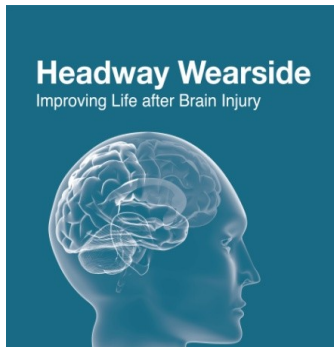


Headway Wearside

Improving Life after Brain Injury



Annual Report 2024 – 2025



the brain injury
association



Headway Wearside is Registered under Charity Number: 1140910 and a company limited by guarantee registered in England no 07504702

“Affiliated to Headway UK, the brain injury association”

Chairpersons Report

I am delighted again as Chairperson for the charity to say that Headway Wearside has continued to develop and grow the range of services and support we offer to Brain Injury Survivors and their families across Sunderland and surrounding Wearside area.

The AGM report provides a details of the various initiatives we have ran over the last twelve months. It is testimony to the work of all our staff team which currently consists of four fantastic workers Kim, Julie, Jason and Helen whom many of you will know.

I must on behalf of the charity say a big thank you to Kim Hunter our fantastic Business and Community Development Manager to whom as a committee we are and remain extremely grateful. This is a role that Kim has been involved with for many years and the successes of the charity have been in a large part because of her continued drive and commitment. As a result of her commitment to the charity Kim was rightfully nominated for a national Headway Extra Mile Award.

I would also like to pay tribute to all the volunteers who have supported the charity either through being part of the committee, mentoring other members or by fundraising for the charity.

As a charity we continue to engage with our members and we have a number of Brain Injury survivors, carers and family members on our Trustee Board who volunteer their time and ensure that we are delivering activities and support that our members need. This holistic person-centred approach is an important part of Headway Wearside's ethos and business plan.

In the last year we have also held of first Summer Festival event at Seaburn STACK which was a fantastic success and raised essential funds for the charity. We are hoping to run this event again and make it an annual fundraising event. Thank you again to Kim, Jason, Julie, all our volunteers and Bernice Saltzer whom helped to coordinate and organise the event.

As many of you will know Headway Wearside as a small local charity depends upon ongoing funding from various sources including charitable trusts, individual fundraising, and company fundraising. In recent years we have also benefited from funding from Cumbria, Northumberland, Tyne and Wear NHS Trust, Sunderland City Council and the Local ICB [Integrated Care board]. We are therefore very thankful for the financial support we have received from all our funders whom are referenced further in our treasurers report.

I would also like to pay special tribute to all those that have been involved in fundraising for Headway Wearside. I would welcome anyone who is thinking of fundraising for us to please do so. We really do appreciate any contributions big or small to the charity.

PAUL BROWN
HEADWAY WEARSIDE CHAIRMAN
BRAIN INJURY LEAD AND PARTNER AT BURNETTS SOLICITORS LLP

Secretary Report

When Kim asked me if I would take minutes of Committee meetings, I said fine, I will give it a go. I will set out agendas and circulate information, produce and send out minutes of meetings so long as I don't have to set things up on Zoom or Teams and send out virtual invites. Honestly, beyond my capabilities and patience level with my ageing laptop. Paul or Andrew kindly took care of the IT technicalities. Face to face is always my preference for meetings however I understand that not all Committee members at any one time can make it to the office and I have to say that our Hybrid meetings where attendees logged in and others came in person worked well. With lots of information to take in and digest I think I managed to record all the important and salient points. What a busy year and how quickly it has passed.

What did not dawn on me at the beginning of my tenure was, that as minute taker and Secretary, I would be expected to submit a report for the AGM. Shock, horror were my initial thoughts, but nevertheless, here I am reflecting on my first year as Secretary during which I have seen firsthand how to run a successful and caring organisation. Kim has a wealth of experience and works tirelessly to secure new funding, networks and liaises with different organisations, ensuring that our members have opportunities to engage in a range of activities throughout the year. When I have had my curious head on, for instance wanting to know about finances and allocation of funds Kim readily explained how some grants or even parts thereof fund specific activities, staff salaries or so much of a salary. A complicated business and I can't mention finances without saying a big thank you to Ian for all his hard work balancing accounts down to the last elusive pence.

This year we have exercised with Asha and played walking football. Members who joined in the 'working with polymer clay' sessions produced some wonderful, keyrings, hanging ornaments and placemats. We have tasted different cheeses and sampled less well known, exotic fruits. Kim, who is also our resident Chocolatier, treated us to a lesson in melting, tempering and making our own chocolate delights. And we also looked at healthier food options in another session. We have had quizzes, jigsaws to complete, domino competitions, virtual reality experiences in underwater cages and sometimes just conversational sessions which are equally enjoyable. Members have fun and Wednesday Social afternoons are now so popular that there is not an empty seat in the house. We had a visit from Ambulance Service when members were shown how to give First Aid.. The Rocky Horror show experience was a big hit.

