24 was deepening our understanding of the challenges facing our community and exploring how we can evolve as an organisation to better address these challenges.

Through the insights and evidence gathered by our NeuroLifeNow programme, we have remained acutely aware of the needs of people affected by neurological conditions - and these needs were highlighted every day by the nature of the enquiries we answered through our Helpline and the discussions we heard taking place in our peer support groups.

Simply put, too many people are facing unacceptable waiting times, ongoing delays, and are continuing to feel that they have been left alone to deal with their condition or symptoms.

We strive to amplify the voices of our community and to be a platform through which people can share their own stories, in their own words - as facts and figures alone cannot convey the resilience and bravery of each person they represent.

However, this year has also highlighted the need for change at a systems level and we have seen this in the growing momentum and support for our Neuro UK programme, now named i-Neuro.

As this report will go on to explain, we have taken the decision to use i-Neuro as an opportunity to secure the future of the Brain & Spine Foundation and to accelerate our growth as an organisation.

i-Neuro

As we progressed i-Neuro from its early stages of planning and development, we saw encouraging signs throughout 2023-24 that it had the potential to play a transformative role in the future of both our charity and our community.

i-Neuro sat at the centre of conversations with:

- Potential academic partners at leading UK universities, resulting in a memorandum of understanding
- Leading clinicians and researchers whose early careers were supported by the Brain & Spine Foundation
- Philanthropists and high-net worth individuals who have connections with the charity and our community

In 23-24 we also further confirmed ‘proof-of-concept’ and secured buy-in from stakeholders across the wider neurological sector, with unanimity around the need for change and the need for data.

Each of these conversations reflects the fact that at the heart of i-Neuro is an ambition to both draw upon our organisation’s legacy, and to build our NeuroLifeNow programme in recognition of the role we play as a key contributor to data and evidence within our sector.

It has become somewhat clear to us that i-Neuro has the potential to be a defining step towards growing the impact of our work and the work of our community. This has led to the decision to review our organisational strategy and to centre i-Neuro within it.

Of course, underpinning these ambitions – and very central to our future success – is the trust and connection we have with our community.

We are committed to continuing to nurture this relationship through our Professional Neuro Services and Neuro Changemakers programmes, as it is vital we support and maintain the wellbeing of individuals within our community as we work towards larger-scale changes that can impact the lives of many.

Prioritising Sustainability and Success through i-Neuro

i-Neuro launched in March 2023 originally with the name Neuro UK. It had the objective to change how ‘neuro’ is perceived and address the woeful patterns of care for neurological conditions within the U.K

i-Neuro will produce the data, evidence, and insight required to ensure those affected by neurological conditions receive the care and attention they deserve – and through a directed combination of innovative research and bold campaigning, i-Neuro will rightfully establish neurological conditions as a serious public health concern, taking their place alongside the likes of heart disease and cancer in terms of importance and profile.

Over the last year i-Neuro has gained increasing momentum and to ensure we are in the best position to take it forward, we are embarking on a transition at the Brain & Spine Foundation.

At the heart of this transition are the principles of:

1. **Sustainability** – safeguarding the organisation by making it resilient and responsive to what is a continually challenging financial environment
2. **Success** – allowing the organisation to invest in its future and build on the firm foundations established over more than 30 years of charitable work in the ‘neuro’ sector

We are taking actions to make the organisation leaner, more agile, and thus easier to fund; and we are refining our programme-focused structure to better address the firmly entrenched challenges facing the ‘neuro’ community.

As a result of this transition, we will be able to:

1. **Protect and maintain** our ‘core’ activities as delivered through our **Professional Neuro Services programme** – i.e., our helpline services, our health information and education services, and our peer support services (that The Edward Gostling Foundation has funded so generously in recent years).
2. Become a **nimble catalyst** for **change** with a flexible cost base that ensures we can be **responsive** to **opportunities** for **growth** and **innovation**, but without risk to the charity’s ongoing operations.
3. **Scale** and evolve our real-time social research platform **NeuroLifeNow** – because data-at-scale is essential to i-Neuro’s ability to drive meaningful and lasting change.

We have also agreed on moving towards i-Neuro as the overarching brand and alignment for our programmes; we believe this will make a more attractive funding proposition and create a more exciting, ambitious, and certain future for the organisation.

New Appointments in support of i-Neuro

To support this transition, we are introducing a different management team who bring with them new skillsets and experience – particularly in the areas of research, AI, and technology.

In June 2024, Alex Sunley joined the Brain & Spine Foundation as COO, along with Ranulph Tees as CTO.

The new management team will also draw upon the depth of strong, professional expertise within the Board of Trustees, President, and Vice-President.

Funding Pipeline and Commitments to activate i-Neuro

In 2023-24 we have secured a major grant offer of £473,000 over two years from the Dinwoodie Charitable Company. We are actively looking for the Primary funder to complete the programme funding and we have promising leads in the F1/motorsport world.

We are also awaiting a decision from the Peter Sowerby Foundation to provide grants to fund our health information and education programme.

Once we have this and other funding in place, we will be able to activate three workstreams that are central to achieving our ambitions for i-Neuro:

1. **NeuroLifeNow** – developing the digital technology to release a state-of-the-art application that can help us scale the programme to 100,000+ participants.
2. **Neuro Changemakers** – launch a full acquisition/marketing campaign to attract 2,700 Changemakers and establish 45 self-help groups across the UK.
3. **Growing the presence of our Professional Neuro Services** – recruit 3,150 volunteers to help create and disseminate materials to Primary Care settings, in parallel with a sophisticated in-hospital advertising programme. This will increase the awareness and availability of information on neurological conditions, and where to go for support, through GPs, pharmacists, and clinicians.

The Development Board set up in March 2023 by our founder and President, in conjunction with the Trustees, will ‘turbo-charge’ our fundraising activity in 2024-25. This initiative has already yielded positive results and we expect more in the coming year, particularly from Formula 1.

Envisioning our Future with i-Neuro

Our overarching priority in 2024-25 will be building towards a full launch of i-Neuro.

This is after having done extensive preparations in 23-24, confirmed proof of concept, and secured buy-in from stakeholders across the neurological sector. There is unanimity around the need for change and the need for data.

As part of this launch, i-Neuro will become the parent brand for our programmes and this brand refresh will lead a campaigning activation that will boost NeuroLifeNow and Neuro Changemakers, as well as drive more people to our Professional Neuro Services.

It is our intention that i-Neuro will:

1. Increase the visibility of ‘neuro’ to make the case for change easier with politicians, practitioners, and the public.
2. Make recruitment of participants to NeuroLifeNow and Neuro Changemakers more effective (in terms of both cost and scale).
3. Develop The Institute for Neuro Life Sciences with a focus on health economics, and improvements to service design and delivery. NeuroLifeNow will provide the real-time data that the Institute needs to drive the case for change.

Following successful discussion with a leading UK university with global reputation, we have a Memorandum of Understanding to bring The Institute for Neuro Life Sciences to life and we are working with them to define and develop the activation pathway.

Neuro Changemakers

This year saw us take the first steps towards further growing a network of community groups that will be led by volunteers who have received support and training from the Brain & Spine Foundation.

The first of these groups launched in January 2024 and is a condition-specific group for people with nerve injuries.

Prior to the group launching, we worked in partnership with the volunteer group leader to review and develop our processes to make sure we were able to meet their needs and address any concerns. We are committed to ensuring the safety and wellbeing of everyone involved in the groups, including the volunteer group leaders.

We are delighted at the positive feedback we are already receiving and the words from our community help to show why these groups are needed:

“You provided the opportunity for me to meet with others and listen to their stories...
Keep doing what you do”

Nerve injury group member

“For me, it is an incredibly rewarding and humbling experience to lead the Nerve Injury Group. It is a pleasure to provide those living with nerve injury with a space where they can open-up, realise they are not alone and benefit from other people’s journeys.”

Nerve injury group leader

We also continued to support our group of 44 Ambassadors as they engaged within their local communities to raise awareness of neurological conditions, the needs of our community, and the programmes and services we provide.

Ahead of Volunteers’ Week 2024, we surveyed our ambassadors and volunteers – all of whom embody the spirit of what it means to be a changemaker – and the results truly revealed why our Neuro Changemaker programme is such a vital component of our work.

“I feel like I have some self worth again. Life throws curve balls and some days are harder than others but I think it’s important to channel your feelings towards looking move positively to the future. I’ve been able to use my skills again.”

Brain & Spine Foundation volunteer

Our volunteers shared that volunteering provided them with an opportunity to:

- Support a cause that is important to them
- Improve things and help people
- Meet new people
- Use their skills

Volunteering had made a difference to their own lives by:

- Growing their confidence
- Developing their communication and listening skills
- Inspiring them to be creative
- Giving them a sense of purpose
- Helping them grow as a person
- Connecting them to a supportive community
- Improving their own mental health and wellbeing

It was very humbling to also learn that 100% of our volunteers said they would recommend volunteering with us – and this gives us confidence in driving forward our commitment to involving our community in everything we do.

Professional Neuro Services

This year we responded to a total of 2,704 enquiries through our Helpline – a 14% increase on last financial year – and the support and information provided will have benefited over 16,000 people directly or indirectly.

Over 90% respondents to our Helpline survey reported they were satisfied or very satisfied with the service they received, and the same percentage of respondents (or higher) said that they felt listened to and supported and they found the information they received useful.

Building on the success of our pilot project in 2022-23, this year we also established the Enhanced Emotional Support Service (EESS) as part of our core Helpline services provision and continued it throughout 2023-24. In total across the year, we enrolled 38 people and delivered 161 one-to-one sessions.

The focused emotional support provided through the EESS proved vital in helping distressed individuals to achieve positive outcomes and personal goals – and following or during their participation in the EESS, some people received new diagnoses and changes to their care because they were able to confidently communicate their symptoms and experiences with their healthcare providers.

Service User Feedback: “To be honest I don't know where I would have gone with trying to get help, support, and information. It hasn't been forthcoming from anybody. Apart from what I can read online you don't know the facility of the source. With your knowledge skill and expertise, I know that you're talking from a good place. It would have been a very difficult journey always thrilled to have your help. You're amazing and brilliant. Thank you for your help and effort really appreciate it”.

This year we distributed a total of 3,939 printed copies of our health information booklets to individuals and health and social care professionals – and we saw over 329,000 people visit our website to access online health information.

Our peer support services continue to see long-term engagement from their members and alongside running our existing offer of online social groups and creative sessions, in the past year we have been able to grow the number of core groups and deliver a range of one-off creative sessions, including sessions on behalf of other charities and organisations.

We are continually proud to champion an accessible approach to creative activities, ensuring that people feel welcome and enabled to participate – and this was perfectly summed up by one participant when they said, “I've learnt that I don't need to be amazing, I can just be me.”

We also began to expand our creative offering to allow people who cannot attend the sessions to be inspired and explore creativity at their own pace by launching online galleries for group participants to share their work in and a public-facing gallery for all others to enjoy.

We worked with Tobias School of Art and Therapy to offer a placement opportunity to a third-year student studying Arts Counselling. This placement had an emphasis on learning online creative group practice in arts and wellbeing, and in particular with those living with neurological conditions.

Our placement student started in October 2023 and will complete their placement in July 2024. This opportunity will further their practical experience and training to become a qualified Transpersonal Arts Counsellor.

Behind all this we have embarked upon a review of our safeguarding policies and have opened up conversations with other charities, such as the Proud Trust, to gather insight from other organisations that will further enable us to support our volunteers and participants.

Staff from across our support and information services also represented the organisation and progressed our professional outreach work through:

- Presentations introducing our programmes and services to health and social care providers, including the Buckinghamshire NHS Trust
- Attending national conferences, including those hosted by our partner Irwin Mitchell
- Acting on invitations to contribute to NICE's three-year strategy for involvement and engagement and MHRA's review of patient materials about Topiramate

NeuroLifeNow

This year saw our engaged community of participants and stakeholders continue to grow, as we introduced more people and organisations to the NeuroLifeNow programme and its ambitions.

By the end of 2023-24:

- 2048 people have now signed up to receive NeuroLifeNow updates and survey invites
- 2750 survey responses were received across 7 surveys

We have also seen a steady and sustained increase across the year in responses to our bi-monthly surveys, with the number of survey responses in the latter part of this financial year consistently at least more than twice that for the same survey period in the previous year.

This increase in responses reflects the ways in which we have been learning more about how we can more effectively reach out and connect with our community, in particular by collaborating with single-condition charities such as the Migraine Trust and Dystonia UK.

We have also begun working with healthcare service providers to support them in capturing the experience of their patients. We are currently developing a survey that will be served in two languages and used to evaluate patient experience across four neurosurgery units. The results of this survey will inform a neurosurgery improvement programme for NHS North West London.

In 2024-25, we will be working to align NeuroLifeNow with our strategic ambitions around i-Neuro and the future establishment of a research institute under the i-Neuro banner.

Fundraising and governance

Fundraising and financial performance in 2023-24

The Brain & Spine Foundation operates entirely from voluntary income and the strategy is to maintain this independence. We aim to generate income from multiple channels, including Individual Giving, Legacies, Trusts and Foundations, Major Donors, Corporate and Community activities so that we have a balanced and sustainable funding model.

In April 2024, we had an excellent performance from our team of 53 London Marathon runners and honorary Captain, Damon Hill – who between them have raised c £140,000.

Fundraising approach

The Brain & Spine Foundation is registered with the Fundraising Regulator and subscribes to their standards for fundraising. We have an engagement philosophy that informs our fundraising approach, looking to build long-term relationships with supporters, volunteers, and service users. We value all contributions, whether financial or non-financial. We received zero complaints in the last year.

Reserves policy

The Trustees are again mindful of the charity's need for financial reserves and have reviewed our Reserves Policy. Whilst the goal is to keep unrestricted funds equivalent to approximately 6 months of running costs, in this period of external economic difficulty and cashflow challenges, we have not been able to achieve this.

The Trustees mitigated risks by regular review of the cash position and managed costs and expenditure carefully in 2022-23. As of 31st March 2024, we held £19,995 free reserves which has been significantly strengthened by a recent endowment of £150,000 from the Edward Gostling Foundation. The Trustees believe that a strong funding pipeline and careful cost management will enable the charity to maintain operations during the coming year.

Our financial strategy for 2023-24 includes the goal of building reserves of at least 6 months, accumulated as quickly as possible. We will, once again, balance this objective with maintaining ongoing operations in the coming year.

Our ambitious plans on behalf of our community, including the new initiatives proposed under i-Neuro campaign, are underpinned with confidence in the organisation's enhanced ability to generate required funding via the establishment of the Development Board.

Structure, governance and management

The Brain & Spine Foundation is a company limited by guarantee and is registered as a charity with the Charity Commission. It is governed by its Articles of Association (and updated on 22 March 2017).

The Board of Trustees is responsible for determining the overall strategic direction of the charity and for developing policies and plans to support the delivery of charitable objects. The Board monitors progress across all areas of activity including legal requirements and financial performance. Meetings take place five times per year and the Finance and Governance sub-committee, a sub-group of the Board, meets up to four times each year to consider finances and good governance. Other subcommittees are created by the Chair to support and give oversight of strategic initiatives as required.

A Chief Executive Officer (CEO) is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the authority for operational matters including financial management, employment and performance relating to agreed key objectives is delegated to the CEO. At present, these decisions are being taken by the new Management Team until such time as a new CEO is in post.

Any decisions outside of the strategic direction agreed by the Board or outside of the agreed budget are referred to Trustees for approval.

The pay and remuneration of the CEO is reviewed by the Board each year and any changes made are based on performance, an assessment of the market, the financial position of the organisation and relativity across the team.

In the 2021-22 we developed a code of conduct for Trustees and updated the Trustee role description. The code sets out the conduct and practices required to ensure the highest standards of integrity and stewardship in this role.

Trustee recruitment and appointment, induction, and training

We aim to represent the community we serve at all levels of the organisation and are actively reviewing our policy and practice related to Equality, Diversity and Inclusion.

The Articles of Association include terms of office for Trustees, so that an initial appointment is made for a 3-year term and Trustees will be eligible for reappointment for one further term of 3 years.

Our Board of Trustees currently number 8 (of 12) and we have been steadily improving the diversity of the Board across all relevant dimensions in order that we can better represent the communities we serve. Details of Trustees are to be found in the appendix.

Risk management

An organisational risk review sets out the major risks and uncertainties facing the organisation. This is monitored periodically by the Board's Finance and Governance Committee and systems and policies have been established to mitigate exposure to those risks.

Our top risks include financial sustainability, safeguarding vulnerable beneficiaries, and maintaining robust data security. We mitigate these risks through prudent financial management, regular safeguarding reviews, and stringent data protection measures.

Public benefit

When planning the activities for the year, the Trustees have regard to the Charity Commission's guidance on public benefit in accordance with the duties set out in Section 17 of the Charities Act 2011. The benefit is to a specific group of individuals who have a neurological condition, or who have a friend or family member with such a condition, or who are involved in the treatment and care of these people. This report illustrates the activities provided for this group.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the Trustees are required to:

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

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

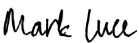
The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Independent examiners

Moore Kingston Smith were appointed as independent examiners to the charitable company in May 2024.

Approved by the Trustees on 01 November 2024 and signed on their behalf by

Signed by:

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Mark Luce – Chairman

Independent examiner's report

To the trustees of

The Brain and Spine Foundation

I report to the trustees on my examination of the accounts of The Brain and Spine Foundation (the charitable company) for the year ended 31 March 2024, which are set out on pages 17 to 31.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company'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 the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

- (1) accounting records were not kept in respect of the charitable 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.

DocuSigned by:


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Date: 01 November 2024

Adam Fullerton

Member of the ICAEW

For and on behalf of:

Moore Kingston Smith

Chartered accountants

6th Floor

9 Appold Street

London

EC2A 2AP

The Brain and Spine Foundation

Statement of financial activities *(incorporating an income and expenditure account)*

For the year ended 31 March 2024

	Note	Restricted £	Unrestricted £	2024 Total £	2023 Total £
Income from:					
Donations and legacies	3	73,773	543,413	617,186	270,039
Charitable activities	4	114,180	110,901	225,081	328,950
Other trading activities	5	-	125,272	125,272	119,353
Investments		-	412	412	279
Total income		187,953	779,998	967,951	718,621
Expenditure on:					
Raising funds		-	123,282	123,282	115,305
Charitable activities		187,953	738,195	926,148	684,559
Total expenditure	7	187,953	861,477	1,049,430	799,864
Net expenditure		-	(81,479)	(81,479)	(81,243)
Transfers between funds		-	-	-	-
Net movement in funds	8	-	(81,479)	(81,479)	(81,243)
Reconciliation of funds:					
Total funds brought forward		-	101,474	101,474	182,717
Total funds carried forward		-	19,995	19,995	101,474

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 15 to the accounts.

The Brain and Spine Foundation**Balance sheet****As at 31 March 2024**

	Note	£	2024 £	2023 £
Fixed assets				
Tangible assets	11		-	-
Current assets				
Debtors	12	67,636		71,722
Cash at bank and in hand		<u>67,445</u>		<u>53,033</u>
		135,081		124,755
Liabilities				
Creditors: amounts falling due within 1 year	13	<u>115,086</u>		<u>23,281</u>
Net current assets			<u>19,995</u>	<u>101,474</u>
Net assets	14		<u>19,995</u>	<u>101,474</u>
Funds	15			
Restricted funds			-	-
Unrestricted funds				
General funds			<u>19,995</u>	<u>101,474</u>
Total charity funds			<u>19,995</u>	<u>101,474</u>

The directors are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

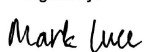
The directors acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act; 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 the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 01 November 2024 and signed on their behalf by

Signed by:



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Mark Luce - Chairman

The Brain and Spine Foundation

Statement of cash flows

For the year ended 31 March 2024

	2024 £	2023 £
Cash used in operating activities:		
Net movement in funds	(81,479)	(81,243)
<i>Adjustments for:</i>		
Depreciation charges	-	1,721
Dividends, interest and rents from investments	(412)	(279)
Decrease/(increase) in debtors	4,086	(15,385)
Increase/(decrease) in creditors	91,805	(8,266)
Net cash provided/(used) in operating activities	14,000	(103,452)
Cash flows from investing activities:		
Dividends, interest and rents from investments	412	279
Net cash provided by investing activities	412	279
Increase/(decrease) in cash and cash equivalents in the year	14,412	(103,173)
Cash and cash equivalents at the beginning of the year	53,033	156,206
Cash and cash equivalents at the end of the year	67,445	53,033

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

1. Accounting policies

a) Basis of preparation

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

The Brain and Spine Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate. The charity ended the year 2023-24 with £19,995 (2022-2023 £101,474) of free reserves. Whilst this represents a significant reduction on the previous year, the charity has a strong funding pipeline and has continued to secure major grants including multi-year arrangements. Additionally rigorous cost controls are in place to ensure that new financial commitments cannot be entered into unless appropriate funds are in place. For these reasons the trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from fundraising events and other trading income is recognised when the event or conference takes place and is deferred where the income relates to future periods.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

1. Accounting policies (continued)

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

For Google AdWords, the charity measures the value of the gift at the market value provided by Google. Where the market value is given in foreign currency, this is translated in line with the charity's foreign exchange policy (note 1 (o)).

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support and governance costs

Premises costs, office costs, depreciation and consultancy fees have been allocated to raising funds, charitable activities and support costs on an allocation of staff time spent on each activity.

	2024	2023
Raising funds	11.3%	11.2%
Charitable activities	83.8%	84.6%
Support costs	4.9%	4.2%

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

h) Allocation of support and governance costs (continued)

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis, which is an estimate of resources spent on each activity:

	2024	2023
Raising funds	10.0%	10.0%
Charitable activities	90.0%	90.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	4 years straight line basis
Database and website	4 years straight line basis

Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

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

k) Cash at bank and in hand

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

l) Creditors

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

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

o) Foreign currency transactions

Transactions in foreign currencies are translated at the period average rate. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the year end.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

p) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

2. Prior period comparative: statement of financial activities

	Restricted £	General £	2023 Total £
Income from:			
Donations and legacies	90,419	179,620	270,039
Charitable activities	224,000	104,950	328,950
Other trading activities	-	119,353	119,353
Investments	-	279	279
Total income	314,419	404,202	718,621
Expenditure on:			
Raising funds	-	115,305	115,305
Charitable activities	339,419	345,140	684,559
Total expenditure	339,419	460,445	799,864
Net expenditure and net movement in funds	(25,000)	(56,243)	(81,243)

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

3. Income from donations and legacies

	Restricted	Unrestricted	2024 Total
	£	£	£
Donations and appeal income	-	498,808	498,808
Legacies	-	44,605	44,605
Gifts in kind - Google AdWords	73,773	-	73,773
Total donations and legacies	73,773	543,413	617,186
Prior period comparative			2023
	Restricted	Unrestricted	Total
	£	£	£
Donations and appeal income	20,000	158,680	178,680
Legacies	-	20,940	20,940
Gifts in kind - Google AdWords	70,419	-	70,419
Total donations and legacies	90,419	179,620	270,039

4. Income from charitable activities

	Restricted	Unrestricted	2024 Total
	£	£	£
<i>Grants > £5,000:</i>			
Lottery Funding	110,000	-	110,000
Garfield Weston	-	33,000	33,000
Edward Gostling	-	25,000	25,000
Eveson Trust	-	10,001	10,001
<i>Grants = £5,000:</i>			
The February Foundation	-	5,000	5,000
The Lawson Trust	-	5,000	5,000
The Persula Foundation	-	5,000	5,000
29th May1961	-	5,000	5,000
Sandra Charitable Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
NHS England Trust	4,180	-	4,180
Souter CT	-	3,000	3,000
The D'Oyly Carte Charitable Trust	-	3,000	3,000
The Peter Storrs	-	2,500	2,500
William Allen Young	-	2,500	2,500
PF Charitable Trust	-	2,000	2,000
Joseph and Lena Randal	-	1,500	1,500
The Bartle Family Charitable Trust	-	1,000	1,000
J H Levy Charitable Trust	-	500	500
Christadelphian Samaritan Fund	-	500	500
Broughton Family	-	500	500
The Ian Askew Charitable Trust	-	500	500
The Armstrong Family Trust	-	200	200
Carol Ann Evershed	-	200	200
Total charitable activities	114,180	110,901	225,081

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

4. Income from charitable activities (continued)

Prior period comparative

	Restricted £	Unrestricted £	2023 Total £
<i>Grants > £5,000:</i>			
National Lottery Community Fund	109,000	-	109,000
Peter Sowerby Trust	75,000	-	75,000
Garfield Weston Trust	-	34,000	34,000
UCB Pharma	20,000	-	20,000
The Edward Gostling Foundation	-	25,000	25,000
Boston Scientific grant	15,000	-	15,000
Childwick	-	15,000	15,000
			-
<i>Grants = £5,000:</i>			
The February Foundation	5,000	-	5,000
The MacDaibhidh Trust	-	5,000	5,000
The	-	5,000	5,000
29th May 1961 Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
Sandra Charitable Trust	-	4,000	4,000
Persula Foundation	-	3,000	3,000
Other small grants < £3,000	-	8,950	8,950
Total charitable activities	<u>224,000</u>	<u>104,950</u>	<u>328,950</u>

5. Income from other trading activities

	2024 Total £	2023 Total £
Fundraising events	<u>125,272</u>	<u>119,353</u>

All income from other trading activities in the current and prior year is unrestricted.

6. Government grants

The charitable company received government grant funding in the year from the National Lottery. The total value of such grants in the year was £110,000 (2023: £109,000). There are no unfulfilled conditions or contingencies attaching to these grants in the current or prior period.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

7. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2024 Total £
Direct costs	28,332	95,968	13,027	137,327
Staff costs (note 9)	57,311	467,655	22,834	547,800
<i>Allocated costs:</i>				
Premises costs	4,113	22,835	1,400	28,348
Office costs	11,231	49,199	7,286	67,716
Consultants	17,144	244,135	6,960	268,239
Sub-total	118,131	879,792	51,507	1,049,430
Allocation of support and governance costs	5,151	46,356	(51,507)	-
Total expenditure	123,282	926,148	-	1,049,430

Governance costs in the year were £6,000 (2023: £3,900).

Prior period comparative

	Raising funds £	Charitable activities £	Support and governance costs £	2023 Total £
Direct costs	22,991	113,077	11,414	147,482
Staff costs (note 9)	57,824	438,535	21,971	518,330
<i>Allocated costs:</i>				
<i>Premises costs</i>	3,975	22,071	1,353	27,399
Office costs	8,128	34,029	3,517	45,674
Depreciation	250	1,386	85	1,721
Consultants	17,614	34,755	6,889	59,258
Sub-total	110,782	643,853	45,229	799,864
Allocation of support and governance costs	4,523	40,706	(45,229)	-
Total expenditure	115,305	684,559	-	799,864

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

8. Net movement in funds

This is stated after charging:

	2024	2023
	£	£
Depreciation	Nil	1,721
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	400	647
Trustees' indemnity insurance	110	110
Independent examiners' remuneration (including VAT):	2,100	3,900

Trustee reimbursed expenses relate to travel and subsistence costs for 1 trustee (2023: 3).

9. Staff costs and numbers

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	479,695	452,109
Social security costs	45,293	44,256
Pension costs	22,812	21,965
	547,800	518,330

	2024	2023
	No.	Restated No.
Employees earning more than £60,000 during the year		
£60,000 - £70,000	1	1
£70,000 - £80,000	1	1
£80,000 - £90,000	-	-

The key management personnel of the charitable company comprise the trustees, chief executive and senior management team. The total employee benefits of the key management personnel were £356,995 (2023: £348,215).

