Headspace
Annual Report of the Trustees

For the year ended 31 December 2025

Charity number: 1189822

Registration and Trustees

Headspace is a Charitable Incorporated Organisation (CIO), governed by a constitution adopted on 5 June 2020. It was registered by the Charity Commission for England and Wales on 8 June 2020 (charity number 1189822).

There are currently seven trustees of Headspace:

Name	Role	Appointment date
Kathryn Helen Pulham	Chair	8 June 2020
Kevan Taylor	Trustee	8 June 2020
John ap Robert Jones	Trustee	4 December 2024
Nikita Smith	Trustee	9 April 2025
Gareth William Davies	Trustee	16 July 2025
Julie Daphne Mitchell	Trustee	20 May 2026
Kirsten Louise Morgan	Trustee	20 May 2026

Nikita Smith and Gareth William Davies joined the Board during 2025. Julie Daphne Mitchell resigned from the Board in 2025, for personal reasons, and returned to the Board on 20 May 2026. Kirsten Louise Morgan was also appointed on 20 May 2026, after the reporting year. The current trustee list therefore differs from the trustees serving on 31 December 2025.

Trustees are selected with reference to relevant skills and experience, including safeguarding, child welfare, education, governance, financial management and fundraising. Trustees act voluntarily and the accounts state that no trustee remuneration, expenses or benefits were paid in the reporting period.

Objects

The objects of Headspace, as set out in its constitution, are to promote and protect the good mental health of young people in Gloucestershire and surrounding areas for the public benefit, particularly through counselling, signposting and support; and to relieve the needs of people experiencing mental illness, their families and carers, through advice, information and support services.

Activities

2025 was a significant year of development for Headspace. The charity continued to provide early-intervention mental health and wellbeing support across the North Cotswolds while broadening its provision to respond to anxiety, emotionally based school avoidance, difficulties with school attendance, neurodivergence and other complex needs.

During 2025, 93 young people received support directly from Headspace. At December 2025, 43 young people were receiving support and 35 were on the waiting list.

Counselling

Professional one-to-one counselling remained an important service. During 2025, Headspace delivered 378 hours of counselling to 21 young people, providing a confidential environment to explore feelings, develop coping strategies and build emotional resilience.

Wellbeing and group work

Headspace delivered 284 hours of wellbeing provision across 142 sessions, supporting 39 young people. Group activities included bushcraft, gardening, cooking, crafts and mindfulness. These practical settings foster confidence, social skills and trusted relationships. The wellbeing team also supported young people facing complex issues including self-harm, bereavement, body dysmorphia, eating disorders, neurodivergence, domestic abuse and caring responsibilities, working with schools where targeted early help was needed.

Mentoring

The mentoring initiative, launched in November 2024, expanded in 2025 through both community volunteer mentoring and commissioned support for young people with specialist needs. Headspace delivered 202 mentoring hours to 33 young people. Mentoring centres on a consistent, trusted adult relationship that helps young people develop confidence, emotional resilience and positive engagement.

Tutoring and alternative provision

Building on its approval as an alternative provision supplier in 2024, Headspace began integrating tuition into its support from September 2025. The model combines educational engagement with mentoring and wellbeing support for young people who find mainstream settings difficult to access. The 2025 accounts include income from mental health support contracts.

Signposting and partnership working

Headspace recognises that it is part of a wider network of care. When other professionals or organisations are better placed to respond, the charity connects young people and families with appropriate support. Its relationship with The Cotswold School remained important, alongside partnerships and referrals from across the North Cotswolds.

Achievements and Performance

During 2025, Headspace developed from its established counselling and wellbeing model into a broader community-based early-intervention service. The development of community mentoring and the introduction of tuition were particularly important steps. Headspace's 2025 Overview recorded 21 active frontline volunteers and six trainee mentors undergoing onboarding, reflecting the contribution of local people to the charity's reach.

Headspace serves communities across the North Cotswolds, not solely Bourton-on-the-Water. Rural isolation, transport barriers and long waits for other services contribute to the demand for accessible local support.