Our CABIS Family Support Officers, Jason, Julie and Helen have had a very busy year. Their own end of year reports will show just how big a caseload they have but, in my report, I want to acknowledge the importance of the emotional and practical support they have given to ABI patients and their Carers. They do this in any number of ways, telephone appointments, home visits, office based appointments and can refer on to other organisations depending on the needs of the individual. Jason and Julie provided benefit advice and supported applications, the majority of which have been for PIP. Applying for benefits is a very stressful process and so every successful application means an improvement in finances and can lessen anxiety levels during very challenging times. Julie should be proud of her Family Information pack and the impact she has made at Watergate Park.

As a Carer of a brain injury survivor, I have a vested interest in the Carers Support group which Jason facilitates each month. We can relax for an hour or so and switch off from our caring responsibilities and everyday frustrations. It's a time when we give emotional support to each other, chat about our experiences, exchange ideas and coping mechanisms. It's a serious business caring for a brain injury survivor but in our sessions, we also have laughter, so I recommend this group to anyone who is thinking about coming along.

Our first Headway Wearside Summer Festival event in June 2024 was a great success and raised some very welcome funds. Kim, Gloria, Bernice Saltzer and all volunteers did a great job of organising the event at Seaburn STACK. So, all I am going to say now is, "pick your outfit and get your spurs on" for the 2025 event.

I also want to mention Community lunch club at Mickey's place, St Michael and All Angels Church which is a "warm space" and a place where our members enjoy good, affordable meals. It took a while for me to venture there but once Kim showed me the way I realised that I passed it every time I drove to Headway. Now, I am completely sold on homemade vegetable soup, sponge pudding and custard. Nearing Christmas time members enjoyed Christmas luncheon.

Members and Trustees also enjoyed a special Christingle service by Rev. Julie. I don't know why it came as a surprise to me that we would be singing hymns during the service. Most words I remembered, and I had the hymn book to read from, but the unfamiliar music put me right off key. I must confess that it was fortunate for fellow Trustee Derek that I was sitting and singing on his deaf side.

I can sum up my first year as secretary by saying it's been an extremely enjoyable and informative one in many ways. I have made new friends and despite the limited IT capabilities I mentioned at the beginning of my report I feel confident enough to continue in my role as Secretary for another year. That's if I get the Committee's vote!

I'll finish with a big thank you to all the Team; Chairperson, staff, Trustees, and student volunteers for their hard work and for ensuring that Headway Wearside is a safe, friendly, and stimulating environment for our members.

Regards to all

Anne Egan

Headway Wearside Secretary

Activity and Support Services

It's been over a full year since we moved into the Millennium Centre at Washington. The additional space has enabled us to grow as an organisation, to provide more activities and increase services. Due to our location [1 minute from Concord bus station] It has meant that more individuals have been able to find us and access the support they need. We have had the opportunity to work with new organisations and develop greater links with other professionals in the area.

Members have accessed the community areas such as the café, pool table and football games and also the honesty library. Using these areas has encouraged our members to make friends and have a safe environment in which to socialise.



The services we provided also included a Family Support Officer based at Walkergate Park and two Family Support Officers Based at Monkwearmouth Hospital within the Community Acquired Brain injury Service [CABIS] . See separate reports

A new Welfare support service was also introduced as a pilot project to identify the needs of brain injury survivors that could not access an NHS service for support with welfare. [separate report within this document]

Our Telephone support is vitally important to our families and members as it enables those that do not have access to internet or emails to contact us directly for help and or information. This service is often used for single enquiries from family members or from professions seeking more in depth support .

Occasionally but becoming more frequent during 2025 was the crisis intervention that was required this included safeguarding, financial support, help with food through lack of money because of benefits and welfare not being accessed or changes in migration from benefit to benefit.

There has been an increase in new members with each new individual invited to the venue for a face to face 1-1 meeting so that they feel comfortable before deciding which of the activities or services they would like to attend.





We held **224 hours of supported activity time** in addition to this we have supported individuals via face-to-face meetings, and Telephone Support.. We have signposted and worked alongside many organisations to help our members have everything they need to live as independently as possible.

A full year of timetabled activities, including message therapy sessions, social afternoons, arts and craft sessions have been provided. We have facilitated AGM, activities and the residential at the Calvert Trust. We have also hosted meetings with the Headway Network, and the wider community. The activity room has also been used by other Health and Wellbeing partners to further develop our support pathways.

Working with Young People to help raise the awareness of wearing a cycle helmet has also been a focus. We have held colouring competitions to win cycle helmets across several venues and delivered some greater more in depth awareness with children aged 5 – 16 years old.





Winners of cycle helmets from Washington Millennium Centre

Relaxation time.

