

HEADSPACE

England & Wales · Charity number 1189822

Details

Status Registered

Legal form CIO

Registered 2020-06-08

Register [View on the Charity Commission register](#)

Contact

Address Unit 6
Old Station Yard
Bourton Industrial Estate
Bourton on the Water
Cheltenham

Phone 01451822629

Email admin@myheadspace.org.uk

Website www.myheadspace.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE:1. FOR THE PUBLIC BENEFIT THE PROMOTION AND PROTECTION OF GOOD MENTAL HEALTH OF YOUNG PEOPLE IN GLOUCESTERSHIRE AND THE SURROUNDING AREAS, IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF COUNSELLING PROGRAMMES, SIGNPOSTING AND SUPPORT SERVICES.2. TO RELIEVE THE NEEDS OF PEOPLE IN GLOUCESTERSHIRE AND THE SURROUNDING AREAS EXPERIENCING MENTAL ILLNESS, THEIR FAMILIES AND CARERS IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVISION OF ADVICE, INFORMATION AND SUPPORT SERVICES.

Activities: The promotion and protection of good mental health of young people in Gloucestershire and the surrounding areas, in particular but not exclusively through the provision of counselling programmes, signposting and support services.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People

Geography

- Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£18,687	£85,783	-	-
2023-12-31	£26,793	£50,449	-	-
2022-12-31	£45,087	£29,596	-	-
2021-12-31	£66,279	£30,132	-	-
2020-12-31	£152,451	£18,349	-	-

Trustees

Name	Role	Appointed
KATHRYN HELEN PULHAM	Chair	2020-06-08
Gareth William Davies		2025-07-16
John ap Robert Jones		2024-12-04
Julie Daphne Mitchell		2026-05-20
Kevan Taylor		2020-06-08
Kirsten Louise Morgan		2026-05-20
Nikita Smith		2025-04-09

HEADSPACE

England & Wales - Charity number 1189822

Accounts

Headspace

Annual Report of the Trustees

for the year ended 31 December 2024

Registration and Trustees

Headspace is a Charitable Incorporated Organisation which is governed by a constitution adopted on 5 June 2020. Headspace was registered by the Charity Commission for England and Wales on the Register of Charities on 8 June 2020 – Charity Number: 1189822.

There are currently five trustees of Headspace:

Name	Role	Appointment Date
Kathryn Helen Pulham	Chair	8 June 2020
Kevan Taylor	Trustee	8 June 2020
John ap Robert Jones	Trustee	4 December 2024
Nikita Smith	Trustee	9 April 2025
Gareth William Davies	Trustee	16 July 2025

During 2024, there were significant changes to the trustee board. Sadly Helen Adams, who was the inspiration for the creation of Headspace, passed away. Also Jon Wareing and Thomas Ian Watmore both resigned after more than three and two years of service respectively.. Patrick Flaherty and Paul John Ludlow also stepped down during the year. John ap Robert Jones was appointed as a new trustee in December 2024. After the year end, Julie Daphne Mitchell resigned in 2025.

Trustees are appointed with reference to their expertise in relation to the needs of the charity, most notably safeguarding, child welfare, financial management and fund raising. All future appointments of trustees will be for an initial term of 2 years. Trustees are appointed with reference to their expertise in relation to the needs of the charity, most notably safeguarding, child welfare, financial management and fund raising.

Four meetings of the trustees were held during the year.

All of the trustees act as volunteers for the charity and receive no remuneration for their services.

Objects

The objects of Headspace as laid down in its constitution are:

- for the public benefit the promotion and protection of good mental health of young people in Gloucestershire and the surrounding areas, in particular but not exclusively through the provision of counselling programmes, signposting and support services
- to relieve the needs of people in Gloucestershire and the surrounding areas experiencing mental illness, their families and carers in particular but not exclusively by provision of advice, information and support services.

Activities

The activities of Headspace during 2024 focused on consolidating and expanding the range of wellbeing services provided whilst maintaining counselling services for young people in secondary education. The charity continued its fundraising efforts through donations and grants to sustain its activities.

A significant development during the year was the appointment of Executive Services staff to strengthen the operational capacity of the charity, reflecting in the £10,822 expenditure on Executive Services that was new for 2024.

Wellbeing services continued to be provided to young people, building on the successful programme established in 2023. The charity maintained its comprehensive range of wellbeing activities including Breathwork & Mindfulness, Cooking, Crafts, and Gardening.

In December 2024, a pilot mentoring scheme was launched with a small number of young people from The Cotswold School, with plans to expand this service in future years.

Counselling services remained a core offering of the charity, continuing to provide essential mental health support to young people.

The charity also gained approval as an alternative provision supplier during 2024, demonstrating its expanding capacity to serve young people beyond traditional school settings. Plans are in place to expand the mentoring programme from September 2025 using trained community mentors, reflecting the charity's commitment to scaling successful initiatives.

Achievements and Performance

The trustees are pleased that Headspace has continued to develop its services during 2024 and maintains its strong reputation in the local community. This is evidenced by the continued support from donors and the practical assistance received from local supporters and volunteers.

The charity's safeguarding processes remain robust and fit for purpose, ensuring the protection of all young people accessing services.

It is vital to note that Headspace could not fulfil its remit without the dedication of both its staff and volunteers who generously provide their skills and time. The trustees offer their thanks and appreciation to all staff members and volunteers for their dedicated efforts on behalf of Headspace and the communities it serves.

The relationship with The Cotswold School has continued to strengthen, enabling expanded access to both counselling and wellbeing services for students requiring mental health support.

Financial Review

For the year ended 31 December 2024, the charity's financial results report a deficit of £67,096, which reduced reserves to £94,988. This larger deficit reflects the charity's continued investment in building services and operational capacity.

Total income for the year ended 31 December 2024 was £18,687 (2023 - £26,056). This represents a decrease of £7,369 from the previous year.

