

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

	Page
Accountant's Report	1
Balance Sheet	2
Income and Expenditure Account	3

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

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

	Page
Accountant's Report	1
Balance Sheet	2
Income and Expenditure Account	3

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