

Charity registration number 1191145

Company registration number 12275770 (England and Wales)

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

LEGAL AND ADMINISTRATIVE INFORMATION

| | | |
|--------------------------|---|----------------------------|
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THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

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THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

FOREWORD

FOR THE YEAR ENDED 31 MARCH 2024

It is now almost five years since the formation of the National Academy for Social Prescribing, and since the NHS Long Term Plan committed to rolling out social prescribing across England.

During that time, there has been huge progress across the social prescribing movement. There are now more than 3,600 Social Prescribing Link Workers in post across England, and social prescribing has been enshrined in national policy, from the Loneliness Strategy to Suicide Prevention Strategy to the NHS Long Term Workforce Plan. There are an extraordinary range of innovative projects across the country, many of which we have supported over the last year.

The success of the cross-Government **Green Social Prescribing** programme and our own **Thriving Communities** programme highlight what can be achieved when we connect the health system more effectively with well-designed local projects. The second round of the **Art by Post** project, in partnership with the Southbank Centre, has demonstrated the impact that creativity can have on mental health.

Through the **Power of Music Fund**, we are showing the value of bringing together public, private and philanthropic funders to invest in music-based activities for people living with dementia. As well as directly supporting grassroots groups, we have established a Centre of Excellence, which will provide the evidence and resources needed to operate at a larger scale.

Through our **Champions programme**, our **webinars** and our **resources**, we have continued to support health workers, voluntary sector professionals and others, and to help Primary Care Networks and Integrated Care Systems to make social prescribing a priority. We have also worked on toolkits for **Nature Buddies**, **Heritage Buddies** and **Connectors**, based on successful pilot programmes, which outline how volunteers can identify and support people who would most benefit.

Across the world, we have **worked with more than 30 countries** to develop social prescribing programmes, learning from what has been achieved in the UK. And we continue to work hard to **raise the profile of social prescribing** through our Social Prescribing & Me campaign and the annual Social Prescribing Day.

As new plans emerge for the next ten years of health and care policy in England, this is a crucial time to highlight the role that social prescribing can play in helping people to live well for longer. Our **'Future of Social Prescribing in England'** report sets out what has been achieved, and also what could happen next. Our **evidence reviews** show that social prescribing can support people in many different ways, that it benefits our economy, and that it reduces unnecessary pressure on the health system.

In the face of changes, we remain optimistic about the power of social prescribing. By working together, we can strengthen communities and support people facing a wide range of challenges that affect their health.



Helen Stokes-Lampard, Chair



Charlotte Osborn-Forde, Chief Executive

This is a time of change - with a new Government and also new leadership at NASP. Through our first five years, Professor Dame Helen Stokes-Lampard has become our Chair of Trustees, establishing and growing the charity with wisdom, clarity and kindness. As she moves to New Zealand, we are hugely grateful for everything she has done, both for NASP and for the health of our country more widely. As the first full-time CEO for NASP, I have just completed my first year in post and I am proud to lead this remarkable team and to work with our diverse and innovative range of stakeholders. Thank you all for helping make this organisation the huge success that it is, and I look forward to the opportunities and challenges ahead.



Charlotte Osborn-Forde, Chief Executive

Dated: 8 October 2024

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report and audited financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

Social prescribing is the practice of linking healthcare to community-based activities to address individual and community mental and physical health and wellbeing.

The charity's objects are to advance the study and practice of social prescribing for the public benefit, in particular, but not exclusively, by:

1. Make some noise - raising the profile of social prescribing

In order to expand social prescribing, we need to get the message out there - that connecting people for wellbeing is vital for people and communities.

2. Find resources - develop innovative funding partnerships

We recognise the challenges faced by social prescribing link workers, the local voluntary, community, social enterprise and arts sector and will seek to improve resources to realise their social prescribing goals.

3. Build relationships - broker and build relationships across all sectors

Social prescribing relies on strong, mature relationships at national and local levels across multiple sectors.

4. Improve the evidence - shape and share the evidence base

There is already an evidence base for social prescribing, but it is not comprehensive. We need to build a consensus about what we know and don't know, improve accessibility and visibility of evidence.

5. Spread what works - promote learning on social prescribing

We will share what is good, what has been learnt and draw from multiple sources to ensure continued development of social prescribing.

The National Academy For Social Prescribing ("NASP") works with key partners - such as Arts Council England, Historic England, Money and Pensions Service, Natural England, NHS, Sport England, and Independent Age - to administrate and manage grants allowing greater reach and deeper engagement in relation to social prescribing. All grant making/giving partners are issued NASP's partnership agreement detailing key governance, project management and risk mitigation points. All grant making/giving strands of activity must be signed off at Board level too.

The trustees have paid due regard to guidance on public benefit issued by the Charity Commission in deciding what activities the charity should undertake.

Our vision

Our vision is to help people live the best lives they can through social prescribing.

Our strategy for 2023-26 focuses on five key ambitions.

Connection

A connected social prescribing system enabling easier access to activities and information.

Partnership

Local, national and international partnerships driving innovative ideas and approaches.

Investment

Boosted investment in community activities directly supporting people's health and wellbeing.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Evidence

The best evidence shaping social prescribing policy, practice and research.

Profile

A raised profile of how social prescribing changes lives and strengthens communities.

In 2023, we published our Future of Social Prescribing in England report, which builds on this vision and sets out recommendations for the future.

Highlights from 2023-24

- Launched the Power of Music Fund, announcing a Centre of Excellence for Music and dementia and grants for music-based support;
- Supported thousands of Link Workers and voluntary sector professionals through webinars, toolkits and resources;
- Increased visitors to the NASP website by 235% since 2022-23;
- Published The Future of Social Prescribing in England report, setting out an ambitious plan for the next five years;
- Launched the second iteration of Art by Post, supporting thousands of people through art and poetry projects for health and wellbeing;
- Visited and presented on Social Prescribing in South Korea, Hong Kong, Australia, Singapore and Japan; and
- Launched the Innovation Network.

Connection

We are continuing to create a **connected social prescribing system**, enabling easier access to activities and information. We do this by supporting the social prescribing workforce - including Link Workers, NHS clinical staff and voluntary sector organisations - and providing advice and support to improve social prescribing systems.

Thriving Communities

In 2023-24, we celebrated the completion of our **Thriving Communities** programme. Highlights of the programme included:

- Establishing the £1.8million Thriving Communities Fund, an innovative programme of grants dedicated to supporting social prescribing activities in local communities, working in partnership with Arts Council England, Historic England, Money & Pensions Service, Natural England, NHS Charities Together, Sport England and NHS England. The fund supported more than 10,000 people through 37 projects and left a legacy of new programmes and improved connections between health systems and community organisations.
- The Thriving Communities Regional Programme. This included delivering *Learning Together*, which brought together local voluntary sector organisations to develop skills, learn and network. Our Regional Leads also delivered a wide range of webinars, workshops and conferences, and created reports and resources based on local needs.

The programme has played a crucial role in connecting organisations at a regional level. We are building on its success through the work of our National Leads (see Partnership section below) and by creating resources and webinars for voluntary sector organisations across the country. We are also continuing to support voluntary organisations through our Power of Music Fund (see Investment section below).

