

HEAD TO TOE CHARITY

Annual Report and Financial Accounts 2024 - 2025

Registered Charity No: 1099485



Community Butterfly Volunteers, pictured with Butterfly Volunteer Co-ordinator, Helen Goold

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Foreword from the Chair of Head to Toe Charity

As Chair of the Head to Toe Charity Committee, and an Associate Non-Executive Director at Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), I am proud to present this year's annual report. It reflects not only the generosity of our donors and supporters, but also the creativity and commitment of our staff, volunteers, and partners in bringing meaningful change to the lives of people across our communities.

Over the past year, Head to Toe has continued to demonstrate the unique impact that an NHS charity can have, funding projects that sit above and beyond what the NHS alone can provide. From the launch of the ground-breaking Community Butterfly Volunteer Service, offering compassion and companionship at the end of life, to the expansion of arts therapies and innovative initiatives such as the CAMEO Comedy Club, each story in this report highlights how philanthropy and partnership can transform experiences of care.

I have been particularly inspired by the way Head to Toe projects not only enrich the lives of patients and their families, but also provide vital support to the incredible staff across CPFT. Through initiatives like Schwartz Rounds, Staff Network funding, and wellbeing projects, the charity plays an important role in strengthening the resilience and wellbeing of those who dedicate themselves daily to the care of others.

As we look ahead, we remain ambitious in our vision: to empower health and wellbeing for everyone in our community. We will continue to build on the strong partnerships we have with CPFT, our volunteers, our supporters, and the wider community, ensuring that every donation and every act of generosity makes a real and lasting difference.

On behalf of the Trustee Board and the Charity Committee, I would like to thank our donors, funders, volunteers, and colleagues at CPFT for your continued support and belief in what we can achieve together. Head to Toe is truly about more than funding; it is about compassion, collaboration, and commitment to creating healthier lives and stronger communities.

Jacquie McGeachie

Chair of Head to Toe Charity Committee

Associate Non-Executive Director, CPFT



Our objectives

Who we are

Head to Toe is the NHS charity for Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), dedicated to supporting individuals receiving mental health, community, and social care throughout our region.

By funding initiatives above and beyond the scope of NHS resources, we amplify CPFT's mission to improve the health and wellbeing of both the people they serve and the staff who care for them.

Our vision is clear: Healthier minds and bodies for everyone in our community.

Working closely with NHS health and social care specialists, we respond to the unique needs of our region by offering inclusive opportunities for better physical and mental wellbeing, all informed by clinical expertise.

Thanks to the continued generosity of our donors, fundraisers, and partners, we're able to deliver transformative projects that directly impact the lives of patients, families, and NHS staff every day.

Thank you

We could not do this work without our generous donors. In 2024-2025, we would especially like to acknowledge the following organisations, for their support:

Wrights Clock Land Trust

NHS Charities Together

Youth Music

Cambridgeshire Community Foundation

Ninja Theory LTD

The Harry Cureton Trust

The Healthier Futures Fund

Illumina

The Friends of North Cambridgeshire Hospital



Our Impact: Community Butterfly Volunteer Service

Compassionate support at a critical time

This year, we proudly launched the Community Butterfly Volunteer Service, a ground-breaking initiative developed with CPFT's Voluntary Services, and community nursing teams, which is the first of its kind in the UK.

This innovative service offers vital volunteer support to patients receiving end-of-life care at home, providing companionship and comfort to those with few visitors or families needing respite. Volunteers ensure that no one faces this difficult time alone.

In partnership with The Anne Robson Trust, volunteers receive specialist training to provide compassionate support to patients identified by our older people, community, and specialist nursing teams.

“This service is ground-breaking because it goes into the local community, rather than staying confined to a hospital. Most people prefer the comfort of their own home, and in this small way, we’re helping them do that.”

David, Community Butterfly Volunteer (pictured below, with fellow volunteers, Katy - CPFT's End-of-Life Care Facilitator, Helen - Butterfly Volunteer Co-ordinator and Lynn from The Anne Robson Trust).

This project has been funded entirely through philanthropy and donations, with special thanks to the ICS Healthier Futures Fund, administered by Cambridgeshire Community Foundation.



“His Butterfly visitor has been a lifeline to normality for him. Prior to this service, he had little input with anyone else. He was experiencing low mood and becoming withdrawn. Now the highlight of his week is his visitor. What an amazing gift that is!” (Specialist Palliative Care Nurse)

Our impact: Children's creative therapies

Transforming healing through music and art

In autumn 2022, we launched an innovative music therapy programme to support young people accessing care through Child and Adolescent Mental Health Services (CAMHS) and community paediatrics.

This year, we expanded the initiative, funding expert therapists to deliver music and art therapy sessions for both adults and young people across CPFT's specialist acute mental health wards in Fulbourn.

The project has also been nominated for a prestigious HSJ Award, and a clinical Allied Health Professional Award based on its innovative approach to providing support to young people. These therapies provide a non-verbal, creative form of support when traditional talking therapies are not always appropriate, improving emotional regulation and overall wellbeing.

Feedback from patients and carers tells us that for some young people this is the only form of therapy they have engaged with. Young people have reported pain relief during sessions and better sleep. Most importantly, young people are supported to identify and work through trauma and learn coping strategies that they can use every day.