Its not always about group work, sometimes our members, staff and volunteers need some quiet or relaxation time, so we have set up a quiet table usually with a jigsaw or colouring sheets or just a place to sit and have a cuppa.



Case Study - Thank you Shelter and B and Q

One of our youngest members Kate was just 17 when she had a fall that resulted in an ABI, and later a cardiac arrest. Kate had just got a new puppy and the responsibility to look after her fell to her mam Allison, whilst Ali was spending nearly every hour at her daughters bedside the puppy was causing havoc at home chewing everything insight and with no one at home there wasn't many doors or door frames that were left undamaged. One evening after returning home Alison broke down as she faced the destruction of their home.



Allison had to give up her job to become Kate's main carer which meant that her income drastically reduced and with expenses to hospital, food it left nothing extra except for the essentials.

Kim Hunter- Headway Wearside contacted Shelter to see if there was some support they could offer the family, luckily Peter got back to her and arranged a visit to the family's home, on seeing the destruction left by the puppy Peter applied to the Community DIY Make Over project from B and Q. This would involve a team of 5 -6 volunteers and Peter helping the family to rebuild and redecorate the family's home. The news came through that the application had

been successful and Peter supported Allison and Kate with the Planning and Preparation, of the Stairway, Livingroom, bathroom and doors, learning new skills and at last helping the family on their way to living a more positive life.

Headway Wearside would like to thank Shelter for their continued Support

Mickeys Place – The social group continue to meet at the lunch Club every two weeks at the community Café at St Michael and All angels church in Sulgrave Washington. A two-course set meal is cooked and served by volunteers. Meals are back to basics good wholesome meals made with food donated by the community and local supermarkets



The cultural spring – We have been really lucky this year to work alongside this fantastic organisation that have helped our members with their creativity, Using various techniques to provide new pieces of artwork and gifts, The “Make it to market project” was very successful members made a range of items including jewellery, coasters, bowls, Christmas decorations and key rings to sell at the local Christmas table top sale.



Calvert Trust Kielder – Look ahead in the North 2024

residential weekend with other Headway groups and branches from the North East.



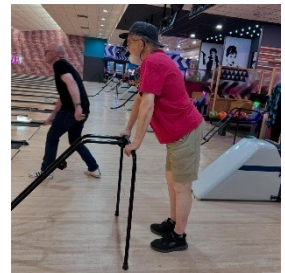
Members took part in a range of activities that enabled them to learn new skills, relax in a comfortable environment, make new friends. Members choose their own activities including, boat trips, zip slides, archery, laser clay pigeon

shooting, murder mystery night, quiz night, arts and craft room, relaxation therapies, talent show competition,



Trips and Outings.

During the summer months we plan for outings, places where members can get together, have a bit to eat and socialise. This year we went bowling, attended a rocky horror theatre night. We had lunch at Springwell Community Venue Café several times [the food is so tasty within a relaxed atmosphere] , The group took trips into Sunderland town and visited the local museums



Student support – Headway Wearside believe in giving something back to the community, and to encourage the next generation of adults to have a greater understanding and knowledge of acquired brain injury and the impact it can have on individuals and families.

Our students come from different backgrounds and are studying at different levels including school, colleges and universities.

Courses they have studied include Health and Social Care, Student GPs and Psychologists,

AT levels, Work experience, English and Media Degree,

This year one of our students has stayed on as a regular volunteer continuing to support our members



Great North Run

Another fantastic success for our Wearside Warrior runners who took part in the 2024 Great North Run. Several of our Trustees took part including Andrew Patterson and John Pope[] picture]

A great Big

THANK YOU

Spreading the Word

Its important that staff, trustees and volunteers help to spread the word about Headway Wearside

in



Information stalls from our staff and Partners at a local Neuro Science Nurses conference held Newcastle



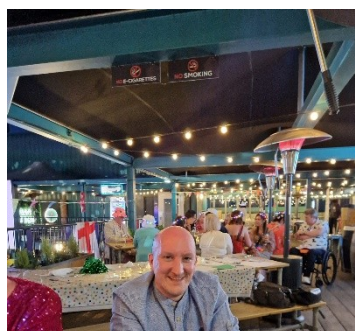
Summer Festival 2024.

Our first annual fundraising event was held at Stack Seaburn,

Tables were set up [with help from Bernice at Sorted PR] music arranged, and food vouchers given out for those attending.

A relaxed evening with singalongs, raffles, and even a quickie bingo game with the added bonus of raising much needed funds for Headway Wearside.

90 people attended our festival including supporters from EMG. Burnett's, JSP and North Star alongside our members and carers.



