

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Financial Statements
Year Ended 31 March 2023

Company No: NI035853
Charity No: NIC103691

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
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**BRAIN INJURY MATTERS (NI)
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Company Information**

Trustees	Gordon Gough (resigned 1/9/2022) Colette Kane (Treasurer) Graeme Maclaughlin Victoria Caddy Paula Kennedy Tara Leathem Claire Sullivan (Chair) Mary Kitson Sarah Moon Clodagh O'Brien Deborah McClinton (appointed 22/5/2022)
Secretary	Joseph McVey
Address for correspondence	5c Stirling House Castlereagh Business Park 478 Castlereagh Road Belfast BT5 6BQ
Registered Office	5c Stirling House Castlereagh Business Park 478 Castlereagh Road Belfast BT5 6BQ
Auditor	FPM Accountants Ltd Chartered Accountants & Statutory Auditor 1-3 Arthur Street Belfast BT1 4GA
Bankers	Bank of Ireland Belfast City Branch 4-8 High Street Belfast BT1 2BA
Registered Charity No.	103691
Registered Company No.	NI035853
Key Management Personnel:	Chief Executive Officer: Joseph McVey

BRAIN INJURY MATTERS (NI)

Report of the Trustees Year Ended 31 March 2023

Brain Injury Matters (NI) was formally established in July 2013 as an independent regional Charity. The purpose of Brain Injury Matters (BIM) is to provide direct benefit through the development and provision of a range of services to children, adults, families and carers, affected by acquired brain injury (ABI) in Northern Ireland to help them to rebuild their lives and achieve their full potential in community life. As set in the current strategy "Looking to the Future 2023-2026" our Vision and Mission is "To support promote and advocate on behalf of all those impacted by Acquired Brain Injury to rebuild their lives and live beyond ABI".

Public Benefit:

To advance education concerning brain injuries among people in Northern Ireland and in particular to benefit those affected by:

1. Providing facilities and services including Arts, Sports, Education and Therapy designed to rehabilitate and provide relief from their disability persons' resident in the area of benefit who have suffered head injuries and/or related brain damage and to counsel and otherwise assist their relatives, dependents and friends.
2. Educating the public and promoting knowledge in the area of benefits about brain injury and its effects, and the problems suffered by brain-injured people and their families.

The benefits which flow from our purpose are improved mental, emotional and physical well being, enhanced inclusion of brain injury survivors and their families, increased independence, improved quality of life outcomes and reduced dependence on other health and social care services. An additional benefit is improved awareness amongst the general public of the challenges faced by those living with brain injury, reducing social exclusion. Set out below is a summary of our achievements, performance and benefits to our beneficiaries.

The Trustees of BIM (NI) have had due regard to the Charity Commission guidance in relation to the public benefit in producing this report and as required by the Charities legislation commission we can confirm that;

- BIM (NI) purposes are not harmful and
- Where there is private benefit it is incidental including a sense of well-being to those who volunteer and as appropriate training to enable volunteers. e.g., Charity Trustees and Centre volunteers, to effectively carry out their roles in delivering public benefit.

Summary: Achievement and Performance

Brain Injury Matters (NI) is an independent regional third-sector organisation established in 2013 which works across Northern Ireland delivering therapeutic services led by a diverse team of clinicians with an established track record of working with those affected by acquired brain injury. Brain Injury Matters (NI) works to support, promote and empower children, young people and families affected by acquired brain injury (ABI). This can be a life-altering condition that can have an impact upon significant physical, psychological, and emotional consequences for individuals and their families.

During 2022 -2023 we continued to provide our range of services adopting a hybrid approach as we transitioned into the recovery phase of the Covid-19 pandemic. This model of delivery supports our value of inclusion and has been shown to enhance choice and access for our beneficiaries as set out below.

BIM's performance scorecard adopted in 2020 as part of our current strategy captures the outcomes and impact of our work in four areas:

Accessibility: The who, what, where and when

Effectiveness: How do we know we help people with brain injury?

Acceptability: What are we doing to monitor and improve people's satisfaction with BIM (NI)

Engagement and partnership working: How effective are our partnership arrangements?

Children and Youth Services

Brain Injury Matters Children and Youth Service (CYS) supports children and young people 0-18 years and their families with ABI. We are a regional service, funded in part by The National Lottery Community Fund, Children in Need and other smaller funds. The service is delivered in partnership with the Belfast Health and Social Care Trust (BHSC), Children's Acquired Brain Injury Consultation Service (CABCS) and Southern Health and Social Care Trust (SHSCT; Mentoring programme only).

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The CYS Service has 3 main elements

- Family First (FF): A Family-focused intervention for those aged 12 and under, centred on the evidence based that outcomes are improved for a child with ABI when family coping and resilience is bolstered.
- The Youth Empowerment Programme (YEP): Therapeutic support and mentoring for those aged 13-18 to empower families. The programme harnesses the expertise of lived experience whilst increasing resilience and self-reliance.
- Regional social events, activities, and workshops: These events are added to other services that are presently available regionally and they aim to maximise independence, connection, and interaction; whilst simultaneously fostering a family's social skills and confidence.

CYS Outputs

In 2022-2023, 203 people were supported by CYS.

	Families	Sessions	Hours	Mentoring sessions	Additional Hours to support other professionals	Events	Workshops
CYS combined	31 families	351	1,068	30	98	9 events 72 families	14 ABI-related psychoeducational workshops 99 participants
F	13 (13 young people, 21 parents and 14 siblings)	126 therapeutic sessions	365.5 hours of support	N/A	31		
YEP	18 (18 young people, 25 parents and 13 siblings)	225 therapeutic sessions	702.5 hours of support	30	67		

CYS Referrals

- Most referrals were received from trust partners (71.0%) i.e., paediatrics, clinical psychology, social work and allied health professionals. The remaining referrals were from the families themselves (12.9%) and or educational/ community organisations (16.1%).
- Most families within the FF Programme (25.8%) were referred from the Western HSCT, followed by the Southern and Northern Trusts (22.6% respectively). Under a fifth of families were referred from the Belfast Trust (19.4%) and the fewest referrals were received from the South Eastern Trust (9.7%). The reminder were self-referrals and from other voluntary organisations.

