

Hillingdon Brain Tumour & Brain Injury Group
(Registered charity, number 1164538)
Financial statements
for the year ended 30 November 2022

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**Hillingdon Brain Tumour & Brain Injury Group
Trustees' annual report
for the year ended 30 November 2022**

Full name Hillingdon Brain Tumour & Brain Injury Group

Organisation type Charitable incorporated organisation

Registered charity number 1164538

Principal address

394 Long Lane
Hillingdon
Uxbridge
UB10 9PG

Trustees

Emmanuel Daudu, Chair
Mary O'Connor
Michael Simons
Abhay Shah
Mairead Jennings
Amisha Thobhani

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 01/10/2010.

We recruit and appoint new trustees by selecting from people of good standing, having appropriate skill sets, and often known to the charity, who are interviewed by the Development Manager and trustees, and successful applicants then elected as trustees by the Board of Trustees. Trustee vacancies are advertised through H4All (a local health and care Charitable Incorporated Organisation) as well as the HBTIG website and Facebook pages and its Twitter feed.

Objectives and activities

The objects of the CIO are: the advancement of health, the prevention or relief of sickness, disease or human suffering, as well as the promotion of health. To assist in the treatment and care of persons suffering from brain disorders of any description, particularly but not exclusively brain tumours or brain injury, or in need of rehabilitation as a result of such illness. (a) to promote and protect the physical and mental health of sufferers of such brain disorders in greater London, particularly but not exclusively the London boroughs of Hillingdon and surrounding London boroughs through the provision of financial assistance, support, education and practical advice. (b) to advance the education of the general public in all areas relating to such brain disorders.

Hillingdon Brain Tumour & Brain Injury Group

Summary of the main activities undertaken for the public benefit

The charity provides bespoke wrap-around support designed to meet the particular needs of clients and their families. This includes advice, guidance and counselling on brain tumour/injury issues which clients and their families face, in a group or as one on one sessions; activities including golf and support group sessions for sharing experiences and issues; funding MRI scans and consultations with medical practitioners when these are not forthcoming through the NHS. We also run a charity shop to raise funds for the charity. Clients can help in the shop, which also serves as premises for the charity in which clients can meet each other and charity staff and volunteers.

Public benefit statement

Clients and their families/loved ones are helped through what can be a traumatic and distressing time, and where appropriate can be given advice on how and where to seek treatment if not already receiving treatment. By helping clients and families to cope, the chances of mental despair and depression, of divorce, of knock-on adverse effects on children, and possibly even suicide, are reduced. The support aims to give a purpose for living. Return to work plans are prepared in consultation with doctors and employers. As well as bringing these benefits to the individuals concerned, these initiatives significantly reduce demand on public medical, mental and social care resources which might otherwise be required.

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

It has been good to see, as we return to normality in our services, a large uptake for support. The support is largely around physical and emotional care.

In the last 12 months the charity has supported 149 clients. We have created new working partnerships, with therapists and healthcare professionals, to increase the health and wellbeing of our clients. As we have seen a huge growth this has meant an increase in volunteers and staff. This past year we recruited two new support workers and 6 new volunteers in the support sector.

We also recognised the value of training our staff - especially with the increasing numbers of staff and clients it is important we are working in unison.

We are creating a brand-new training program for staff and volunteers.

We have also revised our new clients' support packages and updated the information we provided.

Hillingdon Brain Tumour & Brain Injury Group

The charity's usual services continued:

- One on one support for all clients including weekly high-need clients: specialist individual work.

We continue to provide an individual needs programme for each client and their family – working with our team of healthcare practitioners, alternative therapist, and specialist councillors in designing a unique package navigated from the charity. Our packages include Neuro rehabilitation, physical rehabilitation, regaining movement of limbs , exercise, emotional support, enabling the client in having 'a purpose in life', combating anxiety, depression, teaching and equipping clients with the skills to return to work; working with a positive approach, life skills coaching, boundaries in the home and work place; dealing with claims for disability allowance and blue badges , teaching new ways of communication and planning ahead, teaching on vulnerability and boundaries, and ways to reduce the risk of suicide. Other topics include looking at our own healthcare from diabetic talks to healthy lungs; alternative therapies for relaxation; working with the client spiritually and emotionally; supporting the client in palliative care; end of life working with the appropriate organisations to enable a smooth hand over into final care; organising families' final wishes; and planning with the client how and where they would wish to die. We also offer bereavement care for the family.

