

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024
FOR
HEAD FOR CHANGE**

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

HEAD FOR CHANGE
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

	Page
Reference and Administrative Details	1
Report of the Trustees	2 to 6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 15

HEAD FOR CHANGE

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2024

TRUSTEES	Dr J M Gates (resigned 3.10.23) Dr S Tucker Mrs M Bramwell-Popham Mr W Clews (appointed 3.10.23)
PRINCIPAL ADDRESS	Applecross House Chepstow Road Langstone Newport NP18 2JP
REGISTERED CHARITY NUMBER	1192801
INDEPENDENT EXAMINER	Liles Morris Limited 1st Floor 80 Coombe Road New Malden Surrey KT3 4QS
CHARITY WEBSITE	www.headforchange.org

HEAD FOR CHANGE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Head for Change exists to preserve and protect good health for football and rugby players by:

- Pioneering positive change for brain health in sport.
Promoting education and understanding of the effects and risks of concussion, post-concussion, CTE and other associated neurodegenerative diseases in sportsmen and sportswomen. This involves working with schools, clubs, sports' governing bodies and players' representative organisations, supporting them to actively promote player welfare and to protect the future of the sports.
- Supporting independent research to provide answers to the more nuanced questions in order to make sports safer for brain health.
- Supporting ex-players who are affected by neurodegenerative disease as a result of their professional sporting career in football or rugby. Providing practical support to individuals who have suffered from concussion, post-concussion, CTE and other neurodegenerative diseases and their families.

The charity has continued to deliver a multitude of activities, projects and services in the period.

The charity provides care and support to players affected by neurodegenerative disease and their families. Strong connections have been established internationally with scientists, clinicians and historians of neurology to understand, inform and direct precautionary, player centred research. Trustees of the charity have met with a range of sporting governing bodies in order to advocate for a preventative approach to player safety. Players of all ages and levels, from grassroots to professionals, have been involved in educational programmes provided by the charity advising on the prevention or mitigation of head injuries in sport. Head for Change is committed to being part of the solution to sports related neurodegenerative disease.

Public benefit

The Trustees confirm they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Commission in determining activities undertaken by the charity.

HEAD FOR CHANGE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity has achieved many successes in all aspects of its work throughout the reporting period. These successes have improved both the circumstances of the beneficiaries and provided benefits to society as a whole.

Partnership with Thrive Mental Wellbeing

Head for Change is proud to partner directly with Thrive Mental Wellbeing to ensure former football and rugby players who are experiencing mental health issues, along with their families, are given access to clinically proven tools and techniques to support them 24 hours a day, 7 days a week.

As we continue to pioneer positive change for brain health in sport, this is an important step in protecting athletes experiencing mental health challenges as a result of playing the sports we love.

The Thrive Mental Wellbeing app is clinically effective, NHS-compliant and designed to support the prevention and early detection of common mental health conditions. Already trusted by thousands of organisations, Thrive is a leading mental care service that provides therapy and mental health support to help people manage and improve their mental health.

We know from our work with rugby players who are receiving brain injury diagnoses as a result of their professional rugby career, that adjusting to the implications of their diagnosis can be very challenging. For many players with young families and post-rugby careers to think about, dealing with CTE or early onset dementia was not something they anticipated having to cope with when they hung up their boots.

We are determined to offer more ex-athletes and now their families access to a mental health app which we believe will be of real value to them.

The app can identify those who may be experiencing a mental health issue and intervene, offering them support through triage and therapy, before a minor issue becomes a major crisis.

It is an important element of the Care and Support programme Head for Change offers former players with a brain injury diagnosis.

We have worked hard to be able to offer the app to players, former players and their families and cover the cost to help them manage their mental wellbeing more effectively.

Adam Huxley, co-founder of Thrive Mental Wellbeing, said: "We are delighted to partner with Head to Change to support them in their mission of helping those affected by sports-related brain injuries. Thrive will support beneficiaries who experience mental health difficulties as a result of their brain injury, helping them adjust to their life changes and be on hand to support their future mental wellbeing."

Dr Andres Fonseca, co-founder of Thrive Mental Wellbeing, added: "I am enormously proud of supporting individuals who may be affected by neurodegenerative conditions as a result of playing sports where the athletes may receive multiple head injuries. These neurodegenerative conditions tend to present with depression and anxiety in the early stages, both as a direct result of the condition and as a result of adjusting to it from a psychological and social point of view. We are humbled by Head for Change trusting us to provide this service to this population who very much need it."