Impact of Child Services: Benefits and Outcomes Achieved

Family First (FF; 0-12 years):

An independent review^[1] highlighted that Family First was:

- **Accessible:** People can access FF easily - 89% of families reported they were comfortable with the location of the service provided and that sessions were arranged at suitable times "most of the time".

^[1] The Family First Project. Seven Year Evaluation Report.2022.July - Final.pdf

Families reported that FF facilitated "flexible" engagement in a service landscape, where families reported there was "nothing else like this".

- **Effective:** FF makes a difference - It facilitated a) a reduction in child behaviour difficulties, b) an increase in child competencies in school and at home, and c) an increase in family cohesion and ultimately child and family quality of life. Importantly, all these gains were maintained beyond the end of the programme. FF also supported proximity towards a total of 155 family-directed therapeutic goals, centred on

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relationships, emotions, behaviour and school i.e., on average families moved from a goal score of 2.2/10 at intake

- *Acceptable*: People found FF met their expectations - 94% of families reported they were "extremely likely" and 6% "likely" to recommend the Family First programme to friends or family in a similar situation. Additionally, school testimonies suggested increased ABI-informed practice and educational progress for the child with ABI.

The Impact of Family First:

- The programme reached its target population of families from across NI including "hard to reach" and "at risk" families.
- The programme met its aims of empowering whole families with knowledge, skills and new ways of working and enhanced resilience in a population of children with significant levels of disability, physical, psychosocial and educational needs. In doing so, the programme has been a force pushing back against social and educational exclusion.

Family First Case Study

E, a 6-year-old female, referred to the Family First service in January 2022 for support with understanding her ABI (Craniosynostosis) and daily functioning (particularly, support with social cues, processing information, fine motor skills and homework).

Support provided to the whole family was ongoing for over a year and included: information sessions, puppet role play, and problem-solving discussions on managing emotions, communication and social skills.

Additionally, support to school was provided as E was attending primary school and had the support of a full-time classroom assistant. This was offered via supportive telephone calls, emails, resources, and signposting for school ABI training.

Upon discharge, E's mum described the service and its tailor-made approach as "invaluable". She shared that she particularly benefited from "having somebody to talk to and to generate new ideas with". E's mum also advised that she shared some of the strategies with a family member who is a teacher, who passed them onto her own pupils in their school. Finally, E's family have expressed interest in speaking with other parents impacted by ABI and potentially being involved in the Parent/Carer Empowerment Group due to launch June 2023.

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Family comments after receiving support from Family First:

"...I was just so relieved that somebody was contacting me because that was the only support I had gotten".
"There is nowhere else that is offering that".
"Having someone to ask how you (the parent) was feeling...checking in on you, seeing how you are doing. I was trying to hold everything together, so it was important for somebody to ask how I was feeling".
"It has given us a chance to be a family".
"If they [staff] can't help me, they'll advise me where to go".
"There were times when my child was more anxious and maybe school wasn't going that well. The Family First staff member used the remote control of the X-box, to sort of give my child ideas of how to control their emotions and how to handle things. It was great".

Youth Empowerment Programme (YEP; 13-18 years):

This programme offers therapeutic support for children and mentoring for children within the Southern and Belfast Trust^[2] areas. The delivery of the programme is based on a secondary prevention model, which aims to empower and enable young people aged 13 to 18 years old and their families to have greater knowledge and skills to live their best possible lives following ABI. Two independent reviews^[3] highlighted that the therapeutic and mentoring aspects of the Youth Empowerment Programme are:

- **Accessible:** People can access the YEP easily – 74% of families reported *they were comfortable with the location of the service provided and that sessions were arranged at suitable times "most of the time"*.
- **Effective:** the YEP makes a difference – For young people, the programme facilitated a) improved emotional health and quality of life; b) improved personal, familial and peer relationships; and c) young people reported feeling better equipped at coping with ABI related difficulties and significantly, experienced improved behaviours, community participation and develop social networks with their community.

For parents, the programme facilitated a) a stronger, more stable and resilient family unit; b) more effective parenting in terms of supporting their child's emotional, social, behavioural and academic development and c) they valued that the YEP's benefits to *"siblings and the wider family"*; siblings are better equipped to understand the impact of ABI on their family and feel more included in family life.

- **Acceptable:** the YEP meets people's expectations - 90% of families suggested they were "extremely likely and 10% "likely" to recommend the Family First programme to friends or family in a similar situation.

The Impact of YEP:

- The programme has supported young people to understand and cope with the impact of their brain injury and to articulate their difficulties to those within their community i.e., family, peers, school and the wider community. This is particularly evident through the mentoring group's creation of "My Invisible Brain Injury"^[4]. This short film was the legacy project of the group developed to help the young people's communities understand their experiences of living with an ABI.
- The programme has supported the young person's family members, carers and siblings to enable better family relationships and ensure that the young person has stronger ties to their communities, including school and community groups.
- The programme extends its support to organisations around the child such as schools and healthcare providers to enable and empower the child in all life settings.

^[2] Since January 2023

^[3] QUB Evaluation of the Youth Empowerment Programme -V 1.1.docx]

^[4] <https://www.facebook.com/BrainInjuryMatters/videos/my-invisible-brain-injury/1113863759280027/>

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YEP Case Study

B, a 14-year-old female, was referred to the service following a severe traumatic brain injury acquired as a pedestrian in a road traffic accident. B's goals related to assistance with memory problems, peer interaction, regulation of mood, particularly anger, as well as sequencing of activities of daily living. For example, B was sending angry and inappropriate messages to peers online or via text if she did not receive a response from them immediately, leading to friendship breakdowns and reduced opportunities for socialisation.

B benefited from tailored intervention activities targeting anger management, empathy, managing peer interactions alongside visual reminders for appropriate messaging of friends. Visual aids have supported B with memory recall and sequencing difficulties in a range of tasks such as making a cup of tea and getting dressed. She has now reduced her reliance on these prompts. B has benefited from relaxation strategies, mindfulness and use of stress toys. Social stories regarding conflict with siblings have assisted in facilitating discussion with B and family in problem solving disputes and reducing tensions.

B and her family report that she has made excellent progress.

Family comments after receiving support from YEP:

"We could not have managed without the support of (the YEP Practitioner). It was a journey into the unknown, great to have her helping us through".
"(The YEP Practitioner) was a caring professional lady. [She provided] information when needed. Knew her subject. I can't thank her enough".
"It [the YEP] massively exceeded my expectations".
"[The YEP Practitioner] has had a massive positive impact on our lives from day one".

