

Headway East Lothian SCIO

Scottish Charity SC035535

**Trustees Annual Report & Accounts
for the year ended 31st March 2023**



the brain injury association

Contents

Pages

3	Reference & Administrative Information
4	Structure, Management & Governance
4	Objectives & Activities
5 - 41	Achievements & Performance
42	Financial Review & Reserve Policy
43	Statement of Financial Activities
44-47	Notes to the Accounts
48	Independent Examiners Report

Reference & Administrative Information

Charity Name: Headway East Lothian SCIO

Scottish Charity No: SC035535

The Charities Principal Address: 43 Eskview Road
Musselburgh
East Lothian
EH21 6NZ

Charities Trustees on date of approval including office held:

W J Maryniak	Convenor
C MacLean	Secretary
K Lamb	Treasurer
C Baillie	Trustee
D Aston	Trustee
T Martin	Trustee
F Grant	Trustee
F Balfour	Trustee

Names of other trustees during the period:

None

Independent Examiner: Sue Bennett ACIE
21 Dounehill
JEDBURGH
TD8 6LJ

Bankers: The Royal Bank of Scotland
36 High Street
Tranent
EH33 1HQ

Cambridge & Counties Bank Limited
Charnwood Court
5B New Walk
LEICESTER
LE1 6TE

Structure, Management & Governance

Headway East Lothian is a Scottish Charitable Incorporated Organisation (SCIO) which operates under the Constitution that was formally adopted by the Board at the first Board Meeting on 14th July 2014.

Appointment & Training of Trustees

Headway East Lothian SCIO continue to actively recruit suitably skilled trustees and office bearers to strengthen and refresh the Board. New trustees undergo induction and training in line with our Constitution and OSCR guidelines.

Objectives & Activities

Charitable Purposes

The objectives of the Association are to relieve the needs of persons over 18 who have Acquired Brain Injuries (ABI) and their families/carers in the East Lothian area by the provision of care, support and advice so that their condition of life may be improved.

Under OSCR's Definitions; -
7.Charitable purposes; b, d, & n

Summary of the main activities in relation to these objectives

Headway East Lothian aims to support and improve quality of life for people in East Lothian with Acquired Brain Injuries, their families and carers.

We provide adults with Acquired Brain Injury (ABI), their families and carers opportunities to access advice, information and resources to help them cope with challenges and remain together as families.

We encourage members to socialise, support each other and share experiences and advice. This involves regular meetings, activity sessions, social events and outings. We offer access to therapeutic activities and workshops aimed at enhancing physical and mental wellbeing. These include music, arts and crafts activities. We help members build coping strategies to help deal with financial stresses.

Through a range of activities, we strive to empower members to manage their own condition and develop confidence in their own abilities. Our service is led by our members, each with unique experiences of living with ABI, which they can offer to the group.

Achievements & Performance 2022-23

Headway East Lothian adapted & changed alongside Covid 19 over the past 3 years as have all similar charities and community groups. The Board, Development Officer and volunteers worked effectively to put together a plan to keep contact with those living with the ongoing effects of brain injury and their family and carers. We continued with phone calls, regular postal newsletters, e-mails & upping our social media presence. We have continued to build up our activity programme, both in person and online, and now have a full weekly schedule, have recruited new volunteers & brought new referrals into the peer group sessions.



We received 32 referrals for brain injury survivors, an increase of 8 on last year, 20 carers, an increase of 9 – alongside supporting over 60 people with an acquired brain injury already on our database and 25 carers. This support takes the form of outreach visits, home visits, welfare benefits advice & support to complete forms, telephone calls, signposting on to other agencies and groups.

In addition, we have our 3 weekly peer group sessions back up & running with a full activity schedule and an online activity schedule each week. We have recruited an additional 3 volunteers who are a very welcome addition to the groups and are taking part in training sessions provided through Headway the brain injury association and other volunteer support organisations as they become available.

With the increase in referral numbers, we have a full capacity of attendance at our weekly group meetings.

We meet on a Monday at the Port Seton Community Centre where members can access the community café before taking part in our planned activity sessions. We can, on average, support 14 people with an ABI and, 3 carers with 1 staff member and 2 volunteers. On Wednesdays we meet at the East Lothian Community Hospital with a maximum capacity of 18 attendees, consisting of 1 staff member, 3 volunteers and 4 carers with 10 ABI survivors, and on Thursdays we meet at the Hallhill Centre in Dunbar with 3 volunteers, 1 staff member, 1 carer and 15 ABI survivors. The Development Officer now has a full outreach programme and has been able to support people to complete forms such as Adult Disability Payment applications, Attendance Allowance Applications, Passport Applications, Blue Badge renewals. We always support family carers whether they are also looking for advice, information, and peer support or to access the same activities as their loved ones.

We work closely with other organisations such as the Citizen's Advice Bureau for advice & information on benefits and debt management and with the Volunteer Centre East Lothian for governance, training & funding opportunities.

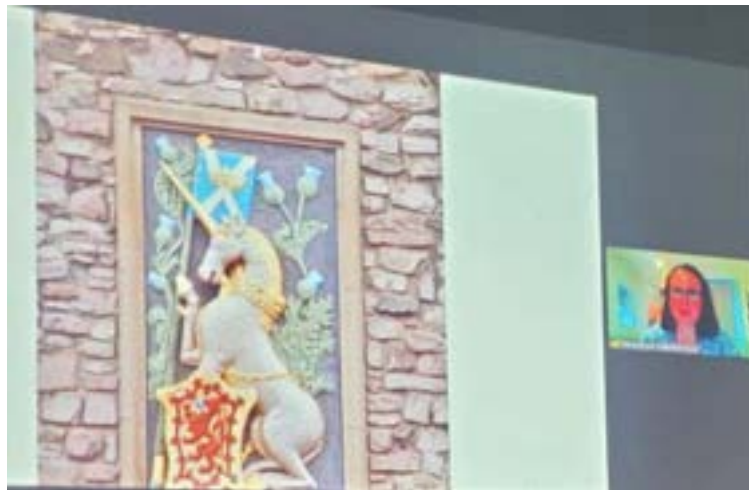
Achievements & Performance cnt'd

Providing activity sessions at all 3 groups is a challenge but we now have a schedule including working with a neuro-practitioner who provides exercise sessions. We also have art workshops led by one of our own ABI members who took up painting during lockdown; music workshops with David Hood and Ronnie Pollock; heritage-based sessions with Jackie Sangster from Historic Environment Scotland and sessions with Lorna Hill from 'Sharing a Story CIC' alongside our own bespoke quizzes, games, arts & craft activities, and puzzles. We continue to read out the monthly Board minutes at the groups, go through the financial statement from the Treasurer and to take the time to ensure people know how they can influence and engage with the Board, either through the member representatives, the Development officer, or direct to Board members. We have been lucky enough to restart our cultural activity programme with Spring, Summer, Halloween, Christmas, and Easter activities and aim to diversify into finding out more about other celebrations and festivals around the world and in Scotland.



The ever-lovely Jim & Marie, Jim demonstrating that he has always been and still is, a miracle worker when it comes to singing. With never failing encouragement from Marie, he manages to overcome severe aphasia to find the creative side of his brain and sing like a linty.