This years fundraiser to be hosted on 12th June at Stack Seaburn with a Wild Wild West Theme, tickets and information are available from contacting office@headwaywearside.org.uk or telephone 01915227113

Support for members

- Continued to deliver telephone and face to face support for members as required.
- Provided food vouchers for those in need who could not access local foodbanks.
- Held warm space Wednesday games and activity drop in Sessions.
- Paid for access to members own local gym for 3 months.
- Paid for Taxi and travel to attend activities or support.
- Provided subsidized trips and FREE activities.

Query Type

- | | | |
|--|---------------|---------------|
| • Homelessness | Housing | Equipment |
| • ID Cards | Utility Costs | Food shopping |
| • Hospital appointment[booking and help] | | Grant forms |
| • Access to food banks | Benefits [UC] | Activities |
| • Support for family | | |

In Memory

We would like to thank the families of our friends for their kind donations at their saddest time, This has been a difficult year for some of our families. Loosing a loved one is never easy but we will remember our friends Anne, and Mick who sadly passed this year.

RIP friends x

The year ahead.



We have successfully formed a new partnership with Washington Millennium Centre and Active families as part of a Lottery funded Project for the next three years. This will help us to provide a new range of activities including Music workshops and therapies, relaxation sessions and gym passes. Our members will be able to come together with the community at monthly Social Supper Nights with food and entertainment

Thank you to our funders, partner organisations and most importantly our members and people that use our service without whom there would be no need for a service.

Headway Wearside

Family Support Officer Report 2024 to 2025 [Jason Sherriff]

During the seven-month period at Headway Wearside for two days per week the Family Support Officer has engaged with the Sunderland Community via leaflets drops, meetings, social media and events. One to one support with service users for social activities, welfare checks, benefits support, technical (phones, internet etc), Headway memberships and support. Massage sessions were also included in the wellbeing of users.

New Headway Wearside Services leaflet and Headway Wearside Information leaflet have been developed and distributed in and around the Sunderland areas, Washington, North, East, West, South and Coalfields. Targeting community centres, foodbanks and other wellbeing charities.

Social Media presence has been increased on Facebook and Instagram and a new Headway Wearside page developed on LinkedIn. Advertising of events, including the up coming Summer festival at The Stack have been promoted via several social media platforms.

One to one support with service users.

Welfare checks included:

- Family Dynamics (Who is in household)
- Finances (Income, Debt, Sick Pay)
- Brain injury card.
- Travel (Bus pass, Taxi card)
- Carers
- Access/adaptations/Housing
- Other agency Involvement
- Hobbies Interests.

Benefits Checks included:

- Personal Independence Payment (PIP)
- Universal Credit (UC)
- Carers Allowance (CA)
- AA (retirement age)
- Housing Benefit
- Council Tax Support

We have found an increase in technical support, internet, laptops, phones etc due to accessing services in a paperless environment, migration to Universal Credit from benefits that are to be discontinued such as ESA.

Case Study:

Service user who is a Headway Wearside member and has regular attendance received a migration letter from ESA to UC, this did cause a much anxiety for the service user. The service user had no understanding of why and how she had to move over to Universal Credit.

Headway staff supported the service user throughout the process, explaining why she needed to move over. Reluctant to enter personal details on her phone such as bank details etc. Headway staff supported service user with full process, setting up UC account, explaining the journal service and the 'to do list'.

A phone call to the work coach to explain that the process was not user 'friendly' for individuals with a brain injury.

AGM Report by Julie King, Family Support Officer at Walkergate Park Hospital February 2024 – January 2025

One to One Family Support

I continued to receive referrals from all of the wards within Walkergate Park. I worked with **68 families** providing practical support on a range of issues including their rights and entitlements and how to access support in the community after hospital discharge. Family finances were a concern for many carers and I completed benefit forms and grant applications to help maximise their income - £68,085.

The number of family members needing emotional support increased this year. I gave them the space and time to explore their own feelings about their loved one's brain injury. The patient's brain injury is life changing and family members had often been through a rollercoaster of emotions before they were admitted to Walkergate Park. Many had spent days and weeks by their loved one's bedside giving little thought to their own wellbeing. My role therefore often involved encouraging them to consider what they had been through and supporting them to develop ways to maintain their own physical and emotional health.

Support was delivered flexibly to meet the needs of the family members and there were occasions where I met with carers in the evening or weekends. I ran a weekly evening drop-in session alongside Headway Tyneside's Tuesday social group. Out of hours support was especially helpful to families who live some distance away or who work.

