

REGISTERED COMPANY NUMBER: 10079100 (England and Wales)
REGISTERED CHARITY NUMBER: 1169072

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR
ROBIN HOOD HEALTH FOUNDATION**

ROBIN HOOD HEALTH FOUNDATION

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FOR THE YEAR ENDED 31 MARCH 2021**

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ROBIN HOOD HEALTH FOUNDATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

The objects of the charity are:

1. the relief and prevention of sickness and the preservation of health for the public benefit by the provision of complementary, natural and alternative medicine, in particular but not exclusively through the provision of affordable complementary therapy treatments and therapeutic art projects;
2. to advance the education of the public in health and wellbeing and the therapeutic benefit of the arts by but not exclusively through the provision of lectures, exhibitions, arts programmes and workshops. for the purposes of this clause complementary therapies will be: acupuncture, chiropractic, herbal medicine, homeopathy, osteopathy, alexander technique, aromatherapy, bach and other flower remedies, body work therapies, counselling stress therapy, hypnotherapy, meditation, reflexology, shiatsu, healing, maharishi ayurvedic medicine, nutritional medicine and yoga.

IMPACT AND ACHIEVEMENTS

Overview

The 2020-21 year started with two major developments:

- The launch of the new Hera Partnership, with Creative Future, The Old Market, and Diversity & Ability. The Partnership is funded by Brighton & Hove City Council's Third Sector Commission to 2023. In addition to widening access to Hera activities to people with complex health challenges across the whole city, it also provides professional development and access support to health, care and culture professionals.
- The global pandemic. In April 2020 we moved our entire programme online, and worked with partners to provide help to those struggling with the technology. An upside of this is that our programmes are now accessible to people who are housebound. Despite the pandemic, we managed to retain our staff team, keep working, and maintain and grow our programme - but this was not without challenges.

We ended the year in a strong position, and with new partnerships in development in West Hove and East Brighton, with a view to better supporting colleagues and patients in those areas where there is evidence of above-average incidence of health inequalities.

HERA (Healing, Expressive and Recovery Arts)

276 patients took part in Hera programme, with around 14.5 hours' group support time each. 239 of these were directly supported by HERA, and 37 by smaller supplementary programmes, including a programme of work with refugees and asylum seekers. 36 mainly older individuals were provided with one-to-one support to help them learn how to use online technology to connect with activities.

We delivered 211 group sessions in ten different art forms, in a mix of weekly drop-in and fixed term blocks of activity.

We delivered a range of additional online cultural activities including four talks for patients by expert guides from the V&A.

The participant work from the previous spring's Deep Time project (supported by the South Downs National Park) was exhibited as part of the Artists' Open House programme, which was viewed by several thousand people over a period of six months.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

Six Neurodiverse colleagues across the sector were provided with one-to-one assessments and ongoing programmes of support from our colleagues at Diversity & Ability, and development work to support and network people to work effectively in arts & health was led by Creative Future, engaging 157 people, including eight trained in peer coaching. For the first time there is now a professional network in the city dedicated to supporting the growing field of arts & health practice. RHHF delivered creative business skills training to 11 individuals, as well as learning sessions around safeguarding, working in health & care settings and trauma awareness. The charity continues to provide clinical supervision for both artists and link workers, in order to support their wellbeing in what has been an extremely challenging period.

Participants were registered at least 12 different GP practices across the city, from Portslade to Woodingdean. The age range was from 16 to 90. 21% were from minority communities (ethnicity or language), reflecting the city's demographic. 74% reported mental health issues, 26% physical health issues (although there is some overlap and not everyone responded). 71% reported a total household income of under £20,000.

Engaging GPs continues to be challenging in the current environment, but the charity is successfully reaching its target participants, both in terms of demographics and numbers, and is able to respond flexibly as new need emerges.

NHS Social Prescribing Link Workers

Our Social Prescribing Link Workers are funded by the NHS, and their role is to provide person-centred support to people whose health & wellbeing is adversely affected by the 'social determinants of health' - money, housing, education, discrimination, family or social isolation, and so on.

The Link Worker caseload for the year was 456 people, all referred from the Goldstone Primary Care Network. The average length of time in active support was 4-6 months. A small number of people with particularly complex challenges have received support for over a year. The overall picture is one of people previously 'falling through the gaps' and 'not feeling heard' by existing services, and whilst the Link Worker role is new, it is clear from participant feedback that this is a highly valued form of support. The guidance suggests 4-6 week's support rather than months, but we are seeing many people for whom that would not be sufficient to be effective in making the changes needed to maintain health & wellbeing and avert avoidable decline. We were able to build a directory of community and statutory support services for clients, which is continually updated.

Of these people, 54 received an additional average of 12 hours support each from the Hera programme. Link Worker support plus Hera group engagement has a multiplier effect on wellbeing.

There were 503 further patients supported with a programme of Covid welfare calls.