The income streams during the year were:

- **Donations of £15,715** (84% of total income) from a wide range of supporters, representing the continued generosity of the local community
- **Grants of £1,750** (9% of total income), significantly lower than the previous year's £6,000
- **Sales of Produce of £40** (0.2% of total income), a new small income stream
- **Bank interest received of £1,182** (6% of total income), increased from £737 in 2023

Total costs for the year amounted to £85,783 (2023 - £50,449). This substantial increase of 70% reflects the charity's investment in expanding services and operational infrastructure.

The major expenditure categories were:

- **£40,623 on wellbeing services** (47% of total costs), nearly doubling from £20,744 in 2023
- **£18,439 on counselling services** (21% of total costs), maintaining a similar level to 2023's £18,455
- **£10,822 on executive services** (13% of total costs), a new category reflecting investment in operational capacity
- **£7,040 for unit running costs** (8% of total costs), increased from £6,092 in 2023

Other notable expenses included training fees (£1,941), advertising and promotion (£2,024), and computer consumables (£1,751), all reflecting the charity's commitment to professional development and outreach.

The financial statements for the period to 31 December 2024 were prepared by independent accountants, Chamberlains (Accountancy and Taxation) Limited and are attached to this Annual Report.

Reserves

The charity has adopted a reserves policy of maintaining six months of operating expenses to ensure financial stability and continuity of services. Based on 2024 expenditure of £85,783, this target reserve level would be approximately £42,892.

As at 31 December 2024, the charity held reserves of £94,988, representing a significant decrease from £162,084 at the end of 2023. While current reserves exceed the policy target, this reduction reflects the planned investment in expanding services and recruiting executive leadership. The trustees continue to monitor the financial position carefully to ensure reserves remain adequate while supporting the charity's development objectives.

The trustees remain committed to utilising available resources effectively to establish sustainable services that support the mental health and wellbeing of young people, while developing income streams to ensure long-term viability within the framework of the reserves policy.

Risk Management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that procedures are in place to mitigate exposure to major risks in relation to safeguarding, other operations, finances and reputation. Given the increased expenditure in 2024, particular attention has been paid to financial sustainability and ensuring appropriate controls are in place.

Looking Forward

The appointment of Paul Heming as CEO in October 2024 represents a pivotal moment for Headspace. His mandate to develop sustainable revenue streams and create a comprehensive 5-year strategic plan in liaison with the Board of Trustees, positions the charity for more structured growth and financial stability in the coming years.

The trustees remain committed to Headspace's mission of supporting young people's mental health and wellbeing. While 2024 saw significant investment in services and leadership infrastructure, this foundation will enable more strategic development of funding sources and service delivery models.

The charity will continue to explore opportunities to expand its reach while ensuring all activities remain aligned with its charitable objects and safeguarding requirements. The focus will be on building long term sustainability while maintaining the quality and impact of services that have established Headspace's strong reputation in the community.

Registered Office

Unit 6, Old Station Yard,
Bourton Industrial Estate
Bourton on the Water
GL54 2RZ

Date: 8 October 2025

HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE YEAR ENDED

31 DECEMBER 2024

CHARITY NUMBER: 1189822

HEADSPACE

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

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FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

ACCOUNTANT'S REPORT TO

HEADSPACE

We have prepared the attached Balance Sheet and accompanying Income and Expenditure Account, as accountants, using the information contained within our client's business records for the year ended 31 December 2024,

Chamberlains (Accountancy and Taxation) Limited
Ground Floor, 5 The Pavilions
Cranmore Drive
Shirley
Solihull
B90 4SB

8 September 2025

CLIENT APPROVAL CERTIFICATE

I have approved these financial statements and authorise them for production to HM Revenue and Customs and the Charity Commission.



Mrs K Pulham

8 September 2025

HEADSPACE

BALANCE SHEET AS AT 31 DECEMBER 2024

	2024 £	2023 £
FIXED ASSETS		
Equipment	612	597
CURRENT ASSETS		
Debtors and Prepayments	2,688	2,586
Bank Current Account	18,293	56,342
Bank Deposit Account	80,270	105,270
	<u>101,251</u>	<u>164,198</u>
CURRENT LIABILITIES		
Creditors and Accruals	1,830	680
PAYE and Social Security Costs	5,045	2,031
	<u>6,875</u>	<u>2,711</u>
NET ASSETS	<u>94,988</u>	<u>162,084</u>
FINANCED BY		
UNRESTRICTED FUNDS		
Balance Brought Forward	162,084	185,740
Net (Deficit)/Surplus for Year	(67,096)	(23,656)
Accumulated Surplus	<u>94,988</u>	<u>162,084</u>

HEADSPACE

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2024

	2024		2023	
	£	£	£	£
Income				
Donations		15,715		18,693
Grants		1,750		6,000
Events		-		1,363
Sales of Produce		40		-
		<u>17,505</u>		<u>26,056</u>
Other Income				
Bank Interest		1,182		737
		<u>18,687</u>		<u>26,793</u>
Expenditure				
Counselling Services	18,439		18,455	
Wellbeing Services	40,623		20,744	
Executive Services	10,822		-	
Materials and Consumables	633		717	
Unit Running Costs	7,040		6,092	
Computer Consumables	1,751		1,593	
Charity Insurance	605		569	
Training Fees	1,941		460	
Recruitment Fees	678		-	
Advertising and Promotion	2,024		811	
Sundry Expenses	375		346	
Accountancy Charges	300		150	
Bank Charges	97		13	
Depreciation	455		499	
		<u>85,783</u>		<u>50,449</u>
Net (Deficit)/Surplus		<u>(67,096)</u>		<u>(23,656)</u>

HEADSPACE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 BASIS OF PREPARATION

These 'Receipts and Payments' accounts are presented under section 133 of the Charities Act 2011, which states that charities registered in England and Wales that are not companies are allowed to complete Receipts and Payments accounts if their turnover does not exceed £250,000. Also, In accordance with section 25 of the Charity's constitution, the trustees have kept proper accounting records and the charity is entitled to file receipts and payments accounts if the Trustees choose to do so.

The Trustees confirm that none of the exceptions listed in the Charity Commission's guidelines apply to the Charity and that receipts and payments accounts are appropriate to the Charity's circumstances.