Other activities

- I ran craft sessions for children within two families to offer them a non-judgmental space for children to explore and process their emotions and ask questions.
- I held a family event during Carers Week which was attended by 45 family members. Activities included pamper sessions, a quiz and a sing-a long.
- I delivered presentations and training sessions as follows:
 - Carers Rights – for Walkergate Park staff.
 - Carers Rights – an online session for Headway members which was recorded and is available on their intranet.
 - Supporting Family Members of patients with an ABI to Northern Acquired Brain Injury Forum (NABIF.)
 - “*Brain Injury it's a Family Affair*” to the annual conference of the British Association of Neuroscience Nurses.
- I secured a CNTW Internship grant which enabled me to carry out a small research project exploring the needs of family members of inpatients. I produced a research report with recommendations about how support for carers might be strengthened. A poster about my research was displayed at CNTW's research conference.
- I attended a two-day Interpersonal Counselling Course facilitated by CNTW. Interpersonal Counselling (IPC) is a type of therapy that focuses on improving relationships and social functioning to alleviate depression and other mental health challenges. It's a structured, time-limited therapy that examines how current difficulties in relationships can contribute to a person's emotional state. The tools and techniques I learned have helped me support family members with the emotional challenges they face, caring for someone with an acquired brain injury.

Feedback

- *You have been so helpful. I wish we had met you sooner. You have listened to us and explained everything so well. Thank you for everything you have done.* Sibling of patient

- *"Initially, didn't want to speak to you, as I didn't want to 'open the floodgates' but actually, as time went on, I found it beneficial. Thank you so much for all of the support."* Spouse of patient.
- *"You have come up with sensible ideas or you know opinions and stuff... I would not have had the idea to be able to do that stuff."* Spouse of patient.
- *"In the CHC assessment. I think I would have really struggled with that had you not been there."* Spouse of patient.
- *"As someone who is new to this situation Julie has been a fantastic support. It really is what you don't know - you don't know, but Julie is helping me fill in the blanks. These sessions are great in the lead up to discharge."* (Carers Rights Session)
- *"I know Julie isn't directly employed by CNTW and there may be an argument that her focus is with families, but her intervention is also so vital to the patient's wellbeing both directly and indirectly."* Staff member at WGP.



Case Study – Mrs A – wife of a patient.

Mrs A's husband had a brain bleed which resulted in significant physical and cognitive issues. Mrs A had a traumatic time in the months after her husband's brain injury. She shared that she was quite anxious when her husband was admitted to Walkergate. Initially Mrs A was reluctant to engage as she had a tight hold on her emotions and was worried about 'opening the floodgates'.

Interventions

- Initial meeting to begin to build trust
- Weekly contact - offered emotional support to process what had happened.
- Advocacy to help Mrs A share her fears with the team.
- Practical advice about services and support in the community.
- Benefits and advice and successful application for PIP.
- Discussions about discharge to help Mrs A plan realistically for the future.

Outcomes

- Mrs A's anxiety decreased.
- Mrs A felt heard.
- Mrs A had a realistic understanding of and plan for caring for her husband post discharge.
- Mrs A gave herself permission to do things to maintain her own wellbeing.

Headway Wearside

(a company limited by guarantee)

Company Registration no 07504702

Charity Registration no 1140910

Financial Statements

For the period ended

31 January 2025

Headway Wearside
Washington Millennium Centre
The Oval
Washington
NE37 2QD

Legal and Administrative Information

Name: Headway Wearside

Company No: 07504702

Charity No: 1140910

Directors/Trustees:

Paul M Brown – Chair Person
Ian Brown – Treasurer
Anne Eagan - Secretary

Andrew Patterson – JSP Business Director
John Pope – North Star Rehab, Clinical Director
Anthony Lambelle – Brain Injury Survivor
James Dowell – Brain Injury Survivor
Derek Nicholson – Brain Injury survivor
Gloria Finnigan – Carer

Registered Address: **Washington Millennium Centre**
The Oval
Concord
Washington
Tyne and Wear
NE37 2QB

Bankers: Lloyds TSB
Grey Street Branch
PO Box 1000
BX1 1XT

Structure: Headway Wearside is a Company limited by guarantee registered on 25th January 2011 and a registered Charity from 29th March 2011.

Independent Examiner: R J Whitelaw CA
12 West Meadows Road
Sunderland
SR6 7TX

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Director's/Trustees Report

Objectives and Activities

Headway Wearside is established to promote understanding of all aspects of Acquired Brain Injury (ABI) and to provide information, support and services to survivors of brain injury, their families and carers.

As an organisation Headway Wearside strives:

- To increase awareness of brain injury and its consequences
- To initiate activities and campaigns which will reduce the incidence of brain injury
- To provide information and support for people with acquired brain injuries, their relatives and carers and concerned professional people
- To promote improved approaches to brain injury screening, acute care, assessment, rehabilitation and social re-integration
- To assist people with acquired brain injuries to return to community living, including access to appropriate accommodation, social outlets, and productive activity

Achievements and performance

Headway Wearside is ran by Volunteer Trustees, this enables the board to be service user led. We hold bi monthly management meetings to ensure legal and charitable responsibilities are met. We are affiliated to Headway UK and sign up to their policies , procedures and practice. working together to ensure equal opportunities and fairness, reviewing the project and financial management.

