

Hillingdon Brain Tumour & Brain Injury Group
(Registered charity, number 1164538)
Financial statements
for the year ended 30 November 2023

Page	Contents
2 - 6	Trustees' annual report
7	Independent examiner's report
8	Receipts & payments account
9	Statement of assets & liabilities
10 - 11	Notes to the accounts

**Hillingdon Brain Tumour & Brain Injury Group
Trustees' annual report
for the year ended 30 November 2023**

Full name Hillingdon Brain Tumour & Brain Injury Group

Organisation type Charitable incorporated organisation

Registered charity number 1164538

Principal address

394 Long Lane
Hillingdon
Uxbridge
UB10 9PG

Trustees

Emmanuel Daudu, Chair
Mary O'Connor
Michael Simons
Mairead Jennings
Amisha Thobhani
Ohood Abdulghaffar (from 18/07/2023)
Abhay Shah (until 01/12/2022)

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 01/10/2010.

We recruit and appoint new trustees by selecting from people of good standing, having appropriate skill sets, and often known to the charity, are interviewed by the Development Manager and trustees, and successful applicants then elected as trustees by the Board of Trustees. Trustee vacancies are advertised through H4All (a local health and care Charitable Incorporated Organisation) as well as the HBTIG website and Facebook pages and its Twitter feed

We strive for diversity and equality by having 1/4 of the board brain tumour/injury clients with disabilities on the board of trustees to support in delivering a true reflection knowledge understanding.

Hillingdon Brain Tumour & Brain Injury Group

Objectives and activities

The objects of the CIO are: the advancement of health, the prevention or relief of sickness, disease or human suffering, as well as the promotion of health. To assist in the treatment and care of persons suffering from brain disorders of any description, particularly but not exclusively brain tumours or brain injury, or in need of rehabilitation as a result of such illness. (a) to promote and protect the physical and mental health of sufferers of such brain disorders in greater London, particularly but not exclusively the London boroughs of Hillingdon and surrounding London boroughs through the provision of financial assistance, support, education and practical advice. (b) to advance the education of the general public in all areas relating to such brain disorders.

Summary of the main activities undertaken for the public benefit

The charity provides bespoke wrap-around support designed to meet the specific needs of clients and their families. This is designed around the client and is a personal programme split into three areas; Emotional, Physical and Spiritual support. This includes advice, guidance and counselling on brain tumour/injury, working with Healthcare providers, charities and NHS support to bring together a support package that benefits the client and the issues their families face. This is taken in one on one sessions.

The charity provides activities including:

Monthly golf, weekly allotment sessions, weekly bowls sessions, weekly drop in sessions to manage financial issues and to enable clients, providing support, friendship and knowledge on adaptation in the community, monthly support group sessions for sharing latest trials and chemotherapies, the latest advancement in therapies, radio therapies, gamma knife and sharing experiences and issues; funding MRI scans and consultations with medical practitioners when these are not forthcoming through the NHS. Rehabilitation programs, return to work programs. Counselling and support worker.

We also run a charity shop to raise funds for the charity: clients can help in the shop, which also serves as premises for the charity in which clients can meet each other and charity staff and volunteers.

Public benefit statement

Clients and their families/loved ones are helped through what can be a traumatic and distressing time, and where appropriate can be given advice on how and where to seek treatment if not already receiving treatment. By helping clients and families to cope, the chances of mental despair and depression, of divorce, of knock-on adverse effects on children, and possibly even suicide, are reduced. The support aims to give a purpose for living. Return to work plans are prepared in consultation with doctors and employers. As well as bringing these benefits to the individuals concerned, these initiatives significantly reduce demand on public medical, mental and social care resources which might otherwise be required.

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Hillingdon Brain Tumour & Brain Injury Group

Summary of the main achievements during the period

The main focus of the HBTIG charity's work is supporting people afflicted by brain tumours and brain injuries, support which is not provided by the NHS or the state. This includes providing independent guidance and advice for people who have been diagnosed with, or who are suspected of having, a brain tumour or injury, and sometimes providing funding for MRI scans when these have not been forthcoming from the NHS. Both the tumours themselves, and the surgical interventions required to mitigate the effects of a tumour, can have severe and life-changing consequences for both the patient and for family and those close to the patient. The charity provides ongoing support, as illustrated below, for victims and family, who will be referred to as clients in this report (although there is no charge for the charity's services).