- Monthly support groups. Themed based each month on the needs of what the clients would like to cover. Every month we cover new medications and trials, improved mental wellbeing, improved memory skills, improved self-care, more awareness of nutrition and natural remedies, increased self-esteem, reduced isolation, forging new friendships, increased openness, improved listening skills, increased empathy for others, and better perspective and gratitude. We work across the months equipping and enabling our clients to be able to live an independent life, to enable our clients to know how to look after themselves, how to spot changes in their physical and emotional wellbeing and then look at how they can resolve them, doctors' appointment etc., looking at prevention, finally the question of respite from caring duties for the carers (62 clients).
- Consultations and MRI. The charity continues to provide private consultations and MRI for a quicker diagnosis and care packages, we have seen this greatly benefit our clients and the outcome of their lives.
- Thursday Weekly drop in service to enable clients to come to rest, create friendships, encouraging them to play games which in turn creates neurological and memory skills. We support clients in resolving issues around money, and issues at home. We provide a place to chat and relax and also a hub of learning about what is happening in and around Hillingdon. In this we also run a prevention service enabling our clients to understand about spending, IT and hospital appointments. We go through the local newspapers so our clients are aware of what happening in the borough.

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- Individual counselling to help clients and families to accept and cope with mental and personality changes which can occur after surgery. (20 clients have had varying degrees of counselling).
- Positive Life Line. Our aims of the project are to equip, empower and strengthen clients and partnerships expertise, knowledge and awareness around brain tumours and brain injury, to extend life expectancy of clients and improve end of life care, creating a sustainable project that can be embedded into the community. We provide for our ever-growing list of clients and partnerships with our bespoke care, leading to improved healthcare, client's general awareness, and hopefully longer life and better quality of life. An Awareness Conference was held on 25/03/2022.
- Wednesday Weekly Allotment. Our Harmondsworth Moor Allotment is now up and running. Our clients meet every week to tend the allotment under the supervision of our volunteers. We provided sessions on what vegetables and herbs are good for the body, planting vegetables and flowers tending and caring for them. We even had some vegetables to enter in Hillingdon show. We have raised flower beds and a little shed to go into if it rains. The allotment has been a hub filled with joy and purpose friendship and love, learning and equipping our clients (15 clients).
- Monday Weekly Bowling Sessions. A range of 10 clients accessing indoor bowls: this supports their physical disabilities and improves hand and eye coordination as well as giving our clients enjoyment and an ability to play.

Again the last year we have joined and shared our services across other charities such as the Stroke Charity and Headway. We have become so busy that we now need another bowls mat.

Clients are able to also have tea and coffee share their lives.

Monthly golf

Clients have the option of also joining our monthly Golf sessions, run by our support worker and funded by the local golf club. This has proved extremely popular and again has increased mobility, strength, friendships and confidence.

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Center of Hope charity shop

- The charity's shop (which sells donated items). The shop has been a hub for customers and clients. We have increased our sales and stock. We also provide new items such as gifts at low cost. The coffee shop which has been added has proved very popular with our residents. The shop enables us to communicate to the residents about the charity and the signs and symptoms of brain tumours, prevention and early diagnosis. We also work again with other charities enabling us to reuse all donations. We now also have an online shop and sell items on eBay. We have extended our shop opening hours.
- We also have a Remembrance Tree in the Centre of Hope and it is a wonderful area for our residents to come and remember their loved ones- the tree has leaves and each leaf can be personalised and placed on the tree.
- Themed events have started and have been taking place throughout the year and during half term for families we had Arts and Crafts at Easter and at Christmas Father Christmas visits the shop giving out toys. We also have a summer fair.

Financial Review


Looking ahead at outgoings for 2023 it is likely that demand will increase, and funding grants will be in high demand due to the economic situation.

The charity is now well established. Working partnerships with our GP and healthcare providers have created a fast and effective referrals system which in turn enables us to access and assist the client early in their journey. We must be mindful that grants are restricted and limited and so the Charity is using its shop and the resources it already has to enable us to be self-sufficient and non-reliant on grants. We are looking into business sponsorships and partnership for funds. We are also looking at making our own products and selling our courses and expertise across the partnerships.

The charity's policy on reserves

Since, apart from shop income, the charity's income consists of grants and donations none of which are guaranteed, and may vary from year to year, and against the background of a growing client base, our policy is to maintain reserves where possible against future need, with a minimum target of three months outgoing expenses. There is no upper limit set because it is unlikely that reserves will substantially exceed future need.

Signed on behalf of the charity's trustees:

Signed 
Emmanuel Daudu, Trustee

Date 03 April, 2023

**Independent examiner's report to the trustees of
Hillingdon Brain Tumour & Brain Injury Group
for the year ended 30 November 2022**

I report to the trustees on my examination of the accounts of Hillingdon Brain Tumour & Brain Injury Group (the charity) for the year ended 30 November 2022.