Come Ride With Me

In late 2024 we formally launched our "Come Ride With Me" bike scheme as a key part of our Care and Support service for impacted ex-players.

This is primarily aimed at helping ex-players diagnosed with sports-related dementia, CTE, or other neurodegenerative conditions such as Parkinsons and MND. It is also there to help ex-players who are simply struggling with their mental health.

HEAD FOR CHANGE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The scheme connects former players for a 1:1 cycle and chat, to help them get outside, have a chat and get through the darker days.

Our initial launch comprised 2 Come Ride With Me hubs:

1. South Wales hub based in Newport, with Alix Popham as the lead.
2. North England hub based in Leeds/Bradford, with Dan Scarbrough (former England, Saracens and Leeds rugby union player) as the lead.

Our aim is to establish several more Come Ride With Me hubs around England and Wales over the next year or so, each of which is lead by a Head for Change ambassador or charity friend, who aims to take 4 - 5 people out for a ride each month.

We have already identified potential hub leads in South London, Newcastle and East Wales, and we will launch these as and potentially others as we confirm additional ex-players who want to participate.

Head for Change provides each hub lead with a high-quality e-mountain bike for them plus another for the participants. We have chosen e-bikes as many of the participants are not fit enough (at least initially) to be able to currently go cycling - and this is a key barrier to them going out now.

Our e-bikes are provided by Orbea at a significant discount, but each hub will cost Head for Change c£10,000 to provide and maintain 2 bikes. The funding has initially come from previously raised funds but going forward we are aiming to obtain corporate sponsorship for each new hub.

We fundamentally believe the enabling ex-players to get outside for some exercise and a chat with like-minded people will make a huge positive impact on their mental well-being, and without meaning to sound extreme, save lives.

FINANCIAL REVIEW

Financial position

The charity made a surplus of £28,009 (2023 - £15,518) during the period and all of this surplus is unrestricted funds.

Successful fundraising activities as mentioned above, plus other donations have contributed to the surplus.

Reserves policy

The charity maintains free reserves to:

- Provide a level of working capital that protects the continuity of its core work
- Provide a level of funding for unexpected opportunities
- Provide cover for risks such as unforeseen expenditure or unanticipated loss of income

The free reserves of the charity (unrestricted funds) at the period end were £110,764 (2023 - £82,755). The charity had no fixed assets and the trustees are happy with the position at the end of the period.

Going concern

The trustees are not aware of any issues about the immediate ongoing financial viability of the charity, but the charity faces the same inherent risks as any other charity which is dependent upon funding from external sources. The charity is vulnerable to market forces, including downturns in the economy which could affect fundraising opportunities.

HEAD FOR CHANGE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

FUTURE PLANS

Head Safe Education Programme - Brain Health and Sport pilot 2024/25

In the second half of 2024 and Q1 2025 we have developed and launched the first course under our "Head Safe" Education programme.

This is a key element our Head for Change's Education service, which is aimed at

- Pioneering positive change for brain health in sport.
- Promoting education and understanding of the effects and risks of concussion, post-concussion, CTE and other associated neurodegenerative diseases in sportsmen and sportswomen.
- This involves working with schools, clubs, sports' governing bodies and players' representative organisations, supporting them to actively promote player welfare and to protect the future of the sports.

This first course is "Brain Health and Sport" is an introductory course, which is not specific to any particular sport, and has the following objectives.

- Promote safe participation in sports in schools and clubs across the UK for children aged 10 to 18.
- Increase education and awareness of the positive impacts of sport alongside the risks of brain-related injuries and what can be done to reduce these before, during and after playing.
- Enable children, parents, teachers and coaches to make educated decisions regarding sports participation.
- Provide a free and easy-to-use tool for people to use.

The content of the initial course has been developed by international best-selling children's author and neuroscientist Dr Dean Burnett, plus sports experts and teachers. It includes 3 lessons each with 3 - 6 topics:

- Lesson 1: The Basics of the brain
- Lesson 2: How sport is good for the brain
- Lesson 3: How head injuries affect the brain (and how to reduce harm).

We are piloting this course in the first half of 2025 in order to validate the content and the age ranges this is best suited for, and to test the on-line learning platform we have chosen (LearnDash).