Young person's comments after receiving support from the YEP:

"I do feel happier, about explaining to people and talking with people about it now. I'm not scared or embarrassed now or anything".
"I would get regular headaches and find it hard to keep concentration and reading and writing would be quite hard, because it'll be very slow now. But definitely, the programme has helped me to be more aware of it, and what I can do to help myself improve".
"I thought that the stuff that you would send, after the talks, whether that was like a plan to plan my study or a sleep schedule, those were really useful. And I could use them during the day, and it would help me structure my day".
"I just liked having someone to talk to, someone that understands about the brain injury, and being able able to explain to me things that I didn't know"

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Additional testimonies from schools and healthcare professionals:

I wanted to say how grateful I am for all the support you have given to me, the pupils and their families over the last year. As a newly appointed Special Educational Needs Co-Coordinator (SENCO), I was apprehensive that I was doing all I could to support these pupils and their families. The pupils in question both presented with completely different needs resulting from having brain tumours removed. I can honestly say, a year later that if I had not referred the progress we have seen. The time you spent with the classroom assistants made them more confident in their work with the pupils. The families have also told me that they would be lost without your support and guidance". (SENCO).

"For several years now, Brain Injury Matters has provided reliable and specialist support services to young people who find themselves on our caseload. We regularly signpost other professionals onto the YEP service for carer support, peer engagement, support with understanding diagnosis and support with reintegration back to 'normal' life. The staff at Brain Injury Matters have worked tirelessly to offer a service user-led programme, looking at what works best for young people and their families, leading to things like their peer-mentoring programme, which has proved invaluable for the teenagers it has helped. The YEP is a wonderful adjunct to the statutory services available and without their existence, I know that there are many families across Northern Ireland who would struggle to deal with their child's acquired brain injury diagnosis". (Children's Acquired Brain Injury Consultation Service).

The Mentoring Programme (13–18-year-olds):

Mentoring can provide a "dual" impact, providing growth and development for younger mentees while also offering mentors a chance to build leadership skills, gain self-confidence and share their lived experience with other young people with ABI. This programme, delivered in partnership with the Southern and Belfast Trusts Community Brain Injury Teams, educates and supports young adults with ABI to share their lived experiences and become mentors to a group of 13-18-year-olds with ABI.

The programme aims to facilitate a peer mentoring scheme to address psychosocial difficulties which can accompany ABI and enable, support, and empower mentees to reach their collective goals. The learning outcomes/goals of the sessions are determined by the young people.

Impact of the Mentoring Programme:

- The programme supports a collaborative, innovative and participant-led approach. This is an excellent 'fit' with Brain Injury Matter's empowerment approach as well as funder expectations.
- The 30 sessions of mentoring across the year offer a cost-effective and inclusive approach to addressing social exclusion and related psychosocial dysregulation for those living with an ABI in NI.
- The programme builds on the participant's existing knowledge, skills, experience, and resources to deliver its programme.
- The programme develops relationships and builds on existing partnerships with local healthcare trusts.

Mentees, mentors and parents' comments following participation in the mentoring element of the YEP:

"I like it because I am talking to people who have gone through something similar...opening up is slowly becoming more comfortable..." (Mentee).

"I enjoy [the programme], as a mentor it has boosted my confidence in being able to approach people without hesitation. I'm enjoying helping the younger people overcome their problems and I feel like I've connected to people who have the same disability as me. Before I didn't know anyone who had an ABI, so I felt odd and like I had no one to have things in common with, but when I met the new mentors and the young people, I finally feel accepted...I can relate to them!

So far, I'm loving the sessions..." (Mentor).

"People are noticing a difference in him now...because he's speaking to people a lot more" (Parent).

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YEP, Workshops and Events:

All the families referred to the YEP programme can attend online/community social activities and psychoeducational workshops which are organised by staff and the members of the steering group provides young people with the opportunity to support the planning and delivery of the Youth Matters Programme as a collective. Each young person is given a designated role within the Group, including Chairperson, Secretary and Treasurer. To date, 4 young people have taken part in the group alongside the staff with meetings typically taking place every 6 weeks. This year a sibling also joined the group to offer another perspective.

Comments from young people on being involved in the Youth Matters Steering Group:

"I have gained my skills which will help me in later life. This group and the activities help me to think of other things instead of my stroke" (Steering Group Treasurer).

Activities: These events are added to other services that are presently available regionally. This year, 9 activities were held including a cookery class, water sports and llama trekking. Family quizzes are also held each quarter and a quiz committee of young people involved within Youth Matters was developed this year to support the planning and hosting of these events.

Comments from young people and their families after attending Youth Matters activities:

"It was fun, relaxing and calming" (Young Person)

"It was something new and different that I had never done before" (Young Person)

"It has taught [young person] so much... The big part about the youth group is that young person is meeting people her age that have an acquired brain injury" (Parent)

"[I enjoy] connecting with other families and fathers and feel safe to let go a bit" (Parent)

Workshops: During May and June, CYS delivered a series of 'Taster Wednesday' online workshops. The workshops were delivered by Brain Injury Matters staff, in collaboration with The Child Brain Injury Trust (CBIT) and The Children's Acquired Brain Injury Consultation Service (CABC). Session topics included: An Introduction to ABI (in collaboration with CBIT); Sleep & ABI; Communication & ABI; Relaxation with Music; and Managing Challenging Behaviours following ABI (in collaboration with CABCs). In total, **99 individuals** attended the workshop series, with feedback indicating:

- 100% of respondents reported that they would recommend the workshop to another parent/carer or professional interested in ABI.
- 100% of respondents reported that they were satisfied overall with the workshop they attended.
- 100% of respondents reported that the workshop facilitator was well organised and engaging, and presented the information in a way that aided their understanding.
- 96% of respondents reported that they obtained new learning from the information presented during the workshop.
- 91% of respondents reported that the workshops were delivered at a suitable time.

Adult Services

Our 'Arts (Studio), Sports (Hub) and Wellbeing service provide long-term community support and rehabilitation for adults living with an ABI in the community through the Creative Arts, Sports and Physical Activity, Leisure and Self-care/management and Counselling.

The aim of the service, led by a team of clinicians and specialist staff, is to support people to come to terms with the problems and deficits resulting from ABI, rebuild a meaningful life and create a renewed sense of achievement and purpose. Within this service, considerable emphasis is placed upon supporting participants to rebuild their lives and achieve their full potential in community life.