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Social Prescribing patient Outi's story

When social prescribing is successfully embedded in a medical setting, patients like Outi benefit. Having lost her business and home in quick succession, she experienced physical health issues caused by stress, and initially visited her GP. Following some medical investigations, she was referred to mental health support and then a Link Worker. She says the impact has been profound: "when I felt like I'd lost everything, it was social prescribing that helped me turn my life around. The support I received through my Link Worker helped me see there was a life still out there for me at a time when I was so low and couldn't see a way out. Now things are much better."

Through a social prescribing pilot programme, that focused on reintegrating people who had been isolated during the pandemic back into their communities, Outi began to leave the house again, meet new people and regain her confidence.

Workforce and Healthcare Integration

In 2023-24 we engaged with 37 Integrated Care Partnerships/Boards, out of the 42 Integrated Care Systems, supporting the development of their social prescribing platforms. We published ten guides focused on integrating social prescribing into the health and care system. These included guides on children and young people, older people and population health management.

In October 2023 we launched the Link Worker Advisory Group, consisting of 28 practising Link Workers with representation across England. The group meets monthly and covers a variety of discussion topics- including the opportunity to discuss national developments, be part of workshops to inform our developing workforce programme and offer advice, support and skills across NASP's work.

Social Prescribing Link Worker Reuben's story

Brighton & Hove LGBT Switchboard supports vulnerable individuals through its specialised social prescribing service. Reuben, a social prescriber at the charity, assists TNBI (trans, non-binary, and intersex) people and LGBTQ+ (lesbian, gay, bisexual, trans, queer) migrants, refugees, and asylum seekers. These groups can face significant challenges in healthcare, mental health, education, employment, and social connections. Founded in the mid-1970s, Switchboard still operates its original helpline and collaborates with other services to offer comprehensive care. Funded by NHS England via Together Co Brighton, their social prescribing services are unique in the UK. Reuben explains, "It's a privilege to see an issue through to resolution or support clients with other services." He adds, "We meet people where they feel comfortable, emphasising our 'by and for' LGBTQ+ service to ensure clients feel accepted and understood."

Champions

Social prescribing champions are NHS staff members in England (clinical and non-clinical) working across community, primary, and secondary care to raise awareness of social prescribing within their workplace or profession. Since 2022, they have been supporting Social Prescribing Link Workers, promoting good practice, and helping busy practitioners to consider social, emotional and practical support needs alongside biomedical interventions for patients.

In 2023-24, a review of the programme in the previous year showed that 96% of participants felt that NASP's workshops had had a significant positive impact on their ability to champion social prescribing. They had hosted webinars and workshops to raise awareness, engaged thousands of fellow professionals on social media, and in some cases redesigned local systems to increase the use of social prescribing. While the programme is no longer funded by NHS England, we have continued to welcome new champions across a range of disciplines and support them to increase awareness and good practice.

We also continue to support the Student Social Prescribing Champions scheme. Over seven years, 782 student champions from 87 universities have delivered 1,500 peer-teaching sessions. The scheme has also led to social prescribing being included in the medical training curricula across the country.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

NASP Student Champion, John Wells's story

John, a student nurse at Liverpool John Moores University, said:

"I initially joined NASP's Student Champion scheme as I was very interested in social prescribing after completing a module on it in my university course. I've been helping spread the word to residents across Merseyside at various events but the most enjoyable was an event with Liverpool Libraries, where I spent time with residents. It was an event that was advertised on Twitter and a local radio station and had stalls from various charities to help local people. I felt so proud to represent nurses and midwives within the scheme, especially as this was a brand-new role. I want to spread the word across all multi-disciplinary teams (MDTs) about how amazing social prescribing is, and the dramatic changes in our patients that it can make."

NASP Student Champion, Emily Dean's story

"I initially joined the scheme because after hearing about social prescribing, I recognised it would have helped me in my struggles with an eating disorder. Structured activity with like-minded people would have helped me so much because the activity itself and the associated friendships positively impact mental and physical wellbeing and loneliness. Also, my experience volunteering with adults with learning disabilities through activities such as gardening, cooking, art and sports also showed me that community built through shared experiences changes people's lives. My aim when joining the scheme was to introduce other healthcare students to the role of social prescribing link workers and how they provide access to activities, support and volunteering opportunities for patients. It's essential that we can utilise this amazing resource to benefit individual patients."

The Future of Social Prescribing

In November 2023, we published the Future of Social Prescribing in England, a report focused on what has been achieved since the NHS Long Term Plan in 2019 and on priorities for the future. This was based on consultation with partners across the social prescribing system, and sets out priorities for the next five years.

Our recommendations:

1. Ensuring that every GP practice in England has a Social Prescribing Link Worker, by almost doubling the number of link workers to 6,500.
2. Supporting frontline community organisations through Shared Investment Funds for social prescribing.
3. Improving data through a national hub to ensure social prescribing becomes business as usual in the NHS.
4. Establishing a world-class training and development programme for Social Prescribing Link Workers and social prescribing leaders working in the NHS and beyond.
5. Making prevention a priority by embedding social prescribing in wider civic and community services - including in workplaces.

Partnerships

National leads

Natural Environment

This year we have made significant strides in the Green Social Prescribing (GSP) Test and Learn pilot, collaborating closely with national programme partners on the next steps for scaling and spreading the programme. The GSP toolkit, a key output from the pilot programme, has been promoted on the NASP website, resulting in 1,957 downloads over the financial year.

Nature Buddies emerged from the GSP pilot programme to help address barriers individuals face in accessing nature-based activities and support. Through a co-design process with local partners and Natural England, different models for Nature Buddies were scoped, leading to pilot projects that explored how buddies can support people experiencing social isolation and anxiety. The learning from these projects and stakeholder discussions was compiled into the Nature Buddies toolkit, which organisations and providers can use to set up their own Nature Buddies programmes.

The Nature Buddies toolkit, resource pack, webinar recording, and animations are hosted on our website and have had high engagement, with the toolkit being visited by 2,000 users and downloaded 378 times in 2023-24.

In addition, we successfully submitted a bid to the Treasury to extend the GSP Test and Learn pilot programme. The bid outcome extends the programme until March 2025 with a £2.846 million grant from the Treasury Shared Outcomes Fund. The national evaluation report, set for publication, will provide insights into the programme's impact.

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FOR THE YEAR ENDED 31 MARCH 2024

In collaboration with Natural England, we have also updated the Nature Connections evidence note, enhancing the dissemination of evidence-based benefits of nature connection and nature-based activities, which have been downloaded 1,168 times over the financial year 2023/24

Social prescribing patient, Beks' story

Beks was in the depths of depression and PTSD, and was struggling with financial issues, when she was referred to her Social Prescribing Link Worker at Devon Mind.

When offered a place on a two-night hiking residential led by Mind Over Mountains team of professional coaches and counsellors, she was able to embrace her deep connection to nature to begin to shift the way she felt about herself and her place in the world.

Beks said: "The group as a whole was so positive and there was no judgment, which was really important to me. Everyone had such different backgrounds, with difference experiences and varying levels of support, but it worked well and there were plenty of opportunities for me to feel safe, included and supported."

Historic Environment

Working with Historic England this year, we have successfully completed two pilot projects. The Heritage Connectors pilot delivered by Frome Medical Practice showed how heritage can be used in a local NHS-based social prescribing service. The Heritage Buddies pilot delivered by Nottingham Community and Volunteer Service showed how heritage volunteering can be linked to buddying and befriending to help people in need and maximise the potential of local heritage assets.