The most frequent problems people said they were facing related to money, housing, mental health, loneliness, and barriers presented by long-term health worries.

Research Projects

Appletree

This research project led by the Department of Social Psychology at UCL approached its mid-way point. We continue to provide support and facilitation for groups of participants in this three-year study looking at non-clinical interventions to mitigate the onset of dementia.

Impact of Covid on Arts Organisations - Case Study

This timely qualitative study was undertaken during the latter part of the financial year by the University of Brighton's Centre for Arts & Wellbeing and arts consultant Helen Shearn. It is due to be published in January 2022.

Impact of Online Participation on HERA Participation of HEAR participants

ROBIN HOOD HEALTH FOUNDATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2021

This valuable study led by BSMS was sadly not completed, as the main researcher was deployed elsewhere in the NHS.

Board Development

We were delighted to be able to appoint a new trustee, James Leigh, who brings with him a wealth of knowledge, skills and experience from a dynamic commercial background. We were also joined for a short period by Paola De Paola, who contributed from a financial and editorial background.

PUBLIC BENEFIT

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

RESERVES POLICY

The charity was founded in 2016 and has grown significantly. In the context of managing risk, the trustees have set a policy of building reserves to a level equivalent to three months' operating costs. Income has been growing steadily, so in relation to projected turnover for the 2021-22 financial year that would represent a target figure of £75,000.

GOING CONCERN

The charity has funding for the Hera programme confirmed until 2023, with the possibility of extension, and funding for NHS Link Workers is ongoing, subject to periodic review. Other income sources are in development in order to support the charity in delivering its aims.

FINANCIAL REVIEW

The company made a deficit of £6,946 in the year ended 31 March 2021.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

10079100 (England and Wales)

Registered Charity number

1169072

Registered office

Brighton Health and Wellbeing Centre
18-19 Western Road
Hove
West Sussex
BN3 1AE

Trustees

Dr N Ashwell Retired
D B Stewart Retired GP
G Toyne Manager
Dr L M Andrews GP
Dr P De Paola (appointed 1.4.2021)
J Leigh (appointed 1.4.2021)

ROBIN HOOD HEALTH FOUNDATION

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Mr M J Southern BA(Hons)

FCA

Morris Crocker

Chartered Accountants

Station House

North Street

Havant

Hampshire

PO9 1QU

Approved by order of the board of trustees on 28 January 2022 and signed on its behalf by:

Dr N Ashwell - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ROBIN HOOD HEALTH FOUNDATION**

Independent examiner's report to the trustees of Robin Hood Health Foundation ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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:

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

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

Mr M J Southern BA(Hons)
FCA
Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

28 January 2022

ROBIN HOOD HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	403	70,322	70,725	39,691
Charitable activities	3				
Complementary services		-	127,778	127,778	66,085
Other income		3,484	-	3,484	-
Total		3,887	198,100	201,987	105,776
EXPENDITURE ON					
Charitable activities	4				
Complementary services		4,971	203,962	208,933	80,592
NET INCOME/(EXPENDITURE)		(1,084)	(5,862)	(6,946)	25,184
Transfers between funds	12	(1,791)	1,791	-	-
Net movement in funds		(2,875)	(4,071)	(6,946)	25,184
RECONCILIATION OF FUNDS					
Total funds brought forward		19,277	5,668	24,945	(239)
TOTAL FUNDS CARRIED FORWARD		16,402	1,597	17,999	24,945

The notes form part of these financial statements

ROBIN HOOD HEALTH FOUNDATION

BALANCE SHEET 31 MARCH 2021

	Notes	2021 £	2020 £
CURRENT ASSETS			
Debtors	9	21,540	22,986
Cash at bank		6,032	10,087
		<u>27,572</u>	<u>33,073</u>
CREDITORS			
Amounts falling due within one year	10	(9,573)	(8,128)
		<u>17,999</u>	<u>24,945</u>
NET CURRENT ASSETS			
		<u>17,999</u>	<u>24,945</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>17,999</u>	<u>24,945</u>
NET ASSETS		<u>17,999</u>	<u>24,945</u>
FUNDS	12		
Unrestricted funds		16,402	19,277
Restricted funds		1,597	5,668
TOTAL FUNDS		<u>17,999</u>	<u>24,945</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees and authorised for issue on 28 January 2022 and were signed on its behalf by:

N Ashwell - Trustee

The notes form part of these financial statements

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	2,502	11,606
Service level agreements	68,223	28,085
	<u>70,725</u>	<u>39,691</u>

ROBIN HOOD HEALTH FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

3. INCOME FROM CHARITABLE ACTIVITIES

		2021 £	2020 £
Grants	Activity Complementary services	<u>127,778</u>	<u>66,085</u>

Grants received, included in the above, are as follows:

	2021 £	2020 £
Arts Council England	29,551	47,600
Brainfood courses	-	9,952
South Downs National Park	-	8,533
BHCC	<u>98,227</u>	<u>-</u>
	<u>127,778</u>	<u>66,085</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Complementary services	<u>92,238</u>	<u>116,695</u>	<u>208,933</u>

5. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Complementary services	<u>114,917</u>	<u>1,778</u>	<u>116,695</u>

Support costs for the year ended 31 March 2021 total £116,695 as per the above split.