2 DEBTORS AND PREPAYMENTS

	2024	2023
	£	£
Amounts due from fundraising activities	513	488
Other debtors	762	762
Prepayments	1,413	1,336
	<u>2,688</u>	<u>2,586</u>

3 CREDITORS AND ACCRUALS

Amounts due on invoices received	1,080	230
Accruals	750	450
	<u>1,830</u>	<u>680</u>

4 TRUSTEES' REMUNERATION

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

5 RELATED PARTY TRANSACTIONS

The Charity does not have any related parties.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
HEADSPACE

On accounts for the year
ended

31 DECEMBER 2024

Charity no
(if any)

1189822

Set out on pages

1 TO 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2024.

Responsibilities and
basis of report

As the charity's trustees, 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 Trust'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 material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

7 OCTOBER 2025

Name:

PAUL SMITH

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:

CHAMBERLAINS (ACCOUNTANCY & TAXATION) LIMITED

GROUND FLOOR, 5 THE PAVILIONS, CRANMORE DRIVE

SHIRLEY, SOLIHULL, B90 4SB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

HEADSPACE

England & Wales - Charity number 1189822

Accounts



Annual Report of the Trustees for the year ended 31 December 2023

Registration and Trustees

Headspace is a Charitable Incorporated Organisation which is governed by a constitution adopted on 5 June 2020. Headspace was registered by the Charity Commission for England and Wales on the Register of Charities on 8 June 2020 – Charity Number: 1189822.

There are currently five trustees of Headspace:

	<u>Appointment Date</u>	<u>End date of current term</u>
• Kathryn Helen Pulham (Chair) **	8 June 2020	7 June 2026
• Kevan Taylor (Treasurer) ***	8 June 2020	7 June 2026
• Patrick Flaherty	25 January 2023	24 January 2025
• Paul John Ludlow	23 January 2024	22 January 2026
• Julie Daphne Mitchell	23 January 2024	22 January 2026

Two trustees have resigned after the year end, namely Jon Wareing and Thomas Ian Watmore who both resigned in 2024 after more than three and two years of service respectively.

** Kathryn Helen Pulham was initially appointed for a term of four years and she has been appointed for a second term of office of two years' duration.

*** Kevan Taylor was initially appointed for a term of two years, which was followed by a second term of two years and he has been appointed for a third term of office of two years' duration.

All future appointments of trustees will be for an initial term of 2 years. Trustees are appointed with reference to their expertise in relation to the needs of the charity, most notably safeguarding, child welfare, financial management and fund raising.

Four meetings of the trustees were held during the year.

All of the trustees act as volunteers for the charity and receive no remuneration for their services

Objects

The objects of Headspace as laid down in its' constitution are:

- for the public benefit the promotion and protection of good mental health of young people in Gloucestershire and the surrounding areas, in particular but not exclusively through the provision of counselling programmes, signposting and support services
- to relieve the needs of people in Gloucestershire and the surrounding areas experiencing mental illness, their families and carers in particular but not exclusively by provision of advice, information and support services.

Activities

The activities of Headspace during 2023 were focussed on growing the range of wellbeing services provided and maintaining counselling services for young people in secondary education, whilst fundraising, primarily from donations and grants, continued to be of importance to sustain the charity's activities.

Two new members of staff were appointed during the year: a Wellbeing Lead and a Wellbeing Group Co-Ordinator who started in January and October respectively.

Wellbeing services were provided to 29 young people during the year and these involved a number of activities, namely Breathwork & Mindfulness; Cooking; Crafts; Gardening and Mind Mechanics. Counselling services were provided to 26 young people.

All the young people who received the wellbeing and counselling services attended The Cotswold School which is located in Bourton on the Water. It is planned to extend these services in the coming years to more young people including those attending other schools.

A number of activities continue to take place at a small industrial unit in Bourton on the Water which Headspace occupies under a lease agreement with a supportive local business. This unit was used, and continues to be used, to provide a range of wellbeing activities along with an appropriate room for counselling services.

During the year, fundraising efforts were focused on two major sources:

- Donations – A total of £18,693 was received from a wide range of entities and individuals.
- Grants – Two grants totalling £6,000 were received from local authorities

In addition to the above, income was generated from A Fascinating Exhibition, an event at which visitors were able to inspect a wide range of farming-based memorabilia.

In the performance of all its activities, the trustees have taken due regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

The trustees are pleased that Headspace has extended its services during the year and that the charity is well known with a good reputation in the area in which it currently operates. This is recognised by the wide range of donors from which income has been received, the receipt of grants and the practical help Headspace receives from a number of local supporters and volunteers.

The trustees are also pleased to report that the safeguarding processes the charity has in place remain fit for purpose.

It is vital to note that Headspace could not fulfil its remit without the dedication of a number of volunteers who generously provide their skills and time. The trustees offer their thanks and appreciation to each of our volunteers for all their dedicated efforts on behalf of Headspace and the communities it serves.

The trustees are also pleased that our relationship with The Cotswold School has grown and together we have provided increased availability of counselling services to provide mental health support for young people and enabled Headspace to provide wellbeing services to students of The Cotswold School.

Financial Review

For the year ended 31 December 2023, the charity's financial results report a deficit of £23,656 which reduced reserves to £162,084. An annual deficit was anticipated in the annual budget process as Headspace planned to build its services with the expertise of new staff.

Total income for the year ended 31 December 2023 was £26,056 (2022 - £45,087). This downturn in income was due to the annual Christmas Grotto Event no longer being able to take place after a number of successful years.

The income streams during the year were:

- Donations of £18,693 (70% of total income) from over 30 donors, most notably from North Cotswolds Rotary (£9,119); an anonymous gift (£2,000) and Rotary in the Rissingtons (£1,500)
- Grants of £6,000 (22% of total income) received from Gloucester County Council (£5,000) and Bourton on the Water Parish Council (£1,000)
- Events from which £1,363 (5% of total income) was achieved. The major contributor was A Fascinating Exhibition (£1,091)
- Bank interest received of £737 (3% of total income)

Total costs for the year amounted to £50,449 (2022 - £29,656). This growth was planned as the charity appointed more staff to oversee and operate wellbeing services.

