

Company no. 04432677  
Charity no. 1098528

# **The Brain and Spine Foundation**

## **Report and Unaudited Financial Statements**

### **31 March 2025**



**The Brain and Spine Foundation**

**Reference and administrative details**

**For the year ended 31 March 2025**

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

## Annual Trustees' Report 2024-25

### Chair's Statement

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

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

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

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

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

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

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

Thank you for your continued support.

Signed by:

*Mark Luce*

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**Mark Luce**

Chair of Trustees

## Introduction

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

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

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

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

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

## Professional Neuro Services

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **Neuro Changers**

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

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

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

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

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

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

## **NeuroLifeNow**

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

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

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

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

## **Fundraising and governance**

### **Fundraising and financial performance in 2024-25**

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

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

### **Fundraising approach**

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

### **Reserves Policy**

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

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

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

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

### **Structure, governance and management**

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

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

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

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

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



### **Trustee recruitment and appointment, induction, and training**

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

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

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

### **Risk management**

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

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

### **Public benefit**

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

### **Statement of responsibilities of the Trustees**

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

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

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

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

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

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

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

### **Independent examiners**

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

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

Signed by:  
  
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Mark Luce - Chairman

## **Independent examiner's report**

### **To the trustees of**

### **The Brain and Spine Foundation**

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

#### **Responsibilities and basis of report**

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

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

#### **Independent examiner's statement**


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

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

- (1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed by:

  
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**Adam Fullerton**

**Member of the ICAEW**

For and on behalf of:

**Moore Kingston Smith**

Chartered Accountants

6th Floor

9 Appold Street

London

EC2A 2AP

Date: 2 December 2025

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

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

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

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

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

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

The directors acknowledge their responsibilities for:

- (i) ensuring that the charitable company keeps proper accounting records which comply with section 386 of the Act; and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the charitable company.

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

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

Signed by:  
  
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 Mark Luce - Chairman

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

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

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

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#### 1. Accounting policies

##### a) Basis of preparation

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

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

##### b) Going concern basis of accounting

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

##### c) Income

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

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

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

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

**The Brain and Spine Foundation**

**Notes to the financial statements**

**For the year ended 31 March 2025**

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**1. Accounting policies (continued)**

**d) Donated services and facilities**

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

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

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

**e) Interest receivable**

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

**f) Funds accounting**

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

**g) Expenditure and irrecoverable VAT**

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

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

**h) Allocation of support and governance costs**

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

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



## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

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#### 1. Accounting policies (continued)

##### h) Allocation of support and governance costs (continued)

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

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

##### i) Tangible fixed assets

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

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

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

##### j) Debtors

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

##### k) Cash at bank and in hand

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

##### l) Creditors

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

##### m) Financial instruments

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

##### n) Pension costs

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

#### 1. Accounting policies (continued)

##### o) Foreign currency transactions

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

##### p) Accounting estimates and key judgements

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

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

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

#### 2. Prior period comparative: Statement of Financial Activities

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

#### 3. Income from donations and legacies

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

#### 4. Income from charitable activities

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

#### 4. Income from charitable activities (continued)

##### Prior period comparative

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

#### 5. Income from other trading activities

	2025 Total £	2024 Total £
Fundraising events	<b>144,285</b>	<b>125,272</b>

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

#### 6. Total expenditure

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

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

#### Prior period comparative

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

##### 7. Net movement in funds

This is stated after charging:

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

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

##### 8. Staff costs and numbers

Staff costs were as follows:

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

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

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

Staff numbers were as follows:

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

##### 9. Taxation

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

**The Brain and Spine Foundation****Notes to the financial statements****For the year ended 31 March 2025****10. Tangible fixed assets**

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

**11. Debtors**

	<b>2025 £</b>	2024 £
Prepayments	<b>13,956</b>	16,195
Accrued income	<u>-</u>	<u>51,441</u>
	<u><b>13,956</b></u>	<u>67,636</u>

**12. Creditors: amounts due within 1 year**

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

**The Brain and Spine Foundation**

**Notes to the financial statements**

**For the year ended 31 March 2025**

**13. Analysis of net assets between funds**

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



## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

#### 14. Movements in funds

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

#### Purposes of restricted funds

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

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

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

#### Purposes of endowment funds

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

## The Brain and Spine Foundation

### Notes to the financial statements

#### For the year ended 31 March 2025

#### 14. Movements in funds (continued)

##### Prior period comparative

	At 1 April 2023 £	Income £	Expenditure £	Transfers between funds £	At 31 March 2024 £
<b>Restricted funds</b>					
Google AdWords	-	73,773	(73,773)	-	-
The National Lottery					
Community Fund	-	110,000	(110,000)	-	-
NHS England Trust	-	4,180	(4,180)	-	-
	<u>-</u>	<u>114,153</u>	<u>(184,153)</u>	<u>-</u>	<u>-</u>
Total restricted funds	<u>-</u>	<u>187,953</u>	<u>(187,953)</u>	<u>-</u>	<u>-</u>
<b>Unrestricted funds</b>					
General funds	<u>101,474</u>	<u>779,998</u>	<u>(861,477)</u>	<u>-</u>	<u>19,995</u>
Total unrestricted funds	<u>101,474</u>	<u>779,998</u>	<u>(861,477)</u>	<u>-</u>	<u>19,995</u>
<b>Total funds</b>	<u><b>101,474</b></u>	<u><b>967,951</b></u>	<u><b>(1,049,430)</b></u>	<u><b>-</b></u>	<u><b>19,995</b></u>

#### 15. Related party transactions

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

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

## **The Brain and Spine Foundation**

### **Trustee biographies**

#### **For the year ended 31 March 2025**

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

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

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

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

##### **Vice President, Alistair Watkins**

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

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

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

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

## **The Brain and Spine Foundation**

### **Trustee biographies**

#### **For the year ended 31 March 2025**

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##### **Chair of Trustees, Mark Luce**

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

##### **Trustee, Kavita Basi**

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

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

##### **Trustee, Asli Guner-Paul**

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

##### **Trustee, Jeroen Huysinga**

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

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

## **The Brain and Spine Foundation**

### **Trustee biographies**

#### **For the year ended 31 March 2025**

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##### **Trustee, Lauren Downie**

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

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

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

##### **Trustee, Carolyn Turner**

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

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

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

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

## **The Brain and Spine Foundation**

### **Trustee biographies**

#### **For the year ended 31 March 2025**

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##### **Trustee, Ifeyinwa Kantonna**

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

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

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

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

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