

# ANNUAL REPORT



**1st April 2022 –  
31st March 2023**





# CONTENTS

- 01** Introduction
- 02** Foundation Trustees
- 03** Aims & Objectives
- 05** Review of Activities & Achievements
- 13** Stucture & Governance
- 15** Financial Review

[www.whitehead.foundation](http://www.whitehead.foundation)  
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The Richard Whitehead Foundation is a Charitable Incorporated Organisation (CIO) registered in England and Wales. Charity Number: 1194726. Company Number CE025410

Registered office: C/O Nimbus Disability, The Enterprise Centre, 20 Royal Scot Road, Pride Park, Derby, DE24 8AJ



# INTRODUCTION

## Report for the Trustee's period 1st April 2022 – 31st March 2023

The Trustees of The Richard Whitehead Foundation (Charity Number 1194726) present their annual report and accounts for the period 1st April 2022 to 31st March 2023 and confirm they comply with the current requirements of UK Charity Law and the Charities constitution.

*"It was always my ambition to harness my experiences in life and sport into a charitable foundation to make a difference to disabled people."*

Richard Whitehead MBE  
President

# FOUNDATION TRUSTEES

The Trustees for the period 1st April 2022 to 31st March 2023 were as stated.



**Richard Whitehead MBE**  
President  
Appointed: 22/01/21



**Mark Fosbrook PLY**  
Chair  
Appointed: 22/01/21



**Martin Austin MBE**  
Vice Chair  
Appointed: 22/01/21



**Rachael Ashton**  
Compliance Lead  
Appointed: 25/09/22



**Peter Stansbury**  
Treasurer  
Appointed: 25/09/22



**Laura Baxter MBE**  
Trustee  
Appointed: 25/09/22



**Rebecca Gibson**  
Trustee  
Appointed: 25/09/22



**David Howells**  
Trustee  
Appointed: 08/12/21



**Kate Naish**  
Trustee  
Appointed: 08/12/21



**Hannah Webber**  
Trustee  
Appointed: 22/01/21



**Tracy Cox-Smyth OLY**  
Trustee  
Appointed: 08/12/21

The following Trustees resigned during the period 1st April 2022 – 31st March 2023:

Mark Briggs PLY – Compliance Lead (Resigned: 03/10/22)  
Heather Watson – Treasurer (Resigned: 03/10/22)  
Lindsey Bennister – Secretary (Resigned: 04/05/22)

Shortly after the end of the financial year (19th April 23) Martin Austin MBE resigned as Vice Chair and was replaced by Laura Baxter.





# AIMS & OBJECTIVES

To promote, for the benefit of disabled people, the provision of facilities (which includes projects, mentoring and equipment) to encourage participation in sport and physical activity, in particular in the interests of social welfare and with the object of improving their conditions of life.

We believe disabled people should have access to the life-changing power of sport. Through sport we aim to enable disabled people's ambitions.



# REVIEW OF ACTIVITIES & ACHIEVEMENTS

## PROVISION OF SUPPORT FOR INDIVIDUALS

### **We have continued to support a young man from Newcastle.**

We were approached to support Dadiva in the previous year, and found that his ambitions to be a sporty child were hindered by his living conditions, deprivation, language barriers, transport and the potential of not being able to access a secondary school that would meet his needs; even before finding and accessing a sports club.

We worked with another charity, Steel Bones to provide ongoing support to Dadiva and his family, resulting in re-homing and accessing the appropriate secondary school. We also attended Dadiva's school with Steel Bones and several other amputees to provide support and inspiration.

We are building our knowledge through this case study to model our future programmes of person-centred support for young disabled people and their families.



# NISSAN POSSIBILITIES

**Nissan Possibilities aims to tackle inequalities and support project beneficiaries into running, and in doing so empower them to achieve their ambitions.**

Our work continued to support the 4 beneficiaries of the Nissan Possibilities project. The project has supported 4 young amputees through mentoring, support, facilitated peer networking, guidance and the provision of running prosthetics.

At the end of the last financial year the beneficiaries had completed the limb fitting process, and started their journey to running and physical activity.