A total of £20,744 was spent on wellbeing services for young people in 2023 for which there was no equivalent in the prior year – this sum represents 41% of total costs.

37% (2022 – 57%) of total costs were spent on providing counselling services to support the mental health of young people at a cost of £18,455 (2022 - £16,761).

The other significant cost incurred was £6,092 (2022 - £7,689) for operating the Unit, which is used for wellbeing and counselling services.

The financial statements for the period to 31 December 2023 were prepared by independent accountants, Chamberlains (Accountancy and Taxation) Limited and are attached to this Annual Report.

Reserves

As at 31 December 2023, the charity held reserves of £162,084 which is the value of its' accumulated surplus. It is the continued intention of the trustees to utilise the legacy received in 2020 over the initial years of the operations of Headspace to enable the charity to put in place a range of activities to support the mental health and wellbeing of young people whilst income streams are developed to ensure that Headspace can sustain its activities for the long term.

Risk Management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that procedures are in place to mitigate exposure to major risks in relation to safeguarding, other operations, finances and reputation.

Registered Office

Unit 6, Old Station Yard,
Bourton Industrial Estate
Bourton on the Water
GL54 2HQ

21 October 2024

HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE YEAR ENDED

31 DECEMBER 2023

CHARITY NUMBER: 1189822

HEADSPACE

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FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

ACCOUNTANT'S REPORT TO

HEADSPACE

We have prepared the attached Balance Sheet and accompanying Income and Expenditure Account, as accountants, using the information contained within our client's business records for the year ended 31 December 2023.

Chamberlains (Accountancy and Taxation) Limited
Ground Floor, 5 The Pavilions
Cranmore Drive
Shirley
Solihull
B90 4SB

15 October 2024

CLIENT APPROVAL CERTIFICATE

I have approved these financial statements and authorise them for production to HM Revenue and Customs and the Charity Commission.



Mrs K Pulham

15 October 2024

HEADSPACE

BALANCE SHEET AS AT 31 DECEMBER 2023

	2023 £	2022 £
FIXED ASSETS		
Equipment	597	199
CURRENT ASSETS		
Debtors and Prepayments	2,586	12,299
Bank Current Account	56,342	69,487
Bank Deposit Account	105,270	105,270
	<u>164,198</u>	<u>187,056</u>
CURRENT LIABILITIES		
Creditors and Accruals	680	585
PAYE and Social Security Costs	2,031	930
	<u>2,711</u>	<u>1,515</u>
NET ASSETS	<u>162,084</u>	<u>185,740</u>
FINANCED BY		
UNRESTRICTED FUNDS		
Balance Brought Forward	185,740	170,249
Net (Deficit)/Surplus for Year	(23,656)	15,491
Accumulated Surplus	<u>162,084</u>	<u>185,740</u>

HEADSPACE

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2023

	2023		2022	
	£	£	£	£
Income				
Donations		18,693		19,794
Grants		6,000		6,250
Events		1,363		18,241
Sales of Produce		-		111
		<u>26,056</u>		<u>44,396</u>
Other Income				
Bank Interest		737		691
		<u>26,793</u>		<u>45,087</u>
Expenditure				
Counselling Services	18,455		16,761	
Wellbeing Services	20,744		-	
Materials and Consumables	717		1,940	
Unit Running Costs	6,092		7,689	
Computer Consumables	1,593		1,243	
Charity Insurance	569		530	
Training Fees	460		254	
Advertising and Promotion	811		-	
Sundry Expenses	346		450	
Accountancy Charges	150		150	
Bank Charges	13		379	
Depreciation	499		200	
		<u>50,449</u>		<u>29,596</u>
Net (Deficit)/Surplus		<u>(23,656)</u>		<u>15,491</u>

HEADSPACE

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

1 BASIS OF PREPARATION

These 'Receipts and Payments' accounts are presented under section 133 of the Charities Act 2011, which states that charities registered in England and Wales that are not companies are allowed to complete Receipts and Payments accounts if their turnover does not exceed £250,000. Also, In accordance with section 25 of the Charity's constitution, the trustees have kept proper accounting records and the charity is entitled to file receipts and payments accounts if the Trustees choose to do so.

The Trustees confirm that none of the exceptions listed in the Charity Commission's guidelines apply to the Charity and that receipts and payments accounts are appropriate to the Charity's circumstances.

2 DEBTORS AND PREPAYMENTS

	2023	2022
	£	£
Amounts due from fundraising activities	488	10,207
Other debtors	762	762
Prepayments	1,336	1,330
	<u>2,586</u>	<u>12,299</u>

3 CREDITORS AND ACCRUALS

Amounts due on invoices received	230	285
Accruals	450	300
	<u>680</u>	<u>585</u>

4 TRUSTEES' REMUNERATION

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

5 RELATED PARTY TRANSACTIONS

The Charity does not have any related parties.



Section A

Independent Examiner's Report

Report to the trustees/
members of

HEADSPACE

On accounts for the year
ended

31 DECEMBER 2023

Charity no
(if any)

1189822

Set out on pages

1 TO 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2023.

Responsibilities and
basis of report

As the charity's trustees, 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 Trust'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 material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

21.10.24

Name:

PAUL SMITH

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:

CHAMBERLAINS (ACCOUNTANCY & TAXATION) LIMITED

GROUND FLOOR, 5 THE PAVILIONS, CRANMORE DRIVE

SHIRLEY, SOLIHULL, B90 4SB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Accounts

Headspace

Annual Report of the Trustees for the period ended 31 December 2022

Registration and Trustees

Headspace is a Charitable Incorporated Organisation which is governed by a constitution adopted on 5 June 2020. Headspace was registered by the Charity Commission for England and Wales on the Register of Charities on 8 June 2020 – Charity Number: 1189822.

There are currently six trustees of Headspace:

	<u>Appointment Date</u>	<u>End date of current term</u>
• Kathryn Helen Pulham (Chair)	8 June 2020	7 June 2024
• Helen Adams *	8 June 2020	7 June 2025
• Kevan Taylor (Treasurer) **	8 June 2020	7 June 2024
• Patrick Flaherty	25 January 2023	24 January 2025
• Jon Wareing **	28 September 2021	27 September 2025
• Thomas Ian Watmore **	17 November 2020	16 November 2024

Scott Powles resigned as a trustee on 17 January 2023 after serving for more than two and a half years as a trustee.