"Music therapy has been such a wonderful experience. Every session has improved my mood and helped me use music to regulate my emotions. Thank you, Head to Toe." Patient

Since April 2024, more than 350 sessions have been delivered, reaching more than 200 patients, all made possible thanks to our donors' generosity.

Our plans going forward are to grow this service, with a focus on reaching young people who don't currently have access to this additional support, such as children in care and refugees.

Pictured are Valentini (left), Music Therapist, and Aimee (right), Art Therapist.



Our impact: Supporting mental health services

CAMEO Comedy Club

Bringing laughter, connection, and comfort to our communities

This year, we supported the CAMEO South team to launch a series of inclusive comedy evenings for patients experiencing first episode psychosis and their carers.

The first CAMEO Comedy Club event welcomed 24 patients and carers alongside 10 staff members, featuring professional comedians - one of whom shared his lived experience of mental health, creating an evening of laughter, connection, and shared understanding.

100% of attendees said they would attend again, highlighting the powerful impact of social connection on mental health recovery. The CAMEO Comedy Club continued throughout 2025.

“

Having Head to Toe's support made a huge difference. It enabled us to create a high-quality event that patients felt invested in, and the response was incredible.”

Ali Shippey, CAMEO Team

”

Wellbeing on wheels: The Cavell Centre

Supporting patients on our acute wards

With CPFT Voluntary Services, we launched a new wellbeing trolley for inpatient wards at The Cavell Centre - a simple idea that's making a big difference.

Managed by volunteers, the trolley gives patients receiving 24-hour mental health care the opportunity to make personal choices; whether selecting a favourite snack, a soothing activity, or a card to send to someone they care about. These small but meaningful moments of choice help restore a sense of agency, dignity, and normality during a time when much of daily life is structured around treatment and recovery.

During the festive season, the trolley was stocked with Christmas gifts and cards, helping patients share joy and connection with loved ones. By supporting independence and connection, the wellbeing trolley is helping patients feel more like themselves - an important step toward recovery and wellbeing.



“

Brightening people's day when they're struggling is one of the best feelings. I absolutely love doing it.”

Paige, CPFT Volunteer

”

Supporting our people

Empowering CPFT staff through community and care

We're deeply committed to the wellbeing of CPFT's incredible staff. This year, we continued to provide annual funding for each of CPFT's six Staff Networks, supporting events and workshops, educational resources and guest speakers, as well as peer support gatherings.

We also fund the CPFT Schwartz Round licence, which provides a safe space for staff to reflect on the emotional challenges of working in healthcare.

"Schwartz Rounds are a lifeline in my clinical practice; knowing there's a safe, supportive space to share experiences and connect with colleagues makes a profound difference to how I cope with the emotional impact of my role."

Schwartz Rounds help reduce stress, foster understanding, and strengthen team cohesion, ultimately improving both staff wellbeing and patient care.

By investing in our NHS people, we're building a stronger, more resilient healthcare system for everyone.



The Senua Scholarship

A game-changing programme for peer support

In partnership with BAFTA award-winning game developer Ninja Theory and CPFT's RCE Wellbeing Hub, we proudly delivered another successful year of the Senua Scholarship, a unique peer support training programme inspired by the acclaimed game *Hellblade: Senua's Sacrifice*.

The scholarship provides training, mentoring, and support for a student to qualify as a Peer Support Worker, using their lived experience to work in the NHS, or charity sector, to help others in their recovery journey. Thank you to Ninja Theory for its continued generosity and partnership.

Looking ahead

in 2025-26, we will continue to put patients at the heart of what we do, working closely with our partners, fund-raisers, staff and volunteers to ensure a wide and accessible programme of Head to Toe charitable projects.

➤ We will strive towards transforming health outcomes for the most vulnerable members of our community by providing support that goes above and beyond traditional healthcare.

➤ We will work with CPFT teams to deliver strategic, long-lasting programmes that make a measurable difference.

➤ We will expand our partnership with CPFT Voluntary Services, embedding volunteers across the Trust.

➤ We will embed a new brand identity, that better reflects our mission, vision, and impact.

➤ We will collaborate with partners across our local area to bring volunteering opportunities and philanthropy to people and businesses who share our values and motivations.

➤ We will partner with Addenbrooke's Charitable Trust and the University of Cambridge to deliver the philanthropic campaign for the region's first children's hospital, and its pioneering approach to integrated physical and mental healthcare.

www.headtoecharity.org.uk



To find out more about Head to Toe, the people and projects we support, please get in touch:

Call us: 01223 219708

E-mail: charity@cpft.nhs.uk

Follow us: @head2toecharity

Head to Toe Charity, Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF

Registered Charity No. 1099485

Corporate Trustee

Annual Report and Financial Statements of Head to Toe Charity

2024 - 2025



Annual Report and Financial Statements

Statement of Corporate Trustee's Responsibilities

The Corporate Trustee is the Board of Cambridgeshire and Peterborough NHS Foundation Trust. The Corporate Trustee is responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the funds held on trust; establishing and monitoring a system of internal control; establishing arrangements for the prevention and detection of fraud and corruption.