Staff numbers were as follows:

	2024	2023
	No.	No.
Average head count	12	12
Full time equivalent	10	10

10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

11. Tangible fixed assets

	Computer equipment £	Database and website £	Total £
Cost			
At 1 April 2023 and at 31 March 2024	37,601	52,800	90,401
Depreciation			
At 1 April 2023	37,601	52,800	90,401
Charge for the year	-	-	-
At 31 March 2024	37,601	52,800	90,401
Net book value			
At 31 March 2024	-	-	-
At 31 March 2023	-	-	-

12. Debtors

	2024 £	2023 £
Prepayments	16,195	27,052
Accrued income	51,441	44,670
	67,636	71,722

13. Creditors: amounts due within 1 year

	2024 £	2023 £
Trade creditors	67,700	1,932
Accruals	15,841	8,669
Other taxation and social security	31,545	12,680
	115,086	23,281

The Brain and Spine Foundation**Notes to the financial statements****For the year ended 31 March 2024****14. Analysis of net assets between funds**

	Restricted funds £	Unrestricted funds £	Total 2024 £
Tangible fixed assets	-	-	-
Net current assets	-	19,995	19,995
Net assets at 31 March 2024	-	19,995	19,995
Prior period comparative			
	Restricted funds £	Unrestricted funds £	Total 2023 £
Tangible fixed assets	-	-	-
Net current assets	-	101,474	101,474
Net assets at 31 March 2023	-	101,474	101,474

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

15. Movements in funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2024 £
Restricted funds					
Google AdWords	-	73,773	(73,773)	-	-
National Lottery	-	110,000	(110,000)	-	-
NHS England Trust	-	4,180	(4,180)	-	-
Total restricted funds	-	187,953	(187,953)	-	-
Unrestricted funds					
General funds	101,474	779,998	(861,477)	-	19,995
Total unrestricted funds	101,474	779,998	(861,477)	-	19,995
Total funds	101,474	967,951	(1,049,430)	-	19,995

Purposes of restricted funds

Google AdWords - Represents the value of advertising donated by Google to support access to information.

National Lottery - Three year grant of £330,000 allocated equally between Professional Neuro Services and NeuroLifeNow.

NHS England Trust - Used to deliver the service evaluation of 5 Neurosurgery units across North London.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2024

15. Movements in funds (continued)

Prior period comparative

	At 1 April 2022 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2023 £
Restricted funds					
Google AdWords	-	70,419	(70,419)	-	-
National Lottery	-	109,000	(109,000)	-	-
The February Foundation	-	5,000	(5,000)	-	-
Boston Scientific	-	15,000	(15,000)	-	-
UCB Pharma	-	20,000	(20,000)	-	-
Peter Sowerby Foundation	25,000	75,000	(100,000)	-	-
Neuro Life UK	-	20,000	(20,000)	-	-
Total restricted funds	25,000	314,419	(339,419)	-	-
Unrestricted funds					
General funds	157,717	404,202	(460,445)	-	101,474
Total unrestricted funds	157,717	404,202	(460,445)	-	101,474
Total funds	182,717	718,621	(799,864)	-	101,474

16. Related party transactions

During the year trustees donated £nil to The Brain and Spine Foundation (2023: £20,000).

Marc Smith, previous Chief Executive of the charity, was also a trustee of the Neurological Alliance. During the year ended 31 March 2024, the charity paid £10,000 (2023: £5,000) to the Neurological Alliance for support with the Neuro Life Now project. At year end, there was a balance owing of £7,360 (2023: £nil) to the Neurological Alliance.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2024

Our Founder and President, Peter Hamlyn MB BS BSC MD FRCS FISM

In a medical career that has spanned 40 years, Peter has led change at the elite level of both neurosurgery and sports medicine. He has headed neurosurgical teams in some of London's elite teaching hospitals such as St Bartholomew's Hospital and The Royal London Hospital, academic units in leading universities such as Queen Mary University London and University College London. He has worked at the elite level in multiple sports medicine, including motor sports, equine sport, combat and collision sports as well as the performing arts – everything from the NFL to the Royal Ballet. He has chaired Ministerial Working Groups and was pivotal to the creation of Sport and Exercise Medicine as a recognised specialty.

He has worked as medical advisor to the Society of British Neurological Surgeons (first Safe Neurosurgery working group), General Medical Council, Trigeminal Neuralgia Association of Great Britain, British Olympic Association, British Boxing Board of Control, The Jockey Club of Great Britain, UK Sport, Royal Ballet, GB rowing team, England Rugby, plus numerous premier league football and rugby clubs.

Peter was a member of the 2012 Olympic Bid Advisory Panel and has worked as a correspondent for the sports section of The Daily Telegraph newspaper. In 1996, he was awarded Fellowship of the Institute of Sport Medicine for work in the field of head injury in sport. He is founder and president of the Brain and Spine Foundation, has been the Chair of the Football Association's Expert Medical Panel since 2016 and has been a Trustee of the Grand Prix Trust since 2005. Most recently, Peter has been appointed Medical Director and Trustee of Podium Analytics.

Vice President, Alistair Watkins

Alistair has spent the last 25 years working in the world of international sport at the highest level. He started his career working as the FIA's Formula One Press Officer 1995 – 1999, an era a great change in sport with safety becoming a primary objective. A change of direction into the commercial side of the sports world followed a year of study and an MBA from the Management School of Imperial College in London. Two year of working for leading consultancy Oliver & Ohlbaum on Premier League media rights valuations led to Alistair joining Kirch Media, who acquired Formula One, and subsequent work on the sports long term business plan.

Alistair re-joined the sport of Formula One in 2002 as Marketing Director of Lucky Strike BAR Honda's Formula One team, which saw Alistair leading the team's global marketing operations for five years. He was then head hunted to be Marketing Director of Swiss America's Cup sailing team, Alinghi. Created by Swiss biotech billionaire, Ernesto Bertarelli, Alinghi was the first European team to win the America's Cup and defend it successfully in Valencia in 2007.

Alistair founded Influence Associates in 2008 with two other directors, which saw the marketing and PR agency offer corporate clients PR, investor relations, marketing and sponsorship services. Since then he has created Influence Sports & Media for sports clients.

Alistair stepped down as Trustee of Brain & Spine Foundation after six years and was elected as Vice President in 2022. He will be working on projects with our Founder and President, Peter Hamlyn.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2024

Chair of Trustees, Mark Luce

Mark joined the Board of Trustees in July 2017, stepping up to his current role as Chair in July 2018. Mark spent the last 20 years working for global beer giant SABMiller and now runs his own marketing consultancy. Continuing his passion for change, his ambition is to transform the care provided to those living with neurological conditions and in doing so, to make a meaningful difference to many more people. He is a wine maker, avid traveler, and motorsport fan.

Trustee, Ian Basden-Smith

Ian is a chartered accountant who worked in the banking industry following a period with KPMG. He worked for Samuel Montagu, Morgan Grenfell and Deutsche Bank across finance and operational activities in the UK, Europe and the Far East. Ian joined the Board of Trustees in 2012 and is both excited by the current plans for the charity and committed to achieving our organisational aims. Ian is a keen golfer and fisherman and enjoys the outdoors and travelling as well as spending time with his children and grandchildren.

Trustee, Kavita Basi

Kavita has over 25 years of experience in the fashion industry. In 2015 she suffered a subarachnoid brain haemorrhage and was told she had a 50% chance of survival and could be left with life-changing disabilities.

After four brain operations and extensive rehabilitation, Kavita made it her mission to make a positive difference in the fashion industry, be a role model to the next generation and help others that have suffered a similar illness. She has been a Brain & Spine Foundation Ambassador since 2015, is an author of two books about surviving brain haemorrhage and has shared her story through her podcast and social media. Her two ethical brands promote vegan and gender-neutral fashion. She donates 5% of profits from her brand Ration.L to the Brain & Spine Foundation.

Trustee, Peter Brickley

Peter leads the Business Process & Technology organisation at Coca Cola European Partners. Peter has over 25 years' experience leading technology for global businesses including Heineken, Centrica & BAT. Before Coca Cola Peter was the Global CIO and Managing Director of Global Business Services at SABMiller. Peter has 16 years experience as a non-executive director in financial services, currently as Chairman of the Chorley Building Society. He is also a Parish Councillor.

Peter joined the Board of Trustees in April 2020, given his enthusiasm for the cause.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2024

Trustee, Lauren Downie

After suffering a subarachnoid haemorrhage in 2004, Lauren was discharged from hospital and given a leaflet from the Brain and Spine Foundation. A few months after, she realised her recovery was taking longer than expected and as she had no follow up appointments booked with the hospital, Lauren called the Brain & Spine Foundation's Helpline.

The advice she received was extremely helpful, explaining what Lauren might expect in terms of recovery time. She went to meet the team and was invited to support the Brain and Spine at the London marathon. She was asked to run a 5k to raise funds, and that was her introduction to running. After a follow up procedure in 2006, Lauren was persuaded to run the marathon to raise funds for the foundation again. This is when she met all the team and was inspired by the charity.

Along the way, Lauren has contributed to a book written by Alison Wertheimer, called "A Dented Image, Journeys of Recovery from Subarachnoid Haemorrhage", and attended conferences run by the charity. She was appointed an ambassador several years ago as she raised awareness of the charity by getting running friends to join her on fundraising runs.

More recently Lauren has been working as a peer support volunteer for the Neuro Social group where survivors of neurological illnesses meet once weekly online. Support for people with neurological conditions is lacking throughout the UK and Lauren feels very grateful to the Brain and Spine Foundation for the support the charity has given her in the past. She is so happy to help in any small way towards improving services for others.

Trustee, Asli Guner-Paul

Asli is currently working as Associate General Counsel at Lightsource BP, a global solar company, heading up the Legal Projects team globally. She holds a Bachelor of Law (with first class honours equivalent) from Galatasaray University and an LLM degree (with merit) in corporate and commercial law from the London School of Economics and Political Science. She speaks Turkish, French and German. Asli joined the Board of Trustees in May 2020 after a close family member was diagnosed with a neurological illness. She is passionate about contributing to the invaluable work of the Brain & Spine Foundation. Asli enjoys spending time with her family, travelling, pilates and collecting vintage crockery.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2024

Trustee, Jeroen Huysinga

Jeroen has spent 35 years working as a portfolio manager covering equity markets globally. He was a Managing Director at JPMorgan Asset Management for 20 years.

In 2020, Jeroen chose to retire from his work in the City and embark on a Master's degree in Charity Accounting and Financial Management at the Cass business school. His ambition is to combine commercial experience and rigorous learning to make a difference and to build a second career in the charities sector. Jeroen joined the Board of Trustees in April 2020 and is passionate about the potential to create positive change.

Trustee, Carolyn Turner

In 2008 Carolyn was diagnosed with a spinal cord tumour. She lived with it for 5 years before having complex spinal surgery in 2013. In 2014, she reached out to the Brain and Spine Foundation for support and began fundraising in 2015. This is when she became an Ambassador for the charity.

Carolyn comes from a nursing background, having worked as a staff nurse at the Leicester Royal Infirmary NHST for 15 years, initially in the Central Operating department. She then transferred to Ophthalmology, gaining experience in theatres, on the wards and clinics before joining the hospital agency and working in the recovery suite of the Women's Hospital.

Following her surgery, she worked as support staff at a pre-school and now dedicates her time to the Brain & Spine Foundation. She is the Volunteer Facilitator for the charity's peer support groups: Neuro Social, Neuro Social Midlands and Neuro Creative Writing.

Carolyn co-chairs the Brain & Spine Foundation's Equity, Diversity and Inclusion working group. She was appointed to the Board of Trustees in 2023.

Accounts



**Brain & Spine
Foundation**

**The Brain & Spine Foundation
Annual Accounts and Trustees Report
1 April 2022 - 31 March 2023**

Registered Charity no. 1098528. Registered Company no. 04432677

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2023

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The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2023

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Letter from our Chair

In our 30th Anniversary year, I am very pleased to report that the Brain & Spine Foundation continues to deliver much needed support to our community of people affected by a neurological condition across the UK in more effective and impactful ways than ever before. This in a period when the demand for services is at an all-time high and the need is so great.

Our strategy of investing in developing and expanding our professional services has been well received by our service users and recognised by our supporters – the growth of our peer-to-peer groups, the enhanced emotional support and guidance from our nurse led Helpline and the distribution of accessible health information helps to build knowledge and confidence for our service users and also reduces their sense of anxiety and isolation.

Our innovative programmes related to building community (Neuro Changemakers) and social research (NeuroLifeNow) gather real-world insights from people affected and allows us to not only refine our own services but also influence the improvement of treatment, care and support in the wider community.

I am very aware that none of this would be possible without the generosity of our supporters, the engagement of our community, and the energy, passion and talent of our team of professionals, staff and volunteers. Thank you to each and every one.

I am excited by the establishment of our new Development Board, launched at an event held at Downing Street in March. The Development Board has been tasked with accelerating the strategic goals of the Brain & Spine Foundation, including the creation of an Institute of Neuro Life Science that will drive data-informed improvements to services and care for people affected and to undertake long-term medical research related to pan-neurological challenges. It will also be instrumental in raising awareness for the need to improve care for those who are affected by neurological conditions and delivering new sources of funding to support our objectives. We look forward to the coming year and beyond, working with this highly experienced and committed group under our new campaign brand, Neuro UK.

Mark Luce

Mark Luce

Chair of Trustees

Our charity in 2022/23

Why we are needed

According to the recently published My Neuro Survey¹, 1-in-6 people in the United Kingdom are affected by a neurological or neurodegenerative condition.

This includes dementia, stroke, motor neurone disease, neuromuscular diseases, brain cancers, Parkinson's, multiple sclerosis, and epilepsy to name just a few of the most prevalent diseases. There are over 600 known neurological conditions, including the very rare – and more may be identified post-pandemic and with the emergence of Long Covid. The Brain & Spine Foundation exists to support anyone affected by these neurological conditions.

A neurological problem can impact every aspect of a person's life, including their physical, mental, and social wellbeing. Friends and family can also be affected, and some may need to provide full-time support as a carer.

Altogether, there is a community of over 11 million people who have experienced or are living with a neurological condition that may have life-changing, and often life-long effects – and every year a further 600,000 people are newly diagnosed.

Despite some regional centres of excellence, the stark reality for anyone affected by a neurological problem is that services are scarce, limited in scope, and fragmented – and significantly under-resourced compared to other major health conditions, like cancer and heart disease.

The Association of British Neurologists and others, estimate that the disruption caused to the delivery of neurological support services by COVID-19 and under-investment in NHS resources during 2022 has increased the number of people waiting to see a specialist neurologist from 35,000 to over 200,000 in the UK. A further 60,000 are waiting for neurosurgery. With fewer than 1,000 specialist consultants in England, this backlog will take many years to clear.

Meanwhile, the health and wellbeing of our community is getting worse, and so is their access to and experience of health and social care.

In this increasingly diverse, complicated, and complex landscape, there is an ever-growing need and demand for support, and accessible information: from individuals, their families, friends, and carers and the healthcare professionals who look after them.

¹ Neurological Alliance (2022), *Together for the 1 in 6: UK findings from My Neuro Survey*. Available at: <https://www.neural.org.uk/publication/together-for-the-1-in-6-uk-findings-from-my-neuro-survey/>

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2023

What we do

As an independent health charity, the Brain & Spine Foundation plays several crucial and influential roles in supporting the health and wellbeing of people affected by a neurological problem living within the United Kingdom.

Founded in 1992, we draw from over 30 years of experience and accumulated expertise to deliver person-centred support, accessible information, and research directly to those who need it; and we continue to listen to and learn from our community, allowing us to identify and respond to their unmet needs and ensure that our work remains relevant.

We are there for someone at any stage of their journey; from when symptoms first appear, throughout their wait to see specialists or receive a diagnosis, and in the long-term when there can often be a lack of specialist or community care available to support their chronic conditions or long-term effects.

We are also pan-neuro and for many people, the support and information they find through our services simply does not exist anywhere else.

We help to bridge the gaps between different parts of the health and social care systems, and we work to ensure that those who need to are able to interact with these systems effectively and efficiently. This work makes a real difference; it gives immediate help and on-going support to individuals and relieves pressure on the NHS. This was especially valuable at a time of national emergency during the COVID-19 pandemic and continues to be equally important during the aftermath.

We also work with our community to drive long-term, meaningful change.

Together, we raise awareness of the challenges faced by people affected by a neurological condition and co-create opportunities and solutions that enable more and more people to improve their own lives and the lives of others.

Through gathering and reporting on people's real-world experiences, we deliver evidence of the unwarranted variations in people's access to and experience of care across the UK – and we engage with key stakeholders to ensure these research insights can influence the design and delivery of healthcare services going forward.

Our strategy in 2022-23

Our vision

A society where people affected by a neurological condition are recognised, respected, and can flourish.

Our mission

Transform the daily reality of each person affected by any neurological condition, anywhere in the UK; through frontline professional services, innovative social research, and bold campaigning for change.

Our purpose

As a changemaker organisation, to build, enable, and support a vibrant, resilient community of people who are focused on driving the changes that they want to see.

Our aims

Through our distinct programmatic structure and a holistic, person-centred approach, we aim for change on four different levels: **Individual**, **Community**, **System**, and **Society**.

Level	Organisational aim
Change at the individual level	Supporting people to manage and make decisions about their own health and wellbeing
Change at the community level	Building and supporting resilient communities of people with meaningful and valued roles
Change at the system level	Transforming the Health and Social Care systems , and public policy
Change at the societal level	Greater empathy, awareness, and understanding in wider society

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Our programmes

We are a person-centred, changemaker organisation – this means our community and the people who use our services are at the centre of everything we do.

As an organisation, we currently run three core programmes:

- Neuro Changemakers
- Professional Neuro Services
- NeuroLifeNow

To deliver these programmes we work in partnership with our community to co-produce effective, sustainable solutions and achieve long-lasting, positive change. We recognise and respect that everyone is an individual and that people's preferences, needs, and values should guide what we do and how we respond to them.

In March 2023, the Brain & Spine Foundation established a Development Board to support our strategic goals, and to accelerate our ambition to establish an Institute of Neuro Life Science with leading academic partners. To achieve this, we launched our initiative under a new campaign brand, Neuro UK. This will become our fourth core programme in 2023 and beyond. The Development Board is comprised of highly experienced individuals from the world of Health, Business, Media, Sport and Entertainment.

Neuro Changemakers

A programme of activities and campaigns focused on building and engaging a community of people (changemakers) who are supported to prioritise their wellbeing and drive change for people affected by a neurological condition.

Professional Neuro Services

Our helpline, health information, and peer support services provide safe and trusted spaces in which people can access expertise, information, and support delivered by experienced professionals and trained volunteers.

NeuroLifeNow

Developed in collaboration with the Neurological Alliance, our NeuroLifeNow programme combines social research and a digital engagement platform to enable our community to contribute to representative data and insight which highlights their lived experience.

Neuro UK

A new campaign and appeal to support the establishment of an Institute of Neuro Life Science at a leading academic institution.

The campaign will seek to harness & unify the voices of those living with a neurological condition in the UK – making it heard alongside other public health priorities such as cancer and heart disease.

The campaign will point towards our unique solution – to establish and support the Institute of Neuro Life Science.

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The new Institute will identify opportunities for improvements in neuro care, services and support using unchallengeable real world health economic data and peoples' lived experience – provided in part by our Neuro Life Now programme.

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Our approach

Across our programmes, we have adopted a holistic approach to improving people's wellbeing and are actioning this through three key activations:

- Self-care and community
- Support and information
- Research and influence

Our approach recognises that alongside supporting people to manage and improve their physical and mental health, we need to create spaces and opportunities which allow people to:

- Belong to a community.
- Feel a sense of value and purpose, and
- Make positive changes for themselves and others.

More widely, we also need to drive changes that make people feel part of a society that validates and respects their identities and lived experiences; and where the systems and services they rely on are designed to meet everyone's needs.

Self-care and community

We want people to be able to change their day-to-day lives and to be part of a caring, resilient community that is bringing about the changes they want to see.

Through our **Neuro Changemakers** programme and our **Professional Neuro Services** we are bringing people together and creating spaces that champion and encourage self-care, nurture, and facilitate social connections, and provide people with inspiration and opportunities to make a difference.

Support and information

We believe everyone affected by a neurological condition, including family, carers, and friends, should be supported to understand their condition and symptoms, make informed decisions about their care, and better manage their own health and wellbeing.

Through our **Professional Neuro Services**, we are providing access to a range of personalised, person-centred support and independent, evidence-based information.

Research and influence

We must grow the public understanding of neurological conditions and ensure that the design and delivery of public policy and services meets the needs of our community.

Through our **NeuroLifeNow** programme we are creating and contributing to representative data and insight that captures the lived experience of our community and provides a platform for their voices.

Our work in 2022-23

In the face of unprecedented challenges, we are proud of what we have achieved in 2022-23 through working with and alongside our community, whose strength, resilience, and determination continue to be our inspiration.

Throughout 2022-23 we continued to deliver:

- Our free, professional Helpline, now open Monday – Friday, focusing on the quality of engagement with all our callers, supporting them in the here-and-now and for the journey ahead
- Our independent health information made available, free-of-charge, in printed formats and online via our website
- Our popular Neuro Social, Neuro Carers, and Neuro Creatives online peer-support groups
- Our community building campaign, Neuro Changemakers
- Our innovative social research programme and digital engagement platform, NeuroLifeNow (launched in partnership with Neurological Alliance England in 2021) which uses real-world, real-time data, and insight provided by our community, to influence improvements across the neuro landscape

We also engaged with and listened to our community for feedback and direction, and responded to their needs and insight by growing our programmes and services through:

- Co-developing new regional and national, volunteer-led Neuro Social groups in the Southeast, Midlands, and Scotland, and a new Neuro Writing group
- Recruiting additional resource to address a growing demand for emotional support and wellbeing counselling, and piloting an Enhanced Emotional Support Service

Our reach

In 2022-23 we are proud to have reached more than 600,000 people across all our services and programmes:

- 257 people registered to join a peer support group (We added 4 new groups in the year, and now run 7, including regional groups supervised by volunteers)
- 1,686 people contributed to NeuroLifeNow research (With 16 reports published based on over 4000 individual surveys in the 2 years since launch)
- 15,660 people were directly or indirectly supported by our Helpline, including family, friends, and carers
- 21,647 booklets and factsheets were posted to our community and to hospitals or downloaded from our website
- 41,293 showed their support by being part of our social media community
- 532,000 people visited our website to access professional, tailored support and health information, or to join our community through Neuro Changemakers

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Neuro Changemakers

When we launched Neuro Changemakers, we said that we believed any person affected by a neurological condition is a Neuro Changemaker, alongside everyone who gives their time and energy to drive positive change for this community.

These last two years have shown us that this is not just a statement, it is an imperative.

Following the launch of our Neuro Changemakers programme, we have witnessed people take on new challenges, find renewed purpose and motivation, and flourish within a welcoming community of care; and we have seen in people the compassion, understanding, and experience that we know is required to improve people's lives.

These experiences have emboldened our commitment to supporting each person affected by a neurological condition to feel capable of taking action to improve their own lives and the lives of others.

They have also helped us to better understand the challenges we must overcome to fulfil our ambitions for Neuro Changemakers.

Changemaking can be stressful and emotionally challenging when dealing with personal or distressing issues, and lasting and effective change can take time to bring about and may require ongoing action .

Many members of our community must also commit a significant amount of their time and energy to managing their conditions, their symptoms, and their care – and often they do this in isolation or with limited support from those around them.

Through working with our ambassadors, volunteers, and wider community we have identified two key components of taking Neuro Changemakers to the next level:

- Self-care, and
- Community

It is essential that we support people to value, maintain, and improve their wellbeing and provide them with the skills and connections they need to avoid burnout.

We began in 2022-23 by holding ourselves accountable to these ideals and improving upon our own internal processes.

Following consultation with our current ambassadors, we arranged quarterly meetings for them to share learning and discuss their experiences and created an online space for them to stay in touch and support one another outside of these group meetings.

We have invested in developing our volunteer training, supervision, and safeguarding to help people maintain healthy boundaries as they continue to provide life-changing support to others within their community.

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Alongside this internal work, we engaged with other organisations to explore how we can nurture the ideas of self-care and community in wider settings, such as the workplace. We are particularly excited to start taking this further in 2023-24 as part of our 3-year corporate partnership with Irwin Mitchell.

Across all our programmes and channels, we have continued throughout 2022-23 to celebrate and highlight the many ways in which people are making a difference or challenging the status quo, whether they achieved this through:

- Seeking support and information to make informed decisions
- Learning to better manage their own wellbeing, condition, or symptom
- Supporting and inspiring one another as part of peer support and volunteer groups, or
- Sharing their own experiences to help drive change and raise awareness of the daily reality of living with a neurological condition

Each person's efforts, whether focused on improving their own life or the lives of others, have been a vital step in moving towards a more sustainable, empowering, and inclusive culture that prioritises and values everyone's wellbeing.

Our community are at the heart of everything we do – and, together, their actions are some of the most powerful and important drivers of change.

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Professional Neuro Services

We know how crucial it is for people to be able to ask questions and connect with others as part of managing and improving their health and wellbeing – and we understand that asking for help is not always easy.

Our Professional Neuro Services offer safe and trusted spaces in which people can share their experiences and speak with others who understand. We provide people with access to expertise, information, and support delivered by experienced professionals and trained volunteers.

Neuroscience nurse-led Helpline

In 2022-23 our national Helpline run by experienced neuroscience-trained professionals responded to 2,610 enquiries, providing support and information that will have benefitted over 15,000 people directly or indirectly.

We helped people make sense of complex information and specialist medical terminology, supported them to access the right services, and enabled them to ask key questions to get the most out of their appointments and care. We allowed people the time and space they needed to express themselves and to develop a sense of trust and rapport; and by acknowledging their experiences and concerns, we were able to reassure them that these were valid.

Most importantly, however, whenever someone contacted us, we related to them as a person first and foremost - recognising that their challenges are not limited to their symptoms or condition, but also come from how these can impact a person's ability to work, their independence, their relationships, and other wider personal and socio-economic issues.

'Thank you, I don't think I know of anywhere else I could have gone for information- I searched up quite a bit on the Internet and that is where I found the brain and spine foundation so that was very useful that you have a website and that you are easily accessible. Thanks very much for your assistance'.

'Normally I'd Google for ideas / contact information and not reached out, out of embarrassment (the age of technology we live in has almost removed human interaction) but I'm glad I plucked up the courage to call, speaking to a person from Brain & Spine foundation over the phone was much more of a comfort and much more helpful than reading information on a page. I feel like I have more renewed hope in my efforts to get help and treatment'.

'I am very pleased that I contacted the Brain and Spine foundation. The neurological nurse that I spoke to was extremely helpful and gave me a way forward. It is very difficult for us as we live in Northamptonshire. I have been to the Dr several times to ask for help, but nothing has emerged. The nurse I spoke to was very reassuring and opened up many possibilities. There is a lot of difficulties in the counties finding places that deal with their particular problems. They have either closed down or don't exist. Through various means I came across the Brain and Spine Foundation. It is good to talk to someone who knows what they are talking about and to be reassuring and give me a number of options to choose from as well. Thank you very much'.

Messages of thanks from people who use our Services.

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In financial year 2021-22 we recruited a new Specialist Support and Information Nurse to increase our capacity and enable us to address a pressing need for greater emotional support and guidance on mental wellbeing. This work continued with much success in 2022-23, supporting 41 individuals in this period.

We piloted an Enhanced Emotional Support Service using an internal referral process via our Helpline. As part of this service, we have been providing up to six scheduled one-to-one sessions to people who are experiencing high levels of anxiety and who would benefit from focused support at a critical part of their journey. These series of planned sessions offer us more time to get to know someone, to understand their situation, and to explore their problems and concerns. It also provides us the opportunity to more actively work with them to find and implement solutions.

This pilot scheme was developed in direct response to requests and feedback from our community, as well as supporting Helpline data which showed that out of the 2,311 enquires responded to during 2021/22, 1,122 (48.6%) were related to mental health and mental health support, and 769 (33.2%) enquiries were related to health anxiety.

“December last year, after 13 years, I (Joanna) was finally diagnosed with Gluten Ataxia. It’s a rare autoimmune disorder. I would not be here if it wasn’t for the B&SF nurse and the support service.”

EEES Service User

Healthcare professionals and other charitable organisations continued to hold our neuroscience nurses' expertise in high regard, referring people to our services, and seeking insights into neurological conditions and community-based support.

“Thank you for the incredible work that you are doing with this group of clients – they are lucky to have someone so passionate advocating for them.”

Clinical Psychologist

We have continued to successfully build relationships and grow awareness of our services within many of the specialist neurology centres across the UK, and engaged with a broad range of healthcare professionals and the public by attending:

- UCL World Stroke Day forum in October 2022
- British Neurovascular Group conference in February 2023

This past year we also participated as an external stakeholder in Healthcare Improvement Scotland's development of a self-evaluation tool designed to complement the General Standards for Neurological Care and Support.

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Independent health information

'From being in hospital back in March 2020 the B&SF SAH booklet was fantastic for me and my family to read in the immediate aftermath of what had happened to me but also since'.

Message of thanks from people who use our Services.