Both pilots produced toolkits, case studies and evidence reports, in collaboration with local and national partners (Historic England, Natural England and Wavehill Ltd), while two webinars on Heritage and Nature Buddies and Community Connectors helped share the results and learning widely.

The other heritage and wellbeing pilots include Project Rejuvenate (focused on heritage and archaeological therapeutic interventions for disadvantaged young people), HerWelNHS (looking at ways to improve wellbeing for NHS staff at Queen Alexandra's Hospital in Portsmouth via engagement with local heritage) and Heritage Link Worker (developing social prescribing pathways for supporting people with ill mental health in Great Yarmouth). Each resulted in useful blueprints for future embedding of heritage in wellbeing and social prescribing initiatives.

A major highlight for the heritage sector this year was the first ever Wellbeing and Heritage Conference, organised by Historic England (and the NASP National Lead for the Historic Environment), The Council for British Archaeology and The Southampton Institute for Arts and Humanities, held at Delapré Abbey. It was a huge success, attracting 140 delegates representing more than 30 organisations with 70 practitioners speaking and presenting, including local MPs and social prescribing leads from the Department of Health and Social Care.

'Heritage for Wellbeing' project, run by The Restoration Trust, has transformed the lives of many in Great Yarmouth, Gorleston and Lowestoft. By engaging participants on archaeology, ancient landscapes, historic sits and archives across East Anglia, the initiative has provided a unique avenue for mental health support.

In collaboration with local health and heritage services, the project connects individuals through social prescribing services to enriching heritage activities, and breaks down barriers that prevent those with low income and poor health from accessing them.

Participant David Ball shares, "When my wife died, I felt utterly alone. Heritage for Wellbeing became my lifeline. The group welcomed me warmly, transforming strangers into family. Learning about local heritage with them has been a joy."

Participant Kerry-Ann reflects on her journey: "Joining the group introduced me to kind, caring people. Heritage for Wellbeing has been a lifesaver, offering freedom in open spaces and alleviating my isolation. I've rediscovered laughter and curiosity about our heritage leaving little room for negative thought."

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FOR THE YEAR ENDED 31 MARCH 2024

Arts and Culture

2023 saw the second iteration of the hugely successful Art by Post: Poems for our Planet. In partnership with the Southbank Centre, this postal and digital project produced a series of creative booklets, designed by artists and activists, which guided participants through activities. They used poetry, creativity and nature to inspire and support wellbeing, helping readers to make connections with the living world around them. Over 3,500 booklets were distributed by June 2023.

Karin Parkinson, who is a carer for her husband living with dementia said: "You have to feed yourself if you are a carer, if you don't then you can't care any longer. Resources that make you feel like you still exist – not just as a carer but as a creative person – are fantastic and I think Arts by Post really did that for me."

We undertook some rapid preliminary research on referrals to the arts and creative activities made by Link Workers and social prescribers. During this scoping exercise, we held roundtables with academics, Link Workers and creative health practitioners to test the widely held assumption that referrals to the sector are relatively low, despite evidence that creativity positively impacts wellbeing. We concluded that this perception is broadly true, although the reasons are complex, pointing to the need to do more to understand why before designing effective solutions.

Along with advocacy, webinars, podcasts and speaking engagements to raise the profile of social prescribing in the arts sector we also worked closely with Libraries Connected, Public Libraries Health Group and the Reading Agency to further develop and embed the social prescribing offer in libraries as part of their universal health offer. This included initiating a bid for a pilot social prescribing hub in Suffolk next year.

Physical Activity

Over the last year, our work has continued to grow and embed physical activity within primary and secondary care. We have been working with Link Workers and multi-disciplinary teams across the country to explore how to embed physical activity into their working practice. We have recruited areas around the country, interested in developing links with the local physical activity infrastructure to work in collaboration to address their local populations' needs via groups and developing local collaborations.

In September, we brought a number of national sports and physical activity organisations together with integrated care systems across Yorkshire and Humber to explore how physical activity and sports could work together in collaboration to share resources to address local health priorities. It was a successful day, with 50 people in attendance, all committed to exploring ways to work better together. This became a springboard for us to work with a number of national organisations exploring collaboration and shared investment for children and young people's social prescribing for mental health, which will be a major focus for next year.

Older People

In partnership with Independent Age, we commissioned Reaching People Leicester (RP) and Hastings Voluntary Action (HVA) in April 2023 to better understand the needs of older people not currently accessing social prescribing, and to co-design local, asset-based social prescribing offers that respond to their priorities. Engagement of local people in Hastings took place, for example, in foodbanks and community larders. In Leicester, RP identified that the highest priority groups according to local ICB deprivation data were three sets of older people - those facing financial hardship, those socially isolated and those for whom English is a second language. They used positive psychology coaching in the engagement activities, which were delivered in English and Gujarati.

As a result of the engagement, social prescription initiatives were co-designed. In Hastings, several co-designed Healthy Hastings sessions and one Community Marketplace took place before the end of March. Through the Community Marketplace, HVA were able to provide access to activities, information, advice and guidance on health and wellbeing and financial wellbeing by a range of local services and organisations. In Leicester, activities included draught excluders being made with Adult Learning in the Knit and Natter sessions, and individuals helped to apply for Attendance Allowance and move benefits into their own accounts. Building on their experiences of co-design with local older people, the two sites produced a toolkit to share their learning and tips.

Through engaging older people, the sites identified a lack of relevant information, so they collated demographic data, and mapped community resources and social prescribing services. This insight is written up in a blog published by the King's Fund. Another blog was published by the Oxford Social Prescribing Research Network about Leicester's dual in person and online provision as well as developing volunteers to take on running groups.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Brenda and Janet's story: Making connections through social prescribing

In January 2022, Brenda's life took a drastic turn after a heart attack and severe COVID-19, leaving her debilitated and depressed. "I went into a deep depression. Carers had to help me as I was so far down," she recalls. Her recovery began when a carer urged her to see a doctor, who referred her to social prescriber, Janet. "Janet listened to me and offered to take me to a Talkin' Table," Brenda says.

Janet, a Social Prescribing Link Worker at Chorley Council, said: "Helping and supporting people is gratifying. Social Prescribing connects people to the community, which is why I fully support initiatives like Talkin' Tables that combat social isolation."

Brenda was initially nervous about attending Talkin' Tables. "I was too nervous, but I knew I had to go," she says. Janet accompanied her to the first session. "I couldn't have gone in without Janet," Brenda says, when talking about how the experience revived her. "It has brought me back to life. Without it, I wouldn't be here now." Brenda now enjoys social gatherings and has made new friends. Brenda's sons are thrilled to see their mother thriving again. "I've recommended Janet to friends. She changed my life," Brenda says.

Children and young people

Social prescribing has enormous potential to support children and young people. We were delighted to begin partnerships with the Linbury Trust and the Sam West Foundation to develop a vision for social prescribing for children and young people's mental health and emotional wellbeing. Working with a wide range of partners across the UK, and learning from successful projects, we will publish a report in 2024 outlining a plan for the future.

Global

International visits & speaking engagements

We have hosted a series of ministerial delegations in person at NASP as well as delivering several presentations in person in South Korea, Hong Kong, Australia, Singapore, and Japan. For example, our Global Lead Healthcare Integration Lead visited Singapore to deliver a Social Prescribing Masterclass to over 400 people and was part of a ministerial roundtable organised by the Department of Health.

In November we hosted delegations from Canada and Australia, including a political roundtable. We arranged comprehensive site visits for our guests, offering firsthand insights into innovative care models at Bromley-by-Bow and Frome Medical Practice.

