

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:

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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.