The pilot currently includes 8 schools and sports clubs across England and Wales, with approximately 1000 girls and boys participating including non-sports playing children and those playing various sports such as rugby, football, cricket, hockey, rowing, swimming and athletics, ranging from beginners to elite level.

Once the pilot has completed in mid-2025 our next steps for the remainder of 2025 and beyond are:

- Update and improve the course based on feedback from our pilot.
- Roll-out the course to other schools and clubs (we already have c20 others interested) in England and Wales, and even other countries such Scotland, Ireland and New Zealand.
- Seek corporate sponsorship to support the roll-out.
- Discuss the course with Education and Sporting bodies in order to gain their support and potentially formal accreditation. This will increase the credibility of the programme and enable further expansion.
- Scope and start development of other Head Safe courses e.g. Nutrition and sports-specific courses.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Head for Change was registered on 15 December 2020 as a Charitable Incorporated Organization (CIO) and was constituted on a foundation model, whose only voting members are its trustees. The Charities Act 2011 creates the basic legal framework for the CIO. This framework is completed by regulations, namely the Charitable Incorporated Organizations (General) Regulations 2012 and the Charitable Incorporated Organizations (Insolvency and Dissolution) Regulations 2012.

The charity has a governing trust responsible for controlling the structure, governance and management of the charity in order to benefit its beneficiaries.

HEAD FOR CHANGE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

Apart from the first charity trustees, every trustee will be appointed for a term of three years by a resolution passed at a properly conducted meeting of the charity trustees.

Trustees are selected based on their experience and expertise. It is considered crucial that they have both the personal interest and the professional skills to lead, advise and contribute to the charity's operations. They are also responsible for establishing relationships among other stakeholder groups, creating operating partnerships where advantageous, ensuring appropriate fundraising and identifying relevant experts to assist the day to day running of the charity.

Trustees are also involved in the production and approval of relevant policies, including safeguarding vulnerable beneficiaries, privacy, conflict of interests and volunteer management.

Key changes in Trustees during the period:

- Judith Gates resigned from Head for Change to pursue her own football-specific charity and we wish her well.
- Warwick Clews was appointed a Trustee, joining the Board and the Management Team. Warwick is an experienced Charity Trustee and career Management Consultant, and was keen to join Head for Change as the parent of an ex-professional rugby player who retired at 24 as a result of multiple concussions.

Other personnel involved with the charity

The charity uses both contractors and volunteers to assist it to achieve its aims. The tasks of those engaged include education, support, financial, administrative and management advice. Contractors and volunteers are vetted prior to contributing.

Approved by order of the board of trustees on 21 January 2025 and signed on its behalf by:

Mr W Clews - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF HEAD FOR CHANGE

Independent examiner's report to the trustees of Head for Change

I report to the charity trustees on my examination of the accounts of Head for Change (the Trust) for the year ended 31 March 2024.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Alison Sanderson FCA

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Date: 21 January 2025.

HEAD FOR CHANGE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		103,241	-	103,241	89,245
Other trading activities	2	<u>134</u>	<u>-</u>	<u>134</u>	<u>600</u>
Total		<u>103,375</u>	<u>-</u>	<u>103,375</u>	<u>89,845</u>
EXPENDITURE ON					
Raising funds		33,390	-	33,390	1,558
Charitable activities					
General charitable activities		31,227	-	31,227	57,483
Governance		9,414	-	9,414	6,286
Funding to individuals		1,335	-	1,335	9,000
Other		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total		<u>75,366</u>	<u>-</u>	<u>75,366</u>	<u>74,327</u>
NET INCOME		28,009	-	28,009	15,518
RECONCILIATION OF FUNDS					
Total funds brought forward		82,755	-	82,755	67,237
TOTAL FUNDS CARRIED FORWARD		<u>110,764</u>	<u>-</u>	<u>110,764</u>	<u>82,755</u>

The notes form part of these financial statements

HEAD FOR CHANGE**BALANCE SHEET
31 MARCH 2024**

		2024	2023
	Notes	£	£
CURRENT ASSETS			
Debtors	5	485	7,694
Cash at bank		<u>113,389</u>	<u>79,686</u>
		113,874	87,380
CREDITORS			
Amounts falling due within one year	6	(3,110)	(4,625)
NET CURRENT ASSETS		<u>110,764</u>	<u>82,755</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		110,764	82,755
NET ASSETS		<u>110,764</u>	<u>82,755</u>
FUNDS	8		
Unrestricted funds		<u>110,764</u>	<u>82,755</u>
TOTAL FUNDS		<u>110,764</u>	<u>82,755</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 21 January 2025 and were signed on its behalf by:

Mrs M Bramwell-Popham - Trustee

The notes form part of these financial statements

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

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following the 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 published in October 2019 rather than the accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements are prepared on a going concern basis under the historical cost convention. The charity currently has sufficient reserves to continue in operation. The Trustees therefore believe that it is appropriate to prepare the financial statements on a going concern basis.