We have been part of multiple international conferences including keynote speeches at the launch of the Lisbon Social Prescribing network, Nigerian Arts in Health Week, a presentation for the Department of Health in Germany, a keynote presentation for a social prescribing conference in New York and several others. We hope to use existing NASP assets to secure larger consultancies that would enable NASP's long term sustainability.

International Social Prescribing Collaborative

During the Autumn, we spent some time clarifying the governance structure and relationships between the Global Social Prescribing Alliance (GSPA LTD), NASP and the global network of international partners which reformed as the International Social Prescribing Collaborative (ISPC) in late 2023.

This community of practice – the International Social Prescribing Collaborative - is thriving and continues to meet on a six-weekly basis. The group has grown to include representatives from 34 countries around the world. This group enables NASP to learn about best practice taking place across the world and facilitates shared learning on a global scale.

We continue to provide secretariat support to the group and see high engagement, fostering a dynamic exchange of knowledge and experiences. These gatherings have proven invaluable in strengthening international relationships and facilitating shared learning amongst peers, reaffirming our position as leaders in this community.

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TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We have secured two co-chairs for the group to spread ownership and responsibility, as well as some subgroups on Children and Young People, Evidence, and Green Social Prescribing, to allow members to explore more in-depth conversations and collaboration with each other.

In early 2024, we presented an update of the Global Social Prescribing Map, extending it from 24 to 30 countries. This was published in June 2024 at the International Social Prescribing Conference.

Partnerships

In partnership with Harvard University, for the third consecutive year, NASP hosted two students between June and August. Both students collaborated with international partners and led key work on the development of case studies in social prescribing for children and young people, and the development of an international training programme for Link Workers.

We supported NASP's workforce lead with developing an Accredited International Link Worker Training Programme as well as working closely with our evidence team to join efforts in developing the International Evidence Collaborative.

Innovation

In 2023-24 we evolved from the 'Accelerating Innovation Programme' into a new culture of embedding innovation across all our programmes, supporting the delivery of a truly connected social prescribing system. At the heart of our innovation work, we aim to amplify voices across the social prescribing system, to develop effective practice, support opportunities for collaboration and drive forward quality delivery of social prescribing to those who need it most.

In August 2023, we launched our new Innovation Network, which supports those delivering social prescribing to build the knowledge, connections and skills they need to apply innovation in their organisation/sector. A recent survey showed that the network provides members with:

- opportunities for peer learning and networking
- new knowledge direct from practice
- understanding of the wider system
- learning from regional and national examples.

Across the year, we have also:

Launched the Innovation Network - 186 active members, bringing together national and regional voluntary, community, faith and social enterprise (VCFSE) organisations, public sector bodies and Link Workers from across the UK.

Developed a Knowledge Gateway – A digital training and development offer for charities and social enterprises, with 60 VCFSE organisations interested in undertaking the training when launched later this year. The Gateway will provide organisations with the skills and knowledge necessary to effectively deliver quality social prescribing activity.

Launched the Innovation Hub – An online resource, offering simplified access to case studies that demonstrate innovative social prescribing initiatives across a wide range of sectors and communities. We have so far showcased over 30 innovative examples that aim to inspire and inform individuals from across the social prescribing system.

Supported new research – We provided insights and support to increase the evidence base of social prescribing, particularly focusing on research that demonstrates the impact and scalability of innovative approaches. This includes our work on the NIHR Work & Health, research which aims to address key challenges in supporting workplace health, including long-term conditions.

Led learning exchanges – Working with emerging areas of social prescribing, including the prison and probation system, and the business sector, we have hosted a series of learning exchanges where experts in social prescribing come together with leaders in underdeveloped areas of social prescribing to share learning, make recommendations and advocate for developing social prescribing within these sectors/communities.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Investment

Power of Music Fund (POM)

The Power of Music Fund aims to support people living with dementia and their carers through music. We launched the fund in November 2023, in partnership with the Utleigh Foundation, Arts Council England, Music for All and Universal Music. The launch event included speeches from Sir John Whittingdale, Minister of State for DCMS, and arts leaders, and led to significant press coverage.

The fund was designed after research and co-design sessions with colleagues from across the sector, including the Utleigh Foundation. The sessions brought a breadth of participants – from academics to groups providing support to people living with dementia at a hyper-local level, to funders.

In 2024, 70 grantees were selected to receive funding in the first round of Small Grants for community organisations providing music activities and groups for people with dementia. This is multiyear funding of up to £7,000 across three years and will enable over 4,500 people to benefit. The organisations have been selected as best practice and innovators in the field developing new models and approaches or gathering evidence and data which is strategically useful. They were selected from 380 applications – a demonstration of how much excellent work is already taking place at local levels across the country.

We also developed plans to launch the UK's first Centre of Excellence for Music and Dementia, with bids submitted at the start of 2024. The Centre of Excellence will directly support thousands of people living with dementia and their carers, but also provide evidence of the impact that music-based support can have on health, wellbeing and NHS service use.

The fund has been highlighted with government departments including DEFRA, DCMS and DHSC as a pilot for a shared investment approach to resourcing social prescribing. It was featured as an exemplar in the DCMS Creative Industries Vision.

Shared Investment Funds for social prescribing

We worked with more than 100 organisations to develop new models for shared investment funds for community groups and services providing socially prescribed support. *Envisaging a Social Prescribing Fund*, our report funded by the National Lottery Community Fund, will be published later in 2024.

The report recognises that funding for community organisations and activities is too often short term and fragmented. However, by combining different sources of investment – including from national funders, NHS, Local Authorities, businesses and philanthropists – there is an opportunity to develop new longer term funds, aligned with local health needs.

This work builds on previous shared investment initiatives, like The Power of Music Fund, The Thriving Communities Fund and the cross-Government Green Social Prescribing programme. Endorsed by a wide range of organisations, it sets out an ambitious plan for the future of social prescribing investment.

Evidence

New evidence published in 2023-24

During 2023-24, we continued to work with our evidence collaborative to produce accessible evidence products on a range of identified evidence gaps for policy and practice in the UK. We have built on our existing library of published briefings and rapid evidence reviews to add reviews on:

Children and young people's social prescribing - There is emerging evidence around the benefits of social prescribing for young people, particularly for those aged over 17, on personal and mental wellbeing, including loneliness. There is also preliminary evidence to suggest there is a potential favourable return on investment. However, to strengthen the evidence base, more robust research is needed.

Supporting the voluntary, community, faith and social enterprise sector to evaluate social prescribing

The review helped to identify and collate existing resources that aim to support the evaluation of social prescribing activities. The review found a need for clear signposting to trusted resources and identified potential solutions to shared challenges when evaluating social prescribing activities.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Building the economic case for social prescribing – Evidence suggests that social prescribing can save money, with findings from studies using five different methods showing that social prescribing can have a positive economic impact through reduced pressure on the NHS. This includes reduced GP appointments, reduced hospital admissions and reduced A&E visits for people who have been referred to social prescribing. Studies suggest that social prescribing schemes can deliver between £2.14 and £8.56 in economic and social value for every £1 invested.

Profile

Communications

We have continued to raise the profile of social prescribing, among both the public and health and care professionals. According to our YouGov survey in March 2024, 20% of adults in England have heard of the term “social prescribing” – a rise from 13% in March 2022.