We continue to connect with the Royal Collection Trust to take part in their community zooms, building on the engagement with heritage activities. Fiona from the RCT provides bespoke cultural zoom sessions specifically focusing on the history of Holyrood Palace and Scotland. We are looking forward to taking part in our King's Coronation Celebrations.



Fiona from the Royal Collection Trust describing some Scottish symbols via Zoom

Achievements & Performance cnt'd

Art class – Toucan Do It!



Achievements & Performance cnt'd



Fionna put the group through their paces going round the world on a heritage project.

Patricia – our neuro-practitioner leading the group in some balance work



Achievements & Performance cnt'd

Working with Age Scotland we have held 'Heating your home for less' workshops enabling 60 people to access this information directly and supplying our monthly newsletter mailing list with the information and where to find support. We have been working with the Fraser Centre to provide bespoke private cinema screenings for our group to widen their access to community activities but keeping their peer group together in a safe, non-judgemental space.

Service Review

We conducted a service review alongside our Confidence & Self-esteem questionnaires. Combined with our own observations, direct feedback and observations from volunteers, care givers and support workers we noted the following:

Peoples confidence and self-esteem levels were low following their brain injuries, and they were generally socially isolated and lonely. Since attending HEL there was a noted 65 decrease in feelings of loneliness & isolation and a 45% increase in confidence & self-esteem. While looking further into the data it seems that the longer a person attends Headway, and therefore, the longer it is since the initial trauma of their brain injury the higher their levels of self-esteem and confidence and the greater the reduction in their feelings of loneliness and social isolation.

As we can compare people's responses over time, we can see the changes in their feelings and how we could possibly impact this for the better.

We also must take into consideration other factors while analysing data; people's health and family situations, changes in their lives recently, in care packages, medication, even the weather can make a difference. It is always useful to have these general perceptions of people and we can see if anyone's mental and physical health and wellbeing, are generally staying stable or are moving one way or another and then getting them additional support as required.

We also use the same forms and data analysis to monitor the self-esteem and confidence levels of our carers and volunteers as they also have specific needs and can be supported to improve.

Achievements & Performance cnt'd

Thinking about your time at Headway East Lothian

All answers should be marked on the scale

Name _____

How long have you attended Headway East Lothian? _____

Before you attended Headway East Lothian but after your brain injury

Never Occasionally Often Always

1. Did you avoid expressing yourself in public? 

2. Did you worry about meeting new people? 

3. Did you feel your opinion did not matter to other people? 

4. Did you ever feel proud of an achievement? 

5. Did you ever come up with new ideas? 

6. Did you ever feel creative? 

7. Did you ever feel lonely and isolated? 

8. Did you ever feel uncomfortable & ill at ease with your surroundings? 

9. Did you ever feel excluded from things? 

10. Did you ever try new things? 

Since attending Headway East Lothian

Never Occasionally Often Always

1. Do you avoid expressing yourself in public? 

2. Do you worry about meeting new people? 

3. Do you feel your opinion does not matter to other people? 

11. Do you ever feel proud of an achievement? 

12. Do you ever come up with new ideas? 

13. Do you ever feel creative? 

14. Do you feel less lonely and isolated? 

15. Do you ever feel uncomfortable & ill at ease with your surroundings? 

16. Do you ever feel excluded from things? 

17. Do you ever try new things? 

Thanks for taking part 2022

Achievements & Performance cnt'd







Headway East Lothian SCIO

Please rate the overall service	Fantastic 	It was good 	Don't like it

Are you?	ABI Survivor	Carer	Volunteer

Please tell us which of the following is closest to the way you feel when taking part in all the activities.				Did not take part.
Mondays at Port Seton				
Exercise class with Patricia	2	6		1
Puzzles, quizzes, games	5	6		
Arts with Grace	3	5		1
New Age Kurling	3	5	2	1
David Hood (Music)	5	4	1	1
Talks eg from Social Security Scotland	6	4		
Tea/coffee etc	8	3		
Raffle, donation tin & other fundraising	9	2		
Wednesdays at Haddington				
Arts & crafts	2	3		
Puzzles, quizzes & games	2	2		
David Hood (Music)	4	1		
Heritage work – old books, stories	1	4		
Royal Collection Trust zooms	1	4		
Donation Tin & other fundraising	4	1		
Exercise class with Patricia	3	2		
Art with Grace		1111		

Achievements & Performance cnt'd

Please tell us which of the following is closest to the way you feel when taking part in all the activities.	Fantastic 	It was Good 	Didn't Like it 	Did not take part 
Thursdays at Dunbar				
Arts with Grace	5	4	1	2
David Hood (Music)	8	3		2
Exercise class with Patricia	9	2		2
Puzzles, quizzes, games	5	8		
Heritage work – old books, stories	3	8		1
Jackie Sangster heritage talks	4	6		2
Talks & presentations from other agencies		11		

Outings	6			3
Dynamic Earth	8			7
Edinburgh University Library	3	2		6
Mystery Trip (Kinlochard)	11	1		2
Cockenzie House Afternoon Tea	10	2		4
Headway Scottish Conference	6	2		5
St Cecilia's Hall	6	1		6
Christmas Shopping	5	2	1	4

Headway Transport survey	Do you use? Yes or No	Can you think of a way to get there yourself?
Mondays	no	Yes
Wednesdays		
Thursdays	Yes, no, no, no, no	noyes

Wednesday group only	
Would you consider another venue for meetings and if so where?	
Would you consider a different time for meetings?	

Any other comments, questions, or suggestions please 😊

Achievements & Performance cnt'd

Have you any comments you would like to make about Headway East Lothian?

I enjoy the company, sharing, appreciation of help to enable me to come along
 Treat me fairly, help always available, no favourites
 Great opportunity for brain injury survivors to come together and share experiences
 It is the most help to my confidence and meeting nw people who understand brain injury effect. Headway are great
 A great lifeline for me personally
 Brilliant, a great group of people
 Fantastic
 I have been coming for nearly a year, my life has been enriched by coming, I look forward to coming
 Excellent
 I take a lot of pride seeing ABI survivors, improve in health, confidence and particularly finding their words again

What do you find most beneficial about coming and why?

Interaction with other people, being well supported
 General support
 Friendship, involvement, being together with others with similar problems
 I enjoy the humour within the group, the group I attend are a lovely bunch of people. It's very rewarding to help out
 We are all relaxed and feel the support and friendship of similar people
 Being with people who understand me
 Being with people and trying new things
 People
 Finding a sense of belonging/group – not having to explain why some things are hard – trying new things without apprehension
 Getting out and meeting new people and visiting places I could not go to myself
 Company & fun
 Meeting people and conversing
 Enjoy experience and chatting to people
 Meeting people
 Pleasure and appreciation

What do you find least beneficial and Why?

Exercise or doing something I find hard to do
 Chatting over others, annoys me more after stroke
 Nothing
 Every activity is beneficial in it's own way
 Kurling – it's a bit boring
 Not interested in some things
 bereavements

Is there anything you do/have done specifically because of coming to Headway?