The Corporate Trustee is required under the Charities Act 2011 and the Charity (Accounts and Reports) Regulations 2008 to prepare financial statements that give a true and fair view of the financial position of the funds held on trust for each financial year. In preparing those financial statements, the Corporate Trustee is required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the charity's SORP.
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Corporate Trustee confirms that it has met the responsibilities set out above and complied with the requirements for preparing the financial statements. The financial statements set out on pages **21 to 31** of the finance section have been compiled from and are in accordance with the financial records maintained by the Trustee.

As far as the Corporate Trustee is aware, there is no relevant information of which the charity's independent examiners are unaware. The Board members of the Corporate Trustee have taken all the steps that ought to have been taken in order to make themselves aware of any relevant information and to establish that the charity's Independent Examiner is aware of that information.

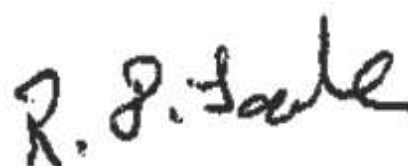
The financial statements on pages **21 to 31** of the finance section were approved by the Trustee on **17 December 2025** and signed on its behalf by:



Chair
Eileen Milner



Chief Executive
Steve Grange



Chief Finance Officer
Robert Toole

Corporate Trustee Annual Report

The Corporate Trustee presents the independently examined financial statements of the Head to Toe Charity for the financial year ended 31 March 2025.

Charity registration

Head to Toe Charity is registered with the Charity Commission, registration number: 1099485. The name was changed in July 2017 and the previous name was Cambridgeshire Mental Health and Primary Care Trusts Charitable Fund.

The principal address of the charity is Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.

Structure, governance and management

The charitable trust constituted by the Trust Deed is administered and managed by the Corporate Trustee of the charity which is Cambridgeshire and Peterborough NHS Foundation Trust. The overall responsibility, therefore, rests collectively with the Board. The Board consists of a Chair and eight other Non-Executive Directors who are each appointed by the Council of Governors, together with a Chief Executive and five other Executive Directors. Below represents those in post during 2024-25.

Directors during the financial year ending 31 March 2025 and at the date the financial statements were approved were as follows:

Eileen Milner, Chair

Prianthi Pinnaduwa, Non-Executive Director

Dr Catherine Walsh, Chief Medical Officer

Stephen Legood, Director of People and Business Development

Jane Cannon, Non-Executive Director *(from February 2024)*

Jacquie McGeachie, Associate Non-Executive Director, Head to Toe Charity Chair *(from February 2024)*

Rachel Gomm, Chief Nurse *(from March 2024)*

Karen Daber, Deputy Chair, Senior Independent Director *(from April 2024)*

Debbie Smith, Chief Operating Officer *(to April 2024)*

Holly Sutherland, Chief Operating Officer *(from April 2024)*

John Webster, Deputy Chief Executive Officer *(to May 2024)*

Mike Hindmarch, Non-Executive Director *(to May 2024)*

Dr Mike Knapton, Non-Executive Director *(from May 2024)*

Scott Haldane, Interim Chief Executive Officer *(to October 2024)*

Steve Grange, Chief Executive *(from October 2024)*

Steve Cox, Non-Executive Director *(from December 2024)*

Lauren Gable, Chief Finance Officer *(to February 2025)*

Prof Ed Bullmore, Advisory Non-Executive Director *(to April 2025)*

Brian McCarthy, Non-Executive Director *(to September 2025)*

Mark Bailham, Non-Executive Director *(from October 2025)*

Prof Rudolf Cardinal, Non-Executive Director *(from October 2025)*

Kishamer Sidhu, Interim Chief Finance Officer *(from February 2025 to November 2025)*

Robert Toole, Chief Finance Officer *(from November 2025)*

The charity has policies and procedures in place for the induction and training of the Board. This induction includes an introduction to the objectives, scope and policies of the charitable funds, Charity Commission information on Trustee Responsibilities, and copies of the previous year's financial statements.

Throughout the year, the Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) Board received and considered financial statements that had been prepared and reviewed by the sub-committee known as the Charitable Funds Management Committee (CFMC), consisting of the Non-Executive Director who acts as Chair of the Committee, two other Non- Executive Directors, Chief Finance Officer and Director of People and Business Development from CPFT.

Advisers, Investment Managers and Independent Examiner

The names and addresses of principal advisors during the year are as follows:

Natwest
250 Bishopsgate
London
EC2M 4AA

Mills & Reeve, Solicitors LLP
110 Hills Road
Cambridge
CB2 1PH

CCLA Fund Managers Limited
One Angel Lane
London
EC4R 3AB

The independent examiner is:

Katherine Parkin
Azets Audit Services
Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff CF23 8AB

Statement on Public Benefit

The objective of Head to Toe Charity is for the Corporate Trustee to hold the funds upon trust to apply the income, and at its discretion, so far as may be permissible, the capital, for any charitable purpose or purposes relating to the National Health Service.