The service has continued to be delivered via our Family Support Officers and Business Manager across three sites including Monkwearmouth Hopspital, Walkergate Park Hospital and Washington Millennium Centre.

As a Team we deliver services in Sunderland and surrounding areas with the family support Team also covering areas such as South Tyneside, Gateshead, Newcastle, Durham and further afield if required from referrals from specialist neuro rehab centres and partners .

We work closely with other Headway Groups and Branches across the North East and attend regular regional meetings with shared interests and outcomes.

The service has two main work strand, family support and community with each stream having several work steams such as education, wellbeing and exercise, social integration ,

Family support [CABIS staff] – Family support to include Carer Support and Benefits Advice

These dedicated non clinical roles are delivered within the Community Acquired Brain Injury Service, which is an NHS Neuro rehabilitation service.

The Family support Officers have offered 175 home visits, 386 telephone appointments and 39 office-based appointments this year. Additionally, we provided light touch support by text and email where appropriate.

Over this period there has been There have been 141 clients from Sunderland area, 59 from Gateshead and 60 from South Tynesdie

Appointments were provided in a variety of settings including home visits, face to face office appointments at our Team Bases and community venues such as Headway Wearside. Telephone advice and correspondence with patients by email enabled the clients to be

contacted directly and within a timely manner especially with time sensitive enquiries and support such as benefit /DWP deadlines

Walkergate Park Update

During this year I have worked with 77 families offering emotional support and practical information on a range of issues including: how to support someone with a brain injury; rights and entitlements; benefits and finances; support in the community; hospital discharge, planning for the future. The level of support needed is tailored to the individual family and can range from short term advice to weekly support.

In order to extend the reach of the post staff have also delivered information and wellbeing sessions which have been attended by families who have not requested one to one support. Staff have also worked with families to develop an information pack which will be given out to all families at their first family meeting, once it is finalised.

Community Activity and Support Services

We have seen a full year of timetabled activities, making full use of the facilities at Washington Millennium Centre. Support services has also increased due to extra family Support time from October 2024 to March 2025.

We have provided 224 hours of Activities across the year alongside this we have facilitated AGM activities and the residential at the Calvert Trust. We have also hosted meetings with the Headway Network, and the wider community. The activity room has also been used by other Health and Wellbeing partners to further develop our support pathways.

Telephone support is also a vitally important service as it enables individuals that don't access emails a way to contact us directly.

The service is available for either single enquiries from carers, professionals or brain injury survivors or for more indepth support via telephone or home visit. We also support with crisis intervention when required such as when no other service is able to support an individual .

Each new individual is invited to the venue for a face to face 1-1 meeting so that they feel comfortable before deciding which of the activities or services they would like to attend .

T

We have worked with the following organisations and several partners so enable us to offer a greater range of activities and support. Including

Mickeys Place - The lunch Club at the community Café in Washington. A two course set meal is cooked and served by volunteers. Meals are back to basics good wholesome meals made with food donated by the community and local supermarkets

Cultural Spring Art and Crafts- A range of craft sessions that are suitable for anyone to join in. including light up bottles, Christmas cards gifts and sweet treats, Working with Polymar clay and taking part in the city of Sunderland Light up the Park event.by making lanterns

At One- provides exercises will include moveability and Strengthening exercise , Examples of exercises will include: Seated resistance band work, Seated and gentle circuit, Low weight training, exercise to music

Natural Selection Therapies – Klaire Ferry provides a holistic service including massage therapies, relaxation techniques, Health and Wellbeing Sessions including aromatherapy

Calvert Trust Kielder – Look ahead in the North

A residential weekend with other Headway groups and branches from the North East .

Members took part in a range of activities that enabled them to learn new skills, relax in a comfortable environment, make new friends. Members choose their own activities including, boat trips, zip slides, archery, laser clay pigeon shooting, murder mystery night, quiz night, arts and craft room, relaxation therapie, talent show competition,

Student support – Headway Wearside believe in giving something back to the community, and to encourage the next generation of adults to have a greater and understanding and knowledge of acquired brain injury and the impact it can have on individuals and families. Because of this we work closely with schools and colleges in the are to provide work experience placements and student placements . We also attend university business events to give talks and information.

Our students have attended a range of courses including Student GPs, Student Psychologists, Work experience students.

Support for members

- Continued to deliver telephone and face to face support for members as required.
- Provided food vouchers for those in need who could not access local foodbanks.
- Provided everyone access cards for gym/swim exercise sessions.

Financial Review

Headway Wearside secured some additional funding towards the salary of our existing Community Development Worker, Kim Hunter, for 2024/25 despite austere times and the extreme challenges charities now face in securing grant/government funding.