Exercise
 More exercise (balance)

Achievements & Performance cnt'd

I have changed job since I started coming, to work with adults with neurological conditions in respite care at Leuchie House
 Meeting other people & having more overall confidence
 And sea swimming – it's my own fault!
 Painting & drawing & listening to music again
 Raising awareness of aphasia
 Painting, singing, exercise class, board games, Seabird centre, games, Body
 Boosting bingo
 I made Xmas pompoms to sell at the craft fair
 Gets me out the house
 Art group
 Meeting strangers and speaking to them
 Self-travel
 Given me confidence to do things independently
 Mor training on brain injury in particular
 Is there anything we can do differently to make groups more enjoyable?
 No
 I enjoy everything
 Books, reading, pictures
 No – I feel involved

What activities would you like to see at future group meetings?

I go with the flow
 Regular exercise - monthly
 More inclusive seated exercise session if possible
 Variety of speakers eg meeting MSPs, local officials, new information eg Reps from wind farms
 Outing to the donkey sanctuary
 Visit to lifeboat station
 More crafting/making things
 Books, games
 More education tasks

What does Headway mean to you?

Mixes with people who understand what I am living with
 Good support
 The world
 Support for brain injury survivors covering all aspects of life. Joyce (DO) always has answers for members questions or she finds out as soon as she can
 Great support & people listen
 Everything
 A lifeline
 A sense of community and belonging
 Fun -being mor openminded to activities
 Therapy
 Gives me independence to go out every week and socialise by myself going to the Monday group
 Good
 Sanity at times

Achievements & Performance cnt'd

Meeting other people and socialising
Gives me a purpose
Everything

If I had not come to Headway I would have been

Doing nothing
Probably bored
Sitting in front of tv
Lonely
In my grave ☹️
Stuck at home all the time
Bored
At home, wondering how to fill the day
Stuck at home
Sitting at home
Cuckoo land
More lonely
Stuck in the house
In the house or garden

I was really happy when...

Meeting John
I was accepted as a group member
I enjoy the welcome from the group members each week
I got more confidence to 'speak'
I met Fionna when I started my first day at Headway, she took me under her wing and gave me lots of support
I started Headway and met new people who don't judge me
We were singing
Learning about old East Lothian/Edinburgh
I'm drinking a cup of tea
Too many to mention

Something that people like about me is...

Easy to chat to
My confidence
I am a good listener
I dinny ken
No idea

Achievements & Performance cnt'd

I try to be positive & cheerful even when I don't feel that way
I'm nice to people
Cheekiness
Broad shouldered -never bear a grudge
I am very proud of...
My wife and scones
How I managed to be a winner in Digby brown Calendar competition
Being part of Headway EL
The openness and friendliness to Lily (wee dog)
Making it to the group most weeks as I had no life for years
Myself for coming to Headway. My wife for persuading me to attend the group
The paintings I have done since attending
Singing unselfconsciously
Joining in with everything without feeling anxious
That I keep going and taking part
Family
My progress
The work I do for Headway
My family/friends were very happy with me when I...
She is happy I am here and getting company
I started art as the kids all try with me
Became noticeably more confident
Joined Headway
Started living independently
Wash the cups/look after myself
Started Headway
Began my journey to recovery
Talking much improved
Calmed down
At Headway, I am good at...
Chatting to people

Achievements & Performance cnt'd

Hospitality

Being patient and helping others in a friendly, tolerant way

Annoying other people

Art

'Pointless' the Board game

Putting colours together in Arts & Crafts

Hopefully becoming a better listener

Arts & crafts

Singing

Listening and understanding

Doing as I'm told

Something that makes me really unique is...

Very open to people

Sea swim all year – it's their bloody fault

Good memory, telling stories

My determination

Listening to people, trying to assist when I can

Thanks for taking part 2022/23

Achievements & Performance cnt'd

Our **Funders** have again been amazing with their continued response to the impact social isolation and loneliness would have on our already disadvantaged community. We continue to source funding streams that have set up recovery responses and they have enabled us to move forward with our work in the community.

Our online programme continues, and we have developed good working relationships with other Headway groups & branches to reach across boundaries to more people living with brain injuries and associated long-term health conditions. This has included a weekly online fun seated exercise session with Headway Dundee & Angus alongside accessing yoga, tai chi & strength & balance sessions with GOGA Tayside.

For people living with the ongoing effects of their brain injury, life can become increasingly isolating. Yet, being engaged in regular activities that offer a sense of purpose & connection with the world is key to their wellbeing. The restrictions placed on social contact due to Covid 19 continue to have a significant impact on our community and their carers, with many face-to-face services still suspended and many activities that supported their mental and physical wellbeing still being disrupted.


New technology has provided an essential means of staying active and connected. The transition to online engagement has, however, presented challenges for our brain injured community as well as those who organise & create events. With the growth in face-to-face services, we have noticed a gradual decline in online engagement, but we continue to support it for those who need and enjoy it. We take our Portal device to meetings so we can live stream our group sessions.

Achievements & Performance cnt'd

Here is an example of our weekly online schedule.

Online Activity Programme Monday 27th – Friday 31st March 2023

Monday 27th

	10.00am – 10.45am Yoga -with GOGA Tayside Vis zoom (code would be attached)
	Headway East Lothian 1.00pm – 3.00pm 'Sharing a Story' with Joyce
	1.00pm – 1.45pm Strength & Conditioning – with GOGA Tayside


Tuesday 28th

	9.30am -10.15am All Ability Strength & Balance – with GOGA Tayside
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Wednesday 29th

	3.30pm – 4.30pm Headway East Lothian No Zoom Today
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Thursday 30th

	9.30am – 10.15am All Ability Chair-based Activity – with GOGA Tayside
	10.00am – 12.00pm Headway East Lothian Lorna 'Sharing a Story'

Friday 31st

	12.30pm – 1.15pm Online Pilates with GOGA Tayside
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Achievements & Performance cnt'd

Reacting to the ever-changing restrictions has meant continuing to organise transport for people to get together when they could at short notice. We built up a good relationship with local taxi firms who provided safe, accessible transport. Living in a mainly rural area with the lack of public transport and insecurities over travelling during the pandemic meant the use of taxis gave people added peace of mind and door-to-door support. Thanks to our funders we have been able to carry this on and use the transport to get people safely to our weekly group sessions.

The Development Officer (DO) has had access to online **training** from Headway the brain injury association – completing Understanding Brain Injury level 2 training and Behaviours that Challenge.

East Lothian Council's Learn-Pro for statutory training such as Adult Support & Protection has been a great source of this training among other.

The DO has attended training on the new Social Security Scotland services, both how to complete applications and on the appeal processes.

Age Scotland's Fun Active Sessions Training continue to be a source of advice and learning which all our members enjoy taking part in. Also training on benefits for People over State Pension Age has been immensely helpful.

NHS Support – whether completing surveys for neurological services, sharing information, or sourcing volunteers for sessions – we are happy to work with our NHS partner- in the direct and allied health professions. Working more with the East Lothian Community Hospital discharge team and Step-Down Unit has enabled us to make space for 2 stroke/ABI patients to attend our weekly sessions and to make their transition back home run a bit smoother with already having a community connection.

The DO has been involved in the East Lothian Health & Social Care draft Carer's Strategy and with the Equalities & Engagement team – planning for an ageing population.

The DO continues to attend the Cross-Party Groups on Health Inequalities and Stroke through working together with representatives from the Neurological Alliance and The Stroke Association Scotland.