Responsibilities and basis of report

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

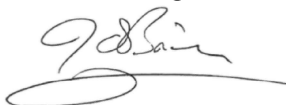
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no 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 charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed  Date 05/04/2023
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus


Hillingdon Brain Tumour & Brain Injury Group
Receipts & payments account
for the year ended 30 November 2022

2021				2022
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
Receipts				
-	Activities contributions	2423	-	2423
2830	Fundraising	-	-	-
137047	Grants and Donations	2201354	88186	109540
1259	Sales/Fees	1613	-	1613
22773	Shop sales	33212	-	33212
163909	Total receipts	58602	88186	146788
Payments				
-	Admin Charity Assistant	505	-	505
1350	Advertising/Promotional	163	-	163
-	Alternative therapies	2645	-	2645
144	Bank charges	276	-	276
72	Cleaning	-	-	-
2736	Clients support	934	104	1038
2031	Computer and Software Costs	1444	838	2282
2780	Consultations & MRI scans	4544	-	4544
5382	Cost of Sales	5956	-	5956
1872	Electricity	1079	1186	2265
1328	Group meetings	1747	1275	3022
566	Insurances	639	-	639
15508	Office/General Administrative Expenses	4122	5406	9528
3137	Legal and Professional Services	3468	-	3468
58058	Wages, NI & pensions	16658	40754	57412
517	Phone Costs	768	275	1043
15000	Rent	9000	9000	18000
1787	Repairs and Maintenance	821	-	821
-	Shop Manager Fee	290	-	290
-	Support worker	2185	11120	13305
9723	Therapy	2743	3640	6383
228	Water Rates	237	-	237
9	Sundry expenditure	197	-	197
122228	Total payments	60421	73598	134019
41681	Net receipts/(payments)	(1819)	14588	12769
57812	Cash funds at start of this period	73013	26480	99493
99493	Cash funds at end of this period	71194	41068	112262

Hillingdon Brain Tumour & Brain Injury Group
Statement of assets and liabilities
at 30 November 2022

2021			2022
£	Cash assets	Note	£
99493	Bank accounts		112262
<u>99493</u>			<u>112262</u>
	Other monetary assets		
14750	Debtors		-
82	Prepayment - insurance		91
<u>14832</u>			<u>91</u>
	Assets retained for the charity's own use		
	Portacabin purchased 2021 for £6,050		
	Bowls equipment purchased 2022 for £5,406		
	Liabilities		
(1931)	Creditors	4	(2315)
<u>(1931)</u>			<u>(2315)</u>

These financial statements are accepted on behalf of the charity by:

Signed  Dated 03/04/2023
Michael Simons, Trustee

Hillingdon Brain Tumour & Brain Injury Group
Notes to the accounts
for the year ended 30 November 2022

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
National Lottery Community Fund	-	44570	44570
LBH	-	30000	30000
Positive Life Line	-	10000	10000
Covid Support	-	609	609
GE Charity	3088	-	3088
Co-Op	2365	-	2365
Kngbor - Support Workers	2000	-	2000
Sundry grants & donations	13901	3007	16908
	21354	88186	109540

3. Funds analysis

	Opening balance (Restated) £	Receipts (Payments) £		Closing balance £
Restricted funds				
COVID Support	8769	609	(9378)	-
Big Lottery - Salary and Core	(2093)	44570	(27677)	14800
LBH - Staff costs	11034	30108	(29022)	12120
Bowling	6770	2899	(6682)	2987
Digital Exclusion	2000	-	(839)	1161
CCNO Fund	-	10000	-	10000
	26480	88186	(73598)	41068
Unrestricted funds				
General	73013	58602	(60421)	71194
	73013	58602	(60421)	71194

Hillingdon Brain Tumour & Brain Injury Group

COVID Support - to help cover the shortfall of income and extra costs arising from the Covid-19 pandemic.

Big Lottery – Salary and Core - this is granted to cover the cost of some staff, and utilities.

LBH – Staff costs - this is granted to cover the salaries of support workers and the costs of counselling.

Bowling - to purchase equipment for Indoor Bowls.

Digital Exclusion – to provide IT equipment for use by clients, and for training of clients in the use of digital technology, on the charity's premises.

CCNO Fund – funding for our Positive Life Line project the purpose of which is to equip, empower and strengthen clients and partnerships expertise, knowledge and awareness around brain tumours and brain injury.

4. Creditors

	£
Independent Examination fee	1110
HMRC	976
Pensions	229
	<u>2315</u>

5. Trustees' remuneration

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

6. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.