During 2022-23:

- We sent out 3,800 copies of our booklets – 662 directly to members of our community and 3,128 to health and social care professionals who shared them with the people they support.
- Our booklets and fact sheets were downloaded over 17,800 times from our website for people to view and keep on their digital devices.
- Our health information pages on our website were viewed over 554,000 times in total by over 532,000 people.
- Our animations on head injury and Chiari malformation were viewed over 45,900 times.

As part of this we sent out booklets to wards and services at over 41 hospitals in the UK, including specialist neuro centres and services run by other charitable organisations such as Macmillan, Maggie's, Air Ambulance Wales, The Brain Charity, and Headway.

This year we collaborated with Boston Scientific to improve our information offering for people affected by chronic pain. The focus of this work has been on raising awareness of the different treatment and management options available and how people can get seek referral for more specialist support. We are looking to produce a new leaflet on chronic pain as well as expand our listings within our A-to-Z.

We were also delighted to connect with the London Interdisciplinary Doctoral Programme, delivered by the London Interdisciplinary Biosciences Consortium, and hosted a 3-month internship during which we gained the invaluable support and expertise of a neuroscience PhD student. As part of their internship, the intern supported us to review and develop our health information whilst also having the opportunity to engage with and learn from other teams within the organisation.

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Online peer support

Throughout 2022-23, we ran seven different weekly, bi-weekly, and monthly online peer support groups. Alongside our existing Neuro Social, Neuro Carers, and Neuro Creative groups, this included four new peer support groups established in the period:

- Three groups – Neuro Social Scotland, Neuro Social Midlands, and Neuro Social Southeast – that allow people to connect with others living in the same region or area of the UK, providing a space in which they can share local knowledge and discuss any challenges unique to where they live.
- Neuro Writing, a creative group exploring autobiographies, poetry, and creative writing to support people's wellbeing.

More than 257 people registered for one or more of our peer support groups across 2022-23 – this was a 17% increase on registrations received during 2021-22.

These groups enable members of our community to share their personal experiences of neurological conditions, forge new connections and friendships, and tackle widespread loneliness and isolation:

"I really enjoy the interaction with other people that don't judge me & can relate to me being with people who have neurological disorders and can therefore understand my problems."

Neuro Social participant

Many of our peer support groups have been co-produced with our community and are co-led or moderated by experienced volunteers (we have 8 peer support volunteers across our services now, up from 3 last year) and always with supervision and support from our Professional Neuro Services team to ensure everyone's safety and wellbeing.

Our Neuro Creatives programme is led by an experienced arts counsellor and continues to help people improve their emotional, social, and physical wellbeing. Using different art forms such as painting, drawing, and collage, these arts for wellbeing sessions have supported group members to express their emotions, reduce stress, and increase self-awareness. Being part of the group has also improved people's social connections and provided a sense of belonging and community.

Within our Neuro Social groups, 93% of participants agreed or strongly agreed that they felt part of a community and 82% of participants agreed or strongly agreed that they felt more able to communicate how they feel and what they need to others.

"I was nervous making the first contact with B&S Foundation (>6 months post hospital discharge) but needn't have worried as the nurse that answered my telephone call was fantastic and instantly put me at ease allowing me time to talk in a way I felt comfortable with. When I joined my first meeting it was a big step forward for me, feeling (guilty) that I was a survivor of a neuro condition. I was emotional during the meeting and it was a huge comfort to feel listened to and supported by the group - at that time complete strangers to me. It is the highlight of my week - I look forward to the meeting, friendly faces and voices, picking up any hints and tips and it gives me a boost (even when I've not had a good week I leave feeling much better)."

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"I so enjoy the group and get so much from it. It's so nice people understand the effort and achievement. I have won awards in my past for work and got law qualifications but out of everything my painting today brings me the most joy and is my biggest achievement because I thought I couldn't do things like this anymore and I did and I did it with joy."

Feedback from Neuro Social and Neuro Creative participants

During 2022-23 we invited nine guest speakers to join our Neuro Social and Neuro Creatives online sessions. Speakers included artists, clinical psychologists, nutritionists, and neuro-physiotherapists, and they covered a range of topics such as mindfulness, nutrition, and relationships.

We also continued to welcome members to our two, condition-specific Facebook groups that provide peer support for people living with a Chiari malformation and for survivors of subarachnoid haemorrhage (SAH). These groups connect people with shared experience of these comparatively rare conditions, offering a safe and welcoming space where they can discuss experiences, share advice, and offer mutual support. By the end of 2022-23, we had 1,969 and 2,633 members in our Facebook groups for Chiari malformation and Subarachnoid haemorrhage, respectively.

Overall membership of our social media community, including our online peer support groups for subarachnoid haemorrhage and Chiari malformation, grew to 41,293 people last year.

We are incredibly grateful to the volunteers and moderators that contribute towards our peer support groups who provide ongoing care and dedication to their community and peers.

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NeuroLifeNow

Since launching NeuroLifeNow, and as of date of this report, we have collected nearly 4,000 first-person surveys and published 16 monthly and bi-monthly reports and two annual impact reports.²

Headline findings from our community's experience during 2022-23 include:

- Nearly 2 in 3 people reported having feelings of anxiety or hopelessness.
- On average, about 1 in 5 people reported having poor or very poor healthcare experiences overall – with an increasing trend from 1 in 14 people in our January-February 2022 results, to about 1 in 3 people in our November-December 2022 results.

NeuroLifeNow also allowed participants to share their experiences in their own emotive, often stark, and powerful words. Below are some examples of the experiences shared with us over the last year:

"It is really difficult to get answers and support after diagnosis/medical treatment. I had a 6-minute phone call with my specialist 8 weeks after brain surgery. That is the only contact I have had, and I have so many questions. I had no face-to-face contact with a specialist. After being classed as having a disability, I have had no support financially after having to leave my career due to my neurological condition."

"I feel trapped in my home as I cannot afford to keep my car on the road or afford public transport but can't walk to work. I can't afford to go out. I have a hole in my roof I can't afford to repair. That's before the worries of food and energy."

"I'm not sure how to run all of my medical equipment. I'm tube fed on a pump, have breathing machines, air mattress, hospital bed, ceiling joists, through floor lift - all need electricity."

NeuroLifeNow participants

Throughout 2022-23, we have continued to share the voices of our community and advocate for them within public policy and service design. We achieved this through our collaborations with other organisations and our membership of the Neurological Alliance.

Over this past year we saw significant progress and achievements, including:

- Securing a recommitment to publish a high-level UK Government strategy for acquired brain injury (ABI) and other neurological conditions. This strategy could have been under threat, following the abolition of other long-term condition strategies e.g., cancer, dementia, and mental health. Thanks to a strong and vocal ABI and neuro community, we prevented this from happening.
- Working with NHS England on a new neurology outpatient dashboard, which sets out key metrics of care. This is the first time such a dashboard has been developed at a national level. We are working with the NHS England team to ensure the dashboard captures patient experience data.

² Available at: neurolifenow.org/hub-neuro/

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- Working with NHS England to secure the continuation of the NHS England neuroscience transformation programme to improve equity of care and access to neurology and neurosurgery services in England.
- Collaborating with charities across the sector to secure a much-needed uplift in disability benefits, as announced by Chancellor Jeremy Hunt in November 2022. This followed feedback from NeuroLifeNow participants about the impacts of the cost-of-living crisis, and to ensure financial support for the extra costs of living with a disability were paid in line with inflation. More than 10 million people in total will see their benefit payments rise from April 2023 as a result. In addition, 6 million people across the UK on eligible 'extra costs' disability benefits, Personal Independence Payment (PIP) will receive a further £150 Disability Cost of Living Payment in 2023-24. According to the latest available public data (January 2023), 412,289 people with neurological conditions were claiming PIP.
- Securing the appointment of New National Clinical Directors (NCD's) for neurology and, spinal surgery and neurosurgery, in response to substantial pressure from the Neurological Alliance, the Brain & Spine Foundation, and our other allies within the neurological sector.

Alongside publishing influential data and insights and engaging with key stakeholders, we also continued to develop and invest in NeuroLifeNow programme to ensure its relevance and sustainability going forward.

NeuroLifeNow was launched using a digital app that could capture the lived experience of our community in real-time and provide insights that could support the recovery of health and social care services during, and after, the COVID-19 pandemic.

Our ambitions for NeuroLifeNow have since grown and we have established it as a broader social research programme that continues to gather unique evidence into the ongoing daily reality of accessing and receiving neurological treatment, support, and care throughout the UK.

At the beginning of 2022-23 we took a series of decisive actions regarding NeuroLifeNow:

- We retired the first iteration of our NeuroLifeNow app at the end of March 2022
- We transitioned our data gathering activities to a new web-based platform that was launched in May 2022
- We initiated the development of a new version of the NeuroLifeNow app that would meet the needs of our community, and we sought to achieve this through a process of co-production.

These actions reflect how seriously we take the contributions our community are making through NeuroLifeNow, as well as the importance we place on listening to and working with our community when creating solutions to the problems they face.

Community feedback about the existing app highlighted several limitations with the current user experience. These limitations were affecting how people engaged with the app and, in turn, impacting their ability to contribute their voice and drive change.

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We also recognised that we cannot ask our community to continue to wait for change considering the many powerful and meaningful insights they have given to us in their lives. As such, we have committed to developing the NeuroLifeNow app to be one that “gives back.”

Throughout 2022-23 we have been working with our community, alongside other key stakeholders, and partners, to improve the user experience and to explore relevant functionality which will ensure our users feel connected to what is important to them.

We hope to be able to provide access to further support and information through the app, as well as current and engaging content that will make a tangible difference to people’s lives in the here and now.

We would like to thank UCB, The Peter Sowerby Foundation, and the National Lottery in particular for their support of our NeuroLifeNow programme during 2022-23.

Special acknowledgment and thanks our strategic partners, the Neurological Alliance England for their tireless contribution and practical support in the second year of the programme – together with our community participants, we go from strength to strength in capturing and evidencing the value of real-world lived experience.

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Operations

During 2022-23 we launched a revised website and following an operational audit and review of our IT and office systems in 2021-22, we have made continual and ongoing improvements to how we secure and manage our services and data.

We have also been exploring and developing integrations between our new website, our CRM, and other cloud-based platforms that will enhance the delivery of our services and deepen our community stewardship.

Monitoring and evaluation

We made significant strides during 2022-23 in reviewing and developing our approach to monitoring and evaluating our services.

Working alongside our volunteers and the people using our services, we have evolved our approaches to capturing feedback to better meet their needs and reflect the changes that have been most meaningful to them.

Diversity, equality, and inclusion

The 1-in-6 people in the UK who are affected by a neurological condition, represent a cross section of society, and some conditions disproportionately impact people from groups that are traditionally disadvantaged – for example older people and women.

To ensure that, as an organisation, we can be more relevant to the people we support, reach more people, and better deliver our public benefit, we have begun directly focussing on diversity, equality, and inclusion within our work.

In July 2022, we established a working group consisting of volunteers, community members, Trustees, and staff members, with recently appointed Trustees, Asli Gunner and Carolyn Turner agreeing to act as Co-Chairs.

During 2022-23, this group has met to discuss a Board paper prepared by former Trustee, Sarah Vibert, and have been working on terms of reference and an on-going plan of activity.

We aim to be representative and include a wide range of voices around our Board table and are pleased to have recruited two new Trustees in 2022-23 who bring their own lived experience to inform our discussions. Our Trustee Board now numbers 11.

Our people and partners in 2022-23

Our regular staff now numbers 13 people (7 full time, 6 part-time) and 2 specialist consultants who regularly contribute to our work. We are also supported by 8 volunteers who regularly lead, co-lead or moderate peer-to-peer groups, and over 50 Ambassadors and volunteers across the UK.

We enjoy a “one team” mentality with our committed Board of 11 Trustees and feel proud to have a combined team of over 30 people who contribute their expertise regularly and frequently to the benefit of our work.

We have continued to work in a hybrid manner which has allowed us to continue to minimise office costs and invest in effective remote working solutions.

As members of the Neurological Alliance in England and Scotland, we are proud to contribute to policy development and attended forums including the National Neurosciences Advisory Group (NNAG) on Mental Health and Neurology, the Development of the Rare Conditions Report and the Development of Mental Health in Neurology Report.

Marc Smith, our CEO, has been a Trustee of the Neurological Alliance (England) Board since November 2019 and was re-elected Vice Chairman in November 2022. This brings mutual benefits and facilitates a closer working relationship e.g., the Neurological Alliance has been a co-sponsor and significant collaborator in NeuroLifeNow.

With the increased external threats related to cyber security and data protection, we retained the services of an independent Data Protection and Cyber Security Officer to consult on and oversee related risk identification and mitigation.

Our fundraising and financial performance in 2022-23

The Brain & Spine Foundation operates entirely from voluntary income and the strategy is to maintain this independence. We aim to generate income from multiple channels, including Individual Giving, Legacies, Trusts and Foundations, Major Donors, Corporate and Community activities so that we have a balanced and sustainable funding model.

In 2022-2023, our financial performance, like so many other charities in the UK, has been impacted by the challenging external economic environment. However, we are pleased to report total fundraised income of £718,621.

Expenditure was £799,864 a managed decrease in line with anticipated income, although timing of funds received has led to reporting a deficit of £81,243 in the period.

Our expenditure and costs were managed to be line with our strategic plans and focused on programme and service delivery. Our cost ratios in the period are Service Delivery 81%, with cost of raising funds at 14% and governance 5%. These are within our acceptable parameters and targets.

Income from Trusts and Foundations continues to be our strongest channel and we receive significant support from a wide range of grant-giving organisations like The Edward Gostling Foundation, The Childwick Trust, The Macdaibhidh Charitable Trust and many others. We also received six-figure grants from three funders, and these are referenced below.

We are also very grateful to supporters who remember us in their Will – legacy income makes a valuable contribution to our funding mix – and we aim to develop this further.

We are aware that the charity income base will need to be strengthened and diversified in the coming period, and that the external environment will continue to be very challenging into 2023-2024 and beyond. To achieve this, we have developed a strong funding pipeline and we are working on securing transformational funding from several new sources.

We were thrilled to see large-scale fundraising events taking place once again. In October 2022, the TCS London Marathon saw a team of 36 incredible runners take on the 26.2 mile challenge and in total raise £70,000. Joining them was a dedicated group of volunteers who cheered on from the sidelines and helped make the day unforgettable. This event remains a key source of income for the charity. We know already that the 2023 marathon has significantly exceeded this target – it is an amazing achievement given the two events are so close together.

Across our community, we have wonderful volunteers and people who go to great lengths to fundraise for the work we do from sporting events to bake sales.

In the year, we are particularly grateful for the donations and support from new supporters such as Boston Scientific and UCB, and for the continued support of the Garfield Weston Foundation, The Peter Sowerby Foundation, and the National Lottery, in particular. We are also proud to have developed a new and exclusive 3-year corporate partnership with Irwin Mitchell.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2023

The newly created Development Board, established in March 2023, has committed to sourcing funds in support of key strategic initiatives that will benefit overall organisational financial stability.

Fundraising approach

The Brain & Spine Foundation is registered with the Fundraising Regulator and subscribes to their standards for fundraising. We have an engagement philosophy that informs our fundraising approach, looking to build long-term relationships with supporters, volunteers, and service users. We value all contributions, whether financial or non-financial.

Reserves policy

The Trustees are again mindful of the charity's need for financial reserves and have reviewed our Reserves Policy. Whilst the goal is to keep unrestricted funds equivalent to approximately 6 months of running costs, in this period of external economic difficulty and cashflow challenges, we have not been able to achieve this. The Trustees mitigated risks by regular review of the cash position and managed costs and expenditure carefully in 2022-23. As of 31st March 2023, we held £101,474 free reserves which equates to approximately 1.5 months of running costs. Trustees were comfortable with this situation considering strong fundraising pipeline forecasts for Q1 & Q2 2023-24.

Our financial strategy for 2023-24 includes the goal of building reserves of at least 6 months, accumulated as quickly as possible. We will, once again, balance this objective with maintaining on-going operations in the coming year.

Our ambitious plans on behalf of our community, including the new initiatives proposed under Neuro UK campaign, are underpinned with confidence in the organisation's enhanced ability to generate required funding via the establishment of the Development Board.

Our plans for 2023-24

We are pleased to continue to work with our community in growing and developing our programmes throughout 2023-24.

We are also excited by the establishment of the Development Board in March 2023, and the initiatives that will be driven under the Neuro UK campaign that it will support.

We hope to see the continued growth of our Neuro Changemakers campaign and engage with more members of our community, supporting them to work together, locally, and nationally, to make a difference to their lives and the lives of others.

As part of our Professional Neuro Services, we aim to:

- Grow the role and contributions of volunteers within the development and delivery of our services
- Reflect on the success of our pilot Enhanced Emotional Support Service and incorporate our learning as part of a plan for further development in the future
- Continue our professional outreach activities in an effort to link with more health and social care professionals across the UK
- Develop and grow our A-to-Z of neurological topics, alongside our other information resources, to ensure that we are able to support more of our community in finding the support and information they need

In terms of our NeuroLifeNow programme, we will build on our successes and:

- Grow the number of people contributing to NeuroLifeNow and widen participation to ensure better representation
- Continue development of NeuroLifeNow, including co-design and co-production of a new app and online platform

Having established a Development Board to support our strategic goals, including the growth of NeuroLifeNow and scoping conversations with potential academic partners, alongside securing philanthropic backing for an ambitious expansion of this work and a nationwide campaign, Neuro UK, that will make the case for establishing a Neuro Life Sciences Institute.

The Development Board is recognised and appreciated as being transformational and we thank our President and Founder Peter Hamlyn for leading this initiative and all those who have voluntarily joined the Development Board.

From listening to our community, we know that they also face significant challenges in the workplace. We have developed a new initiative, Neuro Inclusive Workplace, to address this issue and we will be working with corporate partners to build the pilot programme.

Our structure, governance & management

The Brain & Spine Foundation is a company limited by guarantee and is registered as a charity with the Charity Commission. It is governed by its Articles of Association (and updated on 22 March 2017). The Board of Trustees is responsible for determining the overall strategic direction of the charity and for developing policies and plans to support the delivery of charitable objects. The Board monitors progress across all areas of activity including legal requirements and financial performance. Meetings take place five times per year and the Finance and Governance sub-committee, a sub-group of the Board, meets up to four times each year to consider finances and good governance. Other sub-committees are created by the Chair to support and give oversight of strategic initiatives as required.

A Chief Executive Officer (CEO) is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the authority for operational matters including financial management, employment and performance relating to agreed key objectives is delegated to the CEO.

Any decisions outside of the strategic direction agreed by the Board or outside of the agreed budget are referred to Trustees for approval.

The pay and remuneration of the CEO is reviewed by the Board each year and any changes made are based on performance, an assessment of the market, the financial position of the organisation and relativity across the team.

In the previous year we developed a code of conduct for Trustees and updated the Trustee role description. The code sets out the conduct and practices required to ensure the highest standards of integrity and stewardship in this role.

In 2018, the charity introduced the honorary positions of President and Vice-President.

Trustee recruitment and appointment, induction, and training

We aim to represent the community we serve at all levels of the organisation and are actively reviewing our policy and practice related to Equality, Diversity and Inclusion.

The Articles of Association include terms of office for Trustees, so that an initial appointment is made for a 3-year term and Trustees will be eligible for reappointment for one further term of 3 years.

Our Board of Trustees currently number 11 (of 12) and we have been steadily improving the diversity of the Board across all relevant dimensions in order that we can better represent the communities we serve. Details of Trustees are to be found in the appendix.

Risk management

An organisational risk review sets out the major risks and uncertainties facing the organisation. This is monitored periodically by the Board's Finance and Governance Committee and systems and policies have been established to mitigate exposure to those risks. In the year, we have appointed an independent Data Protection and Cyber Security Officer.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2023

Public benefit

When planning the activities for the year, the Trustees have regard to the Charity Commission's guidance on public benefit in accordance with the duties set out in Section 17 of the Charities Act 2011. The benefit is to a specific group of individuals who have a neurological condition, or who have a friend or family member with such a condition, or who are involved in the treatment and care of these people. This report illustrates the activities provided for this group.

Statement of responsibilities of the Trustees

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the Trustees are required to:

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

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

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2023

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the Trustees on 14 December 2023 and signed on their behalf by

Mark Luce

Mark Luce – Chairman

The Brain and Spine Foundation

Reference and administrative details

For the year ended 31 March 2023

Company number	04432677																												
Charity number	1098528																												
Registered office	Canopi Borough 4th Floor 7-14 Great Dover Street London SE1 4YR																												
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: <table><tr><td>Anthony Amato-Watkins</td><td>resigned 15 December 2022</td></tr><tr><td>Ian Basden-Smith</td><td></td></tr><tr><td>Kavita Basi</td><td>appointed 31 January 2023</td></tr><tr><td>Joseph Bedford</td><td></td></tr><tr><td>Peter Brickley</td><td></td></tr><tr><td>Lauren Downie</td><td>appointed 28 June 2023</td></tr><tr><td>Paul Fleming</td><td></td></tr><tr><td>Asli Guner-Paul</td><td></td></tr><tr><td>Jeroen Huysinga</td><td></td></tr><tr><td>Mark Luce (Chair)</td><td></td></tr><tr><td>Elizabeth Manuel</td><td></td></tr><tr><td>Carolyn Turner</td><td>appointed 31 January 2023</td></tr><tr><td>Sarah Vibert</td><td>resigned 9 November 2022</td></tr><tr><td>Alistair Watkins</td><td>resigned 28 July 2022</td></tr></table>	Anthony Amato-Watkins	resigned 15 December 2022	Ian Basden-Smith		Kavita Basi	appointed 31 January 2023	Joseph Bedford		Peter Brickley		Lauren Downie	appointed 28 June 2023	Paul Fleming		Asli Guner-Paul		Jeroen Huysinga		Mark Luce (Chair)		Elizabeth Manuel		Carolyn Turner	appointed 31 January 2023	Sarah Vibert	resigned 9 November 2022	Alistair Watkins	resigned 28 July 2022
Anthony Amato-Watkins	resigned 15 December 2022																												
Ian Basden-Smith																													
Kavita Basi	appointed 31 January 2023																												
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Peter Brickley																													
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Jeroen Huysinga																													
Mark Luce (Chair)																													
Elizabeth Manuel																													
Carolyn Turner	appointed 31 January 2023																												
Sarah Vibert	resigned 9 November 2022																												
Alistair Watkins	resigned 28 July 2022																												
Charity president	Peter Hamlyn BSc MB BS MD FRCS FISM																												
Charity vice presidents	Alistair Watkins																												
Chief executive officer	Marc Anthony Smith																												
Company secretary	Marc Anthony Smith																												
Bankers	<table><tr><td>CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA</td><td>NatWest Bank PO Box 158 214 High Holborn London WC1V 7BX</td></tr></table>	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA	NatWest Bank PO Box 158 214 High Holborn London WC1V 7BX																										
CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA	NatWest Bank PO Box 158 214 High Holborn London WC1V 7BX																												
Independent examiners	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD																												

Independent examiner's report

To the trustees of

The Brain and Spine Foundation

I report to the trustees on my examination of the accounts of The Brain and Spine Foundation (the charitable company) for the year ended 31 March 2023, which are set out on pages 32 to 46.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company'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 the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

- (1) accounting records were not kept in respect of the charitable 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.

Laura May Richards

Date: 14 December 2023

Laura Richards ACA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

The Brain and Spine Foundation

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2023

	Note	Restricted £	Unrestricted £	2023 Total £	2022 Total £
Income from:					
Donations and legacies	3	90,419	179,620	270,039	393,556
Charitable activities	4	224,000	104,950	328,950	223,350
Other trading activities	5	-	119,353	119,353	87,950
Investments		-	279	279	22
Total income		<u>314,419</u>	<u>404,202</u>	<u>718,621</u>	<u>704,878</u>
Expenditure on:					
Raising funds		-	115,305	115,305	151,641
Charitable activities		<u>339,419</u>	<u>345,140</u>	<u>684,559</u>	<u>659,213</u>
Total expenditure	7	<u>339,419</u>	<u>460,445</u>	<u>799,864</u>	<u>810,854</u>
Net expenditure		(25,000)	(56,243)	(81,243)	(105,976)
Transfers between funds		-	-	-	-
Net movement in funds	8	(25,000)	(56,243)	(81,243)	(105,976)
Reconciliation of funds:					
Total funds brought forward		<u>25,000</u>	<u>157,717</u>	<u>182,717</u>	<u>288,693</u>
Total funds carried forward		<u>-</u>	<u>101,474</u>	<u>101,474</u>	<u>182,717</u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 15 to the accounts.

The Brain and Spine Foundation

Balance sheet

As at 31 March 2023

	Note	£	2023 £	2022 £
Fixed assets				
Tangible assets	11		-	1,721
Current assets				
Debtors	12	71,722		56,337
Cash at bank and in hand		<u>53,033</u>		<u>156,206</u>
		124,755		212,543
Liabilities				
Creditors: amounts falling due within 1 year	13	<u>23,281</u>		<u>31,547</u>
Net current assets			<u>101,474</u>	<u>180,996</u>
Net assets	14		<u><u>101,474</u></u>	<u><u>182,717</u></u>
Funds	15			
Restricted funds			-	25,000
Unrestricted funds				
General funds			<u>101,474</u>	<u>157,717</u>
Total charity funds			<u><u>101,474</u></u>	<u><u>182,717</u></u>

The directors are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act; 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 the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 14 December 2023 and signed on their behalf by

Mark Luce

Mark Luce - Chairman

The Brain and Spine Foundation

Statement of cash flows

For the year ended 31 March 2023

	2023	2022
	£	£
Cash used in operating activities:		
Net movement in funds	(81,243)	(105,976)
<i>Adjustments for:</i>		
Depreciation charges	1,721	7,195
Dividends, interest and rents from investments	(279)	(22)
Increase in debtors	(15,385)	(6,335)
Increase / (decrease) in creditors	(8,266)	(5,230)
Net cash provided used in operating activities	<u>(103,452)</u>	<u>(110,368)</u>
Cash flows from investing activities:		
Dividends, interest and rents from investments	<u>279</u>	<u>22</u>
Net cash provided by investing activities	<u>279</u>	<u>22</u>
Decrease in cash and cash equivalents in the year	(103,173)	(110,346)
Cash and cash equivalents at the beginning of the year	<u>156,206</u>	<u>266,552</u>
Cash and cash equivalents at the end of the year	<u><u>53,033</u></u>	<u><u>156,206</u></u>

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies

a) Basis of preparation

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

The Brain and Spine Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate. The charity ended the year 2022-23 with £101,474 (2021-2022 £157,717) of free reserves, which equates to 1.5 months of running costs. Whilst this represents a significant reduction on the previous year, the charity has a strong funding pipeline and has continued to secure major grants including multi-year arrangements. Additionally rigorous cost controls are in place to ensure that new financial commitments cannot be entered into unless appropriate funds are in place. For these reasons the trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from fundraising events and other trading income is recognised when the event or conference takes place and is deferred where the income relates to future periods.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies (continued)

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

For Google AdWords, the charity measures the value of the gift at the market value provided by Google. Where the market value is given in foreign currency, this is translated in line with the charity's foreign exchange policy (note 1 (o)).

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support and governance costs

Premises costs, office costs, depreciation and consultancy fees have been allocated to raising funds, charitable activities and support costs on an allocation of staff time spent on each activity.