The DO attended a training session on the effects of Long Covid on the brain and we are beginning to see people coming to us suffering such effects.

The DO and an ABI survivor and former Board member will be part of the team holding an aphasia awareness raising day at the Scottish Parliament in November 2023

Achievements & Performance cnt'd

The DO attended the Flourishing in Auld Reekie booklet launch event – supporting partners and looking for project inspiration!

Our monthly newsletter is always worth looking forward to and is sent far and wide via e-mail, post and is published on Facebook and on our website.

The Headway Scottish Conference took place at the Grand Central Hotel in Glasgow in September with a full bus in attendance from Headway East Lothian. The DO was part of the organising committee responsible for bringing this event to Scotland with presentations from Ruthanne Baxter on Prescribe Culture, Liz McConnell on Health & Wellbeing, Cara from Age Scotland with Power Quiz, Social Security Scotland on the new, devolved Social Security System and how it may affect ABI survivors and their Carers in Scotland.

One of the Highlights was the lived experience section with our own Jim Maryniak sharing his story as a carer for his wife Gillian.

Head Injury A Carers Experience

introduction

Hello, my name is Jim Maryniak I live in Musselburgh, and I am currently the convener of Headway East Lothian.

background

In May 2009 my wife Gillian collapsed as a result of a bleed on the brain. Over the next year she had a further 2 collapses resulting in an operation to remove what the doctor's thought was a cyst, but which turned out to be a brain tumour. After 4 months of rehabilitation, she came home, and my life was turned upside down.

2 weeks prior to her leaving hospital I met with the doctor who told me there was no need for any care package to be put in place as she had done well working with the Occupational therapists.

Fatigue

When we got home all she wanted was sit in her chair and relax, but that just lasted a few minutes, and she went off to bed - this was my first experience on how fatigue affected her. I tried to discourage her, but she wasn't happy about that. Little did I know that this was going to be the new 'normal'.

She now gets up early each morning takes her medication and if we aren't going out, she goes back to bed and pretty much regularly can sleep until time for our evening meal then it's back to bed and stays there until next morning.

Achievements & Performance cnt'd

I can't leave her alone as I did once and she tried to boil eggs and when I got back, she was sound asleep and the house full of smoke.

It was at this point that I realised the dangers of leaving her alone, friends promised they would help with the care she required which was ok at first until they experienced her outbursts and mood swings, they soon drifted away.

My sisters who she had a very close relationship with helped, but I was on call all the time.

The impact this had on me was I felt trapped and had to attend counselling to learn to cope. Counselling did help me come to terms with the fact that the woman I married was no longer there and would never be back.

To be honest I did consider calling it a day and moving on, going it alone, get some of my old life back, being able to go out for a pint, meet up with my mates, get some time to myself but this was against all my morals as I took vows on my wedding day and was determined to keep my word and be by her side in sickness and health.

Headway

A family friend told us about Headway in East Lothian and how the group had helped her, so we agreed, and she asked for Gillian to get a referral. Joyce came along for a home visit to meet us both and Gillian started going along on a Monday and enjoyed being with others with similar injuries to her and this helped her to socialise and communicate and improve her speech.

She asked me to go to some meetings with her as they helped carers as well which I did.

I soon become a board member and started volunteering by helping people get to and from meetings then after 2 years became chair of the board.

Mood swings and behaviour

Mood swings and behaviours became a challenge as she was always the person who was outspoken, thinking she was right and no one else was entitled to an opinion. I was always at fault if didn't agree with her but being the chair, I always try to keep an open mind and be fair to all.

I understand that this is going to follow me home - sometimes she gets distracted and forgets about it for a short time then when she remembers the mood swing kicks in and she normally takes to her bed and depending on bad she feels I might not see or speak to her until the next day, even then she sometimes ignores me.

Achievements & Performance cnt'd

When this happens, I am left sitting in a room alone. My home loses all its atmosphere and becomes a very lonely place and even if our paths cross, she ignores me until she gets hungry - that breaks the ice as I have to make her something to eat.

Depression creeps in regularly I have been taking anti-depressants for nearly 25 years now it started after I was retired from work with a spinal injury, in 2013 I had a triple heart bypass, so I have my own health problems as well as supporting her. I used to love driving but now Gillian thinks I should take her out on demand - I am told 'you are only driving', I am always reminded about her fatigue, but she doesn't understand mine.

A trip to the shops can be very trying as she will virtually crawl around the shop stopping and staring at items on the shelf and sometimes picking it up even if she doesn't use it or need it and she is always wants to buy things for other people, if I say no to her she is like a little girl stamping her feet and shouting at me in the shop, fortunately we are known around the area and people know about her brain injury. Gillian is not happy with just shopping locally - her favourites to shop are Dundee, Livingston, Aberdeen for a fish supper and Glasgow, and dog walking is always to be in Burntisland or Galashiels.

Holidays are always to Salou; same hotel and she goes to all the same places every time. Some things she remembers, others she gets excited about because she has forgotten about them.

She also asks me to go to a friend's house for coffee - they live in Coxhoe, Durham – a 2.5-hour drive away

I find life very difficult at times - difficult to understand - difficult to keep control but I have an Ace in my corner. With Headway East Lothian in my corner, I am never without support, Development Officer Joyce is worth her weight in gold - very understanding and ready to support at any time. All the other volunteers are very helpful and group members are a must because when they are at home and getting to Headway is the only time they get out and about and I can help then that gives me a great sense of self-worth. There is no better feeling than when you see an A.B.I. sufferer make any form of progress like when they get involved after being withdrawn and seeing group members encourage them to join in and socialise. At Headway East Lothian we do not judge or laugh at people's mistakes, but laughter is often heard with the group laughing together.

I don't know what I would without Headway or without their support, if it wasn't for their help, I think my marriage would have ended a long time ago - they have helped me keep my wedding vows. Thank you for listening to me.

Achievements & Performance cnt'd



Scottish Head Injury Forum & Head Injury Information Day

There were 2 SHIF events in 2022, free to attend for brain injury survivors & their carers.

The Dundee Open Forum focussed on the impact of the pandemic, including discussions on long-covid, the care crisis, fatigue management and a brain injury survivors experience.

The Glasgow Open Forum focussed on the way brain injury can impact on our senses.

Digby Brown's Head Injury Information Day was well attended by Headway East Lothian delegates.

Outings

Through our connection with Edinburgh University's museums services, we enjoyed a visit to the Main Library for the 'Robert Blomfield: Student of Light' exhibition. We also visited St Cecilia's Concert Room and Music Museum



The gang (minus Joyce the photographer!) along with Caitlin on the left and Ruthanne on the right. Many thanks to them for this visit and all other amazing things they have done for HEL in the last 2 years.

'much better than I expected', 'really interesting and amazing photos', 'it's amazing how clear everything is in black and white', 'the photo of the kids playing on the street made me remember playing with my friends as kids'

Sounds like it was a big hit and Caitlin & Ruthanne also arranged some classroom time to keep all on their toes!