While recognition of the phrase “social prescribing” is still growing, 65% of adults in the UK are now aware that health workers can refer people to non-medical activities to improve their health and wellbeing. Most respondents also agreed that there should be someone available in every GP surgery who can get to know patients, understand their needs, and refer them to non-medical services in their area.

Our activity to raise awareness of social prescribing over the last year has included:

The **Social Prescribing & Me campaign**. Showcasing the stories of Linda, Evrill and Shiv, the campaign reached more than one million people on social media through NASP channels, with more than 30,000 views of the campaign films. Six social media influencers also supported the campaign (with more than 700,000 combined followers).

We secured **media coverage** about social prescribing on BBC 6 and 10 o'clock news, The Today Programme (Radio 4), the Guardian, Telegraph, Sunday Times, Independent, Express, Evening Standard, Pulse PCN and BMJ – and a wide range of local and regional media.

We **coordinated #SocialPrescribingDay**, producing a wide range of editable resources for organisations across the country to use. The hashtag had a potential reach of 6.8 million people on the day, with more than 30 events taking place across the UK. We also supported NHS England's Help Us To Help You campaign.

Overall, the number of **unique visitors to our website** has more than doubled in the last year: from around 60,000 in 2022-23 to more than 136,000 in 2023-24.

Webinars

NASP continues to offer a programme of free webinars covering a range of topics from a broad spectrum of industries and backgrounds. Examples across the year include: men's mental health, social prescribing across the life course, how care navigation can improve access to social prescribing and supporting Link Workers in their role and induction.

We held **12 webinars aimed at the social prescribing workforce** over the year 2023-2024, with an average attendance of 260 people at each one. In post-webinar surveys, the average rating for usefulness of our webinars is 8.06/10 and satisfaction with our webinars is 8.1/10.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Our partners

We would like to thank our national partners, including:

Arts Council England
Historic England
Money and Pensions Service
The National Lottery Fund
Natural England
NHS Charities Together
NHS England
Independent Age
LEGO Group
Music for Dementia
Sport England
The Utley Foundation
Universal Music
Music for All
UK Music
The Linbury Trust
Sam West Foundation
The Social Prescribing Network
Business for Health

And our regional partners, including:

Active Dorset
Burnley, Pendle & Rossendale CVS
Communities 1st
Community Action Derby
Crawley Community Action
London Plus
Voluntary Organisations Network North East (VONNE)

Financial review

For the year ended 31 March 2024 the Charity received total income of £2,731,968 (2023: £3,897,979) and incurred expenditure on charitable activities of £2,536,295 (2023: £3,372,410) resulting in a surplus position for the year of £195,673 (2023: £525,569). During the year the Charity received a grant of £1.9m from The Department of Health and Social Care (DHSC) and has secured funding from DHSC of £1.7m for 2024/25.

At 31 March 2024 the Charity had cash of £1,424,652 (31 March 2023: £844,639), restricted funds of £442,822 (31 March 2023: £449,856) and unrestricted funds of £511,727 (31 March 2023: £309,020).

Reserves policy

NASP's Reserves policy is designed to ensure financial stability for NASP as a registered charity with between 3-6 months of operational costs held in a designated Reserves Account which can only be used with Board authorisation.

NASP's main source of income continues to be grant funding from DHSC but one of its objectives over the next 2-3 years is to derive more income from other sources. The current funding agreement with DHSC means that any underspend of grant monies received from DHSC is carried over into the following year and offset against new grant monies due from DHSC.

Based on its current levels of expenditure NASP has set a minimum target of £450,000 to hold as reserves as recommended by the Charities Commission to cover 3 months of operating costs. As noted above NASP has exceeded this target.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Risk management

NASP management regularly reviews the Risk Register on a bi-monthly basis and reports this to our Trustees and on a quarterly basis to the Finance, Audit, Investment and Risk Committee (FAIRCO). At present the main highlights are around diversifying our income streams and ensuring we have robust processes and staffing structures and levels to meet our programme requirements. As the Risk Register is reviewed across the Senior Management Team and Board every 8 weeks this ensure that the leadership team are very aware of the risk and related mitigations in daily business operations.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate the impact or likelihood of occurrence of its major risks.

Plans for future periods

We have developed five longer term goals which will shape our priorities and outcomes for 2023-2026:

- Raise the profile of how social prescribing changes lives and strengthens communities.
- Boost investment in community activities directly supporting people's health and wellbeing.
- Strengthen the whole social prescribing system to enable easier access to activities and information.
- Build the evidence so the best information shapes social prescribing policy, practice and research.
- Forge local, national & international partnerships to drive new ideas and approaches.

Structure, governance and management

The charity is a company limited by guarantee. The charity is governed by its memorandum and articles adopted on 25 February 2020 as amended by special resolution on 1 September 2020.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Prof Dame H J Stokes-Lampard - Chair

Mr C R T Askew (Resigned 25 January 2024)

Mr J Badyal

Dr H O Brunjes

Ms P Dimond

Baroness T C D Grey-Thompson (Resigned 18 May 2023)

Mr B Gudger

Ms P R Hitchcox

Ms S Metcalfe

Ms G A Palmer

Ms C A Fyfe (Appointed 16 August 2024)

Dr D M Deniszczyc (Appointed 16 August 2024)

Lady A P Ellingworth (Appointed 16 August 2024)

The appointment of new trustees is performed through national advertising when the positions become available. Trustees are offered induction training when they first join allowing them to understand and connect to the business fully. Regular meetings with respective staff members take place with Board expertise in specific areas being utilised.

Alongside NASP's Remuneration Committee (REMCo), NASP's Remuneration Policy clearly states that the policy and any changes in remuneration must support NASP's vision, purpose and values. A robust process around remuneration changes (e.g. acting up allowance, additional responsibilities), is in place which involves sign off at both Senior Management Team and Trustee level with a yearly review of all salaries scheduled in Q4. Annual benchmarking of salaries and reviews of internal bandings are completed in Q4.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The Charity is governed by the trustees with day-to-day activities managed by an operational committee which is headed by our Chief Executive Officer, Charlotte Osborn-Forde, who commenced in April 2023.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2024*

Auditor

PKF Littlejohn LLP were appointed as first auditors to the company during 2020/21 by the Trustees. The Company is not required under its Articles to hold an Annual General Meeting. Accordingly, PKF Littlejohn LLP are re-appointed auditors to the Company.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

In preparing this report the trustees have taken advantage of the small company exemptions provided by section 415A of the Companies Act 2006.

The trustees' report was approved by the Board of Trustees.



.....
Prof Dame H J Stokes-Lampard - Chair

Trustee
Dated: 8 October 2024
.....