* Helen Adams was initially appointed for a term of one year and has been appointed for a third term of office

** Jon Wareing, Kevan Taylor and Thomas Ian Watmore were initially appointed for terms of two years and have all been appointed for a second term of office

All future appointments of trustees will be for an initial term of 2 years. Trustees are appointed with reference to their expertise in relation to the needs of the charity, most notably safeguarding, child welfare, financial management and fund raising.

Four meetings of the trustees were held during the year.

All of the trustees act as volunteers for the charity and receive no remuneration for their services

Objects

The objects of Headspace as laid down in its' constitution are:

- for the public benefit the promotion and protection of good mental health of young people in Gloucestershire and the surrounding areas, in particular but not exclusively through the provision of counselling programmes, signposting and support services
- to relieve the needs of people in Gloucestershire and the surrounding areas experiencing mental illness, their families and carers in particular but not exclusively by provision of advice, information and support services.

Activities

The activities of Headspace during 2022 were focussed on providing counselling services and developing wellbeing activities for young people in secondary education, reviewing safeguarding processes and raising funds.

During the year, fundraising efforts were focused on three prime elements:

- Donations from a wide range of entities and individuals
- Christmas Childrens Grotto Event – held over six days in December
- Grants – four grants were received from local organisations

Counselling services and wellbeing activities were provided to a number of young people who attend The Cotswold School which is located in Bourton on the Water. It is planned to extend this service in the coming years to other young people including those attending other schools.

Wellbeing activities provided by Headspace during 2022 included the provision of an allotment and a range of other activities with young people including crafts, mind mechanics, arts and baking. During the year it was recognised that the impact of the services offered by Headspace would be improved by the recruitment of a Wellbeing Lead and an appointment was made on 16th January 2023.

A number of activities continue to take place at a small industrial unit in Bourton on the Water which Headspace occupies under a lease agreement with a supportive local business. This unit has space for counselling services and a range of wellbeing activities.

In the performance of all its activities, the trustees have taken due regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

The trustees are pleased that the charity has built on the foundations put in place during 2020 and the charity is now well known in the area in which it currently operates. This is recognised by the wide range of donors from which income has been received, the continued success of the Christmas Grotto held in Clapton on the Hill, the receipt of four grants and the practical help Headspace receives from a number of local supporters and volunteers.

The trustees are also pleased to report that the safeguarding processes in place remain fit for purpose.

It is essential to note that Headspace could not fulfil its remit without the involvement of a number of volunteers who generously provide their skills and time. The trustees offer their thanks and appreciation to each of our volunteers for all their dedicated efforts on behalf of Headspace and the communities it serves.

The trustees are also pleased that our relationship with The Cotswold School has continued and together we have provided increased availability of counselling services to provide mental health support for young people.

Financial Review

For the year ended 31 December 2022, the charity's financial results report a surplus of £15,491 which increases reserves to £185,740.

The major contributors which enabled the above surplus of £15,491 were income streams received from:

- Donations of £19,794 (44% of total income) from over 30 donors, most notably £6,379 from the NFU
- The Christmas Grotto Event which generated income of £15,088 (33% of total income), all of which was given to Headspace with minimal deduction of costs
- Grants of £6,250 (14% of total income) received from a local authority and three local community funding providers

Total income for the year to 31 December 2022 was £45,087 (2021 - £66,279).

Total costs for the year amounted to £29,956 (2021 - £30,132). 57% (2021 – 59%) of this expenditure was spent on providing counselling services to support the mental health of young people at a cost of £16,761 (2021 - £17,909).

The financial statements for the period to 31 December 2022 were prepared by independent accountants, Chamberlains (Accountancy and Taxation) Limited and are attached to this Annual Report.

Reserves

As at 31 December 2022, the charity held reserves of £185,740 which is the value of its' accumulated surplus. It is the intention of the trustees to utilise the legacy over the initial years of the operations of Headspace to enable the charity to put in place a range of activities to support the mental health and wellbeing of young people whilst income streams are developed to ensure that Headspace can sustain its activities for the long term.

Risk Management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that procedures are in place to mitigate exposure to major risks in relation to safeguarding, other operations, finances and reputation.

Registered Office

Unit 6, Old Station Yard,
Bourton Industrial Estate
Bourton on the Water
GL54 2HQ

26 October 2022

HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE YEAR ENDED

31 DECEMBER 2022

CHARITY NUMBER: 1189822

HEADSPACE

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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Notes to the Financial Statements	4

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

ACCOUNTANTS' REPORT TO

HEADSPACE

We have prepared the attached Balance Sheet and accompanying Income and Expenditure Account, as accountants, using the information contained within our client's business records for the year ended 31 December 2022.

Chamberlains (Accountancy and Taxation) Limited
Ground Floor, 5 The Pavilions
Cranmore Drive
Shirley
Solihull
B90 4SB

16 October 2023

CLIENT APPROVAL CERTIFICATE

I have approved these financial statements and authorise them for production to HM Revenue and Customs and the Charity Commission.