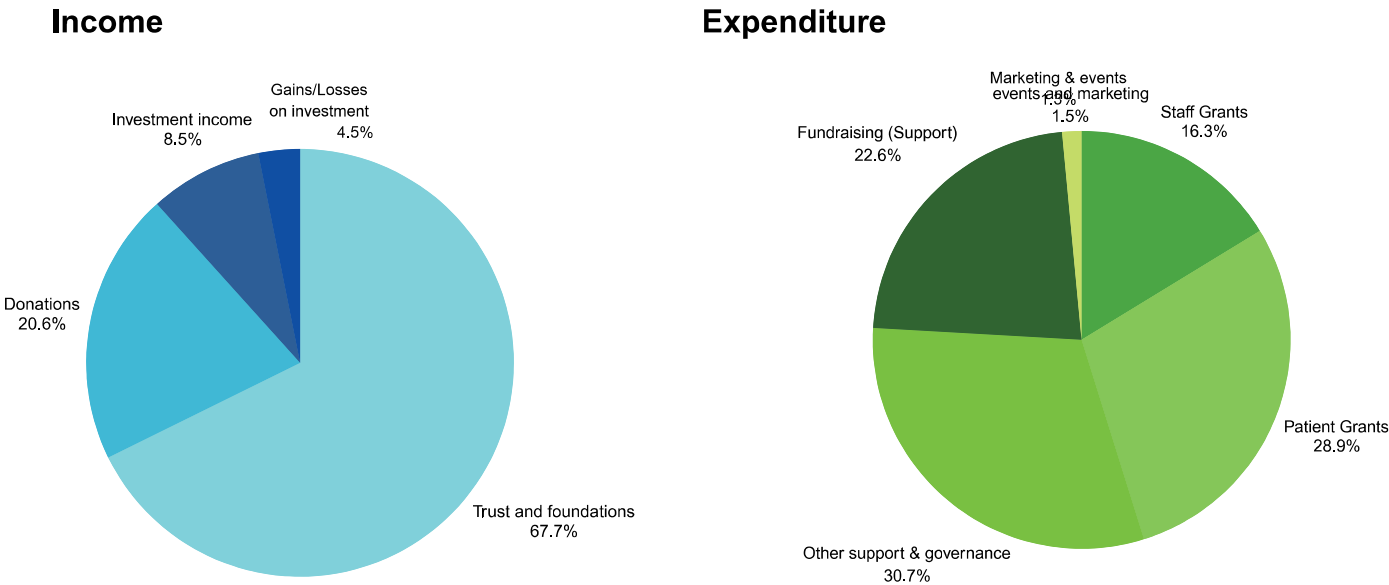
The objectives and activities and achievement and performance sections of this report clearly set out the activities which the charity undertakes for the public benefit. The Corporate Trustee confirms that it has complied with the duty in section 17 (5) of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission in determining the activities undertaken by the charity.

Financial review

The following figures are taken from the full accounts below, This part of the Corporate Trustee’s annual report comments on the key features of those accounts.

Income

Total incoming resources for the year, excluding gains and losses on investments, were **£247,000** compared with £269,000 for the previous year. This is broken down for 2024-25 as follows:



Grants in: £151,000 - our main source of income is from Trusts and other charities who support the aims and objectives of Head to Toe, who we would like to thank for their support over the last year.

Donations in: £46,000 – income received from businesses, members of the public, CPFT staff, patients, loved ones and families, and other associations who wish to support Head to Toe, including in memory, and regular gifts. We would like to thank all of our donors for their support in 2024-2025.

Fundraising and events: £31,000 – this is income received from events that we organise as a charity, or from dedicated individuals who take on a fundraising challenge to raise money for the NHS. We would like to thank all the fundraisers for their efforts in 2024-25.

Investment income: £19,000 – this arises from the prudent management of funds not immediately required for use by Head to Toe and earned income on the investment portfolio of £4,000 and £15,000 for money held in the charity’s bank account.

Gains and losses on investment: £7,000 - CCLA funds are subject to unrealised gains and revaluations on disposal of funds.

Expenditure

Outgoing resources for the year totalled £332,000 compared with £321,000 for the previous year. This can be split into four distinct areas:

Patient welfare: £96,000 - funded grants and projects across a broad range of activities to improve the wellbeing of patients and improve the health of our wider community.

Staff grants: £54,000 - on grants and projects that enabled staff wellbeing, development and an improved staff experience; ultimately enhancing the NHS services delivered by CPFT.

Marketing and publicity: £5,000 - costs associated with running events in 2024-25.

Fundraising (Support): £75,000 - A strategic investment, agreed by the Corporate Trustee, as a necessary means to grow our organisation, impact and income.

Other support and governance: £102,000 - costs are associated with running the charity, supporting CPFT staff and patients, delivering projects with the Trust, financial audit, compliance, memberships and raising awareness of Head to Toe.

At 31 March 2025, restricted funds totalled £203,000 (2024: £156,000) (see note 11) and unrestricted funds totalled £189,000 (2024: £328,000). These funds are donor designated to be used to support and improve patient services and to provide further comforts for patients that cannot be afforded through public funding.

Reserves Policy

The Corporate Trustee has a duty to manage the cash reserves of the charity efficiently. This requires keeping cash held at the bank to a minimum and investing prudently. Charity reserves, as defined by the Charity Commission, are ‘funds freely available for its general purpose’ and this definition excludes investment assets.

