Headway North West London

Supporting people affected by brain injury
in North and North West London

HEADWAY NORTH WEST LONDON
ANNUAL REPORT 2025
(for AGM 18/5/2026)

This is the annual report for the year January to December 2025.

Overview of 2025

The Link and the Communication Café and the Headway North London monthly meetings were well attended throughout the year.

Zoom meetings including the football discussion group and family and friends group continued.

Governance

The Board is made up of volunteer Trustees and oversees the provision of the service and the finances of the charity, the recruitment and employment of our staff members and ensures that all necessary filing with Headway UK, Companies House and the Charity Commission is completed. The Board met 8 times during 2025.

Unfortunately a number of board members had competing priorities in their personal and professional lives and therefore resigned in 2025 leaving only 5 trustees on the board.

Board membership (and brief role descriptions)

Claire Angol:	book-keeping, banking, website, volunteers at events
David Bannon:	fundraising
Pat Byrne:	Attends board meetings but is not a trustee. A regular and experienced Link volunteer, arranges the annual barbeque, fundraising
Isang Emeneka:	social media, 1:1 support to Service Manager (resigned September 2025)
Tracey Freeman:	runs the communication café, fundraising, arranges and volunteers at events

Jaymini Katira:	dealt with complaints and contact with members (resigned October 2025)
Toby Kesavanathan:	friends and family group (resigned June 2025 but continues to volunteer)
Camille Mason-Perez:	friends and family group (resigned September 2025)
Henrietta Phillips:	chair, minute secretary, files reports and documents
Margaret Anthony:	not a trustee but drafts our accounts voluntarily and is a fundraiser

Financial management

In 2025 the charity's reserves reduced by £3,621 (£13,792 last year).

As discussed at last year's AGM income has dipped and costs including, for example, insurance costs have risen significantly. While the charity continues to have sufficient funds to operate the charity has outgoings of nearly £40,000 each year but no **guaranteed** income.

Fundraising/donations

The fundraising undertaken in 2025 included:

- Some organisations contacted by David Bannon provided donations
- A quiz night in March 2025 run by Dave and Sue Harman raised over £1,500
- The Welldon Activity Group which was another, similar, charity in Harrow sadly had to close and on closure the trustees (one of whom had had previous contact with HNWL through her work on Harrow Council) decided to give £6,000 of its funds to HNWL
- The West London Harley Riders made another generous donation
- A raffle organised by Fiona, a Link attendee, and collection boxes at The Swan pub and Barrel and Corner pub raised significant sums

- HNWL also continues to benefit from ad hoc or monthly donations from supporters including some of £000s

The Link, online group meetings and the Communication Café

With the assistance of the volunteers, Bakhtiar Hormoz, our service manager runs The Link and helps to facilitate the online group meetings through the week.

We were given notice in 2025 that the Salvation Army were selling the premises that were used for The Link. The Link is now held at St Luke's Church Parish Hall in Pinner where the communication café is also held.

The communication café was set up by Tracey Freeman in 2022 with Tracey and Alan Green.

Volunteers at the Link and/or café in 2025 include Frances, Gladys, Pat, Tracey Freeman, Tracey Green, Alan Green, Bridget, Isabel, Rebecca, Toby, Cait, Alex, Tracy, Margaret, Richard, Maria, Stephen, Susan, Anjili, Karen, Ian, Hephzi, Andy, Sue, Dave and Barry.

Tracey Green, a professional speech and language therapist continued to volunteer her time working with attendees at the Communication Café.

Activities and events

The annual barbecue arranged by Pat at The Swan in Sudbury took place in September.

The communication café organised a trip to the Lexi Cinema and a number of members also qttended the usual carols at the Royal Albert Hall.

The Link, the communication café and the North London group all held Christmas events/outings.

Headway North London

The monthly meetings, facilitated by Bakhtiar and Julie Bridgewater, continued to be held in 2025.