Support costs, included in the above, are as follows:

Management

	2021 Complementary services £	2020 Total activities £
Wages	104,141	11,835
Pensions	2,230	115
Insurance	698	642
Telephone	1,106	88
Communications	2,179	1,284
Sundries	150	1,050
Administration	<u>4,413</u>	<u>462</u>
	<u>114,917</u>	<u>15,476</u>

ROBIN HOOD HEALTH FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

5. SUPPORT COSTS - continued
Finance

	2021 Total activities £	2020 Total activities £
Bank charges	-	25
	<u> </u>	<u> </u>
Governance costs		
	2021 Complementary services £	2020 Total activities £
Accountancy	1,778	1,998
	<u> </u>	<u> </u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

No trustees were reimbursed for any expenses during the period.

7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2021	2020
Employed staff	4	2
	<u> </u>	<u> </u>

No employee received emoluments in excess of £60,000 (2020: none).

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	11,100	28,591	39,691
Charitable activities			
Complementary services	9,952	56,133	66,085
	<u> </u>	<u> </u>	<u> </u>
Total	21,052	84,724	105,776
 EXPENDITURE ON			
Charitable activities			
Complementary services	18,806	61,786	80,592
	<u> </u>	<u> </u>	<u> </u>
NET INCOME	2,246	22,938	25,184

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	17,031	(17,270)	(239)
TOTAL FUNDS CARRIED FORWARD	<u>19,277</u>	<u>5,668</u>	<u>24,945</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	20,540	18,053
Other debtors	1,000	-
Prepayments and accrued income	-	4,933
	<u>21,540</u>	<u>22,986</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	2,468	-
Other creditors	2,034	6,635
Accrued expenses	5,071	1,493
	<u>9,573</u>	<u>8,128</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
Current assets	21,707	5,865	27,572	33,073
Current liabilities	(5,305)	(4,268)	(9,573)	(8,128)
	<u>16,402</u>	<u>1,597</u>	<u>17,999</u>	<u>24,945</u>

12. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
Complementary	19,277	(1,084)	(1,791)	16,402
Restricted funds				
HERA	(2,865)	(4,450)	8,912	1,597
Deep Time	8,533	(1,412)	(7,121)	-
	<u>5,668</u>	<u>(5,862)</u>	<u>1,791</u>	<u>1,597</u>
TOTAL FUNDS	<u>24,945</u>	<u>(6,946)</u>	<u>-</u>	<u>17,999</u>

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

12. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Complementary	3,887	(4,971)	(1,084)
Restricted funds			
HERA	198,100	(202,550)	(4,450)
Deep Time	-	(1,412)	(1,412)
	<u>198,100</u>	<u>(203,962)</u>	<u>(5,862)</u>
TOTAL FUNDS	<u>201,987</u>	<u>(208,933)</u>	<u>(6,946)</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
Complementary	17,031	2,246	19,277
Restricted funds			
HERA	(17,270)	14,405	(2,865)
Deep Time	-	8,533	8,533
	<u>(17,270)</u>	<u>22,938</u>	<u>5,668</u>
TOTAL FUNDS	<u>(239)</u>	<u>25,184</u>	<u>24,945</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Complementary	21,052	(18,806)	2,246
Restricted funds			
HERA	76,191	(61,786)	14,405
Deep Time	8,533	-	8,533
	<u>84,724</u>	<u>(61,786)</u>	<u>22,938</u>
TOTAL FUNDS	<u>105,776</u>	<u>(80,592)</u>	<u>25,184</u>

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2021

13. RELATED PARTY DISCLOSURES

Mr G Toyne and Dr L Marshall-Andrews are partners of Brighton Health and Wellbeing Centre. During the year a loan from Brighton Health and Wellbeing Centre for £5,000 was fully repaid as well as an overpayment of £1,000. At the year-end a balance of £1,000 was due from Brighton Health and Wellbeing Centre and this is included in other debtors.

During the year service level agreement funding was payable from Brighton Health and Wellbeing Centre amounting to £68,223. The funding is in respect of a contract between Robin Hood Health Foundation and a local Primary Care Network whereby Brighton Health and Wellbeing Centre act as an intermediary for the transfer of monies. At the year-end a balance of £17,056 was due from Brighton Health and Wellbeing Centre and this is included in trade debtors.

During the year room rental fees to Brighton Health and Wellbeing Centre were incurred amounting £5,400. At the year end-end a balance of £1,800 was owed to Brighton Health and Wellbeing Centre and is included in trade creditors.

14. ULTIMATE CONTROLLING PARTY

The charitable company is not under the control of another entity or any one individual.