

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 2023
FOR
ROBIN HOOD HEALTH FOUNDATION**

DRAFT

ROBIN HOOD HEALTH FOUNDATION

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

	Page
Report of the Trustees	1 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Financial Statements	8 to 13

ROBIN HOOD HEALTH FOUNDATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

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 2022. 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 2022-23 year saw the Covid pandemic start to recede, while the forward system impacts of it continued to grow for both the communities the charity serves and the partners we work with. In addition, there was a growing number of very vulnerable forced migrants placed in settings we work in, and a sharp increase in cost of living and housing pressures created significant health pressures across our communities. The charity responded to these challenges with a range of flexible, community-facing programmes and additional staff training and wellbeing support.

We ended the year in a stable position, with forward funding offered by Arts Council England and the Baring Foundation to 2026 for a major new programme, Hera Connect, that will enable the charity to address health inequalities in additional under-served communities across the south and east of England. Alongside those commitments the charity agreed to review its board membership with a view to future-proofing governance as far as possible. We continue to operate multi-disciplinary, multi-sector and place-based partnerships to better supporting people in those areas where there is evidence of above-average incidence of health inequalities that can be effectively addressed through creative, social and complementary approaches.

The HERA Partnership (Healing, Expressive and Recovery Arts)

We continued to work with partners The Old Market, Diversity & Ability and Creative Future to deliver a creative participation programme, supported by professional development work provided by the partners, in multiple artforms across the city of Brighton & Hove, for any resident living with long-term health conditions and/or at risk of avoidable health decline. This work was delivered in GP practices, online, in community settings and in green outdoor spaces. There were 3,368 attendances at RHHF creative groups over the year, and 13 freelance artists received an average of 39 hours of professional development support each. In addition, training was provided by RHHF to trainee medics, nurses, occupational therapists and other health care professionals in four seminars delivered at Brighton & Sussex Medical School. Our work was presented to a number of national forums including the National Academy for Social Prescribing. Learning from the pandemic, we continued to deliver a range of online creative and cultural activities, including additional support for older and house-bound people to engage successfully.

Participants were registered at least 22 different GP practices across the city, from Portslade to Woodingdean. The age range was from 16 to 96. 23% were from minority communities (ethnicity or language), reflecting the city's demographic. 74% reported mental health issues, 51% identify as disabled, and 27% do not have a permanent home, a 6% increase on the previous year.

ROBIN HOOD HEALTH FOUNDATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The charity uses a range of monitoring and evaluation tools to support the quality and impact of our work, including the Outcomes Star and the Warwick-Edinburgh Mental Wellbeing Scale. These show clear, substantial improvements in mood, social connectivity and confidence. 94% of participants reported a positive experience of Hera groups, 89% make improvements in managing symptoms and self-care, and 94% have improved confidence and social support. The monitoring includes important narrative feedback, such as this example:

'This is an essential service that has been absolutely central to my recovery from cPTSD. When I first attended the class I had anxiety attacks and agoraphobia. I am now working part-time in a supermarket. My recovery is very much down to that safe, nurturing environment.'

Engaging GPs and primary care practice managers continues to be as challenging as ever, but the charity is generally reaching its target participants, both in terms of demographics and numbers, and is able to respond flexibly as new need emerges. We established new formal partnerships to address growing need in specific communities with Brighton Exiled/Refugee Trauma Service and with Wellsbourne Health Clinic, which is based in a low-income neighbourhood in the east of the city.

Hera Connect

At the end of the financial year, kind offers of funding support were confirmed from the Baring Foundation and from Arts Council England to work with partners in new localities to build locally-appropriate arts and health programmes to support under-served communities.

Hera Great Outdoors

Funding from Natural England was secured at the end of the financial year to deliver Hera GO, a 'creative and green prescribing' programme for the summer of 2023, delivered in partnership with 3 GP practices across the city, and enabling people with a range of health conditions to access the South Downs National Park (many for the first time).

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. They connect people to activities, services and groups in the community to help them be as well as they can be, whether creative activities, complementary health like yoga or meditation groups, or more to formal sources of advice.

The Link Worker caseload for the year was 958 people, mainly referred from the Goldstone Primary Care Network but also including a number of refugees and asylum seekers in Home Office accommodation. NHS funders increased the target number of referrals for this work mid-year: lower 569, upper 852, so this stretch target was exceeded. 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, or have been referred back to us for further support. It remains clear from participant feedback that this is a highly valued service. Official guidance suggests offering 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 prevent avoidable decline. Our directory of community and statutory support services for clients is continually updated, and we made forward connections on behalf of clients to at least 112 groups and organisations.