Headway North London members are very welcome to attend events and the communication café, and Headway North West London members are welcome to attend the Headway North London monthly meetings.

Headway North West London

Headway

Conclusion

Thanks to our employee and volunteers the Link and Community Café provided regular support and activities for members in 2025.

The charity is facing challenging times financially and as reported last year our regular income is not sufficient to sustain the charity. We are taking steps to address that.

Thank you for your support.

HPhillips
Henrietta Phillips, Chair

COMPANY REGISTRATION NUMBER: 05283025
CHARITY REGISTRATION NUMBER: 1110088

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Unaudited Financial Statements

31 December 2025

HARDCASTLE BURTON
Chartered accountants
36 Dene Road
Northwood
Middlesex
HA6 2DA

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2025

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Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2025

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2025.

Reference and administrative details

Registered charity name	Headway North West London (A Company Limited by Guarantee)
Charity registration number	1110088
Company registration number	05283025
Principal office and registered office	Grove House 55 Lowlands Road Harrow Middx HA1 3AP

The trustees

H Phillips	
C Angol	
D Bannon	
I Emeneka	(Resigned 26 September 2025)
T Freeman	
J Katira	(Resigned 23 October 2025)
T Kesavanathan	(Resigned 24 June 2025)
C Mason Perez	(Resigned 26 September 2025)
B Shaw	(Appointed 24 June 2025)

Independent examiner	Mr C J Hayfield FCA, DChA Hardcastle Burton 36 Dene Road Northwood Middlesex HA6 2DA

Structure, governance and management

The Company is run and managed by its trustees.

Objectives and activities

The charity's objective is to provide relief to persons resident in North West London and in North London, and their spouses, relatives or carers, who have suffered from head injury, through the provision of information, facilities and services.

Headway North West London,provides a social rehabilitation service known as THE LINK and volunteer led support groups to affected persons of brain injury in the boroughs of Hillingdon, Harrow and Brent.The Communications café also provides a weekly speech therapy and social amenity for the members.The North London group meet monthly.

Objectives and activities *(continued)*

Activities in 2025
During the year the charity continued to provide support and services to service users and their family members.Activities took place every week at The Link including various themed days, talks, and preparation for presentations and entertainment at the AGM. The communications cafe in Pinner has continued to be successful in adding another activity for members on a Wednesday.The North London group meet monthly with speakers having attended some meetings. Several Christmas outings were held in early in in December 2025 and were very well attended.

Supporters
A number of corporate sponsors with local connections to the charity made significant donations again this year. The charity also has a number of individual supporters who provide monthly donations as well as donations made, for example, in commemoration of special birthdays. We received a £6,000 donation from the Welldon Activity Group charity when that Charity closed in 2025. A famly member of one of our members undertook a sporting event in the summer, raising nearly £1,000. Other fundraisers were the raffle organised by one of The Link members, Fiona, in September and the charity collection boxes in The Swan pub in Sudbury and the Barrel and Corner pub in Wembley which have raised hundreds of pounds.Thompsons Solicitors have continued to provide office space free of charge. Funds are also raised though annual membership fees.

Achievements and performance

The Link
Mr B Hormoz, the Service Manager has continued to run a full service for the members at the link on a Thursday. He has worked with a fantastic group of volunteers.

Communication
The Service Manager sends out e-mails regularly detailing recent and future events and providing other relevant information to the membership and other supporters. The charity also has a Facebook pageand an Instagram account.

Financial review

The income from the charity's main funding source, the weekly day service 'The Link', has reduced 2025.The charity has used its reserves in paying salaries and rent and so has incurred a deficit this year of £3,621, (2024, £13,791). Adequate reserves have been maintained throughout the year and the charity is in a position to maintain its charitable activities in 2026. Reserves stand at £19,104, (2024:£22,725).The charity's reserves policy is to maintain enough reserves to cover six months of operational expenses.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 13 March 2026 and signed on behalf of the board of trustees by:

H Phillips
Trustee

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Headway North West London (A Company Limited by Guarantee)

Year ended 31 December 2025

I report to the trustees on my examination of the financial statements of Headway North West London (A Company Limited by Guarantee) ('the charity') for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 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:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Independent Examiner's Report to the Trustees of Headway North West London (A Company Limited by Guarantee) *(continued)*

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.