We enabled the transition for 3 of the beneficiaries into running clubs, and other confidence boosting opportunities. Unfortunately 1 beneficiary has experienced further trauma, but we are continuing to support through exploring alternative opportunities.

The project has been life-changing for the beneficiaries who have grown in confidence, gained acceptance of their disability, established new friendships and social inclusion within their local communities and disability community, and gained volunteering and employment opportunities.

The impact of the support for these beneficiaries can be seen here: [www.whitehead.foundation/nissan-possibilities](http://www.whitehead.foundation/nissan-possibilities)



*"Collaborating on the running prosthetics project with the Richard Whitehead Foundation as part of the Nissan Possibilities Project has been one of my career highlights."*

*The project has had a significant impact on the lives of the beneficiaries not only physically but also mentally and on their wider families and friends. The RWF team provides excellent mentoring to its beneficiaries well beyond the initial support given and works with brands like Nissan to identify projects that can make a genuine impact to disabled people's lives."*

Leonie Tapley  
Events and Partnership Manager  
Nissan Motor (GB) Ltd.



# RUN WITH RICH 2022

**We launched our inaugural event which provided a platform to demonstrate diversity and inclusion in action.**

Run with Rich was an opportunity for everyone to run with Richard Whitehead, their way for 5km or as part of a 1mile sensory route. It was a mass participation inclusive fun run for everyone.

Whilst there are many running events across the country, we discovered that for many disabled people these events are not accessible nor inclusive, with many prohibitive to certain forms of participation such as power wheelchairs.

Lack of opportunities is a common barrier for disabled people, particularly socially integrated and community based events.

*"I really enjoyed Run with Rich and seeing everyone having fun together. I wasn't sure if I could complete the 5km so the option to do 1km was great. It was so inclusive and my brother and I got to meet Rich."*

Run with Rich Participant 2022

We had approximately 450 people take part their way, young and old, non-disabled and disabled people, as well as people from differing cultural backgrounds.

Everyone benefitted from taking part, whether that was to take part as fast as they could, take part in an event for the first time, or learning more about diversity. An inspirational day for everyone. The event also provided a fundraising opportunity for the Foundation.





# PROJECT NOTTS

**We commenced our pilot mentoring programme in Nottinghamshire.**

We recruited and trained 8 mentors with lived experience who will start to mentor a target of 10 Nottinghamshire based disabled people for between 3 and 6 months.

The mentoring will be needs led, focused on the aspirations and barriers of the individual and aim to get them on their way to achieving their ambitions in sport or physical activity. This programme is funded by a Tackling Inequalities grant from the Active Partners Trust (Nottinghamshire).



# WORLD MOBILE PARTNERSHIP

**We created and delivered an inclusive sport training programme for football coaches at the Fulham FC Foundation.**





# STRUCTURE & GOVERNANCE

**The Richard Whitehead Foundation is a Charitable Incorporated Organisation, governed through a constitution last amended in October 2021.**

The Richard Whitehead Foundation, as a user led organisation, with the majority of the Board comprising of people with lived experience of disability.

We are governed by a Board of a maximum of 12 Trustees recruited through an open, inclusive and robust recruitment process. This includes open advertising of Board Trustee roles, an application and shortlisting process, informal information sessions to meet the existing Trustees and interviews.

In October 2022, the Compliance Lead and Treasurer stood down, and new Trustees were appointed and voted to sit on the Board based on their skill set, experience and expertise.

To support the governance, financial stability and operations of the Foundation, the Board agreed to create a supporting governance structure consisting of two sub-committees chaired and with representation from the Board. These are the Finance and Fundraising Sub Committee and the Operations and Projects Sub Committee. These meet in between Board meetings, have agreed terms of reference and report to the Board at each Board meeting.

The newly appointed Project Manager reports to the Board and is line managed by the Board Trustee Lead for Operations and Projects.



# FINANCIAL REVIEW

**The Charity made a gain of £26,972 from a turnover of £97,074 during the period 1st April 2022 to 31st March 2023.**

During the year a total of £20,500 was received from Nissan and Notts Active Trust in the form of restricted donations. In addition we received a donation of sports clothing and equipment from Nike UK valued at £13,431 (see note 1 in financial statement).

The foundation had £49,890 cash reserves as at 31st March 2023.