Operational Overview

In the last 12 months the charity has supported 166 clients. It has adapted to the challenges, by:

- The weekly drop in meetings, are crucial to the health and wellbeing recovery of our clients, with over 30 clients attending on average each week. This service helps prevent crises. These crises can include isolation, depression and debts. Our service includes preparing for and discussion of the future. Wellbeing tasks were set each week, headed by speakers that come into the sessions. Many topics are covered, for example from reducing anxiety to paying bills, to increasing IT skills, catching up on the latest news and how it affects us, neurological brain training games, memory recall, taking photographic pictures, to or even cooking a set dinner. This helped enable clients - many of whom live on their own – to combat isolation, frustration and boredom.
- The charity's shop (which sells donated items) now has extended the shop and the opening hours. The coffee shop, located at the front of the shop premises, provided a place where our community can meet, we are also collaborating with local craftsman and we have a special section for hand-made goods as well as selling honey from local bee keeper. We work connecting with other charities in delivering service and care. We have our memory tree in the shop.

The charity's usual services continued:

- One on one support for high-need clients: Specialist individual work programme for each client – working with neurological physiologist reports. Topics include: enabling the client in having 'a purpose in life', combating anxiety, depression, teaching and equipping clients with the skills to return to work; working with a positive approach, life skills coaching, boundaries in the home and work place; dealing with DWP PIP, learning how to communicate and plan ahead, and accessing the charity's Thursday drop-in support programme. Also teaching and making them aware of their vulnerabilities and boundaries, and reducing risk of suicide. (Some 25 clients attend)
- Monthly support groups: - as above covering diagnosis and treatment plans; Improved mental wellbeing, Improved memory skills, Improved self-care, more awareness of nutrition and natural remedies, Increased self-esteem, reduced isolation, forging new friendships, Increased openness, Improved listening skills, Increased empathy for others, better perspective and gratitude, respite from caring duties. (62 clients).

Hillingdon Brain Tumour & Brain Injury Group

- Individual counselling – to help clients and families to accept and cope with mental and personality changes which can occur after surgery. (20 clients have had varying degrees of counselling).
- Positive Lifeline - our aims of the project are to equip, empower and strengthen clients' and partners' expertise, knowledge and awareness around brain tumours and brain injury, to extend the life expectancy of clients and improve end of life care, creating a sustainable project that can be embedded into the community to provide for our ever-growing number of clients and their partners bespoke care.
- Allotment - Harmondsworth Moor Allotment continues to deliver independence and self-care, learning about food, nutrition and growth.
The project has expanded this year with three areas of large space, green house and a shed for the winter to sit in and learn. With over 3 raised beds to enable disabled clients to work, it has been a great success. We have also been supported by members of the community who to have wanted to volunteer and support the clients. The allotment has had the support of various companies in the area donating to the site from soil to wood. We work closely with the allotment management team Hardip and Hazem. This year we experienced our first crop, which we were able to enter into a local competition of which we won one category. For the team growing and producing food for everyone to eat has provided a purpose, and a support for others. The crop was shared with the rest of the clients and the community.
The clients look after the allotment which leads to therapeutic sessions in nature. It is a very exciting project which has grown and still has a great potential and benefit for the clients as well as the community.
- Weekly bowling sessions - enable clients to build upper and lower body strength as well as improving neurological pathways and balance. This group has grown in diversity and now includes neurological clients from Parkinson's to strokes. It has been a large part of the physical rehabilitation, improving balance and strength of muscles.

The biggest achievements have been around our specialist rehabilitation program that we have been running, which has included speech therapy, gym workouts and enablement. From this program we have seen over 5 clients be able to now care for themselves on their own and have back their independence,

Financial Review

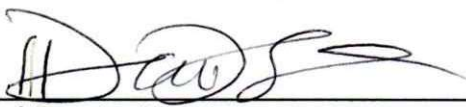
We are in a good sound financial position. Future planning is paramount to the charity. We have secured various funding streams so we are not fully reliant on one avenue. We have been accepted from the lottery this year for another three years. We have employed a new fundraising lead. We have forecast a challenging year ahead and are focusing on security. Our new friends scheme is being advertised and other funding grants are being applied for.

Hillingdon Brain Tumour & Brain Injury Group

The charity's policy on reserves

Since, apart from shop income, the charity's income consists of grants and donations none of which are guaranteed, and may vary from year to year, and against the background of a growing client base, our policy is to maintain reserves where possible against future need, with a minimum target of three months outgoing expenses. There is no upper limit set because it is unlikely that reserves will substantially exceed future need. The charity is growing and we are noticing that our outgoings are changing around staff costs which we show in our reserves.

Signed on behalf of the charity's trustees:

Signed 
Emmanuel Daudu, Trustee

Date 1st Mar, 2024

**Independent examiner's report to the trustees of
Hillingdon Brain Tumour & Brain Injury Group
for the year ended 30 November 2023**

I report to the trustees on my examination of the accounts of Hillingdon Brain Tumour & Brain Injury Group (the charity) for the year ended 30 November 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

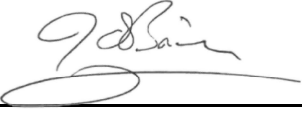
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 Act; or
2. the accounts do not accord with those records.