Mrs K Pulham

16 October 2023

HEADSPACE

BALANCE SHEET AS AT 31 DECEMBER 2022

	2022 £	2021 £
FIXED ASSETS		
Equipment	199	399
CURRENT ASSETS		
Debtors and Prepayments	12,299	10,000
Bank Current Account	69,487	57,423
Bank Deposit Accounts	105,270	105,000
	<u>187,056</u>	<u>172,423</u>
CURRENT LIABILITIES		
Creditors and Accruals	585	1,282
PAYE and Social Security Costs	930	1,291
	<u>1,515</u>	<u>2,573</u>
NET ASSETS	<u>185,740</u>	<u>170,249</u>
FINANCED BY		
UNRESTRICTED FUNDS		
Balance Brought Forward	170,249	134,102
Net Surplus/(Deficit) for Year	15,491	36,147
Accumulated Surplus	<u>185,740</u>	<u>170,249</u>

HEADSPACE

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2022

	2022		2021	
	£	£	£	£
Income				
Donations		19,794		36,710
Grants		6,250		13,000
Events		18,241		15,463
Sales of Produce		111		986
		<u>44,396</u>		<u>66,159</u>
Other Income				
Bank Interest		691		120
		<u>45,087</u>		<u>66,279</u>
Expenditure				
Counselling Services	16,761		17,909	
Materials and Consumables	1,940		1,519	
Unit Running Costs	7,689		5,355	
Computer Consumables	1,243		378	
Charity Insurance	530		512	
Training Fees	254		1,869	
Advertising and Promotion	-		1,505	
Sundry Expenses	450		234	
Accountancy Charges	150		150	
Legal and Professional Fees	-		240	
Bank Charges	379		261	
Depreciation	200		200	
		<u>29,596</u>		<u>30,132</u>
Net Surplus/(Deficit)		<u>15,491</u>		<u>36,147</u>

HEADSPACE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECMEBER 2022

1 BASIS OF PREPERATION

These 'Receipts and Payments' accounts are presented under section 133 of the Charities Act 2011, which states that charities registered in England and Wales that are not companies are allowed to complete Receipts and Payments accounts if their turnover does not exceed £250,000. Also, In accordance with section 25 of the Charity's constitution, the trustees have kept proper accounting records and the charity is entitled to file receipts and payments accounts if the Trustees choose to do so.

The Trustees confirm that none of the exceptions listed in the Charity Commission's guidelines apply to the Charity and that receipts and payments accounts are appropriate to the Charity's circumstances.

2 DEBTORS

	2022	2021
	£	£
Amounts due from fundraising activities	10,969	9,502
Prepayments	1,330	498
	<u>12,299</u>	<u>10,000</u>

3 CREDITORS

Amounts due on invoices received	285	1,149
Accruals	300	133
	<u>585</u>	<u>1,282</u>

4 TRUSTEE'S REMUNERATION

Trustees received no expenses, remuneration or benefits in this period

5 RELATED PARTY TRANSACTIONS

The Charity does not have any related parties.



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
HEADSPACE

On accounts for the year
ended

31 DECEMBER 2022

Charity no
(if any)

1189822

Set out on pages

1 TO 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2022.

Responsibilities and
basis of report

As the charity's trustees, 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 Trust'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 material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

20.10.23

Name:

PAUL SMITH

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:

CHAMBERLAINS (ACCOUNTANCY & TAXATION) LIMITED

GROUND FLOOR, 5 THE PAVILIONS, CRANMORE DRIVE

SHIRLEY, SOLIHULL, B90 4SB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

HEADSPACE

England & Wales - Charity number 1189822

Accounts

Headspace

Annual Report of the Trustees for the period ended 31 December 2021

Registration and Trustees

Headspace is a Charitable Incorporated Organisation which is governed by a constitution adopted on 5 June 2020. Headspace was registered by the Charity Commission for England and Wales on the Register of Charities on 8 June 2020 – Charity Number: 1189822.

There are currently six trustees of Headspace:

	<u>Appointment Date</u>	<u>End date of current term</u>
• Kathryn Helen Pulham (Chair)	8 June 2020	7 June 2024
• Helen Adams *	8 June 2020	7 June 2023
• Scott Neil Powles	8 June 2020	7 June 2023
• Kevan Taylor (Treasurer) **	8 June 2020	7 June 2024
• Jon Wareing	28 September 2021	27 September 2023
• Thomas Ian Watmore	17 November 2020	16 November 2022

* Helen Adams was initially appointed for a term of one year and has been appointed for a second term of office.

** Kevan Taylor was initially appointed for a term of two years and has been appointed for a second term of office.

All future appointments of trustees will be for an initial term of 2 years. Trustees are appointed with reference to their expertise in relation to the needs of the charity, most notably safeguarding, child welfare, financial management and fund raising.

Four meetings of the trustees were held during the year.

All of the trustees act as volunteers for the charity and receive no remuneration for their services

Objects

The objects of Headspace as laid down in its' constitution are:

- for the public benefit the promotion and protection of good mental health of young people in Gloucestershire and the surrounding areas, in particular but not exclusively through the provision of counselling programmes, signposting and support services
- to relieve the needs of people in Gloucestershire and the surrounding areas experiencing mental illness, their families and carers in particular but not exclusively by provision of advice, information and support services.

Activities

The activities of Headspace during 2021 were focussed on providing counselling services and developing wellbeing activities for children in secondary education, strengthening safeguarding processes and raising funds.

During the year, fundraising efforts were focused on three prime elements:

- Donations from a wide range of entities and individuals
- Christmas Grotto Event – held on seven days in December
- Grants – four grants were received from local organisations

Counselling services were provided to a number of young people who attend The Cotswold School which is located in Bourton on the Water. It is planned to extend this service to other young people in the coming years.

Wellbeing activities provided by Headspace during 2021 included the provision of an allotment and craft activities with children.

To extend the services and activities provided by Headspace a lease agreement was entered into in April 2021 for a small industrial unit in Bourton on the Water. This unit has space for counselling services, craft and art activities and will also in the future house Mind Mechanics – an activity in which children who are struggling with their emotions are engaged in the repair and recycling of bicycles.

In the performance of all its activities, the trustees have taken due regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

The trustees are pleased that the charity has built on the foundations put in place during 2020 and the charity is now well known in its area in which it currently operates. This is recognised by the wide range of donors from which income has been received, the success of the Christmas Grotto held in Clapton on the Hill, the receipt of four grants and the goodwill Headspace has received from numerous sources.

The trustees are also pleased to report that strengthening of safeguarding processes has been a major focus during the year and high standards in safeguarding will continue to be a primary objective for Headspace

It is encouraging to report that a number of volunteers have come forward to provide their services to Headspace. The trustees offer their thanks and appreciation to each of our volunteers for all their dedicated efforts on behalf of Headspace and the community it serves.

The trustees are also pleased that our relationship with The Cotswold School has continued and together we have provided increased availability of counselling services to provide mental health support for young people.