Achievements & Performance cnt'd

Dynamic Earth – 22 people in total
15 brain injury survivors, 2 carers
4 volunteers & the DO – Joyce



BBQ – with very grateful thanks to
Gordon & Dottie for their garden
and to Patricia in leading us in our
Jerusalema Dance Challenge



Achievements & Performance cnt'd

Mystery Trip – Kinlochard Village Hall – large coach with full accessibility required with a very good driver – thankfully Sarah from AAA Coaches fitted the bill and got us to the Hall on time! Thanks to all involved in making it such an amazing day, preparing the food, transport, decorating, and to Arnold Clark for sponsoring the event.



A caricaturist added to the experience of the day

Achievements & Performance cnt'd

Platinum Jubilee Celebrations – Cockenzie House & Gardens



Gillian with all the afternoon teas

John with his amazing smile enjoying the day



Christmas Shopping – an experience as always – great to help people get out and about and surprise their loved ones with personally chosen gifts.

Brain Injury Awareness Week – ‘See the Hidden Me’ – Headway East Lothian took part with facilitated workshops where people could write, draw, or speak their own stories of what they would say to other people to help them understand the hidden effects of brain injury, which we put forward to Headway the brain injury association for their overall campaign. We also held our Hats for Headway Day which is so much

Achievements & Performance cnt'd

fun and raises awareness of the need to wear a hat or helmet during sports & recreational activities.

Here are some of the comments:

"It's like a permanent hangover without the expensive alcohol bill".

"It's like when you've gone for a day out and then you think, did I lock the front door properly? I live with that feeling everywhere."

"A swan looks so graceful effortlessly floating along the surface of the water without a care in the world, but underneath its leg and feet are frantically paddling away at a million miles an hour just trying to keep up with everyone else."

"I explained it by it's like dropping a smart phone – the screen may be cracked, which can be fixed, but you can't see all the damage inside to all the connections which could make it slow, and crash because it's overworked trying to keep up."



Christmas Lunch

With our very own Headway East Lothian Pantomime – Cinderella!

The panto summed up Headway East Lothian, where everybody feels comfortable with their friends because everybody laughs with everybody and not at anybody.



Christmas Jumpers all around



The cast of Cinderella

Volunteers waiting
For Santa



Achievements & Performance cnt'd

Burns Supper – what an evening, thanks to all who helped make it special, taking part in the event with poetry, singing, transport and decorating the hall!



Oh my love is like a Red Red Rose



Looking forward we are building our resilience with our reserves, applying for project funding to support people's return to a new normal way of life. The psychological impact of Covid 19, social isolation and the social anxieties this has put on people has still to be counted fully, with the effects ongoing. We are supporting people with their mental health; building their confidence and providing them with activities and peer support that will give them the chance to talk about their experiences in a safe, non-judgmental fashion. Funding will also allow us to continue our Partnership working and expand our reach into more diverse parts of the community.

Many of us are looking forward to the **Head Injury Information Day** in Edinburgh with Digby Brown solicitors.

Achievements & Performance cnt'd

Alongside celebrating Volunteers Week and Carers Week we have **Action for Brain Injury Week** ahead.

Our ABI week campaign *Every 90 seconds* highlights the frequency brain injury occurs by using the following statistic:

Every 90 seconds, someone in the UK is admitted to hospital with an acquired brain injury.

We will illustrate the frequency that brain injury occurs through relatable everyday tasks that take around 90 seconds e.g.

'In the time it has taken you to brush your teeth, another person has been admitted to hospital with an acquired brain injury.'

We will also reference the causes of acquired brain injury, such as stroke, tumours, meningitis, falls, assault, road traffic collision, concussion etc. This helps to form an emotional connection as people relate to events in their own lives. This increases our chances of support.

Additionally, we will highlight the essential work that we do at Headway and invite support from those who engage with the campaign by asking:

'How will you spend the next 90 seconds?' and suggest ways they can help e.g., by sharing campaign materials.

Not only do we intend to increase awareness of brain injury through the campaign, but we also want to increase understanding. We will be working on small bite-size videos to put on our social media channels.

BRAW – thanks to the Champ Trust we are finally going ahead with the residential activity and relaxation weekend for our brain injured community and their carers. This covers all Headway groups & branches from across Scotland coming together at Tulliallan College to share social time, make new friends and take part in all-ability activities such as cycling, arts & crafts, outdoor adventures, a bus trip to Deep Sea World and a talent show.

Partnership Working – Our Community Kitchen Through New Partnership funding we will be working with Our Community Kitchen and have started by introducing 7 people to their service for community lunches and social groups. We will also be taking part in Community Kitchen events and hope to have our own area and raised bed for planting and showing the food journey.

Achievements & Performance cnt'd

Thank You

There are so many people we must **thank** for their support over the past year. Our wonderful funders who stepped up when it really mattered to enable us to provide the ongoing support so quickly.

Thanks to all the Board members and volunteers who have continued to work tirelessly for Headway East Lothian and to the Development Officer for her work over the past year. Jim Maryniak continues in his role of keeping us all together as Convenor. Katy Lamb continues to meet the challenges of Treasurer and ensuring good financial governance. Christine Maclean is a reliable and accurate Secretary and has been so supportive using her wealth of experience and skills. Teresa Martin has a way of talking to people and keeping in touch that makes it easy to work with her and her organisational skills are very welcome. David Aston and his experience of accounting has been much needed in overseeing our monthly updates from the Treasurer. We thank Fiona Grant for all her work in raising awareness of Headway East Lothian and Acquired Brain Injury. Fionna Balfour joined the Board as an intermediary between our member representatives and the Board – she receives notes, verbal feedback, questions, suggestions from the group attendees either directly or through the representatives at each group and brings these to the Development Officer and the Board. Cat Baillie, one of our Board members and a Complementary Therapist has continued to keep our Instagram account updated and has gained a wide following with her health & wellbeing advice.

All our Board members are volunteers and without their work and support we would not have been able to reach so many people over the past year and provide the services they have needed. Our sessional volunteers have been amazing as always, phoning round people, taking part in zoom activities, delivering rounds of Afternoon Teas and activity packs, and now taking part in weekly sessions, chatting and helping deliver activities to the groups. Dottie and Gordon Wallace have been as amazing as always; Fiona McQuade, you have provided a listening ear to so many, thank you. We have also welcomed new volunteers, Susan Easingwood, Jenna Noble and Emma Paterson and would like to thank them for their commitment to the work we do. Thanks also to our newest volunteers who completed their work-based placements with us through Queen Margaret's University.

Grace Porter – one of our members, keeps the Facebook Page relevant with photos and information.

Thompson's solicitors continue to support us by hosting the website, guiding us through a change of domain host and how best to upgrade our website, and providing meeting space when required in Edinburgh city centre.

Thanks to East Lothian Health and Social Care Partnership for allowing us the use of the Community Room at the East Lothian Community Hospital in Haddington for one of our weekly meetings.

Achievements & Performance cnt'd

The management team at The Hallhill Centre have also been incredibly supportive, working with us to provide Covid safe spaces for our weekly meetings.

Our thanks must be extended to the staff and management team at the Port Seton Community Centre where we also hold one of our weekly meetings.