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also the directors of The National Academy for Social Prescribing for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

Opinion

We have audited the financial statements of the National Academy for Social Prescribing (the 'charitable company') for the year ending 31 March 2024 which comprise the Statement of Financial Activities including the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the trustees' annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report, which includes the strategic report and the directors' report prepared for the purposes of company law, for the financial period for which the financial statements are prepared is consistent with the financial statements; and
- the strategic report and the directors' report included within the trustees' report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the strategic report or the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- We obtained an understanding of the charitable company and the sector in which it operates to identify laws and regulations that could reasonably be expected to have a direct effect on the financial statements. We obtained our understanding in this regard through discussions with management, industry research, application of cumulative audit knowledge and experience of the sector.
- We determined the principal laws and regulations relevant to the charitable company in this regard to be those arising from Companies Act 2006 and the Charities Act 2011.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

- We designed our audit procedures to ensure the audit team considered whether there were any indications of non-compliance by the charitable company with those laws and regulations. These procedures included, but were not limited to, enquiries of management and review of minutes.
- We also identified the risks of material misstatement of the financial statements due to fraud. We considered, in addition to the non-rebuttable presumption of a risk of fraud arising from management override of controls, that there was potential for management bias in the timing of recognition of income from grants. We addressed this through review of all material grant agreements to ensure correct treatment under the Charities SORP, including consideration of the accounting period in which income should be recognised.
- As in all of our audits, we addressed the risk of fraud arising from management override of controls by performing audit procedures which included, but were not limited to: the testing of journals; reviewing accounting estimates for evidence of bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone, other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Alastair Duke (Senior Statutory Auditor)
For and on behalf of PKF Littlejohn LLP
Statutory Auditor

14 October 2024
.....

15 Westferry Circus
Canary Wharf
London E14 4HD

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

| | | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total 2024 £ | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total 2023 £ |
|---------------------------------------|-------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| | Notes | | | | | | |
| Income and endowments from: | | | | | | | |
| Grants and donations | 3 | - | 2,619,831 | 2,619,831 | - | 3,471,951 | 3,471,951 |
| Charitable activities | 4 | 81,161 | 24,256 | 105,417 | - | 117,008 | 117,008 |
| Investments | 5 | 6,720 | - | 6,720 | - | - | - |
| Other income | 6 | - | - | - | 309,020 | - | 309,020 |
| Total income | | 87,881 | 2,644,087 | 2,731,968 | 309,020 | 3,588,959 | 3,897,979 |
| Charitable activities | 7 | 83,301 | 2,452,994 | 2,536,295 | - | 3,372,410 | 3,372,410 |
| Net income | | 4,580 | 191,093 | 195,673 | 309,020 | 216,549 | 525,569 |
| Transfers between funds | | 198,127 | (198,127) | - | - | - | - |
| Net movement in funds | | 202,707 | (7,034) | 195,673 | 309,020 | 216,549 | 525,569 |
| Reconciliation of funds: | | | | | | | |
| Fund balances at 1 April 2023 | | 309,020 | 449,856 | 758,876 | - | 233,307 | 233,307 |
| Fund balances at 31 March 2024 | | 511,727 | 442,822 | 954,549 | 309,020 | 449,856 | 758,876 |

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The notes on pages 22 to 34 form part of these financial statements.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

BALANCE SHEET

AS AT 31 MARCH 2024

| | Notes | 2024 £ | £ | 2023 £ | £ |
|---|-------|------------------|----------------|------------------|----------------|
| Fixed assets | | | | | |
| Tangible assets | 13 | | 12,520 | | 31,273 |
| Current assets | | | | | |
| Debtors | 14 | 76,398 | | 402,091 | |
| Cash at bank and in hand | | 1,424,652 | | 844,639 | |
| | | <u>1,501,050</u> | | <u>1,246,730</u> | |
| Creditors: amounts falling due within one year | 15 | <u>(559,021)</u> | | <u>(519,127)</u> | |
| Net current assets | | | 942,029 | | 727,603 |
| Total assets less current liabilities | | | <u>954,549</u> | | <u>758,876</u> |
| Income funds | | | | | |
| Restricted funds | 17 | 442,822 | | 449,856 | |
| Unrestricted funds | | 511,727 | | 309,020 | |
| | | <u>954,549</u> | | <u>758,876</u> | |

For the year ended 31 March 2024, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The notes on pages 22 to 34 form part of these financial statements.

8 October 2024

The financial statements were approved by the Trustees on



Prof Dame H J Stokes-Lampard - Chair
Trustee

Company Registration No. 12275770

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

| | Notes | 2024 £ | £ | 2023 £ | £ |
|---|-------|-----------|-----------|-----------|---------|
| Cash flows from operating activities | | | | | |
| Cash generated from operations | 22 | | 573,746 | | 235,101 |
| Investing activities | | | | | |
| Purchase of tangible fixed assets | | (453) | | (8,960) | |
| Investment income received | | 6,720 | | - | |
| Net cash generated from/(used in) investing activities | | | 6,267 | | (8,960) |
| Net cash used in financing activities | | | - | | - |
| Net increase in cash and cash equivalents | | | 580,013 | | 226,141 |
| Cash and cash equivalents at beginning of year | | | 844,639 | | 618,498 |
| Cash and cash equivalents at end of year | | | 1,424,652 | | 844,639 |

The notes on pages 22 to 34 form part of these financial statements.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

The National Academy for Social Prescribing is a private company limited by guarantee incorporated in England and Wales. The registered office is Southbank Centre, Belvedere Road, London, SE1 8XX.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

The financial statements have been prepared on the going concern basis. The trustees have considered relevant information, including future cash flow forecasts and the impact of subsequent events in making their assessment.

Based on these assessments and having regard to the resources available to the entity, the trustees have concluded that there is no material uncertainty in relation to the appropriateness of continuing to adopt the going concern basis in preparing the annual report and financial statements.

1.3 Charitable funds

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income from government grants is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Expenditure relating to charitable activities is included in the Statement of Financial Activities on an accruals basis.

Support costs include amounts incurred in respect of the running of the charity as an organisation, including general management, administration and the finance function. The bases on which support costs have been allocated are set out in note 8.

Governance costs include staff costs incurred to support governance and legal and professional fees. The bases on which support costs have been allocated are set out in note 8.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

| | |
|-----------------------|--------------------------------|
| Fixtures and fittings | 25% reducing balance per annum |
| Computer equipment | 33% straight line per annum |

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument. Basic financial instruments are measured at transactions price and are subsequently measured at their settlement value.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Grants

| | Restricted funds | Restricted funds |
|--|---------------------|---------------------|
| | 2024 £ | 2023 £ |
| Donations and gifts | 12,596 | - |
| Grants receivable | 2,607,235 | 3,471,951 |
| | <u>2,619,831</u> | <u>3,471,951</u> |
| Grants receivable for core activities | | |
| Department of Health and Social Care | 1,900,000 | 3,077,789 |
| Sport England | 42,675 | 85,350 |
| Lego Company Ltd | (2,450) | 183,500 |
| Independent Age | 140,227 | 109,560 |
| The Utley Foundation | 352,000 | - |
| Arts Council England | 91,020 | - |
| The National Lottery Community Fund | 51,915 | - |
| Arts Council England - Power of Music fund | 30,000 | - |
| Other | 1,848 | 15,752 |
| | <u>2,607,235</u> | <u>3,471,951</u> |

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

| 4 Charitable activities | Natural England 2024 £ | NHSEI 2024 £ | Local Trust 2024 £ | Other 2024 £ | Total 2024 £ | Natural England 2023 £ | NHSEI 2023 £ | Other 2023 £ | Total 2023 £ |
|----------------------------------|---------------------------------|--------------------|--------------------------|--------------------|--------------------|---------------------------------|--------------------|--------------------|--------------------|
| | | | | | | | | | |
| Services provided under contract | 10,000 | 14,256 | 37,400 | 43,761 | 105,417 | 33,071 | 26,000 | 57,937 | 117,008 |
| Analysis by fund | | | | | | | | | |
| Unrestricted funds | - | - | 37,400 | 43,761 | 81,161 | - | - | - | - |
| Restricted funds | 10,000 | 14,256 | - | - | 24,256 | 33,071 | 26,000 | 57,937 | 117,008 |
| | 10,000 | 14,256 | 37,400 | 43,761 | 105,417 | 33,071 | 26,000 | 57,937 | 117,008 |