During the year, funding and community support were secured to develop Unit 7 at Bourton Industrial Estate as a dedicated wellbeing classroom. This Unit operates alongside Unit 6 which has been in operation for a number of years. This was intended to provide a calm, flexible space for young people struggling to access mainstream education and for small-group work, mentoring and family support. The development and subsequent use of the space are primarily part of the 2026 forward plan.

Public benefit

In planning and delivering activities, the trustees have regard to Charity Commission guidance on public benefit. Headspace's work furthers its charitable objects by promoting and protecting young people's mental health and by supporting families and carers. The trustees consider that the activities delivered during 2025 provided identifiable public benefit to young people across the North Cotswolds.

Community Support and Fundraising

Headspace's services were supported by local residents, volunteers, businesses, charitable trusts, foundations, councils and individual donors. The 2025 Overview identifies support from funders including the National Lottery, Ernest Cook Trust, Gloucestershire Community Foundation, Albert Hunt Trust, Cotswold District Council, The Notgrove Trust, NFU Mutual, the Big Give along with local parish and town councils. The trustees are grateful for this support and for the practical contribution of local partners.

Diversification of income remained a priority, including charitable grants, donations, fundraising events and income from mentoring, tutoring and wellbeing services. This is important to reduce reliance on any one funding source.

Financial Review

The following figures are taken from the 2025 financial statements prepared by Chamberlains (Accountancy and Taxation) Limited, dated 12 October 2026.

The statement of financial activities reports total income of £112,777 (2024: £18,687), expenditure of £134,857 (2024: £85,783) and a deficit of £22,080 (2024 deficit: £67,096). The increase in income reflects substantial growth in grants and the development of additional income streams.

The accounts record grants of £62,194, mental health support contracts of £15,626, donations of £24,829, events income of £6,267 and commercial sponsorship of £2,113, together with bank interest of £1,741 and other interest of £7. Principal expenditure categories include mental health support services (£61,896), executive services (£25,344), income generation consultancy (£18,000), counselling services (£12,901) and unit running costs (£7,011).

The trustees consider the deficit in the context of a period of planned service and organisational development, during which Headspace invested in capacity while broadening its funding base.

Reserves

Headspace's policy has been to maintain a minimum level of reserves equivalent to more than four months of core operating expenditure to provide resilience and continuity of services. At 31 December 2025, the accounts report net assets and unrestricted accumulated funds of £72,908 (2024: £94,988). This level of funds meets Headspace's policy for Reserves. The accounts state that all funds are unrestricted. The trustees continue to monitor reserves in balancing financial prudence with effective use of charitable resources. The precise comparison with the policy target depends on the agreed definition of core operating expenditure.

Risk Management

The trustees regularly consider the principal risks to the charity. Safeguarding remains the highest operational priority, supported by safeguarding procedures, safer recruitment, training and supervision. Other material risks include funding sustainability, rising referrals and waiting lists, recruitment and retention of skilled volunteers, service capacity, information governance, health and safety along with the cost and accessibility of delivery

across a dispersed rural area. The trustees and senior team review operational arrangements as the charity develops.

Looking Forward

In 2026 Headspace intends to develop its community and commissioned mentoring provision, support more young people experiencing emotionally based school avoidance or very low attendance and strengthen partnerships with schools and other agencies. Unit 7 will provide additional capacity for small-group wellbeing work, mentoring, tutoring and support for families. The charity will also continue to develop its volunteer workforce, diversify funding and strengthen outcome measurement and operational resilience.

The trustees recognise that rising demand must be balanced with safe, high-quality provision and sustainable finances. Headspace remains committed to accessible, relationship-based early intervention for young people and families across the North Cotswolds.

Acknowledgements

The trustees thank the charity's staff, contractors, volunteers, supporters, funders, schools and community partners for their contribution during 2025. Above all, they recognise the young people and families who place their trust in Headspace.

Registered Office

Headspace
Unit 6, Old Station Yard
Bourton Industrial Estate
Bourton-on-the-Water
GL54 2RZ

Approved by the Trustees on: 12th October 2026

Signed on behalf of the Trustees: Kathryn Helen Pulham, Chair of Trustees



HEADSPACE

ACCOUNTS
(INCORPORATING THE REQUIREMENTS OF
THE CHARITY COMMISSION)

FOR THE YEAR ENDED

31 DECEMBER 2025

CHARITY NUMBER: 1189822

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HEADSPACE

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FOR THE YEAR ENDED 31 DECEMBER 2025

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FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

ACCOUNTANT'S REPORT TO

HEADSPACE

We have prepared the attached Balance Sheet and accompanying Income and Expenditure Account, as accountants, using the information contained within our client's business records for the year ended 31 December 2025.