Our partnership working continues with various local and national organisations and community groups. These include SCVO (Scottish Council for Voluntary Organisations), VHS (Voluntary Health Scotland), all our funders, Headway UK, GOGA Tayside, Evaluation Support Scotland, Age Scotland, Prescribe Culture, Edinburgh University & Museums, Scotland Interact, Dementia Friendly networks, Carers of East Lothian, Community Learning & Development East Lothian Council, Ageing Well East Lothian, Our Community Kitchen Haddington, Fingers & Thumbs Craft Centre, the Filling Station (local caterer), Age Scotland, East Lothian Roots & Fruits, Enjoy Leisure, Historic Environment Scotland, Social Security Scotland, Ageing Well East Lothian and many more.

Thanks to Peter and Grace who were voted as representatives to take people's views to the Board.



Thanks to all those who have supported us through donations large and small, raffle prizes, biscuits, tea & coffee and all the other wonderful and amazing things you all do to make people's lives a wee bit better!



Achievements & Performance cnt'd

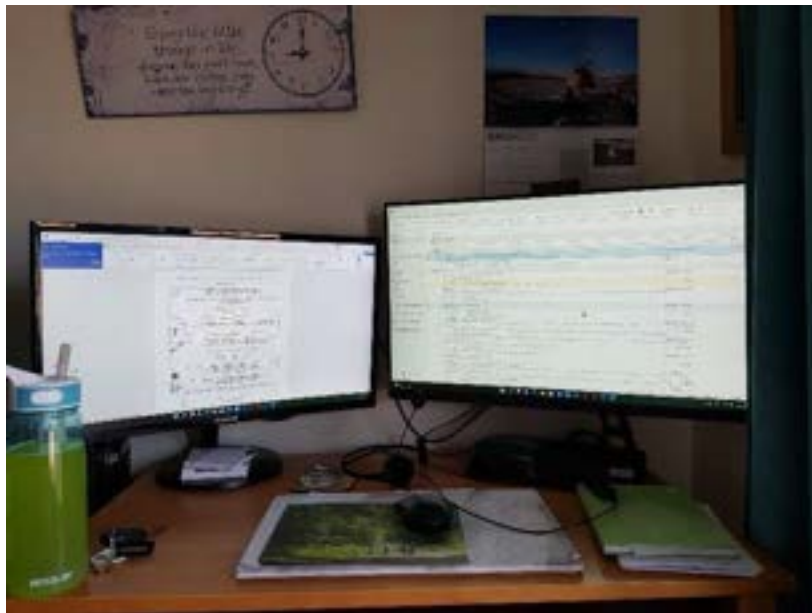
Thank you to Karen Lorimer who brought us an Oculus VR headset, purchased from a fundraiser for her cousin William Brunton - who lost his battle with MND. When William and, Karen decided to use the money to buy an awesome 10 devices & distribute them to local charities. Karen told us "William loved using the headset & found it relaxing".



Thanks to Peter for his amazing Looney Dook, raising so much money - £600 – for group activities and in such style too!



Thanks to our Development Officer – Joyce Cattanach – here's her upgraded home office!



Achievements & Performance cnt'd

Digby Brown Awards Day – the group's artistic efforts were rewarded with 2 winning entries for the Christmas Card and Calendar Competition. The Development Officer supported Grace and Gillian to attend the Award Day in Glasgow, to accept their certificates and prizes and a cheque on behalf of the whole group.

Thanks to Digby Brown Solicitors for their continued support for Headway groups and branches across Scotland and all those who work with and care for people with Acquired Brain Injuries; here's the group photos from the Awards Day in Glasgow.



Gillian Maryniak
July image
Pretty Flamingos



Grace Porter
December image
Winter Reflections

Achievements & Performance cnt'd

Celebrating our community

David Brown and his wife Margaret celebrated their 60th Wedding Anniversary and the Development officer, along with help from a family member, arranged for a card from HM The Queen to be hand delivered to them on the day.

Headway Awards

The awards, hosted by Headway – the brain injury association, featured stories from extraordinary people, such as Mark Kennedy, a brain injury survivor who has now run over 100 half marathons, Michelle Kelly, a hard-working carer who has devoted her life to helping others, and Dean Harding, who has shown exceptional dedication to supporting fellow brain injury survivors.

The event was hosted by acclaimed sports journalist Sam Peters, with awards being presented by double Olympic gold medallist, James Cracknell.

Headway's Chief Executive, Luke Griggs, said: "Brain injury can have a devastating impact both on an individual and the people close to them; survivors often face challenges such as memory loss, debilitating fatigue and loss of language and movement.

"Imagine one day waking up and finding you must learn to walk and talk again, that your memory is foggy, and you can't do the things you are used to doing. It seems unimaginable, but this is a reality for many brain injury survivors. Every day we see people who have carried out incredible acts of compassion, bravery, and strength and this is our chance to recognise some of them.

"We firmly believe that together we are stronger, and the Headway awards really showcase just how true this is. It is because of the support of people like our award winners and finalists, that we are able to help so many people affected by brain injury. The Headway awards paid tribute to the inspirational achievements of brain injury survivors, carers, volunteers, and campaigners.

There were four awards categories:

- • Alex Richardson Achiever of the Year sponsored by Slater & Gordon
- • Carer of the Year sponsored by Barr Ellison LLP
- • Volunteer of the Year sponsored by Anthony Gold Solicitors
- • Stephen McAleese Outstanding Contribution to Headway Award sponsored by No5 Barristers Chambers

Beth Henderson, 77, who cared for her husband Ian, was one of three finalists from across the UK in the running for the title of Carer of the Year, sponsored by Barr Ellison LLP.

On finding out she had been nominated, Beth said: "It felt really lovely. I don't know if I am deserving enough of the award and I'm sure there are others who do much more than me, but it is lovely to get the recognition.

Achievements & Performance cnt'd

"I would do anything for Ian. He was my husband and I loved him, and I'd do it all again."

Beth's journey of caring for Ian started just after his 65th birthday when he experienced a stroke, the first of many.

"We had gone out for a meal to celebrate Ian's birthday when I noticed he was acting oddly," recalled Beth. "We came home and my sister said to me 'Beth, I think he's had a stroke.'"

Ian went on to experience a series of small strokes and as a result, developed vascular dementia.

Beth said: "We went to see a psychologist every six months after the dementia diagnosis who told us that Ian would have these wee strokes every so often and would lose a bit of brain function each time.

"Life totally changed for the both of us. Instead of enjoying our retirement together, we were battling every day with the effects of Ian's brain injury. His behaviour was changing all the time and he became very disinhibited.

"He'd often get fixated on people with distinct characteristics, so I had to be constantly alert for what might attract his 'magpie' eye – someone's hair, a tattoo, the colour of a dress. His extrovert behaviour meant that harmless conversations were taken too far and he could get himself in trouble. Thankfully he had a Headway Brain Injury Identity Card which he was able to show people."

As the strokes continued, Ian lost his peripheral vision on his left-hand side and had to have his lower left leg amputated to stop any further blood clots.

"It never kept him back," said Beth. "He tried to ride his bike and drive a car but he couldn't understand why it wasn't safe. He had numerous falls because of both the strokes and the prosthesis. The neighbours were always helping me pick him up!" Agency care staff were brought on board as Ian's health deteriorated, but Beth was often left to pick up the pieces.

"We live in a rural area so it was almost impossible for companies to provide the care Ian needed," she said. "Carers were in short supply so I had to help with a lot of the physical work. Ian was a big, strong man and if he fell, he could easily hurt himself and others.