Financial Review

For the year ended 31 December 2021, the charity's financial results report a surplus of £36,147 which increases reserves to £170,249.

The major contributors which enabled the above surplus of £36,147 were income streams received from:

- Donations totalling £36,710 (55% of all income) from over 30 donors, most notably £20,000 from the Rockliffe Charitable Trust
- Christmas Grotto Event generated income of £14,689, all of which was given to Headspace without any deduction of costs
- Grants of £13,000 received from 3 local authority sources and a local healthcare charity

Total income for the year to 31 December 2021 was £66,279 (2020 - £152,451 including a legacy of £120,000).

Total costs for the year amounted to £30,132 (2020 - £18,349). 59% of this expenditure was spent on providing counselling services to support the mental health of young people at a cost of £17,909 (2020 - £17,382).

The financial statements for the period to 31 December 2021 were prepared by independent accountants, Chamberlains (Accountancy and Taxation) Limited and are attached to this Annual Report.

Reserves

As at 31 December 2021, the charity held reserves of £170,249 which is the value of its' accumulated surplus. It is the intention of the trustees to utilise the legacy over the initial years of the operations of Headspace to enable the charity to put in place a range of activities to support the mental health and wellbeing of young people whilst income streams are developed to ensure that Headspace can sustain its activities for the long term.

Risk Management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that procedures are in place to mitigate exposure to major risks in relation to safeguarding, other operations, finances and reputation.

Registered Office

60 Roman Way
Bourton on the Water
GL54 2EW

1 October 2022

HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE YEAR ENDED

31 DECEMBER 2021

CHARITY NUMBER: 1189822

HEADSPACE

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FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

ACCOUNTANTS' REPORT TO

HEADSPACE

We have prepared the attached Balance Sheet and accompanying Income and Expenditure Account, as accountants, using the information contained within our client's business records for the year ended 31 December 2021.

Chamberlains (Accountancy and Taxation) Limited
Ground Floor, 5 The Pavilions
Cranmore Drive
Shirley
Solihull
B90 4SB

7 October 2022

CLIENT APPROVAL CERTIFICATE

I have approved these financial statements and authorise them for production to HM Revenue and Customs and the Charity Commission.

Kathryn Pulham

Mrs K Pulham

7 October 2022

HEADSPACE

BALANCE SHEET AS AT 31 DECEMBER 2021

	2021 £	2020 £
FIXED ASSETS		
Equipment	399	-
CURRENT ASSETS		
Debtors and Prepayments	10,000	382
Bank Current Account	57,423	133,720
Bank Deposit Accounts	105,000	-
	<u>172,423</u>	<u>134,102</u>
CURRENT LIABILITIES		
Creditors and Accruals	1,282	-
PAYE and Social Security Costs	1,291	-
	<u>2,573</u>	<u>-</u>
NET ASSETS	<u>170,249</u>	<u>134,102</u>
FINANCED BY		
UNRESTRICTED FUNDS		
Balance Brought Forward	134,102	-
Net Surplus/(Deficit) for Year	36,147	134,102
Accumulated Surplus	<u>170,249</u>	<u>134,102</u>

HEADSPACE

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2021

	2021		2020	
	£	£	£	£
Income				
Donations		36,710		150,920
Grants		13,000		-
Events		15,463		-
Sales of Produce		986		1,531
		<u>66,159</u>		<u>152,451</u>
Other Income				
Bank Interest		120		-
		<u>66,279</u>		<u>152,451</u>
Expenditure				
Counselling Services	17,909		17,382	
Materials and Consumables	1,519		-	
Unit Running Costs	5,355		-	
Computer Consumables	378		43	
Charity Insurance	512		164	
Training Fees	1,869		-	
Advertising and Promotion	1,505		671	
Sundry Expenses	234		62	
Accountancy Charges	150		-	
Legal and Professional Fees	240		-	
Bank Charges	261		27	
Depreciation	200		-	
		<u>30,132</u>		<u>18,349</u>
Net Surplus/(Deficit)		<u><u>36,147</u></u>		<u><u>134,102</u></u>

HEADSPACE

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

1 BASIS OF PREPERATION

These 'Receipts and Payments' accounts are presented under section 133 of the Charities Act 2011, which states that charities registered in England and Wales that are not companies are allowed to complete Receipts and Payments accounts if their turnover does not exceed £250,000. Also, In accordance with section 25 of the Charity's constitution, the trustees have kept proper accounting records and the charity is entitled to file receipts and payments accounts if the Trustees choose to do so.

The Trustees confirm that none of the exceptions listed in the Charity Commission's guidelines apply to the Charity and that receipts and payments accounts are appropriate to the Charity's circumstances.

2 DEBTORS

	2021	2020
	£	£
Amounts due from fundraising activities	9,502	-
Prepayments	498	382
	<u>10,000</u>	<u>382</u>

3 CREDITORS

Amounts due on invoices received	1,149	-
Accruals	133	-
	<u>1,282</u>	<u>-</u>

4 TRUSTEE'S REMUNERATION

Trustees received no remuneration or benefits in this period. Expenses were reimbursed at cost and were derived wholly from charitable activities.

5 RELATED PARTY TRANSACTIONS

Other than a minor donation made by a trustee, the charity does not have any related parties.



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
HEADSPACE

On accounts for the year
ended

31 DECEMBER 2021

Charity no
(if any)

219333

Set out on pages

1 TO 4

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2020.

As the charity's trustees, 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 Trust'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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

11-10-22

Name:

PAUL SMITH

Relevant professional
qualification(s) or body
(if any):

FCCA

Address:

CHAMBERLAINS (ACCOUNTANCY & TAXATION) LIMITED

GROUND FLOOR, 5 THE PAVILIONS, CRANMORE DRIVE

SHIRLEY, SOLIHULL, B90 4SB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

HEADSPACE

England & Wales - Charity number 1189822

Accounts

Headspace

Annual Report of the Trustees for the period ended 31 December 2020

Registration and Trustees

Headspace is a Charitable Incorporated Organisation which is governed by a constitution adopted on 5 June 2020. Headspace was registered by the Charity Commission for England and Wales on the Register of Charities on 8 June 2020 – Charity Number: 1189822.