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Service delivery is guided by adherence to the relevant recommendations of the Royal College of Physicians Guidelines on ABI and Stroke, the articles of the United Nations Convention on the Rights of Persons with Disabilities, and the Health and Social Care Northern Ireland Brain Injury: Service Standards and Quality Indicators. BIM seeks to deliver on the UN Convention on the Rights of Persons with Disabilities (UNCRPD) particularly Article 30 in relation to our **Arts Studio**:

"...to enable persons with disabilities to have the opportunity to develop and utilize their creative, artistic and intellectual potential, not only for their benefit but also for the enrichment of society".

Our Sports Hub:

"...enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities."

and Article 25 in relation to our **Counselling Service**:

"Provid[ing] persons with disabilities with the same range, quality and standard of free or affordable health care and programmes as provided to other persons... [providing] services designed to minimize and prevent further disabilities... and [providing] these health services as close as possible to people's communities, including in rural areas".

Our approach to this is to encourage our participants to see beyond their perceived limitations and engage fully in promoting their skills and talents, challenging themselves and society. This is best reflected in the work submitted to exhibitions and festivals in 2022/2023 and in the work undertaken during this period which will be showcased in 2023/2024.

Art Events	Link to more information
"A Piece of Me" (May 2022)	https://www.facebook.com/BrainInjuryMatters/videos/a-piece-of-me-arts-exhibition-exploring-the-theme-of-gather-and-what-it-means-to/515845833414353/?locale=ms_MY
"Let's Celebrate" (August 2022)	https://www.facebook.com/BrainInjuryMatters/videos/lets-celebrate-art-installation-created-by-our-talented-artistseastside-arts-art/629278575015225/?locale=ms_MY
"Dreams Passerine" (August 2022)	https://www.eastsidearts.net/events/dreams-passerine-launch-and-poetry-readings/
"The Chronicles of Belfast" (January 2023)	https://www.belfastlive.co.uk/news/tv/chronicles-belfast-meet-local-faces-26062290
"Good To Grow" (March 2023)	https://ie.linkedin.com/posts/braininjurymatters_good-to-grow-project-funded-by-boost-drinks-activity-7041792311407607809-81u-
"Reconnected" (April 2023)	https://twitter.com/rfitzdesign/status/1659813976564285440?cxt=HHwWqIC-pZCB7lquAAAA

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Adult Service Outputs

This service supports participants who attend regularly over a long-term basis. In 2023-2024, 72 people and their families were supported by adult services. Specifically:

- 28 people attended 1866 sessions within The Arts Service (12 females, 16 males). There were 24 referrals in this period and 55 people are on the waiting list with due to ongoing Covid-19 restrictions and space limitations. The latter has been addressed through planned renovations to the current premises.
- 10 people attended 229 sessions within the Sports Service (5 females, 5 males). There were no new referrals in this period and no people are on the waiting list for services.
- 34 people attended 235 sessions within the counselling service (23 females; 18 males). There was a total of 41 referrals in this period, but 7 people were unable to meaningfully engage.

Impact of Adult Services: Benefits and Outcomes Achieved

The Arts and Sports Outcomes:

Accessibility – people can easily access The Arts and Sports:

- 90% reported they were comfortable with the location of the service provided "most of the time".
- 90% reported sessions were arranged at suitable times "most of the time".

Effectiveness – people think The Arts and Sports make a difference:

- 100% reported being with others allowed them to be social, make friends and participate with others.
- 100% reported meeting others with an ABI helped their mood and well-being.
- 90% reported meeting others with an ABI helped them understand and adjust to life after ABI.
- 100% reported having their creative work displayed at exhibitions and festivals helped their confidence and self-esteem.
- 90% reported that by attending the Wellbeing Service they discovered new interests and skills in creative and leisure activities.
- 70% reported that attending the Wellbeing Service enhanced their independence.
- 80% reported that the Brain Injury Matters Wellbeing Service offered them long-term support as they lived a life beyond ABI.

Acceptability – people's expectations are met by The Arts and Sports:

- 100% reported they were treated with courtesy, respect and care by staff "most of the time".
- 70% reported their agreement was sought before any activity proceeded "most of the time".
- 100% of participants reported they would recommend the service to someone else with an ABI.

Adult Referrals

- Most referrals were received from trust partners (58.7%) i.e., Community Brain Injury Teams, allied health professionals, social work, and CBT. The remaining referrals were from the individual/family themselves (27.6%) and third-sector organisations (13.7%).
- Most people (48.6%) were referred from the Belfast Trust, followed by the Northern Trust (25%), South Eastern Trust (20.8%), Western Trust (4.2%) and Southern Trust (1.4%). Attendees from the Western and Southern Trusts attend counselling only.

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Participant's comments following participation in The Arts:

"It's hard to pick a particular thing because I love it all...I can put my hand on my heart and say this is the best place I've ever been to".
"It's great having someone who understands your injury because we're all completely different".
"It's a safe, non-judgement space...I'm given the time to express what I want...you are treated like you are a person, that doesn't always happen".
"They are not bad in here...I've made friends, some of us chat on Facebook outside of here".
"Everything is sweet at the minute...Whatever is going I do it...it gets you out, enjoying things".
"These past few years, [the CEO] looks and communicates with the people, we are all communicating and having lunch together, it's great!"

Sports

Current timetable: Pedal Power every Friday (an adapted cycling programme partnered with Sustrans).

Sports Events	Link to more information
Level 1 National Standard Cycling Training achieved through "Pedal Power" (April 2022)	https://twitter.com/JonnieMcC/status/1509937486134403083?cxt=HHwWloCz4ZiJsPQpAAAA
Duathlon (March 2023)	https://braininjurymatters.org.uk/news/2023-04-02/pedal-power-team-take-on-their-first-duathlon

Participant's comments following participation in Sports:

"Cycling helps me meet people, get fresh air, exercise and it gives me self-confidence... there is a good variety of activities, but I'd like better coffee".
"I wouldn't miss it... I have a broken arm and I'm still here".
"I love the friendship, fellowship and the fitness... they do everything I need to help me".
"I would recommend it to anyone with a brain injury... it's 10/10".