## **Reserves Policy**

It is the policy of the Charity to maintain reserves at such a level to allow it to operate fully throughout the year without the need for an overdraft. In addition we ensure that we operate with unrestricted cash available greater than 3 months salary.

Approved by the Trustees on 22nd Dec 2023 and signed on their behalf by:



**Mark Fosbrook**

Trustee and Chair



# Income & Expenditure Account 1st April 2022 – 31st March 2023

		Year Ending March 31st 2023			B/Fwd to end March 31st 2022	Cumulative to March 31st 2023
		Total Inc/Exp £	Restricted Inc/Exp £	Unrestricted Inc/Exp £	£	£
<b>INCOME</b>						
Restricted Income	Nissan Project	10,500	10,500		42,500	53,000
	Notts Active	10,000	10,000			10,000
Unrestricted Income	General Doantions	34,426		34,426	14,593	49,019
	Grants	11,636		11,636		11,636
	Charitable Activities	17,081		17,081		17,081
	Nike Clothing <sup>1</sup>	13,431		13,431		13,431
	Ossur Donation				36,000	36,000
<b>Total Income</b>		<b>97,074</b>	<b>20,500</b>	<b>76,574</b>	<b>93,093</b>	<b>190,167</b>
<b>EXPENDITURE</b>						
Charitable Activities	Limb Fitting	(13,077)	(13,077)		(15,300)	(28,377)
	Physio	(2,100)	(2,100)		(2,280)	(4,380)
	Donations	(678)		(678)		(678)
Cost of raising funds	Advertising & Promotion	(2,123)		(2,123)	(1,265)	(3,387)
	Equipment Hire	(3,775)		(3,775)		(3,775)
	Contractor Costs	(11,340)	(1,000)	(10,340)	(12,500)	(23,840)
	Staff Costs	(16,243)		(16,243)		(16,243)
Administrative expenses	Insurance	(1,178)		(1,178)	(604)	(1,780)
	Training	(799)	(799)			(799)
	Legal & Professional Fees	(1,125)		(1,125)	(106)	(1,231)
	Travel & Accomodation	(3,669)		(3,669)	(1,771)	(5,440)
	Bank Charges	(90)		(90)	(73)	(163)
Other Costs	Donation Hosting	(234)		(234)		(234)
	Software subscription	(132)		(132)		(132)
	Postage	(37)		(37)		(37)
	Charitable donation	(72)		(72)		(72)
Ossur Donation					(36,000)	(36,000)
Nike Clothing Donation		(13,431)		(13,431)		(13,431)
<b>Total Expenditure</b>		<b>(70,101)</b>	<b>(16,976)</b>	<b>(53,125)</b>	<b>69,898</b>	<b>(139,999)</b>
<b>Surplus</b>		<b>26,972</b>	<b>3,524</b>	<b>23,449</b>	<b>23,195</b>	<b>50,168</b>
<b>Surplus Brought Forward</b>		<b>23,195</b>				
<b>Surplus Carried Forward</b>		<b>50,168</b>				

## Note:

<sup>1</sup>During the accounting period April 1st 2022 to March 31st 2023 the Foundation received a donation of sports clothing and equipment from Nike UK to the value of £13,431.



Balance Sheet as at 31st March 2023

	31st March 2023 £
<b>Current Assets</b>	
Bank & Cash	49,890
Other Debtors	278
<b>Total Net Assets</b>	<b>50,168</b>
<b>Funds of the Charity</b>	
Restricted Income Funds	15,944
Unrestricted Funds	34,224
<b>Total Funds</b>	<b>50,168</b>

Approved by the Trustees on 22nd Dec 2023 and signed on their behalf by:



**Mark Fosbrook**

Trustee and Chair





# INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

## Independent Examiner's Report on the Accounts

Report to the trustees/members of:	The Richard Whitehead Foundation
Charity Number:	1194726
On accounts for the period ended:	31 March 2023
Set out on pages:	18 and 19

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

### Responsibilities and basis of the 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 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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



Russ Mason FCA, CTA  
9ine  
Chartered Accountants  
76 Bridgford Road  
Nottingham  
NG2 6AX

Date: 10 January 2024





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