There are currently five trustees of Headspace:

	<u>Appointment Date</u>	<u>End date of current term</u>
• Kathryn Helen Pulham (Chair)	8 June 2020	7 June 2024
• Helen Adams *	8 June 2020	7 June 2023
• Scott Neil Powles	8 June 2020	7 June 2023
• Kevan Taylor (Treasurer)	8 June 2020	7 June 2022
• Thomas Ian Watmore	17 November 2020	16 November 2022

* Helen Adams was initially appointed for a term of one year and has been appointed for a second term of office.

All future appointments of trustees will be for an initial term of 2 years. Trustees are appointed with reference to their expertise in relation to the needs of the charity, most notably safeguarding, child welfare, financial management and fund raising.

Four meetings of the trustees were held between the date Headspace was registered and the end of the year.

All of the trustees act as volunteers for the charity and receive no remuneration for their services

Objects

The objects of Headspace as laid down in its' constitution are:

- for the public benefit the promotion and protection of good mental health of young people in Gloucestershire and the surrounding areas, in particular but not exclusively through the provision of counselling programmes, signposting and support services
- to relieve the needs of people in Gloucestershire and the surrounding areas experiencing mental illness, their families and carers in particular but not exclusively by provision of advice, information and support services.

Activities

The activities of Headspace during 2020 were focussed on providing counselling services to children in secondary education and raising funds.

Funds were received from a legacy, donations from a range of individuals and the sale of goods. Due to Covid restrictions, Headspace was unable to arrange the events that were planned to take place, notably a Christmas Grotto. It is planned that this event will take place later in 2021.

Counselling services were provided to a number of young people who attend The Cotswold School which is located in Bourton on the Water. It is planned to extend this service to other young people in the coming years.

Other activities provided by Headspace since the start of 2021 include the provision of an allotment for children and Mind Mechanics – an activity in which children who are struggling with their emotions are engaged in the repair and recycling of bicycles.

In the performance of all its activities, the trustees have taken due regard to the guidance issued by the Charity Commission on public benefit.

Achievements and Performance

The trustees are pleased that the charity received the authorisation of the Charity Commission to register as a Charitable Incorporated Organisation following a meticulous application process. This registration of Headspace has enabled the charity to be recognised by numerous individuals and organisations in the area in which Headspace operates. The outcome of this recognition has already made itself known in the goodwill shown to Headspace and the receipt of a number of donations from individuals and organisations across 2020 and 2021. It is encouraging that a number of volunteers have come forward to provide their services to Headspace. The trustees offer their thanks and appreciation to each of our volunteers for all their dedicated efforts on behalf of Headspace and the community it serves.

The trustees are also pleased that our relationship with The Cotswold School has been strengthened and together we have provided increased availability of counselling services to provide mental health support for young people.

Financial Review

In the period to 31 December 2020, the charity's first financial results report a surplus of £134,102. This outcome was primarily due to the receipt of a substantial legacy of £120,000 from the Ruby Blackwell Trust. This legacy creates a strong foundation for the activities of Headspace to be put in place whilst income streams are developed in the coming years to sustain the work of Headspace to meet the objects of the charity as detailed above.

Total income for the period to 31 December 2020 was £152,451. Beyond the legacy noted above, this income included donations of £30,920 and sales of a range of foods & other goods totalling £1,531.

Total costs for the same period amounted to £18,349. Over 94% of this expenditure was spent on counselling services provided to support the mental health of young people at a cost of £17,382.

The financial statements for the period to 31 December 2020 were prepared by independent accountants, Chamberlains (Accountancy and Taxation) Limited and are attached to this Annual Report.

Reserves

As at 31 December 2020, the charity held reserves of £134,102 which is the value of its' accumulated surplus. 92% of this total is attributable to the legacy of £120,000 received in 2020. It is the intention of the trustees to utilise the legacy over the initial years of the operations of Headspace to enable the charity to put in place a range of activities to support the mental health of young people whilst income streams are developed to ensure that Headspace can sustain its activities for the long term.

Risk Management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that procedures are in place to mitigate exposure to major risks in relation to safeguarding, other operations, finances and reputation.

Registered Office

60 Roman Way
Bourton on the Water
GL54 2EW

27 May 2021

HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE PERIOD ENDED

31 DECEMBER 2020

CHARITY NUMBER: 1189822

HEADSPACE

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31 DECEMBER 2020

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FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2020

ACCOUNTANTS' REPORT TO

HEADSPACE

We have prepared the attached Balance Sheet and accompanying Income and Expenditure Account, as accountants, using the information contained within our client's business records for the period ended 31 December 2020.

Chamberlains (Accountancy and Taxation) Limited
8 Oakfield House
478 Station Road
Dorridge
Solihull
West Midlands
B93 8HE

27 May 2021

CLIENT APPROVAL CERTIFICATE

I have approved these financial statements and authorise them for production to HM Revenue and Customs and the Charity Commission.



Mrs K Pulham

27 May 2021

HEADSPACE

BALANCE SHEET AS AT 31 DECEMBER 2020

	2020 £
CURRENT ASSETS	
Debtors and Prepayments	382
Bank Current Account	133,720
	<u>134,102</u>
FINANCED BY	
UNRESTRICTED FUNDS	
Accumulated Surplus (Available for Distribution)	134,102
	<u>134,102</u>

HEADSPACE

INCOME AND EXPENDITURE ACCOUNT FOR THE PERIOD ENDED 31 DECEMBER 2020

	2020	
	£	£
Income		
Donations		150,920
Sales of Produce		1,531
		152,451
Expenditure		
Subcontracting - Counselling Services	17,382	
Computer Consumables	43	
Charity Insurance	164	
Advertising and Promotion	671	
Sundry Expenses	62	
Bank Charges	27	
		18,349
Net Surplus/(Deficit)		
		134,102

HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE PERIOD ENDED

31 DECEMBER 2020

CHARITY NUMBER: 1189822

HEADSPACE

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FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2020

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