Counselling

The Brain Injury Matters counselling service is the foremost provider of counselling available to Health and Social Care Professionals throughout Northern Ireland for adults with all types of ABI, and their families. Depending on the nature and location of the brain injury, people with an acquired brain injury (ABI) can experience a range of problems affecting physical function, cognition, behaviour, emotions and loss of self-image (RCP, 2003). In addition, an ABI affects the whole family - The impact on siblings, parents, children, grandparents and the wider family can be utterly devastating in both the short and long term. Accordingly, Brain Injury Matters counselling service, offered via telephone/video, is for individuals with ABI as well as for the family members of people affected by ABI. This service:

- Overcomes the barriers of distance, accessibility, time and cost of travel.
 - Provides a degree of anonymity and reduces the intimidation some may feel in a face-to-face session, as people may feel more comfortable and less anxious in their own homes.
- In the year 2022 – 2023, 80% of people reported experiencing moderate to severe distress as measured by the CORE(6) at the start of the service, whilst after counselling around 80% reported experiencing low to healthy levels of distress.

(6) The "Clinical Outcomes in Routine Evaluation" outcome measure (CORE-10) is a session-by-session monitoring tool with items covering anxiety, depression, trauma, physical problems, functioning and risk to self. The CORE system monitors change/outcomes within psychological recovery, health, and well being. Scores on the CORE-10 can be divided into categories of distress: Healthy (0–5), low (6–10), mild (11–14), moderate (15–19), moderate-to-severe (20–24), and severe (25 and above)

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Counselling Case Study:

"F sustained an acquired brain injury 2 years ago as the result of a fall. When initially involved with the Community Brain Injury Team they did not feel they required much help but more recently have become more open and more emotional. They now recognise that the injury, and all the changes after it, have had an impact. I had a conversation with them about their emotional support needs and we tried to ascertain how it was their brain injury with which they felt they needed counselling. They gave this some thought and advised me that they felt they needed to "get my head in order". F received support with low mood, tearfulness, health concerns and feelings of isolation".

Comments from people after Counselling:

"I did not think counselling could help, that talking about it would help. And yet I am not the same person who started these sessions".
"I had been to counselling before and never really found it useful, so I thought this would be the same, but I can't believe how different I feel".

Governance

The strategic direction of Brian Injury Matters is set out in the current strategy "Looking to the Future," our Vision statement "Living beyond Acquired Brain Injury", our Mission Statement "To support, promote and advocate on behalf of all those impacted by ABI" and our Outcomes statements to guide our work over the period 2022-2023.

Board Members who served during 2022/2023

Gordon Gough: Chair to September 2021	Appointed 6/10/2016	Resigned 1/9/2022
Colette Kane: Treasurer	Appointed 23/6/2015	
Joseph McVey Secretary	Appointed 1/1/2019	
Victoria Caddy	Appointed 6/2/2018	
Paula Kennedy	Appointed 30/7/2018	
Tara Leathem	Appointed 30/5/2019	
Graeme MacLaughlin	Appointed 4/7/2016	
Claire Sullivan: Appointed Chair Oct 2021	Appointed 16/10/2019	
Sarah Moon	Appointed 28/07/2021	
Mary Kitson	Appointed 5/5/2021	
Clodagh O'Brien	Appointed 26/1/2022	
Deborah McClinton	Appointed 22/5/2022	

During this period the Board also continued to support the Board Room Apprentice scheme with Stuart Harkin as the BIM (NI) "apprentice".

As a part of its ongoing commitment to succession planning, the Board undertook a skills audit which highlighted areas of strength and development. Subsequently, efforts were made to attract potential Board members from specific areas including legal, the health sector and finance. New Trustees who joined the Board during this period participated in a governance induction programme which introduces members to their roles and responsibilities as directors of the company and provides an overview of the strategic plan, governance arrangements and financial position of the charity. When appropriate, Board Members were encouraged to participate in governance training and development opportunities offered by CO3.

BRAIN INJURY MATTERS (NI)

Report of the Trustees Year Ended 31 March 2023

Board Meetings and Oversight

The Board continued to meet regularly every 6 weeks, with additional Board meetings arranged as appropriate or necessary, in response to changing circumstances. The Board continued to pay particular attention to the ongoing impact of the pandemic and recovery on service delivery, the welfare of the staff team, financial stability, and fundraising.

In addition, the Board agendas included;

- Review of the risk register;
- Reports on operational performance;
- Review of all BIM policies.

The Board was supported in turn by the Finance and HR subcommittee and the Marketing and Funding working groups. During this period the Board also continued to support the Board Room Apprenticeship scheme with Stuart Harkin as the BIM (NI) "apprentice".

Marketing and Awareness Raising

Our social media following has shown an overall increase within 2022 – 2023, with significant growth on Facebook (reach is up by 39%). Similarly, both Instagram and Twitter have had increased engagement across posts (reach is up by 30%). We focused on building on 2021-2022's successes with the illuminations of civic buildings across Northern Ireland for ABI Week and built a programme of activities across all our services. Certainly, having a detailed communications plan for each month of the year has ensured our social media accounts are more active than in 2021/2022.

A significant focus of this year's social media plan was increasing the voice of our services by sharing their creative outputs; this involved producing artworks for numerous local festivals (EastSide Arts/NI Mental Health Arts Festival), to singing at The MAC Theatre as part of "The Enthusiasts" choir. The #ShineALightOnABI initiative helped us to continue to develop relationships with local councils; and in particular, Antrim and Newtownabbey who are keen to build on the partnership throughout our 10th anniversary.

As part of our commitment to raising awareness, there was a significant increase in staff involvement in conferences and workshops throughout the year. These included: The Community Rehabilitation Alliance workshop at Stormont; the Irish Society of Chartered Physiotherapists Annual Conference; the NI Confederation for Health Care (NICON) Conference; the UK Stroke Forum, the "Creative Brain Week" in Dublin, and the Advancing Health Care Awards Conference. A highlight of the year was the opportunity to present two abstracts on our work with children and young people at the prestigious International Brain Injury Association World Congress. This was attended by over 100 internationally recognised invited speakers in March 2023. Additionally, while presenting our models of practice, the staff team also engaged directly with employers and local authorities, raising awareness of the challenges facing those living with ABI.

In furtherance of our mission, BIM was successful in gaining public recognition for our work through numerous awards including winning a Gold Star Award recognising support for families; being shortlisted in The Annual Charity Awards in London for our work in the field of disability; our Head of Service winning the "Healthcare Advocate of the Year" at the CO3 Awards; and one of the volunteers Hugh McNally receiving Highly Commended at the Health and Social Care Awards.

