

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

Contents

For the year ended 31 March 2022

	Page
Reference and administrative details	1
Report of the trustees	
The Brain & Spine Foundation at a glance	2
Our year in a snapshot	3
A letter from the Chair	7
Report of the trustees	9
Statement of responsibilities of trustees	19
Independent examiner's report	20
Statement of financial activities	21
Balance sheet	22
Statement of cash flows	23
Notes to the financial statements	24
<i>These pages do not form part of the statutory financial statements:</i>	
Trustee biographies	37

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.

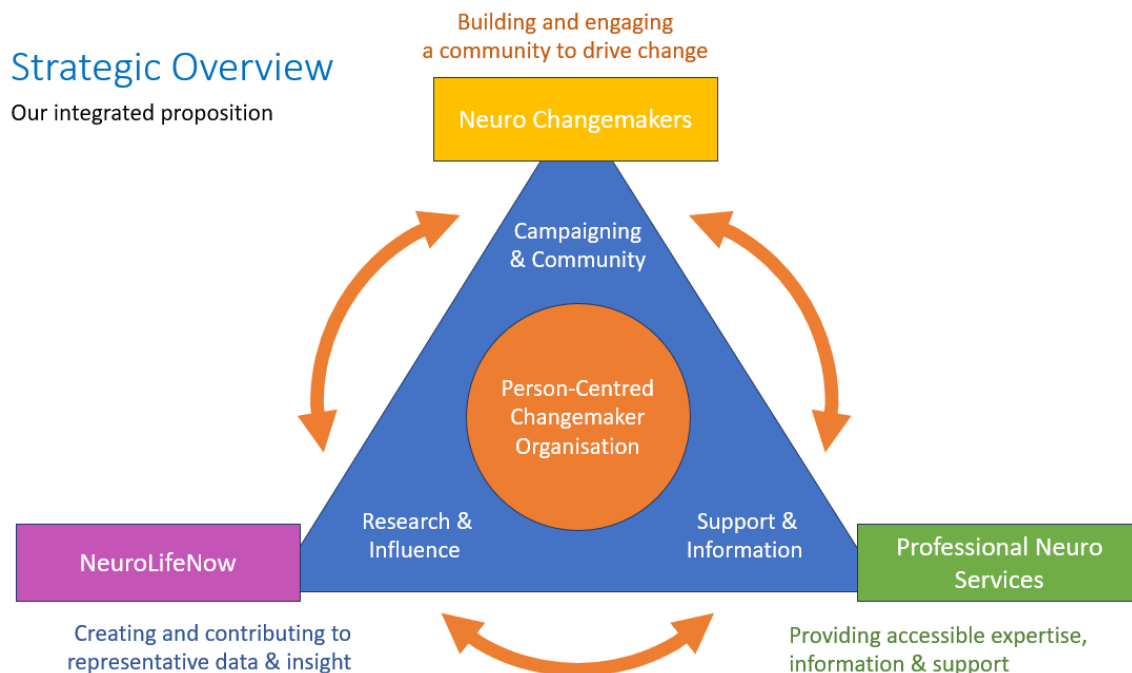
The Brain and Spine Foundation

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.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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

For the year ended 31 March 2022

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

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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."

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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:

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

“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.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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;

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

- 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.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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.

The Brain and Spine Foundation

Report of the trustees

For the year ended 31 March 2022

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>182,717</u>	<u>288,693</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>182,717</u>	<u>288,693</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
	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><u>28,000</u></u>	<u><u>260,693</u></u>	<u><u>288,693</u></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.