Mr C J Hayfield FCA, DChA
Hardcastle Burton
Independent Examiner

36 Dene Road
Northwood
Middlesex
HA6 2DA

13 March 2026

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2025

	Note	2025 Unrestricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments				
Donations and legacies	5	35,799	35,799	28,761
Total income		35,799	35,799	28,761
Expenditure				
Expenditure on charitable activities	6,7	39,420	39,420	42,553
Total expenditure		39,420	39,420	42,553
Net expenditure and net movement in funds		(3,621)	(3,621)	(13,792)
Reconciliation of funds				
Total funds brought forward		22,725	22,725	36,517
Total funds carried forward		19,104	19,104	22,725

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

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Statement of Financial Position

31 December 2025

	Note	2025 £	2024 £
Current assets			
Stocks	**10**	422	422
Cash at bank and in hand		26,947	22,303
		27,369	22,725
Creditors: amounts falling due within one year	**11**	8,265	–
Net current assets		19,104	22,725
Total assets less current liabilities		19,104	22,725
Net assets		19,104	22,725
Funds of the charity			
Unrestricted funds		19,104	22,725
Total charity funds	**12**	19,104	22,725

For the year ending 31 December 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 13 March 2026, and are signed on behalf of the board by:

H Phillips
Trustee

The notes on pages 8 to 10 form part of these financial statements.

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Grove House, 55 Lowlands Road, Harrow, Middx, HA1 3AP.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

Going concern

There are no material uncertainties about the charity's ability to continue.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

- legacy income is recognised when receipt is probable and entitlement is established.

- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

3. **Accounting policies** *(continued)*

Resources expended *(continued)*

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

4. **Limited by guarantee**

5. **Donations and legacies**

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Donations				
Donations	24,607	24,607	14,726	14,726
The Link	11,192	11,192	14,035	14,035
	35,799	35,799	28,761	28,761

6. **Expenditure on charitable activities by fund type**

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Headway activities	39,420	39,420	42,553	42,553

7. **Expenditure on charitable activities by activity type**

	Activities undertaken directly £	**Total funds 2025 £**	Total fund 2024 £
Headway activities	39,420	39,420	42,553

8. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	23,868	27,840

The average head count of employees during the year was 1 (2024: 2).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

9. Trustee remuneration and expenses

No remuneration was paid to trustees during the year. No expenses were paid to trustees during the year.

10. Stocks

	2025	2024
	£	£
Raw materials and consumables	422	422

11. Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals and deferred income	8,265	–

12. Analysis of charitable funds

Unrestricted funds

	At 1 January 2025	Income	Expenditure	At 31 December 2025
	£	£	£	£
General funds	22,725	35,799	(39,420)	19,104

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
General funds	36,517	28,761	(42,553)	22,725

COMPANY REGISTRATION NUMBER: 05283025
CHARITY REGISTRATION NUMBER: 1110088

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Unaudited Financial Statements

31 December 2025

HARDCASTLE BURTON
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Headway North West London (A Company Limited by Guarantee)

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Year ended 31 December 2025

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Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2025

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2025.