BRAIN INJURY MATTERS (NI)

Report of the Trustees Year Ended 31 March 2023

Partnerships

Partnerships with the Equality Commission and the Greenview Group enabled us to enhance our profile. The partnership with the Equality Commission provided the opportunity to offer workshops on workplace reasonable adjustments for those with ABI as well as general ABI awareness training. Together, these helped increase the public knowledge of ABI. The partnership with the Greenview Group supported the purchase of a new trike for "Pedal Power" which ensured the ongoing development of this innovative project.

Additionally, the staff team have also actively engaged with the HSCB Board and the respective Trusts, Community Brain Injury Teams, Belfast HSCT Physical Disability Team, Community Stroke Teams, and Stroke Units to firstly, raise awareness of the services available, and secondly, ensure BIM services are known and accessible to those living with ABI and their families. Similarly, BIM continued to work closely with agencies including Headway, the Cedar Foundation, the Brain Injury Foundation, the Children's Brain Injury Trust, the Stroke Association, Action Mental Health, Belfast Exposed, Groundwork, Wheelworks, Eastside Arts, the Nerve Centre, the Ulster Museum, Disability Sport NI, the Leonard Cheshire's ARBI, Drake Music, Sustrans NI, Arts care, University of Atypical, Una McCann Music, Ormeau Community Choir Arts for All, the Northern Ireland Mental Health Arts Festival and Eastside Arts Festival.

Volunteering

BIM (NI) works with a core team of 15 volunteers per year. These individuals support our adult work and peer mentoring service within CYS and are an essential part of our service delivery. There has been a sustained interest in volunteering opportunities with BIM; many of those coming from a Physio background with a keen interest in supporting our Pedal Power project. The focus for the coming year will be on retaining our current volunteers, offering more opportunities for training, and flexibility within roles. We would also hope to continue delivering our training on workplace reasonable adjustments for those with ABI and general ABI awareness training for those with whom we are in partnership.

Lobbying and Advocacy

The Chair, Board Members and CEO continued to meet with local politicians and senior Government officials to raise awareness of the challenges facing those living with ABI and the need to enhance the support available. Considerable efforts were made to engage with the HSCB (now the Strategic Planning and Procurement Group within the DoH) to highlight the need for adequate support for our children's service and the long-anticipated review of ABI services contracts and consequently funding.

Support from Funders

An area of considerable concern throughout the year was the negative impact of the pandemic on the finances of the organisation. As an independent charity, operating with very limited statutory support, the key issue was the potentially damaging impact on the fundraising strategy for 2022/2023. The issue was reflected in BIM (NI)'s revised risk register, and in the efforts of the Board, CEO and Staff Team to focus on fundraising. These efforts, combined with the proactive response of funding bodies such as the National Lottery Community Fund, Children in Need and statutory support ensured that Brain Injury Matters remained financially viable and in a positive financial position moving into the coming year 2023/2024.

BIM (NI) would like to acknowledge the support and generosity of funders including families and friends who have assisted us in sustaining service delivery during this period.

Support has been received from a range of Trusts and voluntary bodies that are acknowledged on the BIM

BRAIN INJURY MATTERS (NI)

Report of the Trustees Year Ended 31 March 2023

(NI) website. The proactive and flexible approach taken by a wide range of funders was critical to our ability to respond to the needs of our beneficiaries and ensure the organisation's financial viability given the impact upon funding and fundraising. The Board was pleased to have received support from the NCLF Dormant Accounts Fund, as this will support the ongoing development of the organisation as it moves into a period of recovery and growth. In practical terms, Dormant Accounts funding has allowed us to recruit two new members to the staff Team: a Marketing Officer and a Research and Policy Officer. Their work has greatly enhanced the social media reach and policy engagement of the organisation. Other very significant funding developments included gaining support from the Henry Smith Charity to support our work with adults and a three-year investment from the NCLF to support our work with young people.

Looking Forward 2023/2024

The ongoing impact of Covid-19 in the medium term on Brain Injury Matters, as with many voluntary organisations, will be seen in funding pressures as the Government seeks to recoup the costs and ensure statutory services can be resourced as a priority. These financial pressures will be exacerbated by the ongoing political instability and the absence of a functioning devolved Assembly. Further cuts to health, education and community budgets combined with the loss of European funding will have a significant detrimental impact on those organisations such as ourselves providing services in the community. Consequently, we will need to proactively pursue funding opportunities offering corporate sector and community funding opportunities.

The ongoing impact of Covid-19 also highlighted the needs of family members struggling to navigate the impact of ABI. This informed the development of our advocacy work with children and acted as an impetus to undertake a study looking at the needs of carers. This, in turn, led to the launch of our "Carers Matter" study in September 2022. We are hopeful that this work will allow us to expand our advocacy work and accordingly see this as an important element of our service delivery in 2024/2025.

Part of our advocacy work will also be reflected in a greater emphasis on policy development and promotion through conferences and workshops. Presenting and sharing our models of practice provides an opportunity to raise awareness of BIM and more importantly to highlight the needs and priorities of those living with ABI. This will also complement our greater involvement in a range of regional fora working in the field of brain injury and neurology.

Responding to emerging needs has also encouraged us to develop and enhance our existing premises. Our success in gaining support from a range of sponsors allowed us to redesign our premises, creating a larger, inclusive, and accessible space for our Adult Service participants. This reimagined Studio Space will open in May 2024 and will allow us to welcome a greater number of participants. This increase in numbers will also contribute to greater financial stability. While we will continue to face many challenges we are confident that working closely with our participants and clients, families and carers will ensure that we continue to deliver on our core purpose, whilst developing and adapting our services to meet evolving needs.

Financial Review

Income totalled £483,758 which was lower than the previous year. The vast proportion of income comes from a number of funders (detailed in Note 3 to the accounts) to which we are grateful for their support and encouragement of the charity. Expenditure totalled £549,062. The end of year reserve balance is £143,149.

At the end of March we held 4 months reserves which was known to the Board and in line with the current policy to hold 4 months reserves.