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

5 Income from investments

| | Unrestricted funds 2024 £ | Unrestricted funds 2023 £ |
|---------------------|------------------------------------|------------------------------------|
| Interest receivable | 6,720 | - |

6 Other income

| | Unrestricted funds 2024 £ | Unrestricted funds 2023 £ |
|--------------|------------------------------------|------------------------------------|
| Other income | - | 309,020 |

Other income generated in the previous year related to grants issued by the charity to other entities, where at the conclusion of the grant period, the recipients of the grant held funds unspent which were therefore returned to the charity.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

| 7 Charitable activities | Promotion of social communities prescribing programme | | Thriving communities programme | | Sports England | | Total Promotion of social communities prescribing programme | | Thriving communities programme | | Sports England | | Total | |
|--|---|---|--------------------------------|---|----------------|---|---|---|--------------------------------|---|----------------|---|-----------|---|
| | 2024 | £ | 2024 | £ | 2024 | £ | 2024 | £ | 2023 | £ | 2023 | £ | 2023 | £ |
| Staff costs | 864,390 | | 54,235 | | 58,006 | | 976,631 | | 105,079 | | 57,993 | | 758,539 | |
| Other costs | 79,234 | | 323,045 | | - | | 402,279 | | 657,585 | | - | | 1,160,494 | |
| | 943,624 | | 377,280 | | 58,006 | | 1,378,910 | | 762,664 | | 57,993 | | 1,919,033 | |
| Grant funding of activities (see note 8) | 52,500 | | - | | - | | 52,500 | | 10,000 | | - | | 10,000 | |
| Share of support costs (see note 9) | 988,623 | | - | | 33,865 | | 1,022,488 | | 1,279,583 | | 40,713 | | 1,320,296 | |
| Share of governance costs (see note 9) | 82,397 | | - | | - | | 82,397 | | 123,081 | | - | | 123,081 | |
| | 2,067,144 | | 377,280 | | 91,871 | | 2,536,295 | | 2,511,040 | | 98,706 | | 3,372,410 | |
| Analysis by fund | | | | | | | | | | | | | | |
| Unrestricted funds | 83,301 | | - | | - | | 83,301 | | - | | - | | - | |
| Restricted funds | 1,983,843 | | 377,280 | | 91,871 | | 2,452,994 | | 2,511,040 | | 98,706 | | 3,372,410 | |
| | 2,067,144 | | 377,280 | | 91,871 | | 2,536,295 | | 2,511,040 | | 98,706 | | 3,372,410 | |

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Grants payable

| | Promotion of social prescribing 2024 £ | Promotion of social prescribing 2023 £ |
|---------------------------|--|--|
| Grants to institutions: | | |
| College of Medicine | - | 10,000 |
| Reaching People | 25,000 | - |
| Hastings Voluntary Action | 27,500 | - |
| | <u>52,500</u> | <u>10,000</u> |

9 Support costs

| | Support costs £ | Governance costs £ | 2024 £ | 2023 £ | Basis of allocation |
|-----------------------------|--------------------|-----------------------|------------------|------------------|---------------------|
| Staff costs | 498,712 | 23,810 | 522,522 | 617,372 | Time spent |
| Other costs | 504,570 | 58,587 | 563,157 | 807,047 | Direct |
| Depreciation and impairment | 19,206 | - | 19,206 | 18,958 | Direct |
| | <u>1,022,488</u> | <u>82,397</u> | <u>1,104,885</u> | <u>1,443,377</u> | |
| Analysed between | | | | | |
| Charitable activities | <u>1,022,488</u> | <u>82,397</u> | <u>1,104,885</u> | <u>1,443,377</u> | |

Governance costs includes fees to the auditors of £15,717 (2023 - £16,200) (net of VAT) for audit fees.

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

Average number of employees for the year were 22 (2023: 20).

Included within wages and salaries are employment costs associated with staff seconded to the charity from other organisations. The payroll for such staff remains with their substantive employer, therefore while the charity is liable for the costs of their employment, it does not pay social security or pension contributions to or on behalf of the seconded staff. The analysis below separates only the social security costs and pension contributions related to direct employees of the charity, with the full employment cost of seconded staff being included within wages and salaries.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

11 Employees (Continued)

| Employment costs | 2024 £ | 2023 £ |
|-----------------------|------------------|------------------|
| Wages and salaries | 1,367,713 | 1,212,247 |
| Social security costs | 104,637 | 131,339 |
| Other pension costs | 26,803 | 32,325 |
| | <u>1,499,153</u> | <u>1,375,911</u> |

The aggregate remuneration of key management personnel during the year amounted to £174,205 (2023 - £121,509).

The number of employees whose annual remuneration was £60,000 or more were:

| | 2024 Number | 2023 Number |
|---------------------|----------------|----------------|
| £60,001 - £70,000 | - | 1 |
| £70,001 - £80,000 | - | 1 |
| £100,001 - £110,000 | 1 | - |
| | <u>1</u> | <u>-</u> |

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

13 Tangible fixed assets

| | Fixtures and fittings £ | Computer equipment £ | Total £ |
|------------------------------------|-------------------------------|----------------------------|---------------|
| Cost | | | |
| At 1 April 2023 | 6,352 | 60,177 | 66,529 |
| Additions | 453 | - | 453 |
| Disposals | - | (2,590) | (2,590) |
| | <u>6,805</u> | <u>57,587</u> | <u>64,392</u> |
| At 31 March 2024 | 6,805 | 57,587 | 64,392 |
| Depreciation and impairment | | | |
| At 1 April 2023 | 1,979 | 33,277 | 35,256 |
| Depreciation charged in the year | 1,163 | 18,043 | 19,206 |
| Eliminated in respect of disposals | - | (2,590) | (2,590) |
| | <u>3,142</u> | <u>48,730</u> | <u>51,872</u> |
| At 31 March 2024 | 3,142 | 48,730 | 51,872 |
| Carrying amount | | | |
| At 31 March 2024 | <u>3,663</u> | <u>8,857</u> | <u>12,520</u> |
| At 31 March 2023 | <u>4,373</u> | <u>26,900</u> | <u>31,273</u> |

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

14 Debtors

| | 2024 £ | 2023 £ |
|---|---------------|----------------|
| Amounts falling due within one year: | | |
| Trade debtors | 31,652 | 357,411 |
| Prepayments and accrued income | 44,746 | 44,680 |
| | <u>76,398</u> | <u>402,091</u> |

15 Creditors: amounts falling due within one year

| | Notes | 2024 £ | 2023 £ |
|------------------------------------|-------|----------------|----------------|
| Other taxation and social security | | 28,413 | 15,604 |
| Deferred income | 16 | 98,541 | 266 |
| Trade creditors | | 276,860 | 390,212 |
| Other creditors | | 4,978 | 4,754 |
| Accruals | | 150,229 | 108,291 |
| | | <u>559,021</u> | <u>519,127</u> |

16 Deferred income

| | 2024 £ | 2023 £ |
|--------------------------------|---------------|------------|
| Arising from government grants | 33,502 | - |
| Arising from other grants | 65,039 | 266 |
| | <u>98,541</u> | <u>266</u> |

Deferred grant income relates to grants where the income has been received but it is to be used in future periods. All of the deferred income brought forward from the comparative period have been released to the Statement of Financial Activities during the year to 31 March 2024.