"During the pandemic, care was intermittent at best – maybe 30 minutes twice a day – so I very rarely had a break or got time to myself."

Longing for more specialist support, Beth sought out Headway East Lothian, a local brain injury charity where she and Ian attended support groups for the past five years.

Achievements & Performance cnt'd

“Headway East Lothian was our lifeline,” said Beth. “I couldn’t take him to other community groups because people didn’t understand his brain injury, they just thought he was being awkward or misbehaving. He always loved taking part in the activities at Headway – painting, singing, dominoes and chatting.”

“The staff at Headway helped Ian’s carers to learn more about brain injury so they could better support him, providing them with information, guidance and support on how to manage his increasingly disinhibited behaviours.”

Beth and Ian also attended BRAW, a residential activity weekend organised by Headway where Ian was able to participate in many of the activities he enjoyed prior to his brain injury.

“It was fantastic,” said Beth. “Ian got to do his own thing – riding the all-ability bikes, archery and walking and I got a chance to get some respite and have a massage. We attended the social event in the evening together and shared a special moment when Ian got up and asked me to dance with him.”

Sadly, Ian died earlier this year in May.

Beth said: “Towards the end he slept a lot, but he still always had that same sparkle in his eye. On the day he died I said to him ‘Oh you’re looking lovely’ to which he asked ‘Do you still fancy me?’ ‘Oh definitely’ I replied.”

Beth was nominated for Carer of the Year by Joyce Cattanach, Development Officer at Headway East Lothian. Joyce said: “Beth is such a loving, caring woman who continues to be a part of our Headway family. It would have been understandable and acceptable for Ian to have been admitted to hospital or a care home, but Beth was adamant that they would stay at home together where they could watch the garden grow, the seasons change, and the birds sing.

“Beth did everything for Ian out of love as his wife, but she doesn’t realise just how much she did. She went above and beyond what many other people would have been able to cope with. She very much deserves this recognition for devoting her own life to her husband’s, caring for him constantly.”

Beth did not win the award category but in our eyes, a very worthy runner up!

Achievements & Performance cnt'd

Ian and Beth's son Iain is seen at the Award presentation on 9th December at Landmark London Hotel, and here with James Cracknell.

Beth Henderson was unanimously nominated to the Headway Annual Awards, Care of the Year Award category for her caring role for her late husband Ian who had been a member of our group for several years. Beth was selected as one of the 3 finalists but due to her own health needs was unable to attend the Awards day in London in December – her son Iain, attended on her behalf and accepted the certificate.



Discovery Challenge – 8 members are continuing to challenge themselves with a hobby, physical exercise, service, and journey sections under the guidance of Fionna Balfour, who is herself aiming for her Gold Award.



We do like to celebrate 'special' birthdays – here's David with his amazing cake!



Jim also celebrated in style with his cake and a very special art class where everyone painted his portrait!

Achievements & Performance cnt'd



Ukraine fundraising

Members expressed a wish to raise funds for the Ukrainian Appeal so through personal donations, a fundraising auction, and cream teas we sent an amazing £741 to the DEC Ukraine Fund

A massive thank you to the trustees of the RS Macdonald Charitable Trust for working with us on our initial application, being so helpful, friendly



and truly compassionate about the work we do. The ongoing funding from the Trust will enable us to consolidate the current work we do and to move forward – making life better for our community. This will part fund the Development Officer Post over the next three years as part of their Neurological Conditions Theme

This is great news for us in many respects. Beyond the very welcome funding which enables us to focus on strategic goals, ie helping our community as best we possibly can, rather than spending lots of time on sourcing and applying for essential DO funding. RS MacDonald also offer a wide range of beneficiary support which we are just learning about.

We are very happy to have been successful and look forward to building a long-term relationship.

Communities Mental Health & Wellbeing Fund

Partnership working and good relationships with The Volunteer Centre East Lothian have been instrumental in supporting our successful applications to the Communities Mental Health funding stream– we look forward to building on our many partnerships in the coming years and building the stability of the charity alongside improving the lives of people with acquired brain injuries and their families and carers.

East Lothian Council – One Partnership Funding – Carers Act

It is excellent that HEL has been acknowledged as a much needed and sustainable resource within east Lothian.

Achievements & Performance cnt'd

The Champ Fund & Foundation Scotland

Thanks for your understanding and patience for again carrying forward the grant towards our BRAW weekend away for those with brain injuries and their families and carers.

Arnold Clark

For sponsoring our Mystery Trip – one of our celebrations for the Queen's Jubilee.

The Co-op Local Community Fund

We have been lucky enough to have been chosen as one of the Co-op Community Fund's Local causes.



Be Green – Community wind power

the grant will fund session materials, and accessible transport costs for our cultural and heritage programme

Household Hardship Fund

We have distributed vouchers to eligible members of our community to help support them financially.

Achievements & Performance cnt'd

Sadly missed

We have had to say our final goodbyes to members of our community who have died over the past year – they will all be sadly missed. As will those who have moved on to new homes and moved forward with their lives.



Ian Henderson

Cath Robertson



Contact: Development Officer
Email: headwayeastlothian@live.co.uk
Web: www.headway-eastlothian.org.uk
Tel: 07895193974
Write: Headway East Lothian
43 Eskview Road
Musselburgh
East Lothian
EH21 6NZ

We can also be found on:

Facebook: www.facebook.com/headwayeastlothian
Twitter: @headwayeastlothian
Instagram @headwayeastlothian41

Financial Review

Statement of Reserves Policy

The charities policy on reserves is to have one years running costs, this is approximately £45,000 per year, in reserve. The charity aims to have this whilst actively seeking funding to continue the work of the charity. Funding covers the salary and associated expenses of the Development Officer as well as the day to day running of the activity-based groups, transport & expenses. Also, to keep a designated amount for redundancy for the Development Officer (whom has been in continuous employment with Headway East Lothian for 16 years and 7 months as at 25/4/23).

We are very fortunate to now be in a position of stability whereby we can spend more time on strategic planning and actions that will ensure the very best outcomes for our community

Details of any deficit:

There is no financial deficit this year, the trustees will continue to monitor and maintain fund raising activities. Funding applications have been made to various trusts, grant awarding bodies and other sources. The reserve policy will be reviewed at Board meetings and at the strategic planning day for Trustees.

Voluntary Help & Gifts in Kind

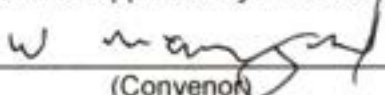
East Lothian Health & Social Care Partnership for continued Support and use of the Community Hall within the East Lothian Community Hospital.

Statement of Trustees Responsibilities

The members of the Charity must prepare financial statements which give sufficient detail to enable an appreciation of the transactions of the Charity during the financial year. The members of the Charity are responsible for keeping proper accounting records which, on request, must reflect the financial position of the Charity at that time. This must be done to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006.

They are also responsible for safeguarding the assets of the Charity and must take reasonable steps for the prevention and/or detection of fraud and other irregularities.