BRAIN INJURY MATTERS (NI)

Report of the Trustees Year Ended 31 March 2023

Going Concern

The Directors have reviewed the appropriateness of the preparation of the financial statements on a 'going concern' basis. Informed by an ongoing review of detailed financial information and scenarios discussed at additional Board meetings we have reviewed the level of reserves at the year-end date and the financing secured for the next year and we are content, that these are sufficient albeit represent a challenging financial environment. We therefore conclude that it is appropriate to adopt the going concern basis in preparing the annual report and financial statements.

Reserves Policy

The charity's policy is to maintain a minimum level of 4 months' free reserves which meets the needs of the organisation both at the current time and in the foreseeable future. Free reserves are its total funds excluding restricted funds, contingent liabilities, designated funds or income funds which can only be released by disposing of fixed assets held for charity use. Brain Injury Matters Northern Ireland needs reserves to ensure it can fulfil and complete the charitable obligations and commitments it enters into and the level of reserves held is reviewed each year. The Board agreed to amend the reserve policy during 2019/20 to 4 months in light of the financial environment and will be maintaining this position in the coming year subject to review.

RESPONSIBILITIES OF THE TRUSTEES

The Board of Directors (who are also the Trustees of Brain Injury Matters NI for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Board of Directors to prepare financial statements for each financial year. Under that law the Board of Directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Board of Directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and the income and expenditure of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Board of Directors are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

BRAIN INJURY MATTERS (NI)

Report of the Trustees Year Ended 31 March 2023

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The ongoing impact of Covid 19 in the medium to long term on Brain Injury Matters, as with many voluntary organisations, will be seen in funding pressures as the Government seeks to recoup the costs and ensure statutory services can be resourced as a priority. These financial pressures will be exacerbated by the ongoing political instability and the absence of a functioning devolved Assembly. Consequently, we will need to proactively pursue funding opportunities offering corporate sector and community funding opportunities.

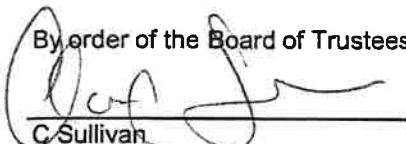
One of the key themes as we move out of the pandemic is that of organisational resilience and planning for the future. To this end we are building on the work undertaken on 21/22 set out in Brain Injury Matters Vision 2025, and have been supported by the Dormant Accounts Fund to take some practical steps to build a more resilient, flexible and confident organisation that continues to focus on the needs of our beneficiaries and deliver on behalf of those individuals and their families living with an acquired brain injury offering confidence and renewed hope.

Statement as to disclosure to our auditors:

In so far as the Board of Directors are aware at the time of approving our trustees' annual report:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees, having made enquiries of fellow directors and the group's auditor that they ought to have individually taken, have each taken all steps that he/she is obliged to take as a director in order to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

By order of the Board of Trustees


C. Sullivan
Director

15/8/23
Date

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF BRAIN INJURY MATTERS (NI)
Year Ended 31 March 2023

Opinion

We have audited the financial statements of Brain Injury Matters (NI) for the year ended 31 March 2023 which comprises the Statement of Financial Activities, the Balance Sheet, the cash flow statement and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102. The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at year ended 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the accounts and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the accounts does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF BRAIN INJURY MATTERS (NI)
Year Ended 31 March 2023

work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees Report for the financial year for which the accounts are prepared is consistent with the accounts; and
- the Trustees Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the Trustees and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees Responsibilities, the Trustees are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis accounting unless the Trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these accounts.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF BRAIN INJURY MATTERS (NI)
Year Ended 31 March 2023

We obtained an understanding of the legal and regulatory framework applicable to the company through enquiry of management, sector research and the application of cumulative audit knowledge. We identified the following principal laws and regulations relevant to the company – Companies Act 2006, Charities Act (Northern Ireland) 2008 and the Accounting and Reporting by Charities: 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) (effective 1 January 2019).

We developed an understanding of the key fraud risks to the entity (including how fraud might occur), the controls in place to help mitigate those risks, and the accounts, balances and disclosures within the financial statements which may be susceptible to management bias. Our understanding was obtained through review of the financial statements for significant accounting estimates, analysis of journal entries, walkthrough of the key controls cycles in place and enquiry of management.

Our procedures to respond to those risks identified included, but were not limited to:

- Enquiry of management, and the entity's solicitors around actual and potential litigation and claims.
- Enquiry of management to identify any instances of non-compliance with laws and regulations.
- Reviewing minutes of meetings of those charged with governance.
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and regulations made under that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are 'required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members as a body, for our audit work, for this report, or for the opinions we have formed.

JL Grant

JL Grant (Senior Statutory Auditor)
for and on behalf of
FPM ACCOUNTANTS LTD
Chartered Accountants &
Statutory Auditor
1-3 Arthur Street
Belfast
BT1 4GA

30.8.23

Date

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Statement of Financial Activities
(incorporating an income and expenditure account)
Year Ended 31 March 2023

	Notes	Unrestricted £	Restricted £	Total Funds 2023 £	Total Funds 2022 £
Income and endowments from:					
Donations and legacies	2	18,447	22,176	40,623	46,528
Charitable Activities	3	126,060	312,871	438,931	424,125
Other trading activities	4	4,157	-	4,157	18,479
Investments	5	47	-	47	12
Total Income and endowments		148,711	335,047	483,758	489,144
Expenditure on:					
Charitable Activities	7	(228,276)	(320,510)	(548,786)	(477,039)
Raising Funds	8	(276)	-	(276)	(4,536)
Total Expenditure		(228,552)	(320,510)	(549,062)	(481,575)
Net income / (expenditure) for the year before transfers		(79,841)	14,537	(65,304)	7,569
Transfers between funds		(19,370)	19,370	-	-
Net movement in funds		(99,211)	33,907	(65,304)	7,569
Reconciliation of funds:					
Total funds brought forward		201,883	6,570	208,453	200,884
Total Funds Carried Forward	15/16	102,672	40,477	143,149	208,453

All income derives from continuing activities, therefore no statement of recognised gains or losses is given.

The notes on pages 25 to 33 form part of these financial statements.