The charitable funds management committee calculate the free reserves as part of the charity’s unrestricted funds that is freely available after taking account any designated funds that have been earmarked for specific projects. The total reserves currently stand at £392,000 made up of Restricted Funds of £203,000 and free reserves are calculated as follows:

Total unrestricted funds	£189,000
Less funds for projects	<u>£ 0</u>
Total free reserves	<u>£189,000</u>

The minimum reserve requirement is calculated as follows.

Requirement for charitable expenditure	£180,000
Funds committed to future charitable activity	<u>£ 0</u>
Total reserve requirement	<u>£180,000</u>

The reserves held are currently above our target requirement.

The Corporate Trustee of the charity is under a general legal duty to ‘apply’ (in practice this means ‘expend’) and not accumulate income. Charity Commission guidance on this issue determines that the income of a charity should be applied to specified purposes within a ‘reasonable period of receipt’ (currently six months to two years). Levels of future income flows are never guaranteed, and it is prudent to retain reserves that enable the charity to continue to meet its regular commitments.

Income may be retained beyond this ‘reasonable period’ if, in the considered opinion of the trustee, it is implementing an action necessary for the charity to function properly - for example, the holding of specified income reserve balances.

Subject to the above it is the intention that the charity will spend available funds generally over a two-year period, but with a maximum of three years, and the Corporate Trustee will ensure that resources are maintained in a fashion that achieves this objective.

Investments

The Investments of Head to Toe are managed by Churches, Charities and Local Authorities Fund Managers Ltd (CCLA), registered In England No. 8735639. CCLA is authorised and regulated by the Financial Conduct Authority. The investment was split into two funds. They were Charities Ethical Investment Funds Income Units with a value of £106,000, and the Charities Ethical Investment Fund Accumulation Units with a value of £126,000.

The objective of these funds managed by CCLA is to provide a long-term total return comprising growth in income as Head to Toe may need to draw on the funds to cover grant expenditure. The fund is an actively managed, diversified portfolio of assets with an emphasis on equities but also includes property, bonds and other asset classes which may be liquid or illiquid in nature.

Since our distribution of funds represents unrestricted funds, the emphasis is on maintaining a high level of liquidity and a low to moderate investment risk. The CFMC has decided not to invest directly in alcohol, tobacco and fossil fuel securities because of the effect to the environment and poor health that would make such investments contrary to our charitable aims.

At the balance sheet date, the two funds held amounted to £232,000. The CFMC monitors the investment performance via quarterly reports from CCLA who attend each CFMC to update the members on the funds to date.

Relationship with related parties/external bodies

Head to Toe Charity works closely with its related NHS organisation, Cambridgeshire and Peterborough NHS Foundation Trust.

Many of its grants are provided to its related Trust and to individuals within this organisation. Staff within this organisation identify and advise the charity on local priorities and support the Corporate Trustee (the Trust Board) in monitoring the use of the charitable funds.

Head to Toe Charity maintains close links with staff and patients within the Trust, their services and community. The strong relationship with members of staff is particularly valued and enables the charitable funds to be directed to ensure an effective contribution is made in support of these organisations.

Grant-Making Policy

In making grants, the Trustee requires that the activity falls within the objects of the charity and that the funds are available to meet the requirement.

Risk management

The major risks to which the charity is exposed have been identified and considered. They have been reviewed and systems established to mitigate those risks. The Trustee is satisfied that systems are in place to mitigate exposure to identified risks.

Plans for future periods

The key objectives for the next financial year have been identified:

- We will enhance health experiences for children and young people by improving their mental and physical wellbeing and supporting NHS care.
- We will provide additional support for the most vulnerable people in our community, at a time they need us most.
- We will empower our community, by delivering health and wellbeing interventions above and beyond NHS care, through social and creative therapies, the outdoors, and fellowship.

- We will invest in our staff and their ideas, to nurture, inspire and support them to be happy and healthy in their workplace and in delivering the best patient care.

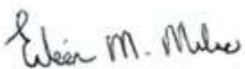
To achieve these objectives, we will:

Grow: We will increase our fundraising activity across all giving portfolios; focusing on building long-term sustainable income through legacy and in-memory campaigns, strategic project funding, regular giving schemes and partnership campaigns.

Do more: We will embed volunteering within the delivery of charity projects and seek to build our capacity through volunteer resource. We will seek out opportunities to work with partner organisations, businesses, and funders to improve the experiences of our patients and wider community. We will collaborate to ensure a wider reach and impact for beneficiaries.

Be excellent: We will become the charity of choice for people in our region, by demonstrating our impact, value and outcomes through meaningful communications and events. We will operate a well-governed, compliant and effective charity, which makes the best use of its resources for the benefit of its supporters and beneficiaries.