Kim's aim was to continue to build the membership, increase volunteer opportunities, continue to develop activities and support the Committee in securing additional funding. Kim has again worked tirelessly to achieve this and, as a result, she has secured funding to continue in her role for a further 18 months until 2026. However, more work needs to be done by all those involved with Headway Wearside to keep building up our unrestricted funds through fundraising opportunities to carry on delivering this invaluable service to the head injury community of Sunderland.

Funders

Headway Wearside would like to thank Sunderland CCG for their grant assistance and support during 2024/25, which went towards our general core costs including running costs, community development services, activities and resources. Kim also managed to successfully secure funding via CNTW CABIS to continue the positions of our three workers for 2023/24.

Funding has also been received from a number of sources for specific activities and projects for service users and their families and these are as follows:

- CABIS (funder CNTW)
- CCG – Sunderland Clinical Commissioning group
- ICB
- St James Place
- What Matters To You (Sunderland City Council)

Risk Management

The Directors have examined the major risks, which the company faces in relation to external factors, governance and management, internal operations and business. An Assessing Risk Contingency Planning document has been developed and is included in their Business Plan. They have considered the likelihood and the impact of risks and have reviewed what systems should be in place to control and reduce those risks. The systems are being designed to provide reasonable, but not absolute, assurance against material loss or misstatement of loss.

Reserves Policy

It is the policy of the company to try to build up unrestricted funds, which are free reserves of the company, to a level that equates to approximately 3 months unrestricted expenditure. This will provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

The Directors/Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the company and which enable them to comply with applicable law. The Directors/Trustees are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Plans for the Future

Headway Wearside shall continue to relieve persons who are resident in Wearside who have suffered a brain injury, their families, carers and other related professionals by the provision of information, service and facilities and advance the education of the public in all aspects relating to brain injury and its prevention.

The Directors/Trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

Directors'/Trustees' Responsibilities:

For the year ending 31st January 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

Headway Wearside
(a company limited by guarantee)

The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

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

Approved by the members and signed on their behalf:

Name: ...Ian Brown...

...Signature:.....



Name:Signature:.....

Date

Independent Examiners Report

Report to the trustees/members of Headway Wearside on Accounts for the year ended 31st January 2025.

Respective responsibilities of the Trustees and Examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an Independent Examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which agree with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name R J Whitelaw C A

Signed Robert Whitelaw

Date 7 May 2025

Headway Wearside
(a company limited by guarantee)

		2024-2025			2023-2024
	Note	Unrestricted	Restricted	Total	Total
Incoming Resources					
Incoming resources from generated funds					
Voluntary income		0	0	0	0
Activities for generating funds	4	12,674	85,164	97,838	96,510
Investment income	3	0	0	0	0
Incoming resources from charitable activities		0	0	0	0
Total incoming resources		12,674	85,164	97,838	96,510
Resources Expended					
Cost of generating funds		0	0	0	0
Cost of generating voluntary income		0	0	0	0
Fundraising Trading Costs		0	0	0	0
Investment Management Costs		0	0	0	0
Charitable activities	4	8,315	102,398	110,713	94,750
Governance Costs		0	0	0	0
Total resources expended		8,315	102,398	110,713	94,750
Net incoming/outgoing resources		4,360	(17,236)	(12,876)	1,761
Total funds brought forward		31,565	68,796	100,361	98,600
Total funds carried forward		35,925	51,560	87,485	100,361

Statement of Financial Activities 2024-25
Balance sheet as at 31st January 2025

		2024-2025			2023-2024
	Note	Unrestricted	Restricted	Total	Total
Fixed Assets					
Debtors		0	0	0	0
Cash at bank and in hand		35,925	51,560	87,485	100,361
Total Current Assets		35,925	51,560	87,485	100,361
Creditors falling due within one year		0	0	0	0
Net Current Assets		35,925	51,560	87,485	100,361
Funds of the charity					
Unrestricted funds		35,925		35,925	31,566
Restricted income funds			51,560	51,560	68,795
Total Funds		35,925	51,560	87,485	100,361

For the year ending 31 January 2025 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the act with respect to accounting records and the preparation of accounts.

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

Approved by the members and signed on their behalf

Name Ian Brown

Signature

Notes to the Financial Statements **For the year ended 31 January 2025**

1 Accounting Policies

Basis of Preparation

These Financial Statements have been prepared on the basis of historic cost in accordance with:

- Part 2 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 (c.27);
- The Financial Reporting Standard for Small Entities (effective from January 2007) of the Companies Act 2006;
- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- Accounting Standards; and with the Charities Act 2011

The Directors/Trustees have taken advantage of the exemption in financial reporting standard no 1 (revised) from including a cash flow statement in the financial statements on the grounds that the company is small.

Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Resources Expended and Liabilities

Resources expended have been analysed using a natural classification.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources

Governance costs include the cost of trustee travel expenses and telephone calls and any costs relating to the governance of the charity.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

2 Funds

The Charity has 2 funds, an unrestricted general fund and a restricted fund used for purchasing items of a specific nature funded by one funder: hence all movements on each fund are disclosed.

There are no designated funds at this time.

Restricted Funds	Bal. BF	Income	Expenditure	Balance
CABIS Staff 23-24	17,400	0	13,405	3,995
Cabis CNTW Foundation Trust	14,616	0	2,966	11,650
ICB 23-24	10,000	0	9,071	929
CABIS Staff 24-25	0	65,996	50,854	15,142
St James Place	2,500	0	2,500	0
NABIF	0	7,500	4,726	2,774
CABIS WGP 23-24	4,428	0	4,428	0
NHSCCG 2022-2025	19,821	0	2,752	17,069
Barbour Foundation	0	5,000	4,998	2
Delamere Diary Foundation Trust	30	0	30	0
Sir James Knott Trust	0	5,000	5,000	0
Co-op	0	1,668	1,668	0
Total Restricted Fund	68,795	85,164	102,399	51,560
Unrestricted fund	31,566	12,674	8,315	35,925

3 Investment Income

There is no investment income at this time

4 Income & Expenditure 2024-25			2024-25 Total	2023-24 Total
Income	Unrestricted	Restricted		
CABIS CNTW Foundation Trust		0	0	0
CABIS Staff 23-24		0	0	60,713
ICB 23-24		0	0	10,000
St James Place		0	0	2,500
CABIS Staff 24-25		65,996	65,996	0
NABIF		7,500	7,500	0
CABIS WPG 23-24		0	0	11,470
Barbour Foundation		5,000	5,000	0
NHSCCG 2022-2025		0	0	0
Co-op		1,668	1,668	0
Sir James Knott Trust		5,000	5,000	0
Delamere foundation Trust		0	0	0
What Matters to you		0	0	1,420
Donations General	12,674	0	12,674	10,407
Total Income	12,674	85,164	97,838	96,510

Headway Wearside
(a company limited by guarantee)

Expenditure	unrestricted	Restricted	2024-25	2023-24
Sir James Knott Trust		5,000	5,000	0
CABIS Staff 23-24		13,405	13,405	43,313
Cabis CNTW Foundation Trust		2,966	2,966	23,630
Police		0	0	201
ICB 23-24		9,071	9,071	0
St James Place		2,500	2,500	0
CABIS WPG 23-24		4,428	4,428	7,042
CABIS Staff 24-25		50,854	50,854	0
What Matters to You		0	0	1,420
NHS ccg2021		0	0	2,400
NAFIB		4,726	4,726	0
NHSCCG 2022-2025		2,752	2,752	12,585
Barbour Foundation		4,998	4,998	0
Arnold Clark		0	0	385
Delaware foundation Trust		30	30	1,184
Co-op		1,668	1,668	0
Unrestricted Fund	8,315		8,315	2,591
Total Expenditure	8,315	102,399	110,713	94,751
Income Less Expenditure	4,360	-17,236	-12,876	1,761
Balance Brought Forward	31,565	68,796	100,361	98,600
Balance Carried forward	35,925	51,560	87,485	100,361

5 Debtors

There are no debtors

6 Creditors: due within 1 year

Independent Examination fee of £0.00

Approved by the members and signed on their behalf:

NameIan Brown Signature

Name Signature

Independent Examiners Report

Report to the trustees/members of Headway Wearside on Accounts for the year ended 31st January 2025.

Respective responsibilities of the Trustees and Examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an Independent Examination is needed.

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Name R J Whitelaw C A

Signed Robert Whitelaw

Date 7 May 2025

Headway Wearside
(a company limited by guarantee)

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	Note	Unrestricted	Restricted	Total	Total
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Investment income	3	0	0	0	0
Incoming resources from charitable activities		0	0	0	0
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Cost of generating funds		0	0	0	0
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Name Ian Brown

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CABIS Staff 24-25		65,996	65,996	0
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CABIS WPG 23-24		0	0	11,470
Barbour Foundation		5,000	5,000	0
NHSCCG 2022-2025		0	0	0
Co-op		1,668	1,668	0
Sir James Knott Trust		5,000	5,000	0
Delamere foundation Trust		0	0	0
What Matters to you		0	0	1,420
Donations General	12,674	0	12,674	10,407
Total Income	12,674	85,164	97,838	96,510

Headway Wearside
(a company limited by guarantee)

Expenditure	unrestricted	Restricted	2024-25	2023-24
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Headway Wearside
(a company limited by guarantee)

Sir James Knott Trust		5,000	5,000	0
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ICB 23-24		9,071	9,071	0
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Independent Examination fee of £0.00

Approved by the members and signed on their behalf:

NameIan Brown Signature

Name Signature