Chamberlains (Accountancy and Taxation) Limited
Ground Floor, 5 The Pavilions
Cranmore Drive
Shirley
Solihull
B90 4SB

12 October 2026

CLIENT APPROVAL CERTIFICATE

I have approved these financial statements and authorise them for production to HM Revenue and Customs and the Charity Commission.



Mrs K Pulham

12 October 2026

HEADSPACE

BALANCE SHEET
AS AT 31 DECEMBER 2025

	2025	2024
	£	£
FIXED ASSETS		
Equipment	548	612
CURRENT ASSETS		
Debtors and Prepayments	9,673	2,688
Bank Current Accounts	60,688	18,293
Bank Deposit Account	40,270	80,270
	110,631	101,251
CURRENT LIABILITIES		
Creditors and Accruals	2,912	1,830
Deferred Income	32,986	-
PAYE and Social Security Costs	2,373	5,045
	38,271	6,875
NET ASSETS	72,908	94,988
FINANCED BY		
UNRESTRICTED FUNDS		
Balance Brought Forward	94,988	162,084
Net (Deficit)/Surplus for Year	(22,080)	(67,096)
Accumulated Surplus	72,908	94,988

HEADSPACE

STATEMENT OF FINANCIAL ACTIVITES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2025

	2025		2024	
	£	£	£	£
Income				
Grants		62,194		1,750
Mental Health Support Contracts		15,626		-
Donations		24,829		15,715
Events		6,267		-
Commercial Sponsorship		2,113		-
Sales of Produce		-		40
		111,029		17,505
Other Income				
Bank Interest		1,741		1,182
Other Interest		7		
		112,777		18,687
Expenditure				
Mental Health Support Services	61,896		40,623	
Counselling Services	12,901		18,439	
Executive Services	25,344		10,822	
Income Generation Consultancy	18,000		-	
Materials and Consumables	1,871		633	
Administration Costs	486			
Unit Running Costs	7,011		7,040	
Computer Consumables	1,844		1,751	
Accountancy Charges	1,296		300	
Advertising and Promotion	864		2,024	
Charity Insurance	758		605	
Training Fees	642		1,941	
Telephone	463		-	
Recruitment Fees	174		678	
Bank Charges	113		97	
Sundry Expenses	543		375	
Depreciation	595		455	
Loss on Asset Disposal	56		-	
		134,857		85,783
Net Deficit		(22,080)		(67,096)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025

1 BASIS OF PREPARATION

The financial statements are presented on the accruals basis, recognising income and expenditure in the period to which they relate rather than solely when cash is received or paid. They have been prepared for an unincorporated charity in England and Wales under the Charities Act 2011, with reference to the Charities SORP (FRS 102) applicable to the year ended 31 December 2025.

The trustees have confirmed that all funds are unrestricted. The comparative balances have been presented on the same basis.

2 DEBTORS AND PREPAYMENTS

	2025	2024
	£	£
Amounts due from fundraising activities	6,757	513
Other debtors	1,256	762
Prepayments	1,660	1,413
	9,673	2,688

3 CREDITORS AND ACCRUALS

Amounts due on invoices received	2,052	1,080
Accruals	860	750
	2,912	1,830

4 TRUSTEES' REMUNERATION

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

5 RELATED PARTY TRANSACTIONS

The Charity does not have any related party transactions.

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	HEADSPACE		
On accounts for the year ended	31 DECEMBER 2025	**Charity no (if any)**	1189822
Set out on pages	1 TO 4		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:		**Date:**	20.10.2026
Name:	PAUL SMITH		
Relevant professional qualification(s) or body (if any):	FCCA		
Address:	CHAMBERLAINS (ACCOUNTANCY & TAXATION) LIMITED GROUND FLOOR, 5 THE PAVILIONS, CRANMORE DRIVE SHIRLEY, SOLIHULL, B90 4SB		

Section B	Disclosure
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	