Following the successful delivery of the Minding the Margins project, NHS funding for 23-24, equivalent to one-year's FTE post, to provide specialist support people from migrant backgrounds was offered as part of the 'Newcomers' partnership. In addition, NHS commissioners provided partial retrospective funding, paid in the 23-24 financial year, towards the costs of supporting this most vulnerable group after a hiatus in funding arrangements.

RHHF BERTS Partnership

Funding was secured from the NHS charity Heads On to deliver culturally appropriate, trauma-informed support to refugees and asylum seekers, in partnership with Brighton Exiled/Refugee Trauma Service.

The most frequent problems people said they were facing related to money, housing, mental health (especially trauma), loneliness, and barriers presented by long-term health worries and caring responsibilities. Mental health and housing challenges saw a significant increase, both in volume and complexity.

ROBIN HOOD HEALTH FOUNDATION

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

Staff participate in various panels, networks and working groups to seek joined-up development in relation to the evolving Sussex Integrated Care System, including mental health, VCSE alliance and refugee & asylum seeker support. An offer of new premises did not materialise, so this will be an area to address in the coming year. The charity retains its commitment to the wellbeing and professional development of its excellent and dedicated team.

Board Development

There were no changes to board membership. Whilst no new trustees officially joined the board during the year, four further applications, whose potential contributions would add positively to the skills, knowledge base and diversity of the board members, were under active consideration, and one of those was confirmed to join in 2023-24, with the remainder under consideration at the time of writing.

Reserves Policy

The charity was founded in 2016 and has grown significantly. In the context of managing risk, the trustees keep reserves policy under review. It was agreed in the context of an expanding programme and new roles planned for the coming financial year to increase the reserves target to £20,000, equivalent to three months' basic operating and closure costs.

Going Concern

The charity has funding for the Hera Partnership confirmed until 2025, with the possibility of extension, and Hera Connect to 2026. Funding for NHS Link Workers is ongoing, subject to periodic review, and discussions continue with NHS partners to have the full costs of service delivery properly recognised. Other income sources are in development in order to support the charity in delivering its aims.

OBJECTIVES AND ACTIVITIES

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.

FINANCIAL REVIEW

The charity has made a deficit of £21,470 in the year ended 31 March 2023.

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

ROBIN HOOD HEALTH FOUNDATION

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees

Dr N Ashwell Retired
D B Stewart Retired GP
G Toyne Manager
Dr L M Andrews GP
J Leigh Project Manager
J Burton (appointed 31.10.2023)

Chief Executive

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 and signed on its behalf by:

.....
J Leigh - 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 2023.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

Date:

ROBIN HOOD HEALTH FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	374	145,804	146,178	133,471
Charitable activities	3				
Creative and health services		-	125,204	125,204	172,670
Other income		-	150	150	-
Total		<u>374</u>	<u>271,158</u>	<u>271,532</u>	<u>306,141</u>
EXPENDITURE ON					
Charitable activities	4				
Creative and health services		<u>6,255</u>	<u>286,747</u>	<u>293,002</u>	<u>281,193</u>
NET INCOME/(EXPENDITURE)		(5,881)	(15,589)	(21,470)	24,948
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>17,068</u>	<u>25,879</u>	<u>42,947</u>	<u>17,999</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>11,187</u></u>	<u><u>10,290</u></u>	<u><u>21,477</u></u>	<u><u>42,947</u></u>

The notes form part of these financial statements

ROBIN HOOD HEALTH FOUNDATION

BALANCE SHEET 31 MARCH 2023

	Notes	2023 £	2022 £
CURRENT ASSETS			
Debtors	9	41,600	18,560
Cash at bank		18,889	36,579
		<u>60,489</u>	<u>55,139</u>
CREDITORS			
Amounts falling due within one year	10	(39,012)	(12,192)
		<u>21,477</u>	<u>42,947</u>
NET CURRENT ASSETS			
		<u>21,477</u>	<u>42,947</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>21,477</u>	<u>42,947</u>
NET ASSETS			
		<u>21,477</u>	<u>42,947</u>
FUNDS	12		
Unrestricted funds		11,187	17,068
Restricted funds		10,290	25,879
TOTAL FUNDS		<u>21,477</u>	<u>42,947</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 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 and were signed on its behalf by:

.....
J Leigh - Trustee

The notes form part of these financial statements

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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

	2023	2022
	£	£
Donations	33,224	19,836
Service level agreements	112,954	113,635
	<u>146,178</u>	<u>133,471</u>

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2023

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023 £	2022 £
Grants	Creative and health services	125,204	172,670

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

	2023 £	2022 £
Arts Council England	-	44,794
BHCC	98,227	98,226
National Lottery Community Fund	4,977	-
Clover project	-	9,900
Minding the margins	20,000	19,750
Hermes Trust	2,000	-
	125,204	172,670

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 5) £	Totals £
Creative and health services	109,692	183,310	293,002

5. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
Creative and health services	181,180	240	1,890	183,310

Support costs for the year ended 31 March 2023 total £183,310 as per the above split.