	2023	2022
Raising funds	11.2%	14.5%
Charitable activities	84.6%	80.6%
Support costs	4.2%	4.9%

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies (continued)

h) Allocation of support and governance costs (continued)

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis, which is an estimate of resources spent on each activity:

	2023	2022
Raising funds	10.0%	10.0%
Charitable activities	90.0%	90.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	4 years straight line basis
Database and website	4 years straight line basis

Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

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

k) Cash at bank and in hand

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

l) Creditors

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

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

1. Accounting policies (continued)

o) Foreign currency transactions

Transactions in foreign currencies are translated at the period average rate. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the year end.

p) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

2. Prior period comparative: statement of financial activities

	Restricted £	General £	2022 Total £
Income from:			
Donations and legacies	72,003	321,553	393,556
Charitable activities	135,000	88,350	223,350
Other trading activities	-	87,950	87,950
Investments	-	22	22
Total income	207,003	497,875	704,878
Expenditure on:			
Raising funds	-	151,641	151,641
Charitable activities	210,003	449,210	659,213
Total expenditure	210,003	600,851	810,854
Net expenditure and net movement in funds	(3,000)	(102,976)	(105,976)

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

3. Income from donations and legacies

	Restricted £	Unrestricted £	2023 Total £
Donations and appeal income	20,000	158,680	178,680
Legacies	-	20,940	20,940
Gifts in kind - Google AdWords	70,419	-	70,419
Total donations and legacies	90,419	179,620	270,039

Prior period comparative

	Restricted £	Unrestricted £	2022 Total £
Donations and appeal income	-	241,710	241,710
Legacies	-	44,465	44,465
Gifts in kind - Google AdWords and KPMG	72,003	-	72,003
Major donors	-	35,378	35,378
Total donations and legacies	72,003	321,553	393,556

4. Income from charitable activities

	Restricted £	Unrestricted £	2023 Total £
<i>Grants > £5,000:</i>			
National Lottery Community Fund	109,000	-	109,000
Peter Sowerby Trust	75,000	-	75,000
Garfield Weston Trust	-	34,000	34,000
UCB Pharma	20,000	-	20,000
The Edward Gostling Foundation	-	25,000	25,000
Boston Scientific grant	15,000	-	15,000
Childwick Trust	-	15,000	15,000
<i>Grants = £5,000:</i>			
The February Foundation	5,000	-	5,000
The MacDaibhidh Trust	-	5,000	5,000
The Rainford Trust	-	5,000	5,000
29th May 1961 Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
Sandra Charitable Trust	-	4,000	4,000
Persula Foundation	-	3,000	3,000
Other small grants < £3,000	-	8,950	8,950
Total charitable activities	224,000	104,950	328,950

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

4. Income from charitable activities (continued)

Prior period comparative

	Restricted £	Unrestricted £	2022 Total £
<i>Grants > £5,000:</i>			
Garfield Weston Trust	100,000	-	100,000
Peter Sowerby	25,000	-	25,000
The MacDaibhidh Trust	-	20,000	20,000
CAF	-	20,000	20,000
FND Hope Corporation	10,000	-	10,000
The Adint Charitable Trust	-	10,000	10,000
The Eveson Charitable Trust	-	10,000	10,000
<i>Grants = £5,000:</i>			
The Edward Gostling Foundation	-	5,000	5,000
29th May 1961 Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
The D'Oly Carte Foundation	-	3,000	3,000
Persula Foundation	-	3,000	3,000
Other small grants < £3,000	-	12,350	12,350
Total charitable activities	<u>135,000</u>	<u>88,350</u>	<u>223,350</u>

5. Income from other trading activities

	2023 Total £	2022 Total £
Fundraising events	<u>119,353</u>	<u>87,950</u>

All income from other trading activities in the current and prior year is unrestricted.

6. Government grants

The charitable company received government grant funding in the year from the National Lottery. In the prior year the charitable company received government grant funding from the Coronavirus Job Retention Scheme. The total value of such grants in the year was £109,000 (2022: £1,163). There are no unfulfilled conditions or contingencies attaching to these grants in the current or prior period.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

7. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2023 Total £
Direct costs	22,991	113,077	11,414	147,482
Staff costs (note 9)	57,824	438,535	21,971	518,330
<i>Allocated costs:</i>				
Premises costs	3,975	22,071	1,353	27,399
Office costs	8,128	34,029	3,517	45,674
Depreciation	250	1,386	85	1,721
Consultants	17,614	34,755	6,889	59,258
Sub-total	110,782	643,853	45,229	799,864
Allocation of support and governance costs	4,523	40,706	(45,229)	-
Total expenditure	115,305	684,559	-	799,864

Governance costs in the year were £3,900 (2022: £3,720).

Prior period comparative

	Raising funds £	Charitable activities £	Support and governance costs £	2022 Total £
Direct costs	23,352	61,779	8,969	94,100
NeuroLifeNow gift in kind	-	20,263	-	20,263
Staff costs (note 9)	73,678	408,947	25,091	507,716
<i>Allocated costs:</i>				
Premises costs	3,597	19,965	1,225	24,787
Office costs	13,677	73,874	8,005	95,556
Depreciation	1,044	5,796	355	7,195
Consultants	31,446	24,966	4,825	61,237
Sub-total	146,794	615,590	48,470	810,854
Allocation of support and governance costs	4,847	43,623	(48,470)	-
Total expenditure	151,641	659,213	-	810,854

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

8. Net movement in funds

This is stated after charging:

	2023 £	2022 £
Depreciation	1,721	7,195
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	647	Nil
Trustees' indemnity insurance	110	110
Independent examiners' remuneration (including VAT):	<u>3,900</u>	<u>3,720</u>

Trustee reimbursed expenses relate to travel and subsistence costs for 3 trustees.

9. Staff costs and numbers

Staff costs were as follows:

	2023 £	2022 £
Salaries and wages	452,109	444,247
Social security costs	44,256	41,715
Pension costs	<u>21,965</u>	<u>21,754</u>
	<u>518,330</u>	<u>507,716</u>

	2023 No.	2022 No.
Employees earning more than £60,000 during the year		
£60,000 - £70,000	-	-
£70,000 - £80,000	1	1
£80,000 - £90,000	<u>1</u>	<u>1</u>

The key management personnel of the charitable company comprise the trustees, chief executive and senior management team. The total employee benefits of the key management personnel were £348,215 (2022: £330,818).

Staff numbers were as follows:

	2023 No.	2022 No.
Average head count	12	13
Full time equivalent	<u>10</u>	<u>11</u>

10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

11. Tangible fixed assets

	Computer equipment £	Database and website £	Total £
Cost			
At 1 April 2022 and at 31 March 2023	<u>37,601</u>	<u>52,800</u>	<u>90,401</u>
Depreciation			
At 1 April 2022	36,463	52,217	88,680
Charge for the year	<u>1,138</u>	<u>583</u>	<u>1,721</u>
At 31 March 2023	<u>37,601</u>	<u>52,800</u>	<u>90,401</u>
Net book value			
At 31 March 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2022	<u>1,138</u>	<u>583</u>	<u>1,721</u>

12. Debtors

	2023 £	2022 £
Prepayments	27,052	20,382
Accrued income	<u>44,670</u>	<u>35,955</u>
	<u>71,722</u>	<u>56,337</u>

13. Creditors: amounts due within 1 year

	2023 £	2022 £
Trade creditors	1,932	9,196
Accruals	8,669	9,363
Other taxation and social security	<u>12,680</u>	<u>12,988</u>
	<u>23,281</u>	<u>31,547</u>

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

14. Analysis of net assets between funds

	Restricted funds £	Unrestricted funds £	Total 2023 £
Tangible fixed assets	-	-	-
Net current assets	-	101,474	101,474
Net assets at 31 March 2023	-	101,474	101,474
Prior period comparative			
	Restricted funds £	Unrestricted funds £	Total 2022 £
Tangible fixed assets	-	1,721	1,721
Net current assets	25,000	155,996	180,996
Net assets at 31 March 2022	25,000	157,717	182,717

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

15. Movements in funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2023 £
Restricted funds					
Google AdWords	-	70,419	(70,419)	-	-
National Lottery	-	109,000	(109,000)	-	-
The February Foundation	-	5,000	(5,000)	-	-
Boston Scientific	-	15,000	(15,000)	-	-
UCB Pharma	-	20,000	(20,000)	-	-
Peter Sowerby Foundation	25,000	75,000	(100,000)	-	-
Neuro Life Now	-	20,000	(20,000)	-	-
Total restricted funds	<u>25,000</u>	<u>314,419</u>	<u>(339,419)</u>	<u>-</u>	<u>-</u>
Unrestricted funds					
General funds	<u>157,717</u>	<u>404,202</u>	<u>(460,445)</u>	<u>-</u>	<u>101,474</u>
Total unrestricted funds	<u>157,717</u>	<u>404,202</u>	<u>(460,445)</u>	<u>-</u>	<u>101,474</u>
Total funds	<u>182,717</u>	<u>718,621</u>	<u>(799,864)</u>	<u>-</u>	<u>101,474</u>

Purposes of restricted funds

Google AdWords - Represents the value of advertising donated by Google to support access to information.

National Lottery - Three year grant of £330,000 allocated equally between Professional Neuro Services and NeuroLifeNow.

The February Foundation - One off grant of £5,000 towards the costs of our national helpline.

Boston Scientific - An educational grant that has been used to support Public Healthcare Awareness Campaigns.

UCB Pharma - Grant of £20,000 to support the NeuroLifeNow programme in 2022-23.

Peter Sowerby Foundation - £100,000 one year grant, spent in 2022-23 towards the development of Version 2.0 of the NeuroLifeNow platform and Professional Neuro Services.

Neuro Life Now - donations towards work on Neuro Life Now.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2023

15. Movements in funds (continued)

Prior period comparative

	At 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2022 £
Restricted funds					
Birmingham Hospital Saturday Fund	28,000	-	(28,000)	-	-
FND Hope Corporation	-	10,000	(10,000)	-	-
Garfield Weston	-	100,000	(100,000)	-	-
Google AdWords	-	51,740	(51,740)	-	-
KPMG NeuroLifeNow	-	20,263	(20,263)	-	-
Peter Sowerby Foundation	-	25,000	-	-	25,000
Total restricted funds	28,000	207,003	(210,003)	-	25,000
Unrestricted funds					
General funds	260,693	497,875	(600,851)	-	157,717
Total unrestricted funds	260,693	497,875	(600,851)	-	157,717
Total funds	288,693	704,878	(810,854)	-	182,717

16. Related party transactions

During the year trustees donated £20,000 to The Brain and Spine Foundation (2022: £nil).

Marc Smith, Chief Executive of the charity, is also a trustee of the Neurological Alliance. During the year ended 31 March 2023, the charity paid £5,000 to the Neurological Alliance for support with the Neuro Life Now project.

17. Contingent assets

There is a legacy which has been notified to the charity at 31 March 2023 for which the amount is still not reliably measurable. Indications are that the estimated value of the legacy is in the region of £65,000 (2022: £85,000).

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2023

Our Founder and President, Peter Hamlyn MB BS BSC MD FRCS FISM

In a medical career that has spanned 40 years, Peter has led change at the elite level of both neurosurgery and sports medicine. He has headed neurosurgical teams in some of London's elite teaching hospitals such as St Bartholomew's Hospital and The Royal London Hospital, academic units in leading universities such as Queen Mary University London and University College London. He has worked at the elite level in multiple sports medicine, including motor sports, equine sport, combat and collision sports as well as the performing arts – everything from the NFL to the Royal Ballet. He has chaired Ministerial Working Groups and was pivotal to the creation of Sport and Exercise Medicine as a recognised specialty.

He has worked as medical advisor to the Society of British Neurological Surgeons (first Safe Neurosurgery working group), General Medical Council, Trigeminal Neuralgia Association of Great Britain, British Olympic Association, British Boxing Board of Control, The Jockey Club of Great Britain, UK Sport, Royal Ballet, GB rowing team, England Rugby, plus numerous premier league football and rugby clubs.

Peter was a member of the 2012 Olympic Bid Advisory Panel and has worked as a correspondent for the sports section of The Daily Telegraph newspaper. In 1996, he was awarded Fellowship of the Institute of Sport Medicine for work in the field of head injury in sport. He is founder and president of the Brain and Spine Foundation, has been the Chair of the Football Association's Expert Medical Panel since 2016 and has been a Trustee of the Grand Prix Trust since 2005. Most recently, Peter has been appointed Medical Director and Trustee of Podium Analytics.

Vice President, Alistair Watkins

Alistair has spent the last 25 years working in the world of international sport at the highest level. He started his career working as the FIA's Formula One Press Officer 1995 – 1999, an era a great change in sport with safety becoming a primary objective. A change of direction into the commercial side of the sports world followed a year of study and an MBA from the Management School of Imperial College in London. Two year of working for leading consultancy Oliver & Ohlbaum on Premier League media rights valuations led to Alistair joining Kirch Media, who acquired Formula One, and subsequent work on the sports long term business plan.

Alistair re-joined the sport of Formula One in 2002 as Marketing Director of Lucky Strike BAR Honda's Formula One team, which saw Alistair leading the team's global marketing operations for five years. He was then head hunted to be Marketing Director of Swiss America's Cup sailing team, Alinghi. Created by Swiss biotech billionaire, Ernesto Bertarelli, Alinghi was the first European team to win the America's Cup and defend it successfully in Valencia in 2007.

Alistair founded Influence Associates in 2008 with two other directors, which saw the marketing and PR agency offer corporate clients PR, investor relations, marketing and sponsorship services. Since then he has created Influence Sports & Media for sports clients.

Alistair stepped down as Trustee of Brain & Spine Foundation after six years and was elected as Vice President in 2022. He will be working on projects with our Founder and President, Peter Hamlyn.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2023

Chair of Trustees, Mark Luce

Mark joined the Board of Trustees in July 2017, stepping up to his current role as Chair in July 2018. Mark spent the last 20 years working for global beer giant SABMiller and now runs his own marketing consultancy. Continuing his passion for change, his ambition is to transform the care provided to those living with neurological conditions and in doing so, to make a meaningful difference to many more people. He is a wine maker, avid traveler, and motorsport fan.

Trustee, Ian Basden-Smith

Ian is a chartered accountant who worked in the banking industry following a period with KPMG. He worked for Samuel Montagu, Morgan Grenfell and Deutsche Bank across finance and operational activities in the UK, Europe and the Far East. Ian joined the Board of Trustees in 2012 and is both excited by the current plans for the charity and committed to achieving our organisational aims. Ian is a keen golfer and fisherman and enjoys the outdoors and travelling as well as spending time with his children and grandchildren.

Trustee, Kavita Basi

Kavita has over 25 years of experience in the fashion industry. In 2015 she suffered a subarachnoid brain haemorrhage and was told she had a 50% chance of survival and could be left with life-changing disabilities.

After four brain operations and extensive rehabilitation, Kavita made it her mission to make a positive difference in the fashion industry, be a role model to the next generation and help others that have suffered a similar illness. She has been a Brain & Spine Foundation Ambassador since 2015, is an author of two books about surviving brain haemorrhage and has shared her story through her podcast and social media. Her two ethical brands promote vegan and gender-neutral fashion. She donates 5% of profits from her brand Ration.L to the Brain & Spine Foundation.

Trustee, Joe Bedford

Joe has been a corporate lawyer for over 20 years and is a partner and strategy board member at Stevens & Bolton LLP. Joe was a founder member of the steering committee of the Association for Corporate Growth (ACG UK), an organisation focused upon supporting middle market M&A activity and driving the growth of that sector. Joe joined the Board of Trustees in May 2020 having heard the ambitious plans which the Brain & Spine Foundation has to expand its footprint and enhance its ability to make a positive difference to those affected by neurological issues. He is now a member of the Finance and Governance Sub-Committee.

Trustee, Peter Brickley

Peter leads the Business Process & Technology organisation at Coca Cola European Partners. Peter has over 25 years' experience leading technology for global businesses including Heineken, Centrica & BAT. Before Coca Cola Peter was the Global CIO and Managing Director of Global Business Services at SABMiller. Peter is also the non-executive chairman of Newbury Building Society and a Parish Councillor.

Peter joined the Board of Trustees in April 2020, given his enthusiasm for the cause.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2023

Trustee, Lauren Downie

After suffering a subarachnoid haemorrhage in 2004, Lauren was discharged from hospital and given a leaflet from the Brain and Spine Foundation. A few months after, she realised her recovery was taking longer than expected and as she had no follow up appointments booked with the hospital, Lauren called the Brain & Spine Foundation's Helpline. The advice she received was extremely helpful, explaining what Lauren might expect in terms of recovery time.

She went to meet the team and was invited to support the Brain and Spine at the London marathon. She was asked to run a 5k to raise funds, and that was her introduction to running.

After a follow up procedure in 2006, Lauren was persuaded to run the marathon to raise funds for the foundation again. This is when she met all the team and was inspired by the charity throughout her

Along the way, Lauren has contributed to a book written by Alison Wertheimer, called "A Dented Image, Journeys of Recovery from Subarachnoid Haemorrhage", and attended conferences run by the charity.

She was appointed an ambassador several years ago as she raised awareness of the charity by getting running friends to join her on fundraising runs.

More recently Lauren has been working as a peer support volunteer for the Neuro Social group where survivors of neurological illnesses meet once weekly online.

Support for people with neurological conditions is lacking throughout the UK and Lauren feels very grateful to the Brain and Spine Foundation for the support the charity has given her in the past. She is so happy to help in any small way towards improving services for others!

Trustee, Paul Fleming

Paul has spent the last twenty years working as a financial restructuring lawyer, based in London but travelling around the world. He has worked on a variety of cases including the fall out from the Lehman collapse in 2008. He likes difficult problems! Paul joined us in 2020 with an enthusiasm to support the crucial role the Brain & Spine Foundation plays in covering significant gaps of neurological health and wellbeing.

Trustee, Asli Guner-Paul

Asli is currently working as Associate General Counsel at Lightsource BP, a global solar company, heading up projects in the EMEA region. She holds a Bachelor of Law (with first class honours equivalent) from Galatasaray University and an LLM degree (with merit) in corporate and commercial law from the London School of Economics and Political Science. She speaks Turkish, French and German. Asli joined the Board of Trustees in May 2020 after a close family member was diagnosed with a neurological illness. She is passionate about contributing to the invaluable work of the Brain & Spine Foundation. Asli enjoys spending time with her family, travelling, pilates and collecting vintage crockery.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2023

Trustee, Jeroen Huysinga

Jeroen has spent 35 years working as a portfolio manager covering equity markets globally. He was a Managing Director at JPMorgan Asset Management for 20 years.

In 2020, Jeroen chose to retire from his work in the City and embark on a Master's degree in Charity Accounting and Financial Management at the Cass business school. His ambition is to combine commercial experience and rigorous learning to make a difference and to build a second career in the charities sector. Jeroen joined the Board of Trustees in April 2020 and is passionate about the potential to create positive change.

Trustee, Elizabeth Manuel

Elizabeth survived a subarachnoid haemorrhage (SAH) in 2011. Having grappled with the failings of a health service that neither prioritises nor generally meets the needs people affected by neuro conditions, Elizabeth has sought to make things better for others. She has a LLB (Hons), was a barrister for twenty years, a Judge for sixteen years, and gives motivational speeches to educate and inform health professionals and patients about how to achieve better outcomes. She has given TV and media interviews about her experiences and made short films to highlight disability and petition Parliament about the need for better rehab. Elizabeth is testament that improvement can be made at any stage and life can be better. She loves to paint and has exhibited her art (most recently at the 2021 Bloomsbury Festival). She enjoys exercise, improving her French and Spanish, and travelling the world.

Trustee, Carolyn Turner

In 2008 Carolyn was diagnosed with a spinal cord tumour. She lived with it for 5 years before having complex spinal surgery in 2013. In 2014, she reached out to the Brain and Spine Foundation for support and began fundraising in 2015. This is when she became an Ambassador for the charity.

Carolyn comes from a nursing background, having worked as a staff nurse at the Leicester Royal Infirmary NHST for 15 years, initially in the Central Operating department. She then transferred to Ophthalmology, gaining experience in theatres, on the wards and clinics before joining the hospital agency and working in the recovery suite of the Women's Hospital.

Following her surgery, she worked as support staff at a pre-school and now dedicates her time to the Brain & Spine Foundation. She is the Volunteer Facilitator for the charity's peer support groups: Neuro Social, Neuro Creative, Neuro Social Midlands and Neuro Writing.

Carolyn also joined the Brain & Spine Foundation's Equity, Diversity and Inclusion working group. She was appointed to the Board of Trustees in 2023.

Accounts

A close-up photograph of an elderly woman with short, wavy white hair. She is smiling warmly at the camera, showing her teeth. She is wearing a dark, possibly navy blue, jacket with a light-colored, possibly white or cream, patterned stripe across the chest. She is holding a small, green plant with thin stems and small, brown, seed-like structures. The background is a soft-focus outdoor setting with green foliage and a tree trunk.

Brain & Spine
Foundation

The Brain & Spine Foundation
Annual Accounts and Trustees Report
1 April 2021 – 31 March 2022

Registered Charity no. 1098528. Registered Company no. 04432677

The Brain and Spine Foundation

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The Brain and Spine Foundation

Reference and administrative details

For the year ended 31 March 2022

Company number	04432677
Charity number	1098528
Registered office	Canopi Borough 4th Floor 7-14 Great Dover Street London SE1 4YR
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Anthony Amato-Watkins Ian Basden-Smith Joseph Bedford Peter Brickley Paul Fleming Asli Guner-Paul Jeroen Huysinga Mark Luce (Chair) Elizabeth Manuel Sarah Vibert Alistair Watkins
Charity president	Peter Hamlyn BSc MB BS MD FRCS FISM
Charity vice presidents	Clive Holland Eric Roux
Chief executive officer	Marc Anthony Smith
Company secretary	Marc Anthony Smith
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA NatWest Bank PO Box 158 214 High Holborn London WC1V 7BX
Independent examiners	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

The Brain & Spine Foundation at a glance

Our vision

A society where people affected by a neurological condition are recognised, respected, and can flourish.

Our mission

Transform the daily reality of each person affected by any neurological condition, anywhere in the UK, through frontline professional services, innovative social research, and bold campaigning for change.

Our purpose

As a changemaker organisation, to build, enable and support a vibrant community that is focused on driving the changes that they want to see.

Build a powerful community of people affected by neurological conditions and support them to act and be an authoritative voice for change.

Our values

- **Expert**
We work to a high standard and use the expertise of health professionals, our staff and our community to produce quality information and support services, research and campaigning.
- **Inclusive & Diverse**
We support anyone who needs us: we respect and care for our community and listen to the needs of people affected by neurological conditions. Organisationally, we seek to reflect the community we serve and strive to have the person-voice represented, listened to, and acted upon. Above all, we recognise and value the lived experience of our community.
- **Enabling**
We help people to help themselves. By providing information and support, and other tools, we enable individuals to take more control of their own journey. Like a good companion, we are there when they need us.
- **Learning and growing**
We're ambitious about what we can achieve for people affected by neurological problems. We learn from experience and research; we are hungry for insight and creative in our thinking. We work innovatively and in an agile way to grow and improve what we do.
- **Collaborative**
We work with others, including the people we serve, health professionals and other organisations to get the best results. We seek to build meaningful partnerships with all stakeholders and are driven by a common cause and shared purpose. Together we travel further and faster.

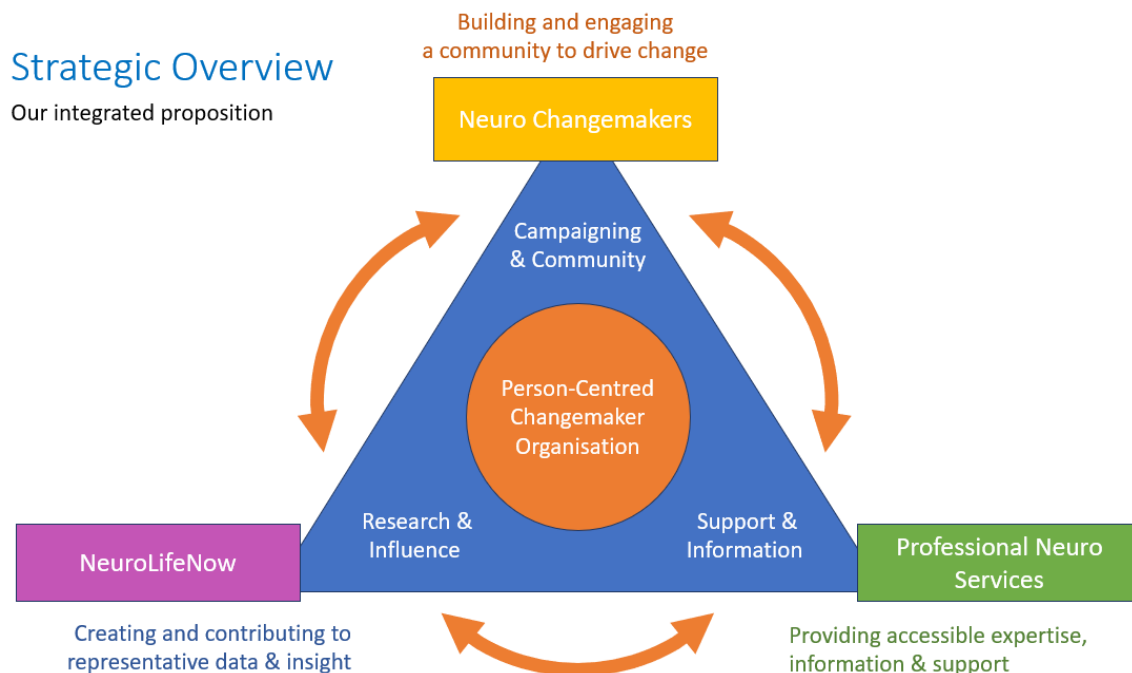
The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

Our focus

Our distinct approach integrates three inter-related elements: Professional Neuro Services, Social Research and Campaigning. The combined impact of these activities, allied to our pan-neurological remit, gives the Brain & Spine Foundation its unique place in the neurology landscape:



April 2021 – March 2022 / Our year – an overview

24 months into the global pandemic and its huge socio-economic impacts, the language of “the new normal” has become all too familiar. For our community, the 1-in-6 people affected by a neurological condition in UK, this is not good news: Continued delays in accessing treatment, medicines and care, confused Government information and messaging around Covid-19 for some of the most vulnerable in our society, and the repeated lockdown-disruption of services from NHS and in the community, led to an inevitable surge in feelings of isolation and associated anxiety resulting in poorer mental health. The “new normal” for people affected by a neurological condition is frightening, distressing and sadly, all too familiar.

During the year, our on-going Covid-response and other activity did not falter: We continued to find ways to provide professional support and information for our community and to drive new initiatives that would build a better future – always looking ahead to a society where people living with a neurological condition could be better supported, to enjoy their best quality of life.

We enhanced our organisational proposition by listening to our community and acting on their unmet needs:

- Our frontline Professional Services sought to create more opportunities for peer-to-peer support groups, including for carers.
- We recruited additional resource to address a growing demand for emotional support and wellbeing counselling.
- We initiated the launch of our community building campaign – Neuro Changemakers.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

- And we continued to develop our innovative social research platform, NeuroLifeNow (successfully launched in 2021) using the real-world, real-time data and insights provided by our community to influence improvements across the neuro landscape.

The combined impact of our work is to:

- **Drive transformational change for our community, dramatically improving treatment, care, and quality of life – because the status quo is wholly unacceptable.**

In the year, we are proud to have reached more than 625,000 people across all our services.

We would not have been able to do this without the commitment and passion of our amazing supporters, volunteers, Ambassadors, and staff.

In the face of unprecedented challenges, no-one took a backward step, and we are proud of our achievements on behalf our community whose strength, resilience and determination continue to be our inspiration.

Our financial performance

Like so many, we have experienced a very challenging external environment but have delivered a significant and successful fundraising year.

We enjoyed continued support and financial contribution from our community, as well as income from new and more diverse range of funding sources which reflects our sustainability goals.

We remained committed to maximising all opportunities to support our community while keeping careful control of our cost base.

As with many organisations, we found the external funding environment very challenging – competition for funding is unprecedented. Total income for 21-22 is lower because funding from two large grants (totalling £210,000) will arrive in the 22-23 financial year and there is a much reduced Gift in Kind contribution compared to 20-21. Our budget deficit for the year (£105,976) reflects these factors, but is not indicative of the strength of our fundraising programme.

Total income	£704,878
Expenditure	£810,854
Closing Funds	£182,717

Our reach and impact

Our reach 21-22

In 21-22, the Brain and Spine community was over **625,000 people**

Brain & Spine
Foundation

Peer support groups

218

Helpline (people benefitted directly through calls and emails)

2,310

Helpline (people benefitted indirectly)

11,550

Health information booklets (mailed)

3,152

Health information booklets (downloads)

26,093

Social media and Facebook support groups

39,048

Website visitors*

587,109

* 82% of visits to the website were to the Publications & Information section alone – highlighting the importance of accessible, quality information

Accessible, tailored, and expert support and health information remained core to our service delivery. We increased reach by more than 25,000 people connecting with over 625,000 people in our community:

We are particularly pleased to see the growth in our on-line peer-to-peer groups, that support 218 individuals, up from 75 in previous year. Held weekly, in small groups, the support forums provide a safe space for conversation around selected topics. The development of these groups is based on user feedback and are now volunteer led.

Part of our work in the year has been the development of new Monitoring and Evaluation Frameworks for Neuro Services, NeuroLifeNow and Neuro Changemakers. We will implement these in 2022.