This report was approved by the trustees and signed on their behalf by W J Maryniak


(Convenor)

6-06-23
Dated

**Receipts and Payments Accounts for the
Year ended 31st March 2023**

	Notes	Un Restricted	Restricted Funds	Total 2023	Total 2022
Receipts					
Donations	1	5,579.06	0.00	5,579.06	5,305.92
Legacies	2	0.00	0.00	0.00	102,444.70
Grants Received	3	6,000.00	57,080.00	63,080.00	43,500.00
Receipts from Fund Raising Activities	4	2,253.35	0.00	2,253.35	1,035.80
Bank Interest		594.33	0.00	594.33	0.00
Gift Aid		0.00	0.00	0.00	274.57
Total Receipts		14,426.74	57,080.00	71,506.74	152,560.99
Payments					
Expenses from Fund Raising Activities	6	179.01	0.00	179.01	108.00
Expenses from Charitable Activities	5	7,357.88	51,328.49	58,686.37	59,090.03
Independent Examination		125.00	0.00	125.00	125.00
Total Payments		7,661.89	51,328.49	58,990.38	59,542.03
Net Receipts/(Payments)		6,764.85	5,751.51	12,516.36	93,018.96
Transfer between Funds		0.00	0.00		
Surplus/(Deficit) for Year		6,764.85	5,751.51	12,516.36	90,018.96
Statement of Balances as at 31st March 2023					
		Un Restricted	Restricted Funds	Total 2023	Total 2022
Balances at Start of Year		149,561.00	18,500.34	168,061.31	75,042.38
Surplus/(Deficit) for Year		6,764.85	5,751.51	12,516.38	93,018.96
Balances at End of Year		156,325.85	24,251.85	180,577.69	168,061.34

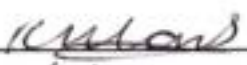
Other Assets

No Other Assets Held

Liabilities

No Outstanding Liabilities

These accounts were approved by the trustees and signed on their behalf by K Lamb, Treasurer


Dated 5/6/23

Notes to the Accounts

	Un-Restricted	Restricted	2023 Total	2022 Total
1 Donations				
General Donations	3,035.65	0.00	3,035.65	4,023.72
Facebook/Just Giving	2,543.41	0.00	2,543.41	526.20
Virgin Giving	0.00	0.00	0.00	756.00
Total	5,579.06	0.00	5,579.06	5,305.92
2 Legacies				
JRF	0.00	0.00	0.00	2,444.70
P Clark	0.00	0.00	0.00	100,000.00
Total	0.00	0.00	0.00	102,444.70
3 Grants Received				
Elizabeth Frankland	6,000.00	0.00	6,000.00	10,000.00
Coronation AFA	0.00	1,380.00	1,380.00	0.00
Corra Hardship Fund	0.00	5,250.00	5,250.00	0.00
ELC	0.00	16,450.00	16,450.00	0.00
VCEL Mental Health	0.00	20,000.00	20,000.00	20,000.00
R S McDonald	0.00	12,000.00	0.00	12,000.00
Be Green	0.00	2,000.00	2,000.00	0.00
VEL SLIP Communities	0.00	0.00	0.00	1,500.00
Total	6,000.00	57,080.00	63,080.00	43,500.00
4 Fundraising Activities				
Events	0.00	0.00	0.00	516.00
Raffles & Bonus Ball	2,253.35	0.00	2,253.35	519.80
Total	2,253.35	0.00	2,253.35	1,035.80

Notes to the Accounts cont.

	Un-Restricted	Restricted	2023 Total	2022 Total
5 Expenses - Charitable Activities				
Employee Costs				
Salary & Related Costs	0.00	29,401.05	29,401.05	26,435.32
Employer Pension Contribution	0.00	1,125.47	1,125.47	1,012.26
Staff Travel & Expenses	0.00	3,075.35	3,075.35	1,997.41
Payroll Costs	0.00	572.23	572.23	566.04
Direct Service Provision Costs				
Activities	32.30	3,650.09	3,682.39	0.00
Arts & Crafts Expenses	9.00	349.91	358.91	2,485.12
Insurance	0.00	0.00	0.00	376.83
Membership & Subscriptions	267.00	0.00	267.00	0.00
Meeting Costs	2,454.30	0.00	2,454.30	2,926.05
Outings	2,292.25	0.00	2,292.25	(32.00)
Other Costs	181.36	3,750.00	3,931.36	434.25
Transport	228.10	8,000.00	8,228.10	13,161.09
Volunteer Costs	669.11	0.00	535.28	73.83
Storage	540.00	0.00	540.00	313.00
Subsistence	0.00	240.10	240.10	119.45
IT Costs	184.22	210.64	394.86	1,253.96
Digital Communication	0.00	0.00	0.00	143.88
Braw Expenses	0.00	0.00	0.00	1,530.00
Professional Fees	0.00	0.00	0.00	240.07
Corona-virus Special Costs	17.99	0.00	17.99	5,402.64
Other Running Costs				
Mobile & Phone Costs	0.00	420.00	420.00	368.79
Stationery Printing & Postage	482.25	354.14	836.40	743.61
Training Costs	0.00	179.50	179.50	0.00
Total	7,357.88	51,328.49	58,686.37	59,309.03
6 Fundraising Activities				
Fundraising Expenses	179.01	0.00	179.01	108.00
Total	179.01	0.00	179.01	108.00

Notes to the Accounts cont.**8 Break down of Funds as at 31st March 2023****Restricted Funds:**

VCEL Community Mental Health	18,964.98	
The Champ Trust	470.00	
Be Green	2,000.00	
Coronation AFA	1,380.00	
Corra Hardship Fund	1,436.87	
		24,251.85

Un Restricted Funds:

Own Funds	47,197.45	
Elizabeth Frankland Moore & Star	8,169.84	
JRF Legacy	958.56	
P Clark Legacy	100,000.00	
		156,325.85

Closing Balances as at 31st March 2023 **£180577.70**

These funds are held between two banks as follows:

The Royal Bank of Scotland	95,577.70
Cambridge & Counties Bank Limited	85,000.00

Closing Balances as at 31st March 2023 **£180,577.70**

9 Purposes of Funds

Grants received this year and carried forward are seen under note 8, a total of £24,251.85

All other income has been generated from Fund Raising Activities as well as the Charities Activities' and two legacies, an un-restricted balance of funds of £100,958.56.00 will be taken forward.

The accounts have been prepared in line with the Receipts & Payments method.

Notes to the Accounts cont.**10 Accounting Notes**

Incoming Resources are recognised when receivable, which is when the charity becomes entitled to resource.

Resources Expended are recognised when there is a legal or constructive obligation to make payment. They are classified into the following categories:

- Costs of Generating Funds (Fundraising)
- Charitable Activities (Costs incurred in the delivery of the charities activities and service)
- Governance Costs (Costs associated with the strategic management of the charity)

11 Trustee & Related Parties

No payments were made directly to Charity Trustees this financial period. Any expenses paid are reimbursements of expenses for the running of the charity.

Independent Examiner's Report on the Accounts**Headway East Lothian SCIO
Scottish Charity SC035535**

**For the Period 1st April 2020 to 31st March 2023
Set out on pages 43-47**

Receptive Responsibilities of Trustee & Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name of Examiner

Sue Bennett ACIE

Signed



Dated



Address

21 Dounehill Jedburgh TD8 6LJ