Reference and administrative details

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Charity registration number	1110088
Company registration number	05283025
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The trustees

H Phillips	
C Angol	
D Bannon	
I Emeneka	(Resigned 26 September 2025)
T Freeman	
J Katira	(Resigned 23 October 2025)
T Kesavanathan	(Resigned 24 June 2025)
C Mason Perez	(Resigned 26 September 2025)
B Shaw	(Appointed 24 June 2025)

Independent examiner	Mr C J Hayfield FCA, DChA Hardcastle Burton 36 Dene Road Northwood Middlesex HA6 2DA

Structure, governance and management

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Objectives and activities *(continued)*

Activities in 2025
During the year the charity continued to provide support and services to service users and their family members.Activities took place every week at The Link including various themed days, talks, and preparation for presentations and entertainment at the AGM. The communications cafe in Pinner has continued to be successful in adding another activity for members on a Wednesday.The North London group meet monthly with speakers having attended some meetings. Several Christmas outings were held in early in in December 2025 and were very well attended.

Supporters
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The Link
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Communication
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Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 13 March 2026 and signed on behalf of the board of trustees by:

H Phillips
Trustee

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Headway North West London (A Company Limited by Guarantee)

Year ended 31 December 2025

I report to the trustees on my examination of the financial statements of Headway North West London (A Company Limited by Guarantee) ('the charity') for the year ended 31 December 2025.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 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:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Independent Examiner's Report to the Trustees of Headway North West London (A Company Limited by Guarantee) *(continued)*

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.

Mr C J Hayfield FCA, DChA
Hardcastle Burton
Independent Examiner

36 Dene Road
Northwood
Middlesex
HA6 2DA

13 March 2026

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 December 2025

	Note	2025 Unrestricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments				
Donations and legacies	5	35,799	35,799	28,761
Total income		35,799	35,799	28,761
Expenditure				
Expenditure on charitable activities	6,7	39,420	39,420	42,553
Total expenditure		39,420	39,420	42,553
Net expenditure and net movement in funds		(3,621)	(3,621)	(13,792)
Reconciliation of funds				
Total funds brought forward		22,725	22,725	36,517
Total funds carried forward		19,104	19,104	22,725

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

Headway North West London (A Company Limited by Guarantee)

Company Limited by Guarantee

Statement of Financial Position

31 December 2025

	Note	2025 £	2024 £
Current assets			
Stocks	**10**	422	422
Cash at bank and in hand		26,947	22,303
		27,369	22,725
Creditors: amounts falling due within one year	**11**	8,265	–
Net current assets		19,104	22,725
Total assets less current liabilities		19,104	22,725
Net assets		19,104	22,725
Funds of the charity			
Unrestricted funds		19,104	22,725
Total charity funds	**12**	19,104	22,725

For the year ending 31 December 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 13 March 2026, and are signed on behalf of the board by:

H Phillips
Trustee

The notes on pages 8 to 10 form part of these financial statements.

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2. Statement of compliance

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3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

Going concern

There are no material uncertainties about the charity's ability to continue.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

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- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT which cannot be recovered, and is classified under headings of the statement of financial activities to which it relates:

3. **Accounting policies** *(continued)*

Resources expended *(continued)*

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

4. **Limited by guarantee**

5. **Donations and legacies**

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Donations				
Donations	24,607	24,607	14,726	14,726
The Link	11,192	11,192	14,035	14,035
	35,799	35,799	28,761	28,761

6. **Expenditure on charitable activities by fund type**

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Headway activities	39,420	39,420	42,553	42,553

7. **Expenditure on charitable activities by activity type**

	Activities undertaken directly £	**Total funds 2025 £**	Total fund 2024 £
Headway activities	39,420	39,420	42,553

8. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	23,868	27,840

The average head count of employees during the year was 1 (2024: 2).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

9. Trustee remuneration and expenses

No remuneration was paid to trustees during the year. No expenses were paid to trustees during the year.

10. Stocks

	2025	2024
	£	£
Raw materials and consumables	422	422

11. Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals and deferred income	8,265	–

12. Analysis of charitable funds

Unrestricted funds

	At 1 January 2025	Income	Expenditure	At 31 December 2025
	£	£	£	£
General funds	22,725	35,799	(39,420)	19,104

	At 1 January 2024	Income	Expenditure	At 31 December 2024
	£	£	£	£
General funds	36,517	28,761	(42,553)	22,725