Aims and Outcomes

Through our distinct programmatic structure, we aim for change on four different levels: **Individual; Community; System; Society.**

Our Aims	Level	Organisational Aims
	Change at the individual level	Supporting people to manage and make decisions about their own health and wellbeing
	Change at the community level	Building and supporting resilient communities of people with meaningful and valued roles
	Change at the system level	Transforming the Health and Social Care systems , and public policy
	Change at the societal level	Greater empathy, awareness , and understanding in wider society

Our on-going response to the pandemic and Long-Covid

As the pandemic continued to impact all aspects of our lives, our focus was to support our community through the crisis by providing the right support and information, at the right time and in the right way. We adapted quickly to meet their needs and urged decision makers to set out plans for health and care improvements. As the longer-term impacts of the pandemic are becoming evident, including the emergence of Long-Covid symptoms, our Covid-19 response remains agile, needs driven and responsive.

Our people

Our talented and committed staff continued to work in a hybrid manner throughout the year. We have minimised the office costs and invested in remote working platforms.

We have strengthened our Helpline team with the recruitment of a new neuroscience-trained nurse, bringing the team to 4 (2.8 FTE). This has allowed us to operate the Helpline 5 days per week and launch an enhanced emotional support service.

With the increased external threats related to cyber security and data protection, we recruited an independent DPO / Cyber Security Officer to consult on and oversee related risk identification and mitigation.

We have built a talented team of individuals who, against the on-going backdrop of Covid-19 and working from home protocols, remained professional and dedicated to delivering our support services, engagement activities and daily operations. The digital transformation work that took place in 2019-20 to support remote working allowed our staff to continue their efforts with minimal disruption in the past 24 months.

Our regular staff now numbers 13 people (7 full time, 6 part-time) and 2 specialist consultants who regularly contribute to our work. We are also supported by 4 volunteers in moderating peer-to-peer groups, and over 50 Ambassadors and volunteers across the UK.

We enjoy a “one team” mentality with our committed Board of 11 trustees and feel proud to have a combined team of over 30 people who contribute their expertise.

Our ethos

We are person-centric: Our Services, Research and Campaigning model continues to evolve around understanding the holistic needs of people affected by any neurological condition.

We are insight led and data driven: We have a vision to improve reach and impact of our services by leveraging digital and data strategies.

We seek to build a large community of people affected by neurological conditions in UK: one that unifies their voices and influences systemic change to the design and delivery of care.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

A letter from the Chair

I'm delighted to share with you the Brain & Spine Foundation annual report. It has been another extraordinary year, and I would like to express sincere gratitude to everyone who has stood by us and strived to deliver positive outcomes for our community of people affected by neurological conditions during such turbulent times.

2021 saw the continuation of our transformation strategy. The long-term vision builds on our unique position as a pan-neuro, person-centred organisation. Our ambition is to be the 'go-to' organisation for support and information services for people affected by any neurological condition. We want to amplify the strong, unified voice of our community, meeting the needs of everyone affected: people, their family, and carers.

This year we connected with over 625,000 people affected by a neurological condition who reached out to our Helpline for free, tailored support, ordered one of our expert information booklets or joined our digital community. The impact of Covid-19 is evident with over 50% of calls to the Helpline about the secondary consequences of brain and spine illness, such as mental health problems, social isolation, and anxiety. We are immensely proud that we have continued to be there for people when they needed us most against the backdrop of a global pandemic, but we must also make sure we are well prepared for the future.

We know that living with a neurological condition can be a lonely and difficult experience. With many members of our community clinically vulnerable and shielding during the year, we continued to run our condition-specific Facebook support groups and launched two new online peer support programmes, Neuro Social and My Creative Life. We continue to make these sessions inspiring and practical. In the year, we have also been able to launch a new group for carers.

In January, we marked the one-year anniversary of NeuroLifeNow, our innovative social research platform, managed in collaboration with the Neurological Alliance. This innovative platform encourages anyone affected by a neurological condition or symptoms to report the daily reality of living with their illness, and how they are accessing treatment and care. Over 900 people have shared their valuable insights, and over 2000 surveys have been completed. These experiences have already been used to influence how neurological services are designed and delivered.

Details of the programme and its impact can be found in the NeuroLifeNow Annual Report <https://neurolifenow.org/hub-neuro/>

I'd like to thank every person who has completed a survey and shared their experience – this is the real power behind the programme. Thank you also to the charitable trusts and businesses who have so generously supported this innovative project, in particular the pro-bono support from KPMG Lighthouse that allowed us to accelerate and deliver our vision in the past 18 months. I believe NeuroLifeNow will be truly game-changing for our community and sector.

Like many organisations, our staff team continued working-from-home protocols and adapted to testing times with outstanding professionalism and dedication.

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Our work is only possible thanks to our incredible supporters and hardworking volunteers. Despite many of our planned fundraising events being disrupted, such as the London Marathon, our community took on virtual events and created new, socially distanced ways to raise funds. We feel privileged to have such an incredible network of dedicated Ambassadors, fundraisers, and volunteers. By the end of the financial year, our income stood at £704,878, I would like to thank our generous network of donors and funders for their continued dedication to the organisation, and our staff team who have worked tirelessly to explore and secure a diverse range of income.

In the coming year, we will continue to support anyone affected by any neurological condition, fund social research into the daily reality of the people we serve, and campaign to drive change. The pandemic has reinforced that we are stronger together. I hope you will join us as we celebrate our 30th Anniversary year.

Mark Luce

Mark Luce
Chair of Trustees, Brain & Spine Foundation

The Brain and Spine Foundation

Report of the trustees

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Trustees Annual Report

As an independent health charity, the Brain & Spine Foundation plays a number of crucial and influential roles in supporting the health and wellbeing of people affected by a neurological problem living within the United Kingdom.

Founded in 1992, we draw from nearly 30 years of experience and accumulated expertise to deliver person-centred support and accessible information directly to those who need it; and we continue to listen to and learn from our community, allowing us to identify and respond to their unmet needs and ensure that our work remains relevant.

Uniquely pan-neuro, we are there for someone at any stage of their journey, from when symptoms first appear, before diagnosis, throughout their wait to see specialists, and in the long-term when there can often be a lack of specialist or community care available to help in the management of chronic conditions. For many people, the support and information they find through our services simply does not exist anywhere else.

We also raise awareness of the challenges faced by people affected by a neurological condition and provide a platform for the voice of our community. Through the gathering and reporting of people's real-world experiences, we help present evidence of the unwarranted variations in the access to and delivery of care. Through regular and frequent reporting of lived experience, we help influence the design and delivery of healthcare services.

We help to bridge the gaps between different parts of the health and social care systems, and we work to ensure that those who need to are able to interact with these systems effectively and efficiently.

Why we exist

According to the recently published My Neuro Survey (Neurological Alliance, June 2022), 1-in-6 in people in this country is affected by a neurological or neurodegenerative condition. These diseases include dementia, stroke, motor neurone disease, neuromuscular diseases, brain cancers, Parkinson's, multiple sclerosis and epilepsy to name just a few of the most prevalent diseases. That is over 12 million individuals who have experienced or are living with a condition or symptom that may have life-changing, and often life-long effects.

There are over 600 known neurological conditions – and more will be identified post-pandemic and with the emergence of Long-Covid. A neurological problem can impact every aspect of a person's life, including physical, mental, and social wellbeing. Friends and family can also be affected and may need to provide full-time support as a carer.

Despite some regional centres of excellence, the stark reality for anyone affected by a neurological problem is that services are scarce, limited in scope and fragmented – and significantly under-resourced compared to other major health conditions, like cancer and heart disease. (ABN Workforce Survey).

The Association of British Neurologists and others, estimate that the disruption caused to the delivery of neurological support services by COVID-19 during 2021 has increased the number of people waiting to see a specialist neurologist from 35,000 to over 170,000 in the UK. A further 60,000 are waiting for neurosurgery. With fewer than 1,000 specialist consultants in England, this backlog will take many years to clear. Meanwhile, with many waiting more than a year to see a consultant, the health of our community is getting worse more quickly. In this increasingly diverse, complicated, and complex landscape, there is an ever-growing need and demand for support and accessible information from individuals, their families, friends, and carers and the healthcare professional who look after them.

The work we do makes a real difference; it gives immediate help and on-going support and relieves pressure on the NHS. This was especially valuable at a time of national emergency and equally important during the aftermath.

Our services: the right support, at the right time, in the right way
Neuroscience nurse-led Helpline

The last year has been really busy for the helpline. We have been a first and sometimes only port of call for many people who have not been able to contact their specialist nurses or see a GP due to the lockdowns and COVID-19. Many have felt very isolated and are very grateful for our service.

'Thank you so much. I felt desperate this morning. The pain has been relentless, but it has actually made me feel more hopeful, just to have somebody listen and give some advice and where to go to get some more tools to help myself; and yes I would love to be in contact.'
Caller with severe back pain.

We know that asking for help is not always easy. Discussing your diagnosis or condition, your worries, and the challenges you are facing can be emotional and difficult. Some people may have already experienced stigma when trying to talk to others.

Our free, expert national Helpline service provides a trusted safe space where someone can seek practical and emotional support, clarity and reassurance. Run by experienced neuroscience trained professionals, our nurses understand the complexity of neurological conditions and the difficulties that people can encounter. We help people make sense of complex information or specialist medical terminology, support them to access the right services and to ask the right questions to ensure they get the most out of their appointments and care. We understand the importance of recognising that their challenges are not limited to their symptoms or condition, but also come from how these can impact their ability to work, their independence, their relationships, and other wider personal and socio-economic issues.

When someone contacts us we relate to them as a person first and foremost. Our service users can be people living with a condition, their family, or carers. We engage with people in a holistic and person-centred way: finding out what is important to them and suggesting options so they can make an informed decision. The neuroscience nurses use their clinical knowledge and experience, alongside strong listening skills, and a commitment to treating people with compassion and empathy, to deliver high-quality care and support.

"Thank you very much for your very very thorough response to my questions having rang a number of helplines and questioned other people to where I go next with my complicated condition. Only complicated because things have been left for years, building up layer by layer.

When I spoke to you, you were able to unpick an awful lot of that and give me distinct information, and what questions to ask and in many ways, what should be happening next. A lot of the clinical information I have been given so far has been piecemeal and sometimes dismissive. This is especially helpful as I am visually impairment

Today I feel like I somewhere to go with it so I would like to thank you. I look forward to receiving the information we discussed by post. Once I receive that I will be in touch again."

Service User 2021

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We are there for the person's entire journey, not just in the first instance. Calls are not limited in number nor by time, as we know that people's needs change over the years. Knowing that trusted help is just a phone call or email away can also alleviate stress and reduce anxiety when often it is difficult for someone to get in contact with their own healthcare team. Our Helpline service is confidential, anonymous and can be accessed by phone, email, or via our social media channels.

Last year, the Helpline responded to 2,310 enquiries by answering phone calls, providing call backs, and replying to emails. Our average live call time was 24 minutes. This call volume is similar to last year, although the average call time is longer: We're spending more time talking with more people. The expertise of our neuroscience nurses also continues to be valued by healthcare professionals and other charities seeking to learn more about neurological conditions and the support available to their patients locally and in the community.

"I really appreciate being able to talk to the nurse today on the helpline. I have felt rather isolated. I didn't know where to turn to for help and advice."

Service User 2021

In the year, we piloted a special "by appointment" helpline service on behalf of FND Hope UK who have no helpline service to offer their community. We dedicated resource and time to deliver a bespoke service for 3 months (Dec-March) that was promoted via the FND Hope website. We are very happy to have supported over 117 people from a total of 145 enquiries in that time. We hope to be able to continue this partnership beyond the successful pilot in 2022.

"The nurse exceeded all of my expectations, absolutely wonderful, soothing, reassuring, so kind and compassionate and very knowledgeable and directed me to places where I can find information and help easily. And so much I appreciate this service. Thank you so much."

FND Hope "by appointment" Helpline Service User

"Had my phone call this morning and it was really helpful and really reassured me when I was feeling weak and wobbly after the FND diagnosis. It also really supported in finding places for help. Your website is really good because it is really reassuring when you feel you are stumbling sometimes. Thank you."

FND Hope "by appointment" Helpline Service User

Accessible health information

We create and publish high quality, accessible health information for anyone affected by any neurological condition and for use by healthcare professionals. Recent surveys report that more than 35% of people don't get written information at the time of diagnosis. These resources became even more vital at the height of the pandemic, when people had difficulty speaking to their GP/specialist.

"My conversation today has been immensely helpful together with the booklet that I received. I feel much calmer and I've got a road ahead."

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These publications are endorsed and used by clinicians in hospitals. In 21-22 the outcomes reported were:

- 3,152 free booklets sent to hospitals and individuals
- 29 of the 36 neuroscience centres across the UK receive our publications
- 587,109 users accessed our website; of these 82% visited the information and publications sections (fact sheets and booklets) and the A-Z directory of conditions
- 26,093 downloads of booklets.

In total, we send resources to 41 hospitals in the UK (neuro and non-neuro centres). We also send our booklets to 10 charities such as Macmillan, Maggie's, Air Ambulance Wales, The Brain charity and Headway.

Online peer support

We run four different weekly, bi-weekly and monthly online support groups - Neuro Social, Neuro Creatives, Neuro Writing and Neuro Carers - to share personal experiences of neurological conditions, enable new friendships, and tackle widespread loneliness and isolation:

“Throughout my life I’ve struggled to make one friend because of my condition.”

Peer support groups are sometimes moderated by experienced volunteers. And the Neuro Creatives programme is run by an experienced counsellor who uses arts therapy to help people find meaning and purpose in life. Participants report improved social connection, and the ability to express themselves. These activities are the product of consultation because people told us they wanted a sense of belonging and community. In 21-22 the outcomes reported were:

- 218 people registered for peer support groups – a threefold increase on 20-21
- 1,558 and 2,262 participants in our Facebook groups for rare conditions - Chiari malformation and Subarachnoid haemorrhage, respectively
- 87.5% of Neuro Creative participants reported increased confidence.

“In 2021 I had the opportunity to deliver the My Creative Life programme to two groups. I learnt the practical aspects of delivering a creative self-management programme online as well as supporting participants to engage with their own reflections on their self management journey.”

Kate Hasted – Creative Projects Manager, My Creative Life

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Neuro Creatives

“Feedback from the participants and volunteers encouraged us to design our own program through which we could run an open group called Neuro Creatives. I was strongly encouraged by BSF to utilise my creative skills and recent learning through my art therapy training to develop sessions. We invited those living with a neurological condition to help us in the initial planning of the group. Since November 2021 we have run 13 creative sessions which are designed to be accessible to all by working with our volunteers as co-creators to bring their knowledge, support planning of sessions, and evaluate our progress.”

We run two condition-specific Facebook groups that provide peer support for people living with a Chiari malformation and for survivors of subarachnoid haemorrhage (SAH). These groups connect people with shared experience of these comparatively rare conditions, offering a safe and welcoming space where they can discuss experiences, share advice and offer mutual support. The groups are overseen by volunteer moderators living with the conditions concerned, who contribute to discussions and occasionally guide members to additional support.

Membership of our social media community, including online peer support groups for subarachnoid haemorrhage and Chiari malformation grew to 39,048 people last year. We are incredibly grateful to the volunteers and moderators that contribute towards our peer support groups who provide ongoing care and dedication to their community and peers.

Research: understanding the daily realities of our community

There are more people in the UK living with a neurological condition than cancer, heart disease, or diabetes. Transformational change is needed urgently, because the current system is under-funded, inadequately resourced, and is failing individuals and families.

In 2020-2021, we advanced our strategic transformation through the design, development and delivery of a digital engagement platform, NeuroLifeNow (NLN). The innovative digital App and website captures lived experience in real-time and this insight helps drive improvements in health and care for the neurological community. This research technology will enable us to gather unique evidence into the daily reality of neurological treatment, support, and care in England and throughout the UK. It is the first time a digital tool has been developed to capture ‘lived experience’ data on a rolling basis across all 600+ known neurological conditions.

NeuroLifeNow enables people to track their neurological condition and how they are experiencing treatment, support, and care at any point in their pathway.

Since inception, we have collected over 2,200 first-person surveys and published ten reports: neurolifenow.org/hub-neuro/ and one Annual Review.

Lived Experience Insights

Headline findings from our community are:

- 1 in 5 people said they were struggling financially.
- 1 in 4 people were reporting delays to their care.
- 58% of people said they felt anxious or hopeless.
- 1 in 5 considered health and care appointments unhelpful.

NeuroLifeNow has had a positive impact across all our stakeholders. The community perspective is best summarized in the following quotation from a research participant:

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“The NeuroLifeNow app has changed the way I can add my voice and make a difference. Being able to see the results and full report from each questionnaire means I feel heard and can really see the impact I’m making.”

Outcomes and Influencing successes in Year 1

By sharing first-person insights we’re able to influence commissioners and decision-makers to improve services and make neurology a priority. This impact has already been evident:

- Made the case for urgent recovery of neurology and neurosurgery services – both were prioritized as part of NHS England and NHS Improvement elective recovery in 2021.
- Presented to two Government Ministers for Health to make the case for change.
- Helped to build the case for the appointment of National Clinical Directors for both neurology, and neurosurgery and spinal surgery in England.
- Shared experiences with more than 450 health and care professionals, NHS managers, commissioners, and service providers across the UK.
- Supported a new Cross-Governmental, UK-wide strategy for Acquired Brain Injury (ABI) and other neurological conditions – an important opportunity for change.

These sector-wide gains benefit all charities operating in the neurological space.

Professor Sir Stephen Powis (Medical Director of NHS England & NHS Improvement) has highlighted the need to gather data and insight from service users so as to be better informed about service improvement needs. He and others have acknowledged the value of NLN and the power of real-world, real time patient voice reporting.

With the success of NLN at this early stage, we are optimistic about its potential and have significant ambitions to develop and grow the platform. Sustainability will come from community participation at scale and continuing to produce the compelling evidence for change provided by their collective voice.

Connecting with our community: reaching more people and raising awareness

To help us achieve our strategic goals, we believe it is important to raise the profile of the Brain & Spine Foundation and to increase awareness about the lives of people affected by a neurological problem.

Our outreach work is an important part of how we continue to grow our community, ensuring that people are aware of (or can find out about) our services when they need them. Attending conferences and events provides us with an invaluable chance to meet and engage with our community, and although this has not been possible during COVID-19 lockdown, we have continued to develop our virtual networks and contact database. In the year, we have established on-going communications with 16 of the 38 neuro-centres in UK and plan to continue engagement with them and re-connect with the balance to better understand their needs and how we can support them in their work.

There is more work to be done to ensure the information resources we produce reach those who need it. The growing network of healthcare professionals we support and work with is a key part of this as they help us by reviewing and updating our information resources and booklets and are responsible for distributing a large proportion of our booklets to patients through hospitals and clinics.

Connecting with our community also means listening to and amplifying the voices of the people we serve each day. We welcome members of the community who wish to share their stories through our website, newsletters, and social media channels.

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In 2021-2022, we have grown our network of passionate and committed volunteer Ambassadors to over 50. Our Ambassadors help us to engage directly with local communities, sharing their own first-hand experience and supporting others to get in touch with our services or contribute to our work. The Ambassadors have continued to support the charity and stand by us during turbulent times. Over the past year, they have organised Covid-safe events, contributed to our campaigns and fundraised to help with our financial sustainability.

Rhys, who joined the Brain & Spine Foundation as an Ambassador in 2021 pledged to raise £10,000 over the course of a year. This is in collaboration with Investico, who have kindly agreed to contribute to his fundraising efforts and support Rhys in spreading awareness of his neurological condition, Chiari Malformation.

We are so grateful for the continued dedication we see from our Ambassadors each day and have plans to grow and retain our network of volunteers over the coming year.

Fundraising: developing a sustainable organisation

The Brain & Spine Foundation operates entirely from voluntary income and the strategy is to maintain this independence. We aim to generate income from multiple channels, including Individual Giving, Legacies, Trusts and Foundations, Major Donors, Corporate and Community activities so that we have a balanced and sustainable funding model. 21-22 was a very successful year for fundraising and engagement – and our ability to raise £704,878 was the foundation for launching new services and growing existing ones.

We were thrilled to see large-scale fundraising events taking place once again following a two year pause during the pandemic. In October, the Virgin Money London Marathon saw a team of 44 incredible runners take on the 26.2-mile challenge and in total raise £61,544. Joining them were a dedicated group of volunteers who cheered on from the side-lines and helped make the day unforgettable. This event remains a key source of income for the charity.

Across our community, we have wonderful volunteers and people who go to great lengths to fundraise for the work we do from sporting events to bake sales.

Officially, our 3-year successful corporate partnership with BHSF ended in 2021, but they generously donated an extra year's sponsorship to our cause in light of the challenging fundraising environment. We would like to thank all the team at BHSF for their support and valued friendship over the past 3 years.

Our experience with BHSF, and others, demonstrates a new model of reciprocal benefits for the charity and its supporters that will develop into long term and sustainable relationships with other corporate partners.

As we move forward into 2022-23, the pillars of our fundraising strategy are to:

- Create a diverse funding mix from multiple channels.
- Maintain the cost of fundraising between 15% and 20% of total operational cost.
- Achieve an ROI of 5:1, i.e., for every pound spent on fundraising we generate £5. In the year we achieved an ROI of 5:1.
- Provide our amazing network of supporters with an exceptional experience to build loyalty and trust.
- Build a community of people who understand the cause and support it practically, emotionally and financially.

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Collaboration: working with partners

As members of the Neurological Alliance, we contributed to policy development and attended forums including the National Neurosciences Advisory Group (NNAG) on Mental Health and Neurology, the Development of the Rare Conditions Report and the Development of Mental Health in Neurology Report.

Marc Smith, our CEO, has been a Trustee of the Neurological Alliance Board since November 2019 and was elected Vice Chairman in November 2020. This brings mutual benefits and facilitates a closer working relationship e.g., the Neurological Alliance has been a co-sponsor and significant collaborator in NeuroLifeNow.

This year, again, we were stakeholders in the continuing review and development of neurosurgical care pathways for subarachnoid haemorrhage, brain tumours, and pituitary tumours, which was being led by NHS England and NHS Improvement. We provided feedback on their recommendations and supported the NHS teams to engage patients and their families appropriately and effectively in the development process.



Our 22-23 ambitions

Our transformation programme is the foundation of our 5-year strategic plan. It is person-centred, collaborative, and has financial sustainability at its heart. As part of this expanded vision, we are working towards a new model for our charity where our team remains small, but our impact is big. Allied to this lean structure is a new model of engagement and fundraising – one that sees people at the heart of a social movement. A movement designed to give people affected by a neurological problem a stronger and unified voice. We want to work alongside our community and empower them to act and take the lead in creating the change they want to see.

Through this programme and based on values of collaboration and co-production, we are exploring ways to:

- Re-imagine how our information and support services can be delivered;
- Grow new partnerships and engage in collaborative working – in and out of our sector – engaging with key suppliers and partners to contribute specific skills and expertise;
- Develop agile and creative ways of working and support iterative learning within our organisation; and
- Build a technology-enabled, digital working environment that supports our staff to work effectively and efficiently whether on-site or working remotely.

We have initiated an operational audit and are reviewing our IT and office systems as part of this work. We are exploring secure cloud-based software and better integration to help drive collaboration and efficiency, whilst not compromising the delivery or security of our services and data. Through developing more agile and flexible working practices, we hope to allow for wider recruitment and greater retention of staff and resource.

We have already made significant progress towards this programme in the last 24 months (April 2019 – March 2022).

In 2021/2022, we continued to deliver against our core work, providing:

- Free and unrestricted information and support through our helpline service, from trained and experienced neuroscience nurses;
- Accessible information resources made available on our website and distributed via healthcare professionals and our helpline;

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- Online support groups that enable people to benefit from peer-to-peer learning and emotional support;
- Engaging and relevant content that we shared with our community through newsletters, social media, and as part of our work to raise awareness; and
- Expand our network of Ambassadors reaching out in local communities, raising awareness, supporting people, and ensuring they know how to access information and support when they need it.

We aim to recruit and empower more volunteers to our organisation, enabling them to contribute to our goals.

We will also plan for our 30th Anniversary Year in 2022.

To achieve this, in 22-23 we will focus on five organisation strategic aims:

Building community

Through Neuro Changemakers, we want to reach, recruit, and engage more people in our organisation enabling them to contribute to our goals.

Growth in Professional neuro services

We want to develop how our information and support services can be delivered through collaboration and co-production, responding to our community's needs.

Being fit for fundraising

In order to achieve financial sustainability, we must generate long-term income. We will continue to implement our CRM database to improve efficiency and the quality of our stewardship programmes.

Reporting impact and outcomes

We will continue to ask for feedback from our community through our surveys and implement our Monitoring & Evaluation strategy. We will ensure we are regularly reporting on our progress and will undertake honest evaluations of the challenges we face and lessons we have learned.

Ensuring the success of NeuroLifeNow

We will continue to develop NeuroLifeNow to drive significant improvements in healthcare.

Financial review | April 2021 to 31 March 2022

With the pandemic continuing to affect all aspects of life and the economy, and charitable fundraising in particular, the 2021-2022 financial year saw a strong performance in income generation. Total income, including Gift in Kind income, was £704,878, which although down on last year overall, represented an increased level of fundraised income. Expenditure was £810,854, a managed decrease in line with anticipated income, although timing of funds received has led to reporting a net income loss of £105,976.

Our expenditure and costs were in line with our plans and focused on Service Delivery (76%), with Cost of Raising Funds at 18% and Support and Governance 6%.

We are aware that the charity income base will need to be strengthened and diversified in the coming period, and that the external environment will continue to be very challenging into 2022-2023 and beyond.

However, we have strategies to address sustainability of core and transformational projects and our strong funding pipeline for 2022-2023 is cause for optimism as we develop stronger relationships with major funders, industry and corporate partners.

In the year, we are particularly grateful for the donations and support from the public, new supporters such as AKO Capital, and major donors, and for the continued support of Garfield Weston Foundation and BHSF in particular.

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Reserves policy

The trustees have again reviewed the charity's need for reserves including a reserves policy. Their aim is to keep unrestricted funds equivalent to a minimum 6 months of running costs, to ensure the charity's core activity could continue during a period of unforeseen difficulty. In this period of economic difficulty and cashflow challenges, reserves have been held between 3 and 5 months of running costs. As at 31st March 2022, we ended with £155,996 of free reserves which equates to approx. 2.6 months of running costs.

Our financial strategy includes the goal of building reserves of at least 6 months, accumulated over 24-36 month period. We will balance this objective with maintaining on-going operations in the coming year.

Our structure, governance and management

The Brain & Spine Foundation is a company limited by guarantee and is registered as a charity with the Charity Commission. It is governed by its Articles of Association (and updated on 22 March 2017). The board of trustees is responsible for determining the overall strategic direction of the charity and for developing policies and plans to support the delivery of charitable objects. The board monitors progress across all areas of activity including legal requirements and financial performance. Meetings take place five times per year and the Finance and Governance sub-committee, a sub-group of the board, meets up to four times each year to consider finances and good governance. Other sub-committees are created by the Chair to support and give oversight of strategic initiatives as required.

A Chief Executive Officer (CEO) is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the authority for operational matters including financial management, employment and performance relating to agreed key objectives is delegated to the CEO.

Any decisions outside of the strategic direction agreed by the board or outside of the agreed budget are referred to trustees for approval.

The pay and remuneration of the CEO is reviewed by the board each year and any changes made are based on performance, an assessment of the market, the financial position of the organisation and relativity across the team.

In the previous year we developed a code of conduct for trustees and updated the trustee role description. The code sets out the conduct and practices required to ensure the highest standards of integrity and stewardship in this role.

In 2018, the charity introduced the honorary positions of President and Vice-President.

Trustee recruitment and appointment, induction, and training

We aim to represent the community we serve at all levels of the organisation and are actively reviewing our policy and practice related to Equality, Diversity and Inclusion.

The Articles of Association include terms of office for trustees, so that an initial appointment is made for a 3-year term and trustees will be eligible for reappointment for one further term of 3 years.

Fundraising approach

The Brain & Spine Foundation is registered with the Fundraising Regulator and subscribes to their standards for fundraising. We have an engagement philosophy that informs our fundraising approach, looking to build long-term relationships with supporters, volunteers and service users. We value all contributions, whether financial or non-financial.

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Risk management

An organisational risk review sets out the major risks and uncertainties facing the organisation. This is monitored periodically by the board's Finance and Governance Committee and systems and policies have been established to mitigate exposure to those risks. In the year, we have appointed an independent Data Protection and Cyber Security Officer.