Head for Change meets the definition of a public benefit entity under FRS 102.

The financial statements have been prepared in sterling, which is the functional currency of the entity. Monetary amounts in these financial statements are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Income

Items of income are recognised and included in the accounts when all the following criteria are met:-

- The charity has entitlement to the funds;
- Any performance conditions attached to the items of income have been met or are fully within the control of the charity.
- There is sufficient certainty that receipt of the income is considered probable; and
- The amount can be measured reliably.

Donations are credited to income as they are received.

Expenditure

All expenditure is accounted for on an accruals basis and is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount can be measured reliably. VAT is included in expenditure against the relevant cost for which the expenditure was incurred as the charity is not VAT registered. Expenditure is classified under the following headings:-

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities. It includes both costs which can be directly allocated to activities and those costs of an indirect nature.
- Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs.
- Governance costs are those incurred in connection with compliance with constitutional and statutory requirements.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES - continued

Expenditure

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Allocation and apportionment of costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the Trusts artistic programmes and activities.

These costs have been allocated between cost of raising fund, expenditure on charitable activities and governance.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

Debtors

Debtors with no stated interest rate and receivable within one year are recognised at the transaction price.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

HEAD FOR CHANGE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

2. OTHER TRADING ACTIVITIES

	2024 £	2023 £
Lectures	<u>134</u>	<u>600</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Key Management Personnel and Related Parties

This comprises the charity's trustees, details of remuneration and expenses are detailed above.

The trustees are supported by freelance consultants. Costs are included in support costs.

There were no transactions with related parties that require disclosure.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	72,245	17,000	89,245
Other trading activities	<u>600</u>	<u>-</u>	<u>600</u>
Total	<u>72,845</u>	<u>17,000</u>	<u>89,845</u>
EXPENDITURE ON			
Raising funds	1,558	-	1,558
Charitable activities			
General charitable activities	40,483	17,000	57,483
Governance	6,286	-	6,286
Funding to individuals	9,000	-	9,000
Other	<u>-</u>	<u>-</u>	<u>-</u>
Total	<u>57,327</u>	<u>17,000</u>	<u>74,327</u>
NET INCOME	15,518	-	15,518
RECONCILIATION OF FUNDS			
Total funds brought forward	67,237	-	67,237

HEAD FOR CHANGE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>82,755</u>	<u>-</u>	<u>82,755</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Prepayments and accrued income	<u>485</u>	<u>7,694</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	2,150	3,665
Other creditors	<u>960</u>	<u>960</u>
	<u>3,110</u>	<u>4,625</u>

7. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund £	Restricted fund £	2024 Total funds £	2023 Total funds £
Current assets	113,874	-	113,874	87,380
Current liabilities	<u>(3,110)</u>	<u>-</u>	<u>(3,110)</u>	<u>(4,625)</u>
	<u>110,764</u>	<u>-</u>	<u>110,764</u>	<u>82,755</u>

8. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	82,755	28,009	110,764
TOTAL FUNDS	<u>82,755</u>	<u>28,009</u>	<u>110,764</u>

HEAD FOR CHANGE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2024

8. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	103,375	(75,366)	28,009
TOTAL FUNDS	<u>103,375</u>	<u>(75,366)</u>	<u>28,009</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	67,237	15,518	82,755
TOTAL FUNDS	<u>67,237</u>	<u>15,518</u>	<u>82,755</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	72,845	(57,327)	15,518
Restricted funds			
Documentary costs	17,000	(17,000)	-
TOTAL FUNDS	<u>89,845</u>	<u>(74,327)</u>	<u>15,518</u>

Documentary costs

During the prior year, 2023, the charity received £17,000 towards the production of a documentary highlighting the work of the charity and the impact funding provided has made to the lives of individuals supported.

HEAD FOR CHANGE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.