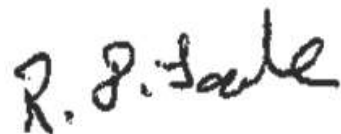
Approved by the Corporate Trustee on 17 December 2025 and signed on its behalf by:



Chair
Eileen Milner



Chief Executive
Steve Grange



Chief Finance Officer
Robert Toole

Head to Toe Charity **FINANCIAL STATEMENTS**

Year to 31 March 2025

Foreword to the Financial statements

The charity's financial statements for the year ended 31 March 2025 have been prepared by the Corporate Trustee in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the charity's trust deed, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

The Head to Toe Charity is registered with the Charity Commission (registration number 1099485) and includes charitable funds in respect of all the Cambridgeshire and Peterborough NHS Foundation Trust services.

The main purpose of the charitable funds held on trust is to apply income for any charitable purposes relating to the National Health Service wholly or mainly for the services provided by Cambridgeshire and Peterborough NHS Foundation Trust.

Independent examiner's report to the Trustee of Head To Toe Charity

I report to the Trustee on my examination of the financial statements of Head To Toe Charity (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the Trustee of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

Katherine Parkin FCA
Azets Audit Services
Ty Derw
Lime Tree Court
Cardiff Gate Business Park
Cardiff
CF23 8AB

Date: 8 January 2026

Statement of Financial activities for the year ended 31 March 2025

	Note	Unrestricted Funds 2024/25 £000	Restricted Funds 2024/25 £000	Total Funds 2024/25 £000	<i>Total Funds 2023/24 £000</i>
Income and endowments from:					
Donations	2	117	111	228	257
Investment Income	2	19	0	19	12
Total income		136	111	247	269
Expenditure on:					
Raising Funds	3	(4)	(1)	(5)	(5)
Charitable Activities	4	(264)	(63)	(327)	(316)
Total Expenditure		(268)	(64)	(332)	(321)
Gains and Losses on Investments		(7)	0	(7)	55
Net income/(expenditure) and net movement in funds		(139)	47	(92)	3
<i>Reconciliation of funds</i>					
Total funds brought forward		328	156	484	481
Total funds carried forward		189	203	392	484

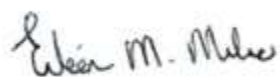
All amounts are generated from continuing activities.

The notes on pages **24 to 31** form part of these financial statements.

Balance Sheet as at 31 March 2025

	Note	Unrestricted Funds	Restricted Funds	Total Funds	<i>Total Funds</i>
		£000	£000	31 March 2025 £000	31 March 2024 £000
Current Assets					
Cash at bank and in hand		177	203	380	592
Investments	6	232	0	232	239
Total current assets		409	203	612	831
Liabilities					
Trade and other Payables falling due within one year	7	(220)	-	(220)	(347)
Net Current Assets		189	-	392	484
The Funds of the Charity					
Unrestricted funds		189	-	189	328
Restricted funds		-	203	203	156
Total Charity Funds		189	203	392	484

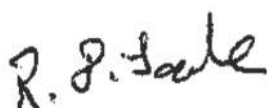
Approved by the Corporate Trustee on 17 December 2025 and signed on its behalf by



Chair
Eileen Milner



Chief Executive
Steve Grange



Chief Finance Officer
Robert Toole

The notes on pages **24 to 31** form part of these financial statements.

Statement of Cash Flows
For the year ending 31 March 2025

	Note	Total Funds 2024/25 £000	Total Funds 2023/24 £000
Net cash used in operating activities	11	(231)	246
Net cash used in investment activities			
Acquisition of Investment		-	-
Proceeds from the sale of Investment		-	295
Investment income		19	12
Change in cash and cash equivalents in the year		(212)	553
Cash and cash equivalents at the beginning of the year		592	39
Cash and cash equivalents at the end of the year	12	380	592

The proceeds from the sale of Investment relates to the disposal of investments approved at the March CFMC and which was actioned by CCLA on 28th March 2024 but the associated cash did not reach the Head-to-Toe bank account until 3rd April 2024.

The notes on pages **24 to 31** form part of these financial statements.

NOTES TO THE FINANCIAL STATEMENTS

1 Accounting policies

1.1 Basis of preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act.

The trust constitutes a public benefit entity as defined by FRS 102.

The Corporate Trustee has prepared the financial statements on a going concern basis which it considers appropriate for the following reasons:

- The Charity operates in such a way that its charitable activities are limited to those only where it has sufficient funds to support those activities once the costs of administering the Charity have been removed.
- The Corporate Trustee has reviewed its cash flow forecasts for a period of 12 months from the date of approval of these financial statements and this indicates that the Charity has sufficient funds to meet its liabilities as they fall due for that period.

1.2 Income

a All incoming resources are included in full in the Statement of Financial Activities as soon as the following three factors can be met:

- i entitlement - arises when there is control over the rights or other access to the resources, enabling the Charity to determine its future application
- ii certainty - when it is probable that the incoming resources will be received
- iii measurement - when the monetary value of the incoming resources can be measured with sufficient reliability.

b Legacies

Legacy gifts are recognised on a case-by-case basis following the granting of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date.

c Interest and dividends

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. Dividends (where applicable) are recognised once the dividend has been declared and notification has been received of the dividend due.