Public benefit

When planning the activities for the year, the trustees have regard to the Charity Commission's guidance on public benefit in accordance with the duties set out in Section 17 of the Charities Act 2011. The benefit is to a specific group of individuals who have a neurological condition, or who have a friend or family member with such a condition, or who are involved in the treatment and care of these people. This report illustrates the activities provided for this group.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

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

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 28th July 2022 and signed on their behalf by

Mark Luce

Mark Luce – Chairman

Independent examiner's report

To the trustees of

The Brain and Spine Foundation

I report to the trustees on my examination of the accounts of The Brain and Spine Foundation (the charitable company) for the year ended 31 March 2022, which are set out on pages 21 to 36.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company'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 the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

- (1) accounting records were not kept in respect of the charitable 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.

Alison Godfrey

Date: 28 July 2022

Alison Godfrey FCA

Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

The Brain and Spine Foundation

Statement of financial activities (incorporating an income and expenditure account)

For the year ended 31 March 2022

	Note	Restricted £	Unrestricted £	2022 Total £	2021 Total £
Income from:					
Donations and legacies	3	72,003	321,553	393,556	442,666
Charitable activities	4	135,000	88,350	223,350	419,502
Other trading activities	5	-	87,950	87,950	30,664
Investments		-	22	22	69
Total income		<u>207,003</u>	<u>497,875</u>	<u>704,878</u>	<u>892,901</u>
Expenditure on:					
Raising funds		-	151,641	151,641	91,613
Charitable activities		<u>210,003</u>	<u>449,210</u>	<u>659,213</u>	<u>794,344</u>
Total expenditure	7	<u>210,003</u>	<u>600,851</u>	<u>810,854</u>	<u>885,957</u>
Net income / (expenditure)		(3,000)	(102,976)	(105,976)	6,944
Transfers between funds		-	-	-	-
Net movement in funds	8	(3,000)	(102,976)	(105,976)	6,944
Reconciliation of funds:					
Total funds brought forward		<u>28,000</u>	<u>260,693</u>	<u>288,693</u>	<u>281,749</u>
Total funds carried forward		<u><u>25,000</u></u>	<u><u>157,717</u></u>	<u><u>182,717</u></u>	<u><u>288,693</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 15 to the accounts.

The Brain and Spine Foundation

Balance sheet

As at 31 March 2022

	Note	£	2022 £	2021 £
Fixed assets				
Tangible assets	11		1,721	8,916
Current assets				
Debtors	12	56,337		50,002
Cash at bank and in hand		<u>156,206</u>		<u>266,552</u>
		212,543		316,554
Liabilities				
Creditors: amounts falling due within 1 year	13	<u>31,547</u>		<u>36,777</u>
Net current assets			<u>180,996</u>	<u>279,777</u>
Net assets	14		<u><u>182,717</u></u>	<u><u>288,693</u></u>
Funds	15			
Restricted funds			25,000	28,000
Unrestricted funds				
General funds			<u>157,717</u>	<u>260,693</u>
Total charity funds			<u><u>182,717</u></u>	<u><u>288,693</u></u>

The directors are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act; 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 the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 28 July 2022 and signed on their behalf by

Mark Luce

Mark Luce - Chairman

The Brain and Spine Foundation

Statement of cash flows

For the year ended 31 March 2022

	2022	2021
	£	£
Cash used in operating activities:		
Net movement in funds	(105,976)	6,944
<i>Adjustments for:</i>		
Depreciation charges	7,195	12,677
Dividends, interest and rents from investments	(22)	(69)
(Increase) / decrease in debtors	(6,335)	(36,550)
Increase / (decrease) in creditors	(5,230)	4,254
Net cash provided by / (used in) operating activities	<u>(110,368)</u>	<u>(12,744)</u>
Cash flows from investing activities:		
Dividends, interest and rents from investments	<u>22</u>	<u>69</u>
Net cash provided by / (used in) investing activities	<u>22</u>	<u>69</u>
Increase / (decrease) in cash and cash equivalents in the year	(110,346)	(12,675)
Cash and cash equivalents at the beginning of the year	<u>266,552</u>	<u>279,227</u>
Cash and cash equivalents at the end of the year	<u><u>156,206</u></u>	<u><u>266,552</u></u>

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies

a) Basis of preparation

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

The Brain and Spine Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves, a strong funding pipeline and the success of securing major grants from the Peter Sowerby Foundation and the National Lottery. There are no material uncertainties about the charity's ability to continue as a going concern. The charity ended the year 2021-22 with £155,996 of free reserves, which equates to 2.6 months of running costs.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from fundraising events and other trading income is recognised when the event or conference takes place and is deferred where the income relates to future periods.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

d) Donated services and facilities (continued)

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

For Google AdWords, the charity measures the value of the gift at the market value provided by Google. Where the market value is given in foreign currency, this is translated in line with the charity's foreign exchange policy (note 1 (o)).

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support and governance costs

Premises costs, office costs, depreciation and consultancy fees have been allocated to raising funds, charitable activities and support costs on an allocation of staff time spent on each activity. The cost of fundraising has increased slightly from 10.2% to 14.5% and reflects the investment in specialist consultancy support, staff resources and development activity around fundraising in response to the challenging and competitive environment.

	2022	2021
Raising funds	14.5%	10.2%
Charitable activities	80.6%	85.0%
Support costs	4.9%	4.8%

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

h) Allocation of support and governance costs (continued)

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis, which is an estimate of resources spent on each activity:

	2022	2021
Raising funds	10.0%	10.0%
Charitable activities	90.0%	90.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	4 years straight line basis
Database and website	4 years straight line basis

Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

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

k) Cash at bank and in hand

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

l) Creditors

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

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies (continued)

o) Foreign currency transactions

Transactions in foreign currencies are translated at the period average rate. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the year end.

p) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

2. Prior period comparative: statement of financial activities

	Restricted £	Designated £	General £	2021 Total £
Income from:				
Donations and legacies	201,889	-	240,777	442,666
Charitable activities	332,102	-	87,400	419,502
Other trading activities	-	-	30,664	30,664
Investments	-	-	69	69
Total income	533,991	-	358,910	892,901
Expenditure on:				
Raising funds	-	-	91,613	91,613
Charitable activities	541,403	94,651	158,290	794,344
Total expenditure	541,403	94,651	249,903	885,957
Net income / (expenditure) and net movement in funds	(7,412)	(94,651)	109,007	6,944

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

3. Income from donations and legacies

	Restricted £	Unrestricted £	2022 Total £
Donations and appeal income	-	241,710	241,710
Legacies	-	44,465	44,465
Gifts in kind - Google AdWords and KPMG	72,003	-	72,003
Major donors	-	35,378	35,378
Total donations and legacies	72,003	321,553	393,556
Prior period comparative			
	Restricted £	Unrestricted £	2021 Total £
Gifts in kind - Google AdWords and KPMG*	201,889	-	201,889
Donations and appeal income	-	111,828	111,828
Legacies	-	77,790	77,790
Major donors	-	51,159	51,159
Total donations and legacies	201,889	240,777	442,666

* In 2021 the charity benefited from donated time provided by KPMG and their delivery partners made a 'pro-bono' contribution to the charity's digital engagement initiative, NeuroLifeNow (NLN). The contribution was in the form of strategic consultancy time and technical development expertise used to re-purpose an existing software platform and has an open market commercial value estimated at £500,000. KPMG's involvement was at the early fast-track design and development stage of the NLN programme and resulted in a minimum viable product (the App) being launched in January 2021. As the App is under continual review and development, the charity does not consider there to be any residual value nor benefit in the work / donation contributed by KPMG. In accordance with the principles above, the trustees have valued the KPMG gift in kind at £150,000 recognising the receipt and expenditure of the "donation" within the fiscal year.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

4. Income from charitable activities

	Restricted £	Unrestricted £	2022 Total £
<i>Grants > £5,000:</i>			
Garfield Weston Trust	100,000	-	100,000
Peter Sowerby	25,000	-	25,000
The MacDaibhidh Trust	-	20,000	20,000
CAF	-	20,000	20,000
FND Hope Corporation	10,000	-	10,000
The Adint Charitable Trust	-	10,000	10,000
The Eveson Charitable Trust	-	10,000	10,000
<i>Grants = £5,000:</i>			
The Edward Gosling Foundation	-	5,000	5,000
29th May 1961 Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
The D'Oly Carte Foundation	-	3,000	3,000
Persula Foundation	-	3,000	3,000
Other small grants < £3,000	-	12,350	12,350
Total charitable activities	135,000	88,350	223,350

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

4. Income from charitable activities (continued)

Prior period comparative

	Restricted £	Unrestricted £	2021 Total £
<i>Grants > £5,000:</i>			
Fairhill Foundation	100,000	-	100,000
CAF Resilience	80,000	-	80,000
National Lottery Community Fund (Coronavirus Community Support Fund)	80,000	-	80,000
Birmingham Hospital Saturday Fund	40,000	-	40,000
Southwark Council	-	25,000	25,000
Edward Gosling Foundation	-	10,000	10,000
The Childwick Trust	-	10,000	10,000
The Adint Charitable Trust	-	10,000	10,000
The MacDaibhidh Trust	-	10,000	10,000
The R S MacDonald Charitable Trust	7,941	-	7,941
<i>Grants = £5,000:</i>			
The February Foundation	5,000	-	5,000
Anton Jurgens Donations	5,000	-	5,000
The Everson Charitable Trust	-	5,000	5,000
<i>Grants < £5,000:</i>			
The D'Oly Carte Foundation	3,000	-	3,000
Persula Foundation	3,000	-	3,000
Other small grants < £3,000	8,161	17,400	25,561
Total charitable activities	<u>332,102</u>	<u>87,400</u>	<u>419,502</u>

5. Income from other trading activities

	2022 Total £	2021 Total £
Fundraising events	<u>87,950</u>	<u>30,664</u>

All income from other trading activities in the current and prior year is unrestricted.

6. Government grants

The charitable company received government grant funding in the year from the Coronavirus Job Retention Scheme. The total value of such grants in the year was £1,163 (2021: £7,876). There are no unfulfilled conditions or contingencies attaching to this grant in the current period.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

7. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2022 Total £
Direct costs	23,352	61,779	8,969	94,100
NeuroLifeNow gift in kind	-	20,263	-	20,263
Staff costs (note 9)	73,678	408,947	25,091	507,716
<i>Allocated costs:</i>				
Premises costs	3,597	19,965	1,225	24,787
Office costs	13,677	73,874	8,005	95,556
Depreciation	1,044	5,796	355	7,195
Consultants	31,446	24,966	4,825	61,237
Sub-total	146,794	615,590	48,470	810,854
Allocation of support and governance costs	4,847	43,623	(48,470)	-
Total expenditure	151,641	659,213	-	810,854

Governance costs in the year were £3,720 (2021: £3,420).

Prior period comparative

	Raising funds £	Charitable activities £	Support and governance costs £	2021 Total £
Direct costs	33,210	146,505	16,432	196,147
NeuroLifeNow gift in kind	-	150,000	-	150,000
Staff costs (note 9)	42,980	366,231	20,309	429,520
<i>Allocated costs:</i>				
Premises costs	2,171	18,197	1,016	21,384
Office costs	6,612	55,142	3,433	65,187
Depreciation	1,287	10,788	602	12,677
Consultants	1,121	9,397	524	11,042
Sub-total	87,381	756,260	42,316	885,957
Allocation of support and governance costs	4,232	38,084	(42,316)	-
Total expenditure	91,613	794,344	-	885,957

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

8. Net movement in funds

This is stated after charging:

	2022 £	2021 £
Depreciation	7,195	12,677
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	Nil	Nil
Trustees' indemnity insurance	110	110
Independent examiners' remuneration (including VAT):	3,720	3,420

9. Staff costs and numbers

Staff costs were as follows:

	2022 £	2021 £
Salaries and wages	444,247	375,943
Social security costs	41,715	31,115
Pension costs	21,754	20,147
Redundancy costs	-	2,315
	507,716	429,520

	2022 No.	2021 No.
Employees earning more than £60,000 during the year		
£60,000 - £70,000	-	-
£70,000 - £80,000	1	1
£80,000 - £90,000	1	-

The key management personnel of the charitable company comprise the trustees, chief executive and senior management team. The total employee benefits of the key management personnel were £330,818 (2021: £264,458).

Staff numbers were as follows:

	2022 No.	2021 No.
Average head count	13	13
Full time equivalent	11	10

10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

11. Tangible fixed assets

	Computer equipment £	Database and website £	Total £
Cost			
At 1 April 2021	37,601	52,800	90,401
Additions in year	-	-	-
At 31 March 2022	<u>37,601</u>	<u>52,800</u>	<u>90,401</u>
Depreciation			
At 1 April 2021	35,414	46,071	81,485
Charge for the year	<u>1,049</u>	<u>6,146</u>	<u>7,195</u>
At 31 March 2022	<u>36,463</u>	<u>52,217</u>	<u>88,680</u>
Net book value			
At 31 March 2022	<u>1,138</u>	<u>583</u>	<u>1,721</u>
At 31 March 2021	<u>2,187</u>	<u>6,729</u>	<u>8,916</u>

12. Debtors

	2022 £	2021 £
Prepayments	20,382	27,502
Accrued income	<u>35,955</u>	<u>22,500</u>
	<u>56,337</u>	<u>50,002</u>

13. Creditors: amounts due within 1 year

	2022 £	2021 £
Trade creditors	9,196	19,121
Accruals	9,363	9,476
Other taxation and social security	<u>12,988</u>	<u>8,180</u>
	<u>31,547</u>	<u>36,777</u>

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

14. Analysis of net assets between funds

	Restricted funds £	Unrestricted funds £	Total 2022 £
Tangible fixed assets	-	1,721	1,721
Net current assets	<u>25,000</u>	<u>155,996</u>	<u>180,996</u>
Net assets at 31 March 2022	<u>25,000</u>	<u>157,717</u>	<u>182,717</u>
 Prior period comparative			
	Restricted funds £	Unrestricted funds £	Total 2021 £
Tangible fixed assets	-	8,916	8,916
Net current assets	<u>28,000</u>	<u>251,777</u>	<u>279,777</u>
 Net assets at 31 March 2021	<u>28,000</u>	<u>260,693</u>	<u>288,693</u>

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

15. Movements in funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2022 £
Restricted funds					
Birmingham Hospital Saturday Fund	28,000	-	(28,000)	-	-
FND Hope Corporation	-	10,000	(10,000)	-	-
Garfield Weston	-	100,000	(100,000)	-	-
Google AdWords	-	51,740	(51,740)	-	-
KPMG NeuroLifeNow	-	20,263	(20,263)	-	-
Peter Sowerby Foundation	-	25,000	-	-	25,000
Total restricted funds	28,000	207,003	(210,003)	-	25,000
Unrestricted funds					
General funds	260,693	497,875	(600,851)	-	157,717
Total unrestricted funds	260,693	497,875	(600,851)	-	157,717
Total funds	288,693	704,878	(810,854)	-	182,717

Purposes of restricted funds

Birmingham Hospital Saturday Fund - £28,000 of funding towards support of Helpline for year 2021/22.

FND Hope UK - towards offering FND Hope's members certain phone helpline services of Brain and Spine Foundation as may be appropriate.

Garfield Weston - the grant of £100,000: £80,000 restricted fund contributed to the rollout costs of the NeuroLifeNow platform and £20,000 spent towards Professional Neuro Services.

Google AdWords - represents the value of advertising donated by Google to support access to information.

KPMG NeuroLifeNow - represents the value of the pro-bono technology/consultancy contribution donated by KPMG towards the development of the NeuroLifeNow platform.

Peter Sowerby Foundation - £25,000 accrued, to be spent in year 2022-23 towards the development of Phase 2 of the NeuroLifeNow platform and Professional Neuro Services – allocated 80% / 20% respectively.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2022

15. Movements in funds (continued)

Prior period comparative

	At 1 April 2020 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2021 £
Restricted funds					
Awards for All, Big Lottery Fund	2,500	-	(2,500)	-	-
Google AdWords	-	51,889	(51,889)	-	-
KPMG NeuroLifeNow	-	150,000	(150,000)	-	-
Persula Foundation	-	3,000	(3,000)	-	-
The D'Oyly Carte Charitable Trust	-	3,000	(3,000)	-	-
The R S MacDonald Charitable Trust	-	7,941	(7,941)	-	-
The February Foundation	-	5,000	(5,000)	-	-
Anton Jurgens Donations	-	5,000	(5,000)	-	-
Fairhill Foundation	-	100,000	(100,000)	-	-
CAF Resilience	-	80,000	(80,000)	-	-
Birmingham Hospital Saturday Fund	28,000	40,000	(40,000)	-	28,000
National Lottery Community Fund (Coronavirus Community Support Fund)	-	80,000	(80,000)	-	-
Other small grants < £3,000	4,912	8,161	(13,073)	-	-
Total restricted funds	35,412	533,991	(541,403)	-	28,000
Unrestricted funds					
<i>Designated funds:</i>					
John Swire 1989 Charitable Trust	94,651	-	(94,651)	-	-
Total designated funds	94,651	-	(94,651)	-	-
General funds	151,686	358,910	(249,903)	-	260,693
Total unrestricted funds	246,337	358,910	(344,554)	-	260,693
Total funds	281,749	892,901	(885,957)	-	288,693

16. Related party transactions

There were no related party transactions in the current or prior year.

17. Contingent assets

There is a legacy which has been notified to the charity at 31 March 2022 for which probate has not been granted. Indications are that the estimated value of the potential legacy is in the region of £85k (2021: £Nil).

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2022

Anthony Amato-Watkins

Anthony is a consultant paediatric and adult neurosurgeon at the Royal Hospital for Children and Queen Elizabeth University Hospital in Glasgow. He has a particular interest in spinal trauma and brings valuable expertise to help with medical strategies and guidance for the charity.

Anthony joined the Brain & Spine Foundation as a Trustee in 2020, following in the footsteps of his step-father, Professor Sid Watkins, past President and founding member of the charity. He joins his step-brother, Alistair Watkins, who is also a member of the Board.

Within his adult spinal practice, Anthony hopes to bring together the Scottish National Spinal Injuries Unit based in Glasgow with the Brain & Spine Foundation to help promote a gold standard model of care for patients following spinal cord injuries and their long-term recovery. Anthony is also the Co-Chair for the Paediatric Advisory Group for paediatric neurosurgery in Scotland. This group works with other stakeholders to help delivery equitable access of neurosurgical care for children in Scotland.

Anthony is part of the Medical Advisory team at the Brain & Spine Foundation.

Ian Basden-Smith

Ian is committed to helping the Brain & Spine Foundation achieve its aims. Joining the Board of Trustees in 2012, Ian has seen significant change during his time as a Trustee and is excited by the charity's future goals.

As a chartered accountant, he brings a broad range of expertise to the Board having worked in the banking industry and at KPMG. He also worked in senior roles at Samuel Montagu, Morgan Grenfell and Deutsche Bank across finance and operational activities in the UK, Europe and Far East.

Ian is Chairman of the charity's Finance and Governance Committee. He is a keen golfer, fisherman and enjoys the outdoors and spending time with his children and grandchildren.

Joe Bedford

Joe is excited to join the Brain & Spine Foundation and help steer its ambitious plans to expand reach and make positive change for those affected by neurological problems.

Working as a corporate lawyer for over twenty years, Joe is a partner and strategy Board Member at Stevens & Bolton LLP. He was a founding member of the Steering Committee for the Association for Corporate Growth (ACG UK), an organisation focused on supporting middle-market Mergers & Acquisitions activity and driving growth of the sector.

Joe is passionate about the Brain & Spine Foundation's work. He joined the Board in 2020 and is a member of the Finance and Governance Committee.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2022

Peter Brickley

Peter is enthusiastic about the charity's cause, and joined the Board of Trustees in 2020.

He brings a wealth of technology expertise to the Board having spent 25 years leading technology for global businesses including Heineken and Centrica. He now leads the Business Process & Technology organisation at Coca Cola EuroPacific Partners.

Peter was the non-executive Chairman of Newbury Building Society for 7 years until February 2022, and a Parish Councillor. In his spare time he loves going to the gym, wine, music, sports cars and spending time with his family and two golden retrievers. He is also a passionate home brewer (and beer consumer)!

Paul Fleming

Paul is passionate about supporting the crucial role the Brain & Spine Foundation plays in covering significant gaps in neurological health and wellbeing.

Over the last twenty years, Paul has worked as a financial restructuring lawyer, advising creditors, stakeholders, insolvency practitioners and directors on complex domestic and cross-border restructurings and insolvencies. He has worked on a variety of cases including the fall-out from the Lehman collapse in 2008.

In his spare time he enjoys spending time with his family, sailing and water sports.

Asli Güner-Paul

Asli joined the Board of Trustees in 2020, after a close family member was affected by a neurological illness. She is passionate about contributing to the invaluable work of the charity.

She is currently working as Associate General Counsel at a global solar company and heads up projects in the EMEA region. As well as holding a Bachelor of Law with first class honours, she also holds a Masters in Corporate and Commercial law and speaks Turkish, French and German.

Asli enjoys Pilates, travelling, collecting vintage crockery and spending time with her family.

Jeroen Huysinga

Jeroen is excited about the potential to create positive change for those affected by neurological conditions. He joined the Board of Trustees in 2020, and brings a wealth of knowledge to the Board having spent 35 years working as a Portfolio Manager covering equity markets and as Managing Director at JPMorgan Asset Management.

In 2020, Jeroen retired and embarked on a Master's degree in Charity Accounting and Financial Management. His ambition is to combine his commercial experience and rigorous learning to help make a difference and build a second career in the charity sector. He is a trustee of Invesco Cares, the John Hodge's Trust (a local community charity in Oxfordshire) and non-executive director of an investment trust.

He enjoys travelling back to the Netherlands and outdoor pursuits including mountain biking and walking.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2022

Mark Luce, Chair

Mark's ambition is to transform the care provided to those affected by neurological problems, and in doing so, make a meaningful difference to many more people.

Joining the Brain & Spine Foundation Board of Trustees in 2017, Mark brings a wealth of expertise to his current role as Chair. He spent twenty years working for global beer giant SABMiller, and held a variety of senior roles in Europe, South America, Asia and the UK. His final role was as Global Marketing Operations Director. Now running his own marketing consultancy since 2017 as Chief Operating Officer, Mark works with blue-chip clients to drive their growth agenda.

Mark is passionate about campaigning to give power and a voice to the neurological community to drive positive change and dramatically improve quality of life outcomes. In his spare time, Mark is an avid traveller, wine maker and motorsport fan.

Elizabeth Manuel

In 2011, Elizabeth survived a subarachnoid haemorrhage and stroke leaving her with multiple health issues and disabilities. She has a strong resolve to make things better for survivors and educate others about brain injury recovery and rehabilitation.

Elizabeth spent twenty years as a family law barrister before becoming a district judge in 2005. In 2012, she set up her own support group to help others affected by stroke and brain injury. She does media and PR work and gives speeches for the RNIB and is a Service User Representative for the Stroke Association. As well as assisting with stroke and sight loss research projects, Elizabeth regularly writes articles about stroke survival, and her rehabilitation journey was featured in a film made for Sue Ryder, the Society of Chartered Physios, and the Royal College of Occupational Therapists. This was released to petition to MP's in 2020 about improved community rehabilitation.

Elizabeth joined the Brain & Spine Foundation as a Trustee in 2017, bringing considerable professional and lived experience to the Board. Elizabeth regularly gives motivational speeches at major conferences and enjoys improving her French, learning Spanish, painting and exercising.

Sarah Vibert

Sarah is passionate about improving care and support for people with neurological conditions having grown up with a brother with epilepsy.

Currently interim CEO at the National Council for Voluntary Organisations (NCVO), Sarah has almost two decades of experience in the public and not-for-profit sectors; with the last ten years at senior executive level. Sarah joined the Brain & Spine Foundation as a Trustee in 2020, and brings a wealth of expertise including strategic planning, partnership development and stakeholder relations, change management, policy and campaigning.

Prior to working at NCVO Sarah was chief executive of the umbrella charity, The Neurological Alliance and spend time in various senior management roles including at the Epilepsy Society and the charities office of HRH the Prince of Wales. Outside of work Sarah enjoys spending time with her family as well as cycling and running.

The Brain and Spine Foundation

Trustee biographies

For the year ended 31 March 2022

Alistair Watkins

Alistair follows in the footsteps of his father, Professor Sid Watkins, who was one of the founding members of the Brain & Spine Foundation and a past President of the charity.

Having spent the past 25 years working in the world of international sport at the highest level, Alistair brings extensive media and marketing experience to his role as Trustee. He began his career working as the FIA's Formula One Press Officer, and more recently founded a sports marketing consultancy, Influence Sports & Media.

Alistair joined the Board in 2014 and has been instrumental in the organisation of the Brain & Spine Foundation's Gala fundraising events and helps guide on the charity's strategic direction.

Accounts



The Brain & Spine Foundation

Annual Accounts and Trustees Report

1 April 2020 – 31 March 2021

Company no. 4432677. Charity no. 1098528

The Brain and Spine Foundation

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For the year ended 31 March 2021

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The Brain and Spine Foundation

Reference and administrative details

For the year ended 31 March 2021

Company number	4432677
Charity number	1098528
Registered office	CAN Mezzanine 4th Floor 7-14 Great Dover Street London SE1 4YR
Trustees	Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Anthony Amato-Watkins (appointed 29 April 2020) Ian Basden-Smith Joseph Bedford (appointed 29 April 2020) Peter Brickley (appointed 29 April 2020) Colin Cosgrove (resigned 22 October 2020) Paul Fleming (appointed 29 April 2020) Asli Guner-Paul (appointed 29 April 2020) Jeroen Huysinga (appointed 29 April 2020) Mark Luce (Chair) Elizabeth Manuel Sarah Vibert (appointed 22 October 2020) Alistair Watkins
Charity president	Peter Hamlyn BSc MB BS MD FRCS FISM
Charity vice president	Clive Holland Eric Roux
Chief executive officer	Marc Anthony Smith
Company secretary	Marc Anthony Smith
Bankers	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA NatWest Bank Tavistock House Tavistock Square London WC1H 9JA
Independent examiners	Godfrey Wilson Limited Chartered accountants and statutory auditors 5th Floor Mariner House 62 Prince Street Bristol BS1 4QD

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

The Brain & Spine Foundation at a glance

Our vision

We want anyone affected by any neurological problem to get the best treatment, care and support to live a dignified and meaningful life.

Our mission

We provide free, professional support and expert information to anyone affected by any neurological problem.

Our purpose

Everything we do is intended to enable and empower people affected by a neurological condition to dramatically improve their quality of life outcomes.