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

Management

	2023 Creative and health services £	2022 Total activities £
Wages	151,680	141,358
Pensions	3,049	2,725
Insurance	815	726
Telephone	1,048	1,387
Communications and venue costs	5,285	4,806
Sundries	-	1,250
Administration	19,303	5,875
	181,180	158,127

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

5. **SUPPORT COSTS - continued**
Finance

	2023 Creative and health services £	2022 Total activities £
Bank charges	240	140
	<u>240</u>	<u>140</u>
Governance costs		
	2023 Creative and health services £	2022 Total activities £
Accountancy	1,890	1,876
	<u>1,890</u>	<u>1,876</u>

6. **TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

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:

	2023	2022
Employed staff	5	5
	<u>5</u>	<u>5</u>

No employee received emoluments in excess of £60,000 (2022: none).

8. **COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	486	132,985	133,471
Charitable activities			
Creative and health services	-	172,670	172,670
Total	<u>486</u>	<u>305,655</u>	<u>306,141</u>
EXPENDITURE ON			
Charitable activities			
Creative and health services	(180)	281,373	281,193
NET INCOME	666	24,282	24,948

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	16,402	1,597	17,999
TOTAL FUNDS CARRIED FORWARD	<u>17,068</u>	<u>25,879</u>	<u>42,947</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	29,591	18,560
Other debtors	179	-
Prepayments and accrued income	11,830	-
	<u>41,600</u>	<u>18,560</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	21,170	7,951
Other creditors	4,477	1,203
Accrued expenses	13,365	3,038
	<u>39,012</u>	<u>12,192</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
Current assets	19,342	41,147	60,489	55,139
Current liabilities	(8,155)	(30,857)	(39,012)	(12,192)
	<u>11,187</u>	<u>10,290</u>	<u>21,477</u>	<u>42,947</u>

12. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
Creative and health services	17,068	(5,881)	11,187
Restricted funds			
HERA	(180)	4,230	4,050
Minding the margins	15,215	(16,366)	(1,151)
Wellsbourne	10,844	(3,453)	7,391
	<u>25,879</u>	<u>(15,589)</u>	<u>10,290</u>
TOTAL FUNDS	<u>42,947</u>	<u>(21,470)</u>	<u>21,477</u>

ROBIN HOOD HEALTH FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

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			
Creative and health services	374	(6,255)	(5,881)
Restricted funds			
HERA	241,157	(236,927)	4,230
Minding the margins	20,001	(36,367)	(16,366)
Wellsbourne	10,000	(13,453)	(3,453)
	<u>271,158</u>	<u>(286,747)</u>	<u>(15,589)</u>
TOTAL FUNDS	<u>271,532</u>	<u>(293,002)</u>	<u>(21,470)</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
Creative and health services	16,402	666	17,068
Restricted funds			
HERA	1,597	(1,777)	(180)
Minding the margins	-	15,215	15,215
Wellsbourne	-	10,844	10,844
	<u>1,597</u>	<u>24,282</u>	<u>25,879</u>
TOTAL FUNDS	<u>17,999</u>	<u>24,948</u>	<u>42,947</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Creative and health services	486	180	666
Restricted funds			
HERA	274,949	(276,726)	(1,777)
Minding the margins	19,750	(4,535)	15,215
Wellsbourne	10,956	(112)	10,844
	<u>305,655</u>	<u>(281,373)</u>	<u>24,282</u>
TOTAL FUNDS	<u>306,141</u>	<u>(281,193)</u>	<u>24,948</u>

Any negative restricted funds have future funding in place to cover the short fall.

ROBIN HOOD HEALTH FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023**

13. RELATED PARTY DISCLOSURES

Dr L Marshall-Andrews (Trustee) is a partner of Brighton Health and Wellbeing Centre.

During the year room rental fees to Brighton Health and Wellbeing Centre were incurred amounting £9,000. At the year end all amounts were settled in respect of these costs.

14. ULTIMATE CONTROLLING PARTY

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

DRAFT