NOTES TO THE FINANCIAL STATEMENTS

1.3 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the Charity to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

Resources expended on charitable activities comprise all the resources applied by the charity in undertaking its work to meet its charitable objectives and governance costs, as opposed to the cost of raising the funds to finance these activities. Charitable activities are all the resources expended by the Charity in the delivery of goods and services, including its programme and project work that is directed at the achievement of its charitable aims and objectives. Such costs include the direct costs of the charitable activities together with those support costs incurred that enable these activities to be undertaken.

Grants are only made to related or third - party NHS bodies and non-NHS bodies in furtherance of the charitable objects of the funds. A liability for such grants is recognised when approval has been given by the Corporate Trustee and it has been communicated to the grant recipient thereby creating an obligation to pay.

Governance costs include the costs of governance arrangements which relate to the general running of the Charity as opposed to the direct management functions inherent in generating funds, service delivery and programme or project work.

1.4 Structure of funds

Where there is a legal restriction on the purposes to which a fund may be put, the fund is classified in the financial statements as a restricted fund. Funds where the capital is held to generate income for charitable purposes and cannot itself be spent are accounted for as endowment funds. Other funds are classified as unrestricted funds, these are funds that are spent or applied at the discretion of the Corporate Trustee to further the Charity's purposes. Funds which are not legally restricted but which the Corporate Trustee has chosen to earmark for set purposes are classified as designated funds.

1.5 Debtors and creditors receivable/payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

1.6 Cash at bank and in hand

Cash at bank and in hand are short-term, highly liquid investments that are readily convertible to known amounts of cash that are subject to an insignificant risk of changes in value.

NOTES TO THE FINANCIAL STATEMENTS

1.7 Value Added Tax

Under section 41(7) of the VAT Act 1994, the Corporate Trustee is registered for VAT and as per HMRC guidance this implies that the Charity falls under the Corporate Trustee VAT registration. Most of the activities of the Charity are outside the scope of VAT and, in general, output tax does not apply and input tax on purchases is not recoverable. Irrecoverable VAT is charged to the relevant expenditure category or included in the capitalised purchase cost of fixed assets. Where output tax is charged or input VAT is recoverable, the amounts are stated net of VAT.

1.8 Allocation of support and governance costs

Support costs have been allocated between governance costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. Support costs comprise the costs involved in the administration of the charity. The analysis of support and the basis of allocations are shown in Note 5.

1.9 Charitable activities

Costs of charitable activities include grants made, governance costs and support costs.

1.10 Investment Policy

Investments are stated at market value as at the balance sheet date. The Statement of Financial Activities includes the net gains and losses arising on revaluation and disposals throughout the year.

The Investments of Head to Toe are managed by Churches, Charities and Local Authorities Fund Managers Ltd (CCLA), registered In England No. 8735639. CCLA are authorised and regulated by the Financial Conduct Authority.

Current value of the investment portfolio is shown under note 6.

NOTES TO THE FINANCIAL STATEMENTS

2 Income

	Unrestricted		Restricted		Total	
	24/25 £000	23/24 £000	24/25 £000	23/24 £000	24/25 £000	23/24 £000
Donations	117	97	111	160	228	257
Investment Income	19	12	0	0	19	12
Totals	136	109	111	160	247	269

3 Raising Funds

	Unrestricted		Restricted		Total	
	24/25 £'000	23/24 £000	24/25 £'000	23/24 £000	24/25 £'000	23/24 £000
Marketing and Publicity	4	4	1	1	5	5
Totals	4	4	1	1	5	5

4 Charitable activities

	Unrestricted		Restricted		Total	
	24/25 £'000	23/24 £000	24/25 £'000	23/24 £000	24/25 £'000	23/24 £000
Patients welfare and amenities	62	28	34	46	96	74
Staff welfare and amenities	25	21	29	44	54	65
Support and governance costs	177	177	0	0	177	177
Totals	264	226	63	90	327	316

5 Analysis of support costs

	Total 2024/25 £'000	Total 2023/24 £'000	
Governance	19	16	Allocated on basis of fund value
Fundraising	75	69	
Administration	83	92	Coded directly to General Fund
	177	177	

Governance costs include fees payable to the independent examiner of £6,250 (2024: £8,000). These are exclusive of VAT.

NOTES TO THE FINANCIAL STATEMENTS

6 Investment Activities

	Unrestricted Funds £'000	Restricted Funds £'000	Total 31 March 2025 £'000
Opening Balance	184	55	239
Disposal	0	0	0
Unrealised Loss	(7)	0	(7)
	177	55	232

An investment with CCLA was undertaken in May 2022, any realised/unrealised gains or losses are taken directly to general fund as investment income or gain/losses on investments and then distributed to unrestricted funds.

7 Trade Creditors and other payables: amounts falling due within one year

	31 March 2025 £'000	31 March 2024 £'000
Accruals	220	347
	220	347

This includes money owed to the Corporate Trustee and the Independent Examiner.

8 Analysis of net assets between funds

	Unrestricted Funds £'000	Restricted Funds £'000	Total 31 March 2024 £'000	Total 31 March 2024 £'000
Current assets	409	203	612	831
Current liabilities	(220)	0	(220)	(347)
	189	203	392	484

NOTES TO THE FINANCIAL STATEMENTS

9 Related party transactions

The Head to Toe Charity works closely with its related NHS Trust, Cambridgeshire and Peterborough NHS Foundation Trust.