Our values

- **Expert**
We work to a high standard and use the expertise of health professionals, our staff and our community to produce quality information and support services. We recognise and value lived-experience.
- **Inclusive & Diverse**
We support anyone who needs us: we respect and care for our community and listen to the needs of people affected by neurological conditions. Organisationally, we reflect the community we serve and strive to have the person-voice represented and listened to.
- **Empowering**
We help people to help themselves. By providing information and support, we enable individuals to take more control of their own journey. Like a good companion, we are there when they need us.
- **Learning and growing**
We're ambitious about what we can achieve for people affected by neurological problems. We learn from experience and research, we are hungry for knowledge and creative in our thinking. We work innovatively and in an agile way to grow and improve what we do.
- **Collaborative**
We work with others, including the people we serve, health professionals and other organisations to get the best results. We seek to build meaningful partnerships with all stakeholders and are driven by a common cause and shared purpose.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Our focus

Our distinct approach integrates three inter-related elements: Services, Research and Campaigning. The combined impact of these activities, allied to our pan-neurological remit gives the Brain & Spine Foundation its unique place in the neurology landscape:

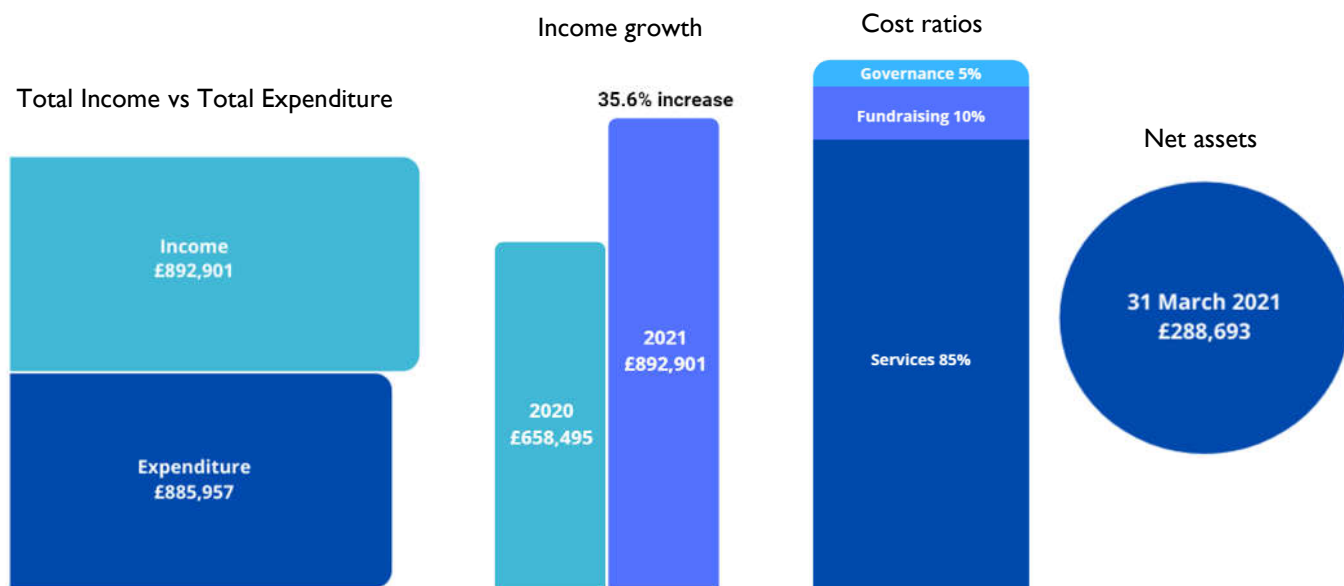


Our year in a snapshot

Last year was like no other. As the pandemic disrupted the world with staggering force, all aspects of our lives were impacted and access to NHS and care services were significantly disrupted. The one in six of us living with a neurological condition in this country faced delays to treatments, medicines and surgery and continue to do so. We are proud to have increased the delivery of services at a time of unprecedented demand in the face of NHS diversions. We have also launched a new engagement platform – NeuroLifeNow - designed to connect our community with the design, development and delivery of the care improvements that they require. The strength and resilience of our community is what drives us forward and we have great optimism as we move into 2021-22.

The Brain and Spine Foundation
 Report of the trustees
 For the year ended 31 March 2021

Our financial performance



Our impact

Accessible, tailored and expert support & information remained core to our service delivery. We increased reach by 45%, connecting with over 600,000 people in our community:



The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Our response to Covid-19

As the pandemic took its grip, our focus was to support our community through the crisis by providing the right information, at the right time and in the right way. We adapted quickly to meet their needs and urged decision makers to set out plans for health and care improvements. As the longer term impacts of the pandemic are becoming evident, our Covid-19 response remains agile, needs driven and appropriate.

Our people

We have built a talented team of individuals who, against the backdrop of Covid-19, remained professional and dedicated to delivering our support services, engagement activities and daily operations. The digital transformation work that took place in 2019-20 to support remote working allowed our staff to continue their efforts with minimal disruption. In seeking to embrace a range of skills at Board level, we recruited 7 new Trustees with relevant experience to support the governance of our new transformational strategy – our Trustees now number 11.

Our ethos

We are person-centric: Uniquely pan-neuro, our information and support service model continues to evolve around understanding the holistic needs of people affected.

We are insight led and data driven: We have a vision to improve reach and impact of our services by leveraging digital and data strategies.

We seek to build a large community of people affected by neurological conditions in UK: one that unifies their voices and influences systemic change to the design and delivery of care.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

A letter from the Chair

I'm delighted to share with you the Brain & Spine Foundation annual report. It has been an extraordinary year, and I would like to express sincere gratitude to everyone who has stood by us and strived to deliver positive outcomes for our community of people affected by neurological conditions during such turbulent times.

2020 saw the start of our transformation strategy. The long-term vision builds on our unique position as a pan-neuro, person-centred organisation. Our ambition is to be the 'go-to' organisation for support and information services for people affected by any neurological condition. We want to build a strong, unified voice for our community, meeting the needs of everyone affected: people, their family and carers.

This year we connected with over 600,000 people affected by a neurological problem who reached out to our Helpline for free, tailored support, ordered one of our expert information booklets or joined our digital community. The impact of Covid-19 is evident with 50% of calls to the Helpline about the secondary consequences of brain and spine illness, such as mental health problems, social isolation and anxiety. We are immensely proud that we have continued to be there for people when they needed us most against the backdrop of a global pandemic, but we must also make sure we are well prepared for the future.

We know that living with a neurological condition can be a lonely and difficult experience. With many members of our community clinically vulnerable and shielding during the year, we continued to run our condition-specific Facebook support groups and launched two new online peer support programmes, Neuro Social and My Creative Life. We continue to make these sessions as inspiring and practical, and are exploring specific programmes for carers.

In January, we were excited to launch NeuroLifeNow, our new App and website, in collaboration with the Neurological Alliance. This innovative platform encourages anyone affected by a neurological condition or symptoms to report the daily reality of living with their illness, and how they are accessing treatment and care. Over 800 people have shared their valuable insights and these experiences have already been used to influence how neurological services are funded and delivered, most notably being referenced in a House of Lords debate in early June 2021. I'd like to thank every person who has signed up to the App, and the charitable trusts and corporate businesses who have so generously supported this innovative project.

Like many organisations, our staff team began working-from-home and adapted to testing times with outstanding professionalism and dedication. Despite challenging circumstances we were able to strengthen our workforce by recruiting 6 members of staff and 7 new Trustees with the expertise and passion required to deliver our ambitious strategy and I feel proud to lead the Board of Trustees as Chair of this charity.

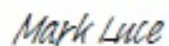
Our work is only possible thanks to our incredible supporters and hardworking volunteers. Despite many of our planned fundraising events being cancelled, such as the London Marathon, our community took on virtual events and created new, socially-distanced ways to raise funds. We feel privileged to have such an incredible network of dedicated Ambassadors, fundraisers and volunteers. By the end of the financial year, our income sat at £892,901 - an increase of 35.6% on the previous year. I would like to thank our generous network of donors and funders for their continued dedication to the organisation, and our staff team who have worked tirelessly to explore and secure a diverse range of income.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

In the coming year, we will continue to support anyone affected by any neurological condition and fund social research and insight into the daily reality of the people we serve. We will campaign to give power and a voice to the neurological community to drive change and dramatically improve their quality of life. The pandemic has reinforced that we are stronger together. I hope you will join us as we move towards our 30th Anniversary year.



Mark Luce

Chair of Trustees, Brain & Spine Foundation

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Report of the Trustees

As an independent health charity, the Brain & Spine Foundation plays a number of crucial and influential roles in supporting the health and wellbeing of people affected by a neurological problem living within the United Kingdom.

Founded in 1992, we draw from 29 years of experience and accumulated expertise to deliver person-centred support and accessible information directly to those who need it; and we continue to listen to and learn from our community, allowing us to identify and respond to their unmet needs and ensure that our work remains relevant.

Uniquely pan-neuro, we are there for someone at any stage of their journey, from when symptoms first appear, before diagnosis, throughout their wait to see specialists, and in the long-term when there can often be a lack of specialist or community care available to help in the management of chronic conditions. For many people, the support and information they find through our services simply does not exist anywhere else.

We also work to raise awareness of the challenges faced by people affected by a neurological condition and provide a platform for the voice of our community. Through the gathering and reporting of people's real-world experiences, we help present evidence of the unwarranted variations in the access to and delivery of care. Through regular and frequent reporting of lived experience, we help influence the design and delivery of healthcare services.

We help to bridge the gaps between different parts of the health and social care systems, and we work to ensure that those who need to are able to interact with these systems effectively and efficiently.

Why we exist

One in six people in this country is affected by a neurological or neurodegenerative condition. These diseases include dementia, stroke, motor neurone disease, neuromuscular diseases, brain cancers, Parkinson's, multiple sclerosis and epilepsy to name just a few. That is over 12 million individuals who have experienced or are living with a condition or symptom that may have life-changing, and often life-long effects.

There are over 600 known neurological conditions. A neurological problem can impact every aspect of a person's life, including physical, mental, and social wellbeing. Friends and family can also be affected and may need to provide full-time support as a carer.

Despite some regional centres of excellence, the stark reality for anyone affected by a neurological problem is that services are scarce, limited in scope and fragmented – and significantly under-resourced compared to other major health conditions, like cancer and heart disease.

The Association of British Neurologists and others, estimate that the disruption caused to the delivery of neurological support services by COVID-19 during 2020 has increased the number of people waiting to see a specialist neurologist from 35,000 to over 140,000 in the UK. A further 60,000 are waiting for neurosurgery. With fewer than 1,000 specialist consultants in England, this backlog will take many years to clear. Meanwhile, with many waiting more than a year to see a consultant, the health of our community is getting worse more quickly.

In this increasingly diverse, complicated, and complex landscape, there is an ever-growing need and demand for support and accessible information from individuals, their families, friends, and carers and the healthcare professional who look after them.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

The work we do makes a real difference; it gives immediate help and on-going support and relieves pressure on the NHS. This is especially valuable at a time of national emergency and during the aftermath.

Our services: the right support, at the right time, in the right way

Neuroscience nurse-led Helpline

“The nurse made me feel better about my situation, and I felt armed with knowledge to take to my GP.”

We know that asking for help is not always easy. Discussing your diagnosis or condition, your worries, and the challenges you are facing can be emotional and difficult. Some people may have already experienced stigma when trying to talk to others.

Our free, expert national Helpline service provides a trusted safe space where someone can seek practical and emotional support, clarity and reassurance. Run by experienced neuroscience trained professionals, our Helpline team understand the complexity of neurological conditions and the difficulties that people can encounter. We help people make sense of complex information or specialist medical terminology, support them to access the right services and to ask the right questions to ensure they get the most out of their appointments and care. We understand the importance of recognising that their challenges are not limited to their symptoms or condition, but also come from how these can impact their ability to work, their independence, their relationships, and other wider personal and socio-economic issues.

When someone contacts us we relate to them as a person first and foremost. We engage with people in a holistic and person-centred way: finding out what is important to them, working with loved ones, and giving options so they can make an informed decision. The neuroscience nurses use their clinical knowledge and experience, alongside strong listening skills, and a commitment to treating people with compassion and empathy, to deliver high-quality care and support.

We are there for the person's entire journey, not just in the first instance. Calls are not limited in number nor by time, as we know that people's needs change over the years. Knowing that trusted help is just a phone call or email away can also alleviate stress and reduce anxiety when often it is difficult for someone to get in contact with their own healthcare team. Our Helpline service is confidential, anonymous and can be accessed by phone, email, or via our social media channels.

Last year the Helpline responded to 2,380 enquiries by answering phone calls, providing call backs, and replying to emails. This represents nearly 40% growth on 2019, with the majority increase being seen in e-mail enquiries related to COVID-19 and mental wellbeing. The expertise of our neuroscience nurses also continues to be valued by healthcare professionals and other charities seeking to learn more about neurological conditions and the support available to their patients locally and in the community.

Accessible health information

“Your booklet on dizziness was a balm of comfort. In some situations it feels like there are no lights at the end of the tunnel. But you have helped me find one.”

Receiving a diagnosis can be a difficult or traumatic experience. For many people, absorbing or retaining information during appointments, or following a diagnosis, can be challenging – especially if it has been delivered verbally or someone is affected by cognitive ('brain fog') or communication difficulties.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

We produce accessible, evidence-based health information to support people affected by neurological problems. Our information helps individuals better understand their symptoms and diagnosis, to participate in shared decision making about treatments and care-planning, and empowers them to better manage their condition and achieve their goals.

High quality, accessible information can also help improve someone's experience of healthcare, helping to reducing the pressures, utilisation, and costs of that person to the healthcare system. We publish our information online through our website, where it is available to view, print, and download. This information is delivered in the form of webpages, fact sheets, booklets, animations, and short entries within an A-Z directory.

Our information resources provide information on a range of conditions and symptoms, including subarachnoid haemorrhage (SAH), face pain, head injury and vascular malformations of the brain. We also have information on what to expect during tests and treatments, such as MRI scans, lumbar punctures, and coiling of brain aneurysms. Our most downloaded resource provides guidance on how to perform vestibular rehabilitation exercises at home.

We distribute our printed booklets free-of-charge to individuals and to healthcare professionals. These may be given out in healthcare settings as part of providing patient information at the time of diagnosis or during care and management. We also produce educational videos on head injury and Chiari malformation that can be shared digitally via YouTube.

During 2020/21, we continued our commitment to producing high-quality health information and distributed hard-copy and digital publications to 33,000 people. Since launching our educational videos we have had over 79,000 views on YouTube.

Online peer support

"It's amazing this group is here. We share experiences with others who really understand."

Living with a neurological condition can be lonely and difficult. We know from talking with our community that sharing experiences and coping strategies can help people feel more positive and less alone.

Peer support can tackle feelings of isolation and improve mental wellbeing, as well as help people to feel more able to take on the challenges they may face each day. The coronavirus pandemic put a stop on any physical community-based activity, but we responded by launching online support.

Neuro Social is a safe and positive space for people to meet, share stories, give support and get support. Sessions are open to anyone regardless of diagnosis, ensuring that people living with rarer conditions can access a welcoming and understanding group. Neuro Social is run by Brain & Spine Foundation staff members but has been developed through close working with volunteers who themselves live with neurological problems. For now, we are bringing people together weekly via Zoom and are exploring specific groups for families and carers. My Creative Life is an art-based therapy group that launched in late 2020. The group is led by an expert moderator and is divided into seven sessions and uses simple, creative activities which are designed to support members to reflect on a specific issue or coping strategy. Sessions are run online and feedback received from the group has been positive, with the first group completing the ten week course in May and a new group launching in June 2021.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

We created and moderate two closed condition-specific Facebook groups that provide peer support for people living with Chiari malformation and for survivors of subarachnoid haemorrhage (SAH). These groups connect people with shared experience of these comparatively rare conditions, offering a safe and welcoming space where they can discuss experiences, share advice and offer mutual support. The groups are overseen by volunteer moderators living with the conditions concerned, who contribute to discussions and occasionally guide members to additional support.

Membership of our social media community, including online peer support groups for subarachnoid haemorrhage and Chiari malformation grew to 26,819 people last year. We are incredibly grateful to the volunteers and moderators that contribute towards our peer support groups who provide ongoing care and dedication to their community and peers.

Rebecca (pictured below) is one of the 600,000 people who we reached and helped last year:



Rebecca's story

"I had a subarachnoid haemorrhage (SAH), a bleed on the brain, one day out of the blue when I was 45. I had experienced a few migraines in the couple of months leading up to it but apart from that I was a normal, healthy busy person.

On the day it happened, I had dropped my husband and daughter off at the train station as they were going to London to shop for my daughter's birthday. Later, I felt a 'whooshing' sensation at the back of my head. It felt like my skull was opening up. After that, all I remember are snippets: being horribly sick; the paramedic calling my name and telling me to look into his eyes; seeing bright lights and feeling fresh air.

It felt like I was moving in slow motion. A friend had found me lying on my stairs with my face drooped to one side and had immediately called for an ambulance.

My friend had also called my family and soon after my husband was there with me, along with my children, parents and brother. I just remember focusing on my daughter's face. I was told I would need to have surgery and was prepped for theatre. Strangely, I felt no fear! The fear was much greater for my family and friends, but when I saw the medical team getting ready I just wanted to have the anaesthetic to go to sleep and stop my pain.

The surgery was a success, thankfully, and the next two weeks were spent recovering in hospital with lots of visitors. I've never felt so much love and will be eternally grateful for that. I had my driver's licence revoked for nine months as I wasn't in any fit way to drive, but my friends and family rallied round and I wasn't left alone at all for a few weeks. My husband helped to wash me until I felt confident to do it myself.

However, the tiredness would be overwhelming. I was diagnosed with PTSD and had some counselling for it. I went back to work as a teacher part-time but it exhausted me! I struggled with busyness and multi-tasking. I felt utterly overwhelmed.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

The Brain & Spine Foundation provided me with a booklet explaining all about SAH which helped my family and I understand what had happened and what to expect. I also joined the Brain & Spine Foundation support group for survivors of SAH and I have found this invaluable. Being able to talk and ask questions to people who understand was so comforting. I hope I can offer the same to others now.

I am so lucky but I still think about it every day. How one second I was fine and busy with life and the next I was fighting for my life. Three years on, I now consider myself recovered but just describe myself as a more fragile person. Although it was unlucky for it to happen to me, because it is so rare, I feel so lucky to have survived and even luckier to have recovered. It makes you realise just how precious life is and easily it can all be taken away."



Research: understanding the daily realities of our community

There are more people in the UK living with a neurological condition than cancer, heart disease, or diabetes. Transformational change is needed urgently, because the current system is under-funded, inadequately resourced, and is failing individuals and families.

In 2020-2021, we advanced our strategic transformation through the design, development and delivery of a digital engagement platform, NeuroLifeNow (NLN). The innovative digital App and website captures lived experience in real-time and this insight helps drive improvements in health and care for the neurological community. This research technology will enable us to gather unique evidence into the daily reality of neurological treatment, support, and care in England and throughout the UK. It is the first time a digital tool has been developed to capture 'lived experience' data on a rolling basis across all 600+ known neurological conditions.

NeuroLifeNow aims to:

- Create a platform that unifies and amplifies the voice of our community;
- Collect and present powerful evidence that will influence improved service design and delivery across neurology;
- Provide insight and knowledge that will dramatically enhance our direct & core services; and
- Improve the reach and impact of our charity's work.

During the pilot phase (Jan-March 2020), over 700 people signed up to the App and we received more than 600 completed questionnaires in total. Early insights showed that mental health needs were not being met and those who were experiencing cancellations of their care were more likely to need emergency support.

In March, and using the evidence gathered by NLN, the Neurological Alliance had a constructive meeting with senior Government ministers and NHS officers to discuss the impact of the pandemic on people with neurological conditions and urged them to set out plans for NHS re-set of neurological treatment and care. We will be following up and with further evidence captured via the App and will campaign for our community to be well situated within any forthcoming recovery strategy.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

A huge thank you must go to the hundreds of people who have shared their experiences through NeuroLifeNow. As we move forward with Phase II of the App's development we are speaking with people in our community to gather feedback – this insight will directly shape how we improve the App.

“This is an exciting and much needed project that has the potential to support more effective, efficient service provision in neurology and beyond. It is critical that the experiences of people with neurological conditions shape how we deliver care – this platform will enable us to do just that. I fully endorse the project and look forward to utilising this work as part of my role to drive forward transformation in neurosciences.”

Prof. Adrian Williams: Chair of NHS England and Improvement Neurosciences Clinical Reference Group & Co-Chair of National Neurosciences Advisory Group; Senior Advisor to the Getting it Right First Time (GIRFT) programme & London Ambassador; West Midlands Clinical Director Neurosciences & Chair of Senate.

As part of our overarching transformational strategy, our objective is to create a comprehensive 'pan-neuro' view, contributing new and differentiated data, and drawing together the knowledge and understanding that already exists around the lives and experiences of people affected by neurological conditions into a neuro data-lake. We plan to unify and manage these data on behalf of our community to create rich and authentic insights that will support improvements in health and social care, drive changes to policy and practice and contribute to our understanding and knowledge within neurology.

Connecting with our community: reaching more people and raising awareness

We know that accessing the right information and support, at the right time, can make a significant difference to someone's life. It improves their ability to cope and manage their symptoms and condition, as well as their overall experience of health and social care.

In the past year, we have extended our reach and grown our community by 45%, connecting with over 600,000 people (compared to 425,000 last year). Through our website, our pages and information was viewed by 596,228 people and our booklets and fact sheets were downloaded 29,958 times.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Our reach

In 20/21, the Brain & Spine community was over 600,000 people:



To help us achieve our strategic goals, we believe it is important to raise the profile of the Brain & Spine Foundation and to increase awareness about the lives of people affected by a neurological problem.

Our outreach work is an important part of how we continue to grow our community, ensuring that people are aware of (or can find out about) our services when they need them. Attending conferences and events provides us with an invaluable chance to meet and engage with our community, and although this has not been possible during COVID-19 lockdown, we have continued to develop our virtual networks and contact databases in readiness for our new 'normality'.

There is more work to be done to ensure the information resources we produce reach

those who need it. The growing network of healthcare professionals we support and work with is a key part of this as they help us by reviewing and updating our information resources and booklets, and are responsible for distributing a large proportion of our booklets to patients through hospitals and clinics.

Connecting with our community also means listening to and amplifying the voices of the people we serve each day. We welcome members of the community who wish to share their stories through our website, newsletters, and social media channels.

In 2020-2021, we have grown our network of passionate and committed volunteer Ambassadors who help us to engage directly with local communities, sharing their own first-hand experience and supporting others to get in touch with our services or contribute to our work. The Ambassadors have adapted their roles, working entirely from a virtual capacity yet have continued to support the charity and stand by us during turbulent times. Over the past year, they have organised Covid-safe events, contributed to our campaigns and fundraised to help with our financial sustainability. Emma, who joined as an Ambassador in 2020, nominated the Brain & Spine Foundation at her workplace CSR programme and we received a donation of £10,000, along with over £2,500 raised through workplace activities. We are so grateful for the continued dedication we see from our Ambassadors each day and have plans to grow and retain our network of volunteers over the coming year.

Fundraising: developing a sustainable organisation

The Brain & Spine Foundation operates entirely from voluntary income and the strategy is to maintain this independence. We aim to generate income from multiple channels, including Individual Giving, Legacies, Trusts and Foundations, Major Donors, Corporate and Community activities so that we have a balanced and sustainable funding model. 20-21 was a very successful year for fundraising and engagement – and our ability to increase total income by 35% was the foundation for launching new services and growing existing ones.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

We applied successfully to the COVID relief fund, distributed by National Lottery. This £80,000 grant enabled us to maintain the Helpline and launch Neuro Social. We also secured a grant of £80,000 via CAF distributing funds from the Department. Total income from Trusts and Foundations was over £380,000 more than five times higher than the previous year.

One of our individual donors gave £100,000 via their private foundation allowing us to recruit two new members of staff and fund one existing helpline role. While they have asked to remain anonymous, we would like to express our gratitude for this significant donation.

The coronavirus drastically hit community and challenge events, with many planned activities cancelled or postponed beyond the financial year. The Virgin Money London Marathon was run as a virtual event in 2020, and remains a key source of income for the charity. Our team of 35 runners was captained by David Phillips OBE and in total raised a fantastic £70,000. We'd like to give a special mention and huge thank you to David, who last year ran his 500th Marathon.

Across our community, we have wonderful volunteers and people who go to great lengths to fundraise for the work we do from sporting events to bake sales.

The BHSF partnership, which continues into the second of three years, enhances their offer to the employee welfare marketplace through access to our services. We are proud to be extending the reach of our support services to this new audience.

This initiative, and others, demonstrates a new model of reciprocal benefits for the charity and its supporters that will develop into long term and sustainable relationships with other corporate partners.

As we move forward into 2021-22, the pillars of our fundraising strategy are to:

- Have a diverse funding mix from multiple channels;
- Maintain the cost of fundraising between 15% and 20%;
- Achieve an ROI of 6:1 (or greater) i.e. for every pound spent on fundraising we generate £6;
- Provide our amazing network of supporters with an exceptional experience to build loyalty and trust; and
- Build a community of people who understand the cause and support it practically, emotionally and financially.

Collaboration: working with partners

As members of the Neurological Alliance, we contributed to policy development and attended forums including the National Neurosciences Advisory Group (NNAG) on Mental Health and Neurology, the Development of the Rare Conditions Report and the Development of Mental Health in Neurology Report.

Marc Smith, our CEO, is a Trustee of the Neurological Alliance Board of Trustees since November 2019 and was elected Vice Chairman in November 2020. This brings mutual benefits and facilitates a closer working relationship e.g. the Neurological Alliance has been a co-sponsor and significant collaborator in NeuroLifeNow.

This year, again, we were stakeholders in the review and development of neurosurgical care pathways for subarachnoid haemorrhage, brain tumours, and pituitary tumours, which was being led by NHS England and NHS Improvement. We provided feedback on their recommendations and supported the NHS teams to engage patients and their families appropriately and effectively in the development process.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Our 21-22 ambitions

Our transformation programme is the foundation of our 5-year strategic plans. It is person-centred, collaborative, and has financial sustainability at its heart. As part of this expanded vision, we are working towards a new model for our charity where our team remains small, but our impact is big. Allied to this lean structure is a new model of engagement and fundraising – one that sees people at the heart of a social movement. A movement designed to give people affected by a neurological problem a stronger and unified voice. We want to work alongside our community and empower them to act and take the lead in creating the change they want to see.

Through this programme and based on values of collaboration and co-production, we want to:

- Re-imagine how our information and support services can be delivered;
- Grow new partnerships and engage in collaborative working – in and out of our sector – engaging with key suppliers and partners to contribute specific skills and expertise;
- Develop agile and creative ways of working and support iterative learning within our organisation; and
- Build a technology-enabled, digital working environment that supports our staff to work effectively and efficiently whether on-site or working remotely.

We have initiated an operational audit and are reviewing our IT and office systems as part of this work. We are exploring secure cloud-based software and better integration to help drive collaboration and efficiency, whilst not compromising the delivery or security of our services and data. Through developing more agile and flexible working practices, we hope to allow for wider recruitment and greater retention of staff and resource.

The outcomes of this programme will remain aligned with our objectives and outcome framework:

- Dramatically improve quality of life for people affected by neurological conditions;
- Empowering people with neurological conditions to actively manage their own care;
- Increased awareness of neurological conditions, their impacts, and sources of support; and
- Faster access to specialist support, and better-connected care services, relieving pressure on the NHS and other health and social care services.

We have already made significant progress towards this programme in the last 18 months (April 2019 – March 2021).

In 2021/2022, we will also continue to deliver against our core work, providing:

- Free and unrestricted information and support through our helpline service, from trained and experienced neuroscience nurses;
- Accessible information resources made available on our website and distributed via healthcare professionals and our helpline;
- Online support groups that enable people to benefit from peer-to-peer learning and emotional support;
- Engaging and relevant content that we will share with our community through newsletters, social media, and as part of our work to raise awareness; and
- Build and extended network of Ambassadors reaching out in local communities, raising awareness, supporting people, and ensuring they know how to access information and support when they need it.

We aim to recruit and empower more volunteers to our organisation, enabling them to contribute to our goals.

We will also plan for our 30th Anniversary Year in 2022.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

To achieve this, in 21-22 we will focus on five organisation strategic aims:

Building community

We want to reach, recruit, engage and empower more people to our organisation enabling them to contribute to our goals.

Growth in direct services

We want to develop how our information and support services can be delivered through collaboration and co-production.

Being fit for fundraising

In order to achieve financial sustainability, we must be fit to generate long-term income. We will continue to implement our CRM database to improve efficiency and the quality of our stewardship programmes and ensure our team have the expertise and skills to deliver high quality engagement and income generation.

Reporting impact and outcomes

We will continue to ask for feedback from our community through our surveys and develop a Monitoring & Evaluation strategy that reflects our desired impact. We will ensure we are regularly reporting on our progress and will undertake honest evaluations of the challenges we face and lessons we have learned.

Ensuring the success of NeuroLifeNow

We will continue to develop NeuroLifeNow to help inform and drive significant improvements in healthcare. This technology-led platform enables us to gather unique insight into the daily realities of living with neurological conditions, and we recognise the need to improve engagement with non-digital activation. We are working with experts to mitigate risks in this programme.

Financial review | April 2020 to 31 March 2021

With the pandemic affecting all aspects of life and the economy, and charitable fundraising in particular, the 2020-2021 financial year saw a very strong performance in income generation. Total income was £892,901, up 35.6% on last year. Expenditure was £885,957.

Our expenditure & costs were in line with our plans and focused on Service Delivery (85%), with Cost of Raising Funds at 10% and Governance 5%

The modest surplus of £6,944 has been accrued because of reduction of fixed overheads early in the year, and careful management of the cost base thereafter.

We are aware that the charity income base will need to be strengthened and diversified in the coming period, and that the external environment will continue to be very challenging.

We have strategies to address sustainability of core and transformational projects and our funding pipeline for 2021-2022 is cause for optimism and we develop stronger relationships with major funders, industry and corporate partners.