Deferred income is included in the financial statements as follows:

| | 2024 £ | 2023 £ |
|-------------------------------------|---------------|------------|
| Deferred income is included within: | | |
| Current liabilities | <u>98,541</u> | <u>266</u> |
| Movements in the year: | | |
| Deferred income at 1 April 2023 | 266 | 198,694 |
| Released from previous periods | (266) | (198,694) |
| Resources deferred in the year | <u>98,541</u> | <u>266</u> |
| Deferred income at 31 March 2024 | <u>98,541</u> | <u>266</u> |

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

| | Balance at 1 April 2022 £ | Movement in funds | | | Balance at 1 April 2023 £ | Movement in funds | | | Transfers £ | Balance at 31 March 2024 £ |
|--------------------------------------|---------------------------------|----------------------------|----------------------------|--|---------------------------------|----------------------------|----------------------------|--|----------------|----------------------------------|
| | | Incoming resources £ | Resources expended £ | | | Incoming resources £ | Resources expended £ | | | |
| Department of Health and Social Care | - | 3,044,561 | (3,013,288) | | 31,273 | 1,900,000 | (1,918,753) | | - | 12,520 |
| Sport England | 79,458 | 85,350 | (100,502) | | 64,306 | 42,675 | (75,871) | | (16,000) | 15,110 |
| DEFRA | 10,000 | - | - | | 10,000 | - | (8,000) | | (2,000) | - |
| Independent Age | - | 109,560 | (109,560) | | - | 140,227 | (118,227) | | (22,000) | - |
| Natural England | 29,915 | 33,071 | (10,996) | | 51,990 | 10,000 | (53,423) | | (8,567) | - |
| NHSEI | 111,734 | 26,000 | (2,600) | | 135,134 | 14,255 | (43,340) | | (12,413) | 93,636 |
| The Lego Company Ltd | - | 183,500 | (61,172) | | 122,328 | (2,450) | (101,097) | | (18,781) | - |
| Power of Music | - | 20,000 | - | | 20,000 | 396,445 | - | | (94,889) | 321,556 |
| Arts Council England (ACE) | - | 28,980 | (28,980) | | - | 91,020 | (91,020) | | - | - |
| The National Lottery Community Fund | - | - | - | | - | 51,915 | (43,263) | | (8,652) | - |
| Other | 2,200 | 57,936 | (45,311) | | 14,825 | - | - | | (14,825) | - |
| | 233,307 | 3,588,958 | (3,372,409) | | 449,856 | 2,644,087 | (2,452,994) | | (198,127) | 442,822 |

Department of Health and Social Care (DHSC)

This grant is to support the continuation of the core work of the charity in 2023/24. Broadly, this funding is to increase the numbers of people able to access social prescribing, the range, availability and quality of community-based activities, and to support people to connect to these activities in order to improve people's health and wellbeing, in line with the charity's strategic plan.

Sport England

This grant is a multi-year funding agreement to support the charity's Physical Activity programme, including funding a National Lead for Physical Activity role within the charity. This funding is to support the Thriving Communities programme, in addition to the wider NASP/Sport England partnership.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

| | | |
|----|---|-------------|
| 17 | Restricted funds | (Continued) |
| | DEFRA This grant has been provided to support the charity's contribution to the Green Social Prescribing scheme. | |
| | Independent Age This grant has been provided to support the charity's work promoting better outcomes for older people through social prescribing. The grant also funds a National Lead for Older People role within the charity. | |
| | Natural England This grant is for a package of work to support Green Social Prescribing (Social Prescribing in Natural Environments) through the development and provision of evidence, sector engagement and best practice in Green Social Prescribing. | |
| | NHSEI This funding is from commissioned work from NHSEI via Capita, to develop Link Worker resources, support social prescribing Champions, and to refresh and review guides and other resources, as well as a comms campaign. | |
| | The Lego Company This funding represents a grant to develop, implement and evaluate a feasibility pilot for 'Prescription for Play' in the UK. | |
| | Power of Music The Power of Music Fund aims to support people living with dementia and their carers through music. We launched the fund in November 2023, in partnership with the Utley Foundation, Arts Council England, Music for All and Universal Music. | |
| | Arts Council England This grant has been provided to support the charity's Art and Culture programme. | |
| | The National Lottery Community Fund We worked with more than 100 organisations to develop new models for shared investment funds for community groups and services providing socially prescribed support. <i>Envisioning a Social Prescribing Fund</i> , our report funded by the National Lottery Community Fund, will be published later in 2024. | |
| | Other These represent unspent monies on various commissioned projects. | |

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

18 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

| | At 1 April 2023 £ | Incoming resources £ | Resources expended £ | Transfers £ | At 31 March 2024 £ |
|-----------------------|----------------------------------|-------------------------------------|-------------------------------------|------------------------|-----------------------------------|
| General funds | 309,020 | 87,881 | (83,301) | 198,127 | 511,727 |
| Previous year: | At 1 April 2022 £ | Incoming resources £ | Resources expended £ | Transfers £ | At 31 March 2023 £ |
| General funds | - | 309,020 | - | - | 309,020 |

19 Analysis of net assets between funds

| | Unrestricted funds 2024 £ | Restricted funds 2024 £ | Total 2024 £ | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total 2023 £ |
|--|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Fund balances at 31 March 2024 are represented by: | | | | | | |
| Tangible assets | - | 12,520 | 12,520 | - | 31,273 | 31,273 |
| Current assets/(liabilities) | 511,727 | 430,302 | 942,029 | 307,268 | 420,335 | 727,603 |
| | 511,727 | 442,822 | 954,549 | 307,268 | 451,608 | 758,876 |

20 Related party transactions

Transactions with related parties

During the year the charity entered into the following transactions with directors/trustees:

a) Ms S. Metcalfe is CEO of The Utley Foundation. During the year, NASP entered into a funding arrangement with The Utley Foundation in relation to the Power of Music ("POM") Project. During the year ended 31 March 2024, NASP received £352,000 of income including a management fee of £66,000 (2023 - £20,000 fund received, being a management fee). These funds, excluding the management fee, have been paid out by NASP to organisations since the year end that have successfully applied for funds as part of the POM programme.

THE NATIONAL ACADEMY FOR SOCIAL PRESCRIBING

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

20 Related party transactions

(Continued)

During the year ended 31 March 2024, £nil (2023 - £298) was paid by NASP to The Utley Foundation in respect of venue hire costs.

b) During the year ended 31 March 2024, two trustees (2023 - two) were reimbursed for travel expenses totalling £488 (2023 - £23).

21 Analysis of changes in net funds

The charity had no debt during the current or comparative periods.

22 Cash generated from operations

| | 2024 £ | 2023 £ |
|---|----------------|----------------|
| Surplus for the year | 195,673 | 525,569 |
| Adjustments for: | | |
| Investment income recognised in statement of financial activities | (6,720) | - |
| Depreciation and impairment of tangible fixed assets | 19,206 | 18,959 |
| Movements in working capital: | | |
| Decrease/(increase) in debtors | 325,693 | (7,236) |
| (Decrease) in creditors | (58,381) | (103,763) |
| Increase/(decrease) in deferred income | 98,275 | (198,428) |
| Cash generated from operations | 573,746 | 235,101 |