During the year, the Charity had several material transactions with this organisation in furtherance of the objectives of the Charity totalling £212,058 (2024: £315,000), which includes administration charges. Other than these payments there have been no transactions between the Charity and the Corporate Trustee, these are recharges to cover payments made by the Corporate Trustee. At 31 March 2025, Head to Toe owed the Corporate Trustee £220,000 (2024 £347,000).

Board Members of the Cambridgeshire and Peterborough NHS Foundation Trust, the Corporate Trustee, and members of the Charitable Funds Management Committee ensure that the business of the Charity is dealt with separately from the associated Exchequer Funds for which they are also responsible.

Head to Toe has no direct employees. Staff who help run the Charity are employed by the Corporate Trustee, who recharge the Charity and is included in the transactions above.

Declarations of personal interest are made where appropriate, and these declarations pertaining to the Funds Held on Trust are available for public inspection by application through the Trust Secretary of the Cambridgeshire and Peterborough NHS Foundation Trust.

The Corporate Trustee did not pay expenses to any member of the Cambridgeshire and Peterborough NHS Foundation Trust Board of Directors nor to any member of the Charitable Funds Management Committee and members did not receive any honoraria or emoluments from charitable funds in the year.

10 Outline Summary of fund movements 2024/25

	Balance at 31- March 2024	Income	Expenditure	Realised and Unrealised Loss	Balance at 31-March 2025
	£'000	£'000	£'000	£'000	£'000
Unrestricted Funds:	328	136	(268)	(7)	189
Total Unrestricted Funds	328	136	(268)	(7)	189
Restricted Funds:					
Arts Therapy	2	11	0	0	13
NHS CT Stage 3 Wellbeing	5	0	0	0	5
Richard's Music	17	0	(8)	0	9
Wrights Clock	15	0	(15)	0	0
Youth Music	3	24	0	0	27
NHS CT Stage 3 Staff Development	10	5	(6)	0	9
Friends of Fulbourn	10	0	(2)	0	8
Healthy Futures Fund	50	55	(17)	0	88
NHS CT Stage 3 Resource Centre	42	0	(16)	0	26
Recovery College East	0	16	0	0	16
ED & I	2	0	0	0	2
Total Restricted Funds	156	111	(64)	0	203
TOTAL FUNDS	484	247	(332)	(7)	392

NOTES TO THE FINANCIAL STATEMENTS

10 Outline Summary of fund movements 2023/24

	Balance at 31- March 2023	Income	Expenditure	Realised and Unrealised Gains	Balance at 31-March 2024
	£'000	£'000	£'000	£'000	£'000
Unrestricted Funds:	394	109	(230)	55	328
Total Unrestricted Funds	394	109	(230)	55	328
Restricted Funds:					
Arts Therapy	3	17	(18)	0	2
NHS CT Stage 3 Wellbeing	15	0	(10)	0	5
Richard's Music	12	12	(7)	0	17
Wrights Clock	15	0	0	0	15
Youth Music	11	19	(27)	0	3
NHS CT Stage 3 Staff Development	30	0	(20)	0	10
Friends of Fulbourn	0	10	0	0	10
Healthier Futures Fund	0	50	0	0	50
NHS CT Stage 3 Resource Centre	0	51	(9)	0	42
Other	1	1	0	0	2
Total Restricted Funds	87	160	(91)	0	156
TOTAL FUNDS	481	269	(321)	55	484

Purpose of Restricted Funds

Arts Therapy – To provide Art Therapy to CPFT Patients
 NHSCT Stage 3 Wellbeing – Funding from NHS Charities Together to support staff wellbeing
 Richard's Music – To provide Music Therapy to children and young people
 Wright's Clock – To provide Music Therapy to patients at Fulbourn Hospital
 Youth Music – To provide Music Therapy to children's community services
 NHSCT Stage 3 Staff Development – Funding for organisational development for the charity
 Friends of Fulbourn – To provide support and activities to patients staying at Fulbourn Hospital
 Healthy Futures Fund – To set-up volunteer service supporting end of life patients
 NHSCT Stage 3 Resource Centre – To redevelop the outdoor area at the Resource Centre
 Recovery College East – Funds to advance the work at Recovery College East

NOTES TO THE FINANCIAL STATEMENTS

11 Reconciliation of net income/(expenditure) to net cash flow

	2024/25 £'000	2023/24 £'000
Net movement in funds	(92)	3
Gains on Disposal	-	(30)
Revaluation Gains	7	(24)
Dividends, interest and rents from investments	(19)	(12)
Increase in debtor	0	0
In/(de)crease in creditors	(127)	309
Net Movement in Operating Activities	(231)	246

12 Analysis of cash and cash equivalents

	31 March 2025 £'000	31 March 2024 £'000
Cash and Cash in hand	380	592
Total cash and cash equivalents	380	592

13 Events after reporting period

There are no known events after the reporting period.



HEAD TO TOE CHARITY

www.headtoecharity.org.uk

Registered Charity No: 1099485



Registered with
**FUNDRAISING
REGULATOR**

Supporting



**Cambridgeshire and
Peterborough**
NHS Foundation Trust