In the year, we are particularly grateful for the donations and support from the public, new supporters and major donors, and for the continued support of Garfield Weston Foundation, The Fairhill Foundation, and BHSF in particular.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Reserves policy

The trustees have again reviewed the charity's need for reserves including a reserves policy. Their aim is to keep unrestricted funds equivalent to a minimum 6 months of running costs, to ensure the charity's core activity could continue during a period of unforeseen difficulty. In this period of economic difficulty and cashflow challenges, reserves have been held between 3 and 5 months of running costs. As at 31st March 2021, we ended with £251,777 free reserves which equates to 4.5 months of running costs.

Our structure, governance & management

The Brain & Spine Foundation is a company limited by guarantee and is registered as a charity with the Charity Commission. It is governed by its Articles of Association (and updated on 22 March 2017). The board of trustees is responsible for determining the overall strategic direction of the charity and for developing policies and plans to support the delivery of charitable objects. The board monitors progress across all areas of activity including legal requirements and financial performance. Meetings take place quarterly and the Finance and Governance sub-committee, a sub-group of the board, meets up to four times each year to consider finances and good governance. Other sub-committees are created by the Chair to support and give oversight of strategic initiatives as required.

A Chief Executive Officer (CEO) is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the authority for operational matters including financial management, employment and performance relating to agreed key objectives is delegated to the CEO.

Any decisions outside of the strategic direction agreed by the board or outside of the agreed budget are referred to trustees for approval.

The pay and remuneration of the CEO is reviewed by the board each year and any changes made are based on performance, an assessment of the market, the financial position of the organisation and relativity across the team.

In the previous year we developed a code of conduct for trustees and updated the trustee role description. The code sets out the conduct and practices required to ensure the highest standards of integrity and stewardship in this role.

In 2018, the charity introduced the honorary positions of President and Vice-President.

Trustee recruitment and appointment, induction, and training

We aim to represent the community we serve at all levels of the organisation and are actively reviewing our policy and practice related to Equality, Diversity and Inclusion.

The Articles of Association include terms of office for trustees, so that an initial appointment is made for a 3-year term and trustees will be eligible for reappointment for one further term of 3 years.

Fundraising approach

The Brain & Spine Foundation is registered with the Fundraising Regulator and subscribes to their standards for fundraising. We have an engagement philosophy that informs our fundraising approach, looking to build long-term relationships with supporters, volunteers and service users. We value all contributions, whether financial or non-financial.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2021

Risk management

An organisational risk review sets out the major risks and uncertainties facing the organisation. This is monitored periodically by the board's Finance and Governance Committee and systems and policies have been established to mitigate exposure to those risks.

Public benefit

When planning the activities for the year, the trustees have regard to the Charity Commission's guidance on public benefit in accordance with the duties set out in Section 17 of the Charities Act 2011. The benefit is to a specific group of individuals who have a neurological condition, or who have a friend or family member with such a condition, or who are involved in the treatment and care of these people. This report illustrates the activities provided for this group.

Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

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

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

The Brain and Spine Foundation

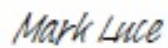
Report of the trustees

For the year ended 31 March 2021

Independent examiners

Godfrey Wilson Limited were re-appointed as independent examiners to the charitable company during the year and have expressed their willingness to continue in that capacity.

Approved by the trustees on 1st September 2021 and signed on their behalf by



Mark Luce – Chairman

Independent examiner's report

To the trustees of

The Brain and Spine Foundation

I report to the trustees on my examination of the accounts of The Brain and Spine Foundation (the charitable company) for the year ended 31 March 2021, which are set out on pages 22 to 37.

Responsibilities and basis of report

As the trustees of the charitable 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 charitable 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 the charitable company'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 the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

- (1) accounting records were not kept in respect of the charitable 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.

Alison Godfrey

Date: 7 September 2021

Alison Godfrey FCA
Member of the ICAEW

For and on behalf of:

Godfrey Wilson Limited

Chartered accountants and statutory auditors

5th Floor Mariner House

62 Prince Street

Bristol

BS1 4QD

The Brain and Spine Foundation

Statement of financial activities *(incorporating an income and expenditure account)*

For the year ended 31 March 2021

	Note	Restricted £	Designated £	General £	2021 Total £	2020 Total £
Income from:						
Donations and legacies	3	201,889	-	240,777	442,666	263,449
Charitable activities	4	332,102	-	87,400	419,502	297,525
Other trading activities	5	-	-	30,664	30,664	97,359
Investments		-	-	69	69	162
Total income		533,991	-	358,910	892,901	658,495
Expenditure on:						
Raising funds		-	-	91,613	91,613	105,984
Charitable activities		541,403	94,651	158,290	794,344	423,896
Total expenditure	7	541,403	94,651	249,903	885,957	529,880
Net income / (expenditure) and net movement in funds	8	(7,412)	(94,651)	109,007	6,944	128,615
Reconciliation of funds:						
Total funds brought forward		35,412	94,651	151,686	281,749	153,134
Total funds carried forward		28,000	-	260,693	288,693	281,749

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 15 to the accounts.

The Brain and Spine Foundation

Balance sheet

As at 31 March 2021

	Note	£	2021 £	2020 £
Fixed assets				
Tangible assets	11		8,916	21,593
Current assets				
Debtors	12	50,002		13,452
Cash at bank and in hand		266,552		279,227
		316,554		292,679
Liabilities				
Creditors: amounts falling due within 1 year	13	36,777		32,523
Net current assets			279,777	260,156
Net assets	14		288,693	281,749
Funds	15			
Restricted funds			28,000	35,412
Unrestricted funds				
Designated funds			-	94,651
General funds			260,693	151,686
Total charity funds			288,693	281,749

The directors are satisfied that the charitable company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477(2), and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act; 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 the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

Approved by the trustees on 1 September 2021 and signed on their behalf by

Mark Luce

Mark Luce - Chairman

The Brain and Spine Foundation

Statement of cash flows

For the year ended 31 March 2021

	2021	2020
	£	£
Cash used in operating activities:		
Net movement in funds	6,944	128,615
<i>Adjustments for:</i>		
Depreciation charges	12,677	14,347
Dividends, interest and rents from investments	(69)	(162)
(Increase) / decrease in debtors	(36,550)	47,908
Increase / (decrease) in creditors	4,254	9,955
Net cash provided by / (used in) operating activities	<u>(12,744)</u>	<u>200,663</u>
Cash flows from investing activities:		
Dividends, interest and rents from investments	69	162
Purchase of tangible fixed assets	-	(6,068)
Net cash provided by / (used in) investing activities	<u>69</u>	<u>(5,906)</u>
Increase / (decrease) in cash and cash equivalents in the year	(12,675)	194,757
Cash and cash equivalents at the beginning of the year	<u>279,227</u>	<u>84,470</u>
Cash and cash equivalents at the end of the year	<u><u>266,552</u></u>	<u><u>279,227</u></u>

The charity has not provided an analysis of changes in net debt as it does not have any long term financing arrangements.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

1. Accounting policies

a) Basis of preparation

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

The Brain and Spine Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b) Going concern basis of accounting

The accounts have been prepared on the assumption that the charity is able to continue as a going concern, which the trustees consider appropriate having regard to the current level of unrestricted reserves and having taken into account the impact of the Covid pandemic on the charity's activities. There are no material uncertainties about the charity's ability to continue as a going concern.

c) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income from fundraising events and other trading income is recognised when the event or conference takes place and is deferred where the income relates to future periods.

d) Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

1. Accounting policies (continued)

d) Donated services and facilities (continued)

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

For Google AdWords, the charity measures the value of the gift at a proportion of the market value provided by Google. Where the market value is given in foreign currency, this is translated in line with the charity's foreign exchange policy (note 1 (o)).

In 2021 the charity benefited from donated time provided by KPMG and their delivery partners made a 'pro-bono' contribution to the charity's digital engagement initiative, NeuroLifeNow (NLN). The contribution was in the form of strategic consultancy time and technical development expertise used to re-purpose an existing software platform and has an open market commercial value estimated at £500,000. KPMG's involvement was at the early fast-track design and development stage of the NLN programme and resulted in a minimum viable product (the App) being launched in January 2021. As the App is under continual review and development, the charity does not consider there to be any residual value nor benefit in the work / donation contributed by KPMG. In accordance with the principles above, the trustees have valued the KPMG gift in kind at £150,000 recognising the receipt and expenditure of the "donation" within the fiscal year.

e) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

f) Funds accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

1. Accounting policies (continued)

h) Allocation of support and governance costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities on the following basis, which is an estimate of staff time spent on each activity:

	2021	2020
Raising funds	10.0%	10.0%
Charitable activities	90.0%	90.0%

i) Tangible fixed assets

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Computer equipment	4 years straight line basis
Database and website	4 years straight line basis

Items of equipment are capitalised where the purchase price exceeds £1,000.

j) Debtors

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

k) Cash at bank and in hand

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

l) Creditors

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

m) Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

n) Pension costs

The company operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SOFA.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

1. Accounting policies (continued)

o) Foreign currency transactions

Transactions in foreign currencies are translated at the period average rate. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the year end.

p) Accounting estimates and key judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

There are no key sources of estimation uncertainty that have a significant effect on the amounts recognised in the financial statements.

2. Prior period comparative: statement of financial activities

	Restricted £	Designated £	General £	2020 Total £
Income from:				
Donations and legacies	79,974	-	183,475	263,449
Charitable activities	90,625	150,000	56,900	297,525
Other trading activities	-	-	97,359	97,359
Investments	-	-	162	162
Total income	170,599	150,000	337,896	658,495
Expenditure on:				
Raising funds	-	-	105,984	105,984
Charitable activities	141,687	80,349	201,860	423,896
Total expenditure	141,687	80,349	307,844	529,880
Net income / (expenditure) and net movement in funds	28,912	69,651	30,052	128,615

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

3. Income from donations and legacies

	Restricted £	Unrestricted £	2021 Total £
Gifts in kind - Google AdWords and KPMG	201,889	-	201,889
Donations and appeal income	-	111,828	111,828
Legacies	-	77,790	77,790
Major donors	-	51,159	51,159
Total donations and legacies	201,889	240,777	442,666

Prior period comparative

	Restricted £	Unrestricted £	2020 Total £
Gifts in kind - Google AdWords	79,974	-	79,974
Donations and appeal income	-	82,422	82,422
Legacies	-	78,053	78,053
Major donors	-	23,000	23,000
Total donations and legacies	79,974	183,475	263,449

4. Income from charitable activities

	Restricted £	Unrestricted £	2021 Total £
<i>Grants > £5,000:</i>			
Fairhill Foundation	100,000	-	100,000
The R S MacDonald Charitable Trust	7,941	-	7,941
CAF Resilience	80,000	-	80,000
Edward Gosling Foundation	-	10,000	10,000
The Childwick Trust	-	10,000	10,000
The Adint Charitable Trust	-	10,000	10,000
The MacDaibhidh Trust	-	10,000	10,000
Southwark Council	-	25,000	25,000
National Lottery Community Fund (Coronavirus Community Support Fund)	80,000	-	80,000
Birmingham Hospital Saturday Fund	40,000	-	40,000
<i>Grants = £5,000:</i>			
The February Foundation	5,000	-	5,000
Anton Jurgens Donations	5,000	-	5,000
The Everson Charitable Trust	-	5,000	5,000
Sub-total	317,941	70,000	387,941

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

4. Income from charitable activities (continued)

	Restricted £	Unrestricted £	2021 Total £
Sub-total from previous page	317,941	70,000	387,941
<i>Grants < £5,000:</i>			
The D'Oly Carte Foundation	3,000	-	3,000
Persula Foundation	3,000	-	3,000
Other small grants < £3,000	8,161	17,400	25,561
Total charitable activities	332,102	87,400	419,502

Prior period comparative

	Restricted £	Designated £	General £	2020 Total £
<i>Grants > £5,000:</i>				
The Caledonian Charity Trust	-	-	25,000	25,000
Garfield Weston	-	-	25,000	25,000
John Swire 1989 Charitable Trust	-	150,000	-	150,000
James Weir Charitable Trust	5,000	-	-	5,000
Birmingham Hospital Saturday Fund	68,000	-	-	68,000
<i>Grants < £5,000:</i>				
Persula Foundation	3,000	-	-	3,000
Other small grants < £3,000	14,625	-	6,900	21,525
Total charitable activities	90,625	150,000	56,900	297,525

5. Income from other trading activities

	2021 Total £	2020 Total £
Fundraising events	30,664	97,359

All income from other trading activities in the current and prior year is unrestricted.

6. Government grants

The charitable company received government grant funding in the year from the Coronavirus Job Retention Scheme. The total value of such grants in the year was £7,876 (2020: £nil). There are no unfulfilled conditions or contingencies attaching to this grant in the current period.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

7. Total expenditure

	Raising funds £	Charitable activities £	Support and governance costs £	2021 Total £
Direct costs	33,210	146,505	16,432	196,147
NeuroLifeNow platform costs	-	150,000	-	150,000
Staff costs (note 9)	42,980	366,231	20,309	429,520
<i>Allocated costs:</i>				
Premises costs	2,171	18,197	1,016	21,384
Office costs	6,612	55,142	3,433	65,187
Depreciation	1,287	10,788	602	12,677
Consultants	1,121	9,397	524	11,042
Sub-total	87,381	756,260	42,316	885,957
Allocation of support and governance costs	4,232	38,084	(42,316)	-
Total expenditure	91,613	794,344	-	885,957

Governance costs in the year were £3,420 (2020: £3,988).

Prior period comparative

	Raising funds £	Charitable activities £	Support and governance costs £	2020 Total £
Direct costs	47,901	107,642	8,878	164,421
Staff costs (note 9)	41,983	219,968	15,054	277,005
<i>Allocated costs:</i>				
Premises costs	4,283	22,848	1,428	28,559
Office costs	5,708	30,458	1,903	38,069
Depreciation	2,152	11,478	717	14,347
Consultants	1,122	5,983	374	7,479
Sub-total	103,149	398,377	28,354	529,880
Allocation of support and governance costs	2,835	25,519	(28,354)	-
Total expenditure	105,984	423,896	-	529,880

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

8. Net movement in funds

This is stated after charging:

	2021 £	2020 £
Depreciation	12,677	14,347
Trustees' remuneration	Nil	Nil
Trustees' reimbursed expenses	Nil	Nil
Trustees' indemnity insurance	110	110
Independent examiners' remuneration (including VAT):	<u>3,420</u>	<u>3,375</u>

9. Staff costs and numbers

Staff costs were as follows:

	2021 £	2020 £
Salaries and wages	375,943	250,683
Social security costs	31,115	15,744
Pension costs	20,147	10,578
Redundancy costs	<u>2,315</u>	<u>-</u>
	<u>429,520</u>	<u>277,005</u>

One employee earned between £60,000 and £70,000 during the year (2020: none).

The key management personnel of the charitable company comprise the trustees, chief executive and senior management team. The total employee benefits of the key management personnel were £264,458 (2020: £207,802).

	2021 No.	2020 No.
Average head count	<u>13</u>	<u>10</u>

10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

11. Tangible fixed assets

	Computer equipment £	Database and website £	Total £
Cost			
At 1 April 2020	37,601	52,800	90,401
Additions in year	-	-	-
At 31 March 2021	<u>37,601</u>	<u>52,800</u>	<u>90,401</u>
Depreciation			
At 1 April 2020	34,163	34,645	68,808
Charge for the year	<u>1,251</u>	<u>11,426</u>	<u>12,677</u>
At 31 March 2021	<u>35,414</u>	<u>46,071</u>	<u>81,485</u>
Net book value			
At 31 March 2021	<u>2,187</u>	<u>6,729</u>	<u>8,916</u>
At 31 March 2020	<u>3,438</u>	<u>18,155</u>	<u>21,593</u>

12. Debtors

	2021 £	2020 £
Prepayments	27,502	13,452
Accrued income	<u>22,500</u>	<u>-</u>
	<u>50,002</u>	<u>13,452</u>

13. Creditors: amounts due within 1 year

	2021 £	2020 £
Trade creditors	19,121	20,692
Accruals	9,476	3,240
Other taxation and social security	<u>8,180</u>	<u>8,591</u>
	<u>36,777</u>	<u>32,523</u>

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

14. Analysis of net assets between funds

	Restricted funds £	Designated funds £	General funds £	Total 2021 £
Tangible fixed assets	-	-	8,916	8,916
Net current assets	<u>28,000</u>	<u>-</u>	<u>251,777</u>	<u>279,777</u>
Net assets at 31 March 2021	<u>28,000</u>	<u>-</u>	<u>260,693</u>	<u>288,693</u>
 Prior period comparative				
	Restricted funds £	Designated funds £	General funds £	Total 2020 £
Tangible fixed assets	-	-	21,593	21,593
Net current assets	<u>35,412</u>	<u>94,651</u>	<u>130,093</u>	<u>260,156</u>
Net assets at 31 March 2020	<u>35,412</u>	<u>94,651</u>	<u>151,686</u>	<u>281,749</u>

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

15. Movements in funds

	At 1 April 2020 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2021 £
Restricted funds					
Awards for All, Big Lottery Fund	2,500	-	(2,500)	-	-
Google AdWords	-	51,889	(51,889)	-	-
KPMG NeuroLifeNow	-	150,000	(150,000)	-	-
Persula Foundation	-	3,000	(3,000)	-	-
The D'Oyly Carte Charitable Trust	-	3,000	(3,000)	-	-
The R S MacDonald Charitable Trust	-	7,941	(7,941)	-	-
The February Foundation	-	5,000	(5,000)	-	-
Anton Jurgens Donations	-	5,000	(5,000)	-	-
Fairhill Foundation	-	100,000	(100,000)	-	-
CAF Resilience	-	80,000	(80,000)	-	-
Birmingham Hospital Saturday Fund	28,000	40,000	(40,000)	-	28,000
National Lottery Community Fund (Coronavirus Community Support Fund)	-	80,000	(80,000)	-	-
Other small grants < £3,000	4,912	8,161	(13,073)	-	-
Total restricted funds	35,412	533,991	(541,403)	-	28,000
Unrestricted funds					
<i>Designated funds:</i>					
John Swire 1989 Charitable Trust	94,651	-	(94,651)	-	-
<i>Total designated funds</i>	94,651	-	(94,651)	-	-
General funds	151,686	358,910	(249,903)	-	260,693
Total unrestricted funds	246,337	358,910	(344,554)	-	260,693
Total funds	281,749	892,901	(885,957)	-	288,693

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

15. Movements in funds (continued)

Purposes of restricted funds

Awards for All, Big Lottery Fund - To fund Back Pain booklet and film (animation).

Google AdWords - represents the value of advertising donated by Google to support access to information.

KPMG NeuroLifeNow - represents the value of pro-bono contribution donated by KPMG in the development of NeuroLifeNow apps.

Persula Foundation - Funds towards the expansion of the helpline.

The D'Oyly Carte Charitable Trust - A one off-grant towards the updating of the helpline to Virtual Call Centre Platform.

The R S MacDonald Charitable Trust - towards project 'Neuro Specialist Helpline' for the period ending 31 March 2021.

The February Foundation - solely towards the costs of the Brain and Spine Foundation national helpline.

Anton Jurgens Charitable Trust - towards a contribution to running the Brain and Spine Foundation's National Helpline Service.

FairHill Foundation - to cover the salary of a Neuroscience Nurse, a Content Officer and a Project Manager for the period ending 31 March 2021.

CAF Resilience - towards the salaries of three senior professionals critical to the delivery of frontline services, direct costs of running the Knowledge, Information and Education Services and contribution towards office and premises costs for the period ending 31 March 2021.

Birmingham Hospital Saturday Fund - £40,000 towards support of Helpline for year 2020/21 and £28,000 towards support of Helpline for year 2021/22.

National Lottery Community Fund (Coronavirus Community Support Fund) - £80,000 received towards the helpline and Neuro Social Digital Forum.

Purposes of designated funds

John Swire 1989 Charitable Trust - Funds designated to support the development of the BrainHQ project. As planned, the remaining funds have been spent down in the financial year ending 31 March 2021.

The Brain and Spine Foundation

Notes to the financial statements

For the year ended 31 March 2021

15. Movements in funds (continued)

Prior period comparative	At 1 April 2019 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2020 £
Restricted funds					
Awards for All, Big Lottery Fund	2,500	-	-	-	2,500
Google AdWords	-	79,974	(79,974)	-	-
Persula Foundation	-	3,000	(3,000)	-	-
The D'Oyly Carte Charitable Trust	3,000	-	(3,000)	-	-
James Weir Charitable Trust	-	5,000	(5,000)	-	-
Birmingham Hospital Saturday Fund		68,000	(40,000)	-	28,000
Other small grants < £3,000	1,000	14,625	(10,713)	-	4,912
Total restricted funds	6,500	170,599	(141,687)	-	35,412
Unrestricted funds					
<i>Designated funds:</i>					
The Grand Prix Trust	25,000	-	(25,000)	-	-
John Swire 1989 Charitable Trust	-	150,000	(55,349)	-	94,651
<i>Total designated funds</i>	25,000	150,000	(80,349)	-	94,651
General funds	121,634	337,896	(307,844)	-	151,686
Total unrestricted funds	146,634	487,896	(388,193)	-	246,337
Total funds	153,134	658,495	(529,880)	-	281,749

16. Related party transactions

There were no related party transactions in the current or prior year.

The Brain and Spine Foundation

Trustee biographies

Anthony Amato-Watkins

Anthony is a consultant paediatric and adult neurosurgeon at the Royal Hospital for Children and Queen Elizabeth University Hospital in Glasgow. He has a particular interest in spinal trauma and brings valuable expertise to help with medical strategies and guidance for the charity.

Anthony joined the Brain & Spine Foundation as a Trustee in 2020, following in the footsteps of his step-father, Professor Sid Watkins, past President and founding member of the charity. He joins his step-brother, Alistair Watkins, who is also a member of the Board.

Within his adult spinal practice, Anthony hopes to bring together the Scottish National Spinal Injuries Unit based in Glasgow with the Brain & Spine Foundation to help promote a gold standard model of care for patients following spinal cord injuries and their long-term recovery. Anthony is also the Co-Chair for the Paediatric Advisory Group for paediatric neurosurgery in Scotland. This group works with other stakeholders to help delivery equitable access of neurosurgical care for children in Scotland.

Anthony is part of the Medical Advisory team at the Brain & Spine Foundation.

Ian Basden-Smith

Ian is committed to helping the Brain & Spine Foundation achieve its aims. Joining the Board of Trustees in 2012, Ian has seen significant change during his time as Trustee and is excited by the charity's future goals.

As a chartered accountant, he brings a broad range of expertise to the Board having worked in the banking industry and at KPMG. He also worked in senior roles at Samuel Montagu, Morgan Grenfell and Deutsche Bank across finance and operational activities in the UK, Europe and Far East.

Ian is Chairman of the charity's Finance and Governance Committee. He is a keen golfer, fisherman and enjoys the outdoors and spending time with his children and grandchildren.

Joe Bedford

Joe is excited to join the Brain & Spine Foundation and help steer its ambitious plans to expand reach and make positive change for those affected by neurological problems.

Working as a corporate lawyer for over twenty years, Joe is a partner and strategy Board Member at Stevens & Bolton LLP. He was a founding member of the Steering Committee for the Association for Corporate Growth (ACG UK), an organisation focused on supporting middle-market Mergers & Acquisitions activity and driving growth of the sector.

Joe is passionate about the Brain & Spine Foundation's work. He joined the Board in 2020 and is a member of the Finance and Governance Committee.

The Brain and Spine Foundation

Trustee biographies

Peter Brickley

Peter is enthusiastic about the charity's cause, and joined the Board of Trustees in 2020.

He brings a wealth of technology expertise to the Board having spent 25 years leading technology for global businesses including Heineken and Centrica. He now leads the Business Process & Technology organisation at Coca Cola EuroPacific Partners.

Peter is the non-executive Chairman of Newbury Building Society and a Parish Councillor. In his spare time he loves going to the gym, wine, music, sports cars and spending time with his family and two golden retrievers. He is also a passionate home brewer (and beer consumer)!

Paul Fleming

Paul is passionate about supporting the crucial role the Brain & Spine Foundation plays in covering significant gaps in neurological health and wellbeing.

Over the last twenty years, Paul has worked as a financial restructuring lawyer, advising creditors, stakeholders, insolvency practitioners and directors on complex domestic and cross-border restructurings and insolvencies. He has worked on a variety of cases including the fall-out from the Lehman collapse in 2008.

In his spare time he enjoys spending time with his family, sailing and water sports.

Asli Güner-Paul

Asli joined the Board of Trustees in 2020, after a close family member was affected by a neurological illness. She is passionate about contributing to the invaluable work of the charity.

She is currently working as Associate General Counsel at a global solar company and heads up projects in the EMEA region. As well as holding a Bachelor of Law with first class honours, she also holds a Masters in Corporate and Commercial law and speaks Turkish, French and German.

Asli enjoys Pilates, travelling, collecting vintage crockery and spending time with her family.

Jeroen Huysinga

Jeroen is excited about the potential to create positive change for those affected by neurological conditions. He joined the Board of Trustees in 2020, and brings a wealth of knowledge to the Board having spent 35 years working as a Portfolio Manager covering equity markets and as Managing Director at JPMorgan Asset Management.

In 2020, Jeroen retired and embarked on a Master's degree in Charity Accounting and Financial Management. His ambition is to combine his commercial experience and rigorous learning to help make a difference and build a second career in the charity sector. He is a trustee of Invesco Cares, the John Hodge's Trust (a local community charity in Oxfordshire) and non-executive director of an investment trust.

He enjoys travelling back to the Netherlands and outdoor pursuits including mountain biking and walking.

The Brain and Spine Foundation

Trustee biographies

Mark Luce, Chair

Mark's ambition is to transform the care provided to those affected by neurological problems, and in doing so, make a meaningful difference to many more people.

Joining the Brain & Spine Foundation Board of Trustees in 2017, Mark brings a wealth of expertise to his current role as Chair. He spent twenty years working for global beer giant SABMiller, and held a variety of senior roles in Europe, South America, Asia and the UK. His final role was as Global Marketing Operations Director. Now running his own marketing consultancy since 2017 as Chief Operating Officer, Mark works with blue-chip clients to drive their growth agenda.

Mark is passionate about campaigning to give power and a voice to the neurological community to drive positive change and dramatically improve quality of life outcomes. In his spare time, Mark is an avid traveller, wine maker and motorsport fan.

Elizabeth Manuel

In 2011, Elizabeth survived a subarachnoid haemorrhage and stroke leaving her with multiple health issues and disabilities. She has a strong resolve to make things better for survivors and educate others about brain injury recovery and rehabilitation.

Elizabeth spent twenty years as a family law barrister before becoming a district judge in 2005. In 2012, she set up her own support group to help others affected by stroke and brain injury. She does media and PR work and gives speeches for the RNIB and is a Service User Representative for the Stroke Association. As well as assisting with stroke and sight loss research projects, Elizabeth regularly writes articles about stroke survival, and her rehabilitation journey was featured in a film made for Sue Ryder, the Society of Chartered Physios, and the Royal College of Occupational Therapists. This was released to petition to MP's in 2020 about improved community rehabilitation.

Elizabeth joined the Brain & Spine Foundation as a Trustee in 2017, bringing considerable professional and lived experience to the Board. Elizabeth regularly gives motivational speeches at major conferences and enjoys improving her French, learning Spanish, painting and exercising.

Sarah Vibert

Sarah is passionate about improving care and support for people with neurological conditions having grown up with a brother with epilepsy.

Currently interim CEO at the National Council for Voluntary Organisations (NCVO), Sarah has almost two decades of experience in the public and not-for-profit sectors; with the last ten years at senior executive level. Sarah joined the Brain & Spine Foundation as a Trustee in 2020, and brings a wealth of expertise including strategic planning, partnership development and stakeholder relations, change management, policy and campaigning.

Prior to working at NCVO Sarah was chief executive of the umbrella charity, The Neurological Alliance and spend time in various senior management roles including at the Epilepsy Society and the charities office of HRH the Prince of Wales. Outside of work Sarah enjoys spending time with her family as well as cycling and running.

The Brain and Spine Foundation

Trustee biographies

Alistair Watkins

Alistair follows in the footsteps of his father, Professor Sid Watkins, who was one of the founding members of the Brain & Spine Foundation and a past President of the charity.

Having spent the past 25 years working in the world of international sport at the highest level, Alistair brings extensive media and marketing experience to his role as Trustee. He began his career working as the FIA's Formula One Press Officer, and more recently founded a sports marketing consultancy, Influence Sports & Media.

Alistair joined the Board in 2014 and has been instrumental in the organisation of the Brain & Spine Foundation's Gala fundraising events and helps guide on the charity's strategic direction.