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

Signed  Date 08/03/2024
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Hillingdon Brain Tumour & Brain Injury Group
Receipts & payments account
for the year ended 30 November 2023

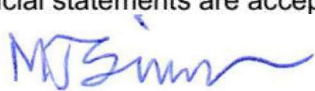
2022				2023
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
Receipts				
2423	Activities contributions	1823	-	1823
109540	Grants and Donations	2	20993	76630
1613	Sales/Fees	2344	-	2344
33212	Shop sales	50109	-	50109
<u>146788</u>	Total receipts	<u>75269</u>	<u>76630</u>	<u>151899</u>
Payments				
505	Admin Charity Assistant	1432	-	1432
163	Advertising/Promotional	2835	197	3032
2645	Alternative therapies	3759	55	3814
276	Bank charges	241	-	241
1038	Clients support	1460	-	1460
2282	Computer and Software Costs	-	-	-
4544	Consultations & MRI scans	4117	-	4117
5956	Cost of Sales	4816	-	4816
2265	Electricity	4853	-	4853
3022	Group meetings	6528	-	6528
639	Insurances	679	-	679
9528	Office/General Admin Expenses	1909	1831	3740
3468	Legal and Professional Services	4394	-	4394
-	PayPal Fees	96	-	96
57412	Wages, NI & pensions	16220	52744	68964
1043	Phone Costs	1010	-	1010
18000	Rent	18000	-	18000
821	Repairs and Maintenance	2859	-	2859
290	Shop Manager Fee	609	-	609
-	Software	1878	90	1968
13305	Support worker	1450	17589	19039
6383	Therapy	1245	-	1245
-	Travel and Accommodation	3853	-	3853
237	Water Rates	276	-	276
197	Sundry expenditure	68	-	68
<u>134019</u>	Total payments	<u>84587</u>	<u>72506</u>	<u>157093</u>
12769	Net receipts/(payments)	(9318)	4124	(5194)
99493	Cash funds at start of this period	71194	41068	112262
<u>112262</u>	Cash funds at end of this period	<u>61876</u>	<u>45192</u>	<u>107068</u>

Hillingdon Brain Tumour & Brain Injury Group
Statement of assets and liabilities
at 30 November 2023

2022			2023
£	Cash assets	Note	£
112262	Bank accounts		107068
<u>112262</u>			<u>107068</u>
	Other monetary assets		
91	Prepayment - insurance		97
<u>91</u>			<u>97</u>
	Assets retained for the charity's own use		
	Portacabin purchased 2021 for £6,050		
	Bowls equipment purchased 2022 for £5,406		
	Bowls carpet purchased 2023 for £1,372		
	Liabilities		
(2315)	Creditors	4	(2265)
<u>(2315)</u>			<u>(2265)</u>

These financial statements are accepted on behalf of the charity by:

Signed



Michael Simons, Trustee

Dated

6th March 2024

Hillingdon Brain Tumour & Brain Injury Group
Notes to the accounts
for the year ended 30 November 2023

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
The National Lottery Community Fund	-	60000	60000
LBH	-	15000	15000
Sundry grants & donations	20993	1630	22623
	<u>20993</u>	<u>76630</u>	<u>97623</u>

3. Funds analysis

	Opening balance £	Receipts £	(Payments) £	Closing balance £
Restricted funds				
National Lottery - Salary and Core	14800	60000	(47710)	27090
LBH - Staff costs	12120	15000	(22623)	4497
Bowling	2987	1630	(1831)	2786
Digital Exclusion	1161	-	(90)	1071
CCNO Fund	10000	-	(252)	9748
	<u>41068</u>	<u>76630</u>	<u>(72506)</u>	<u>45192</u>
Unrestricted funds				
General	71194	75269	(84587)	61876
	<u>71194</u>	<u>75269</u>	<u>(84587)</u>	<u>61876</u>

Big Lottery – Salary and Core - this is granted to cover the cost of some staff, and utilities.

LBH – Staff costs - this is granted to cover the salaries of support workers and the costs of counselling.

Bowling - to purchase equipment for Indoor Bowls.

Digital Exclusion – to provide IT equipment for use by clients, and for training of clients in the use of digital technology, on the charity's premises.

CCNO Fund – funding for our Positive Life Line project the purpose of which is to equip, empower and strengthen clients and partnerships expertise, knowledge and awareness around brain tumours and brain injury.

Hillingdon Brain Tumour & Brain Injury Group

4. Creditors

	£
Independent examination fee	1296
HMRC	697
Pensions	272
	<u>2265</u>

5. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

6. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.