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Balance Sheet
as at 31 March 2023

	Note	2023 £	2022 £
Fixed Assets			
Tangible assets	12	49,761	11,576
Current Assets			
Debtors	13	11,695	9,667
Cash at bank and in hand		<u>146,455</u>	<u>230,400</u>
		158,150	240,067
Creditors: amounts falling due within one year	14	64,762	43,190
NET CURRENT ASSETS		93,388	196,877
NET ASSETS		<u><u>143,149</u></u>	<u><u>208,453</u></u>
 Represented by:			
Unrestricted Funds	15	102,672	201,883
Restricted Funds	16	40,477	6,570
		<u><u>143,149</u></u>	<u><u>208,453</u></u>

These financial statements were approved by the members of the committee and authorised for issue on the 15/8/23 and are signed on their behalf by:



C Sullivan
Director

Company Registration Number NI035853

The notes on pages 25 to 33 form part of these financial statements.

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Statement of Cashflow
as at 31 March 2023

	Note	2023 £	2022 £
<i>Cash (used) received in operating activities</i>	20	(39,300)	25,268
<i>Cash flows from investing activities</i>			
Payments to acquire fixed assets		<u>(44,645)</u>	<u>(4,496)</u>
<i>Net cash flow from investing activities</i>		(44,645)	(4,496)
(Decrease) / Increase in cash and cash equivalents in the year		<u>(83,945)</u>	<u>20,772</u>
Cash and cash equivalents at beginning of period		230,400	209,628
<i>Cash and cash equivalents at end of period</i>		<u>146,455</u>	<u>230,400</u>

The notes on pages 25 to 33 form part of these financial statements.

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Notes to the Financial Statements
as at 31 March 2023

1 ACCOUNTING POLICIES

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Brain Injury Matters (NI) meets the definition of a public benefit entity under FRS 102.

b) Preparation of the accounts on a going concern basis

The financial statements are prepared on a going concern basis. Taking account of the risk review undertaken by the directors they do not consider there to be a risk to the going concern status of the charity or the group. The Directors will review the financial position on a regular and frequent basis, taking any action needed to ensure that charity remains fit for purpose and on this basis the assessment of the directors is that the charity is a going concern.

c) Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

General funds may be transferred to designated funds where Trustees wish to use these funds for a specific purpose. Such funds may be transferred back to general funds once the criteria for the designation have been met or are no longer applicable.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of restricted funds is set out in the notes to the financial statements. Restricted funds may only be transferred to general or designated funds once the criteria for restriction have been discharged or no longer apply.

d) Income Recognition Policies

Items of income are recognised and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance conditions attached to the item of income has been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

e) Donated services and facilities

In accordance with the Charities SORP (FRS 102), the general volunteer time of supporters is not recognised.

f) Interest Receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank

**BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Notes to the Financial Statements
as at 31 March 2023**

1 ACCOUNTING POLICIES (continued)

g) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of supporting refugee families and activities undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

h) Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities.

i) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening the deposit or similar account.

j) Tangible Fixed Assets

Individual fixed assets are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Asset Category:	Annual Rate
Leasehold improvements	25% Straight Line
Fixtures, fittings and equipment	20% Reducing balance
Office equipment	33.3% Straight Line
Gym Equipment	20% Straight Line

The carrying values of tangible fixed assets are reviewed for impairment when events or circumstances indicate the carrying value may not be recoverable.

k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discount due.

l) Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

m) Pensions

The company operates a defined contribution pension scheme. Contributions are charged in the statement of financial activities as they become payable in accordance with the rules of the scheme.

BRAIN INJURY MATTERS (NI)
Company Limited by Guarantee
Notes to the Financial Statements
as at 31 March 2023

1 ACCOUNTING POLICIES (continued)

n) Taxation

The company is a registered charity and the charitable tax exemptions are therefore being claimed to the extent that income and/or gains are applicable and applied to charitable purposes only. These exemptions will remain in place as long as income and expenditure is applied to charitable purposes only.

o) Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, the net amounts are presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instruments are measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

p) Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

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2 Income from donations and legacies

	Unrestricted	Restricted	Total Funds 2023	Total Funds 2022
	£	£	£	
Donations	7,036	-	7,036	16,113
Government Grants	11,411	22,176	33,587	30,415
	<u>18,447</u>	<u>22,176</u>	<u>40,623</u>	<u>46,528</u>

The 2022 total of £46,528 was split between £16,113 unrestricted and £30,415 restricted.

3 Income from Charitable Activities

	Unrestricted	Restricted	Total Funds 2023	Total Funds 2022
	£	£	£	£
DWF	-	-	-	2,500
Safe Return Covid Grant	-	-	-	1,975
Big Lottery Fund NI: Reaching Out Supporting Families	10,000	32,700	42,700	99,959
Big Lottery: Empowering Young People	-	80,869	80,869	102,659
Arts Council of NI	-	26,730	26,730	12,125
QUB (Covid Recovery Study)	-	-	-	5,600
Trust Donation	75,000	9,054	84,054	78,600
Garfield Weston	-	20,000	20,000	-
Ulster Garden Villages	-	-	-	14,000
TNCLF Awards for All	-	-	-	7,400
DfC Covid Recovery Grant	-	-	-	37,781
Hospital Charity Fund	-	-	-	2,490
Ulster Bank IT Grant	-	-	-	2,100
GWUK	-	-	-	1,000
The Shorts Foundation	-	-	-	500
BBC Children In Need	-	30,100	30,100	29,351
LFT Trust	-	9,500	9,500	9,500
Health and Social Care	-	-	-	1,000
Public Health Agency	-	2,000	2,000	-
Cash for Kids	-	2,035	2,035	-
Groundwork	-	2,000	2,000	-
RTE Toyshow Appeal	-	38,409	38,409	-
Belfast City Council	-	3,824	3,824	-
Edward Gosling	-	25,000	25,000	-
Benefact	2,000	-	2,000	-
P Harrison	-	8,000	8,000	-
Henry Smith	-	17,650	17,650	-
Belfast City Council				
Summer Funding Programme	-	-	-	1,820
Community Foundation Northern Ireland	-	-	-	12,500
ARN Foundation	15,000	-	15,000	-
Barclays Bank PLCP	12,616	-	12,616	-
Screwfix	-	5,000	5,000	-
Other	11,444	-	11,444	1,265
	<u>126,060</u>	<u>312,871</u>	<u>438,931</u>	<u>424,125</u>

The 2022 total of £424,125 was split £2,100 unrestricted and £422,025 restricted.

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as at 31 March 2023

4 Income from Trading Activities	Unrestricted	Restricted	Total Funds	Total Funds
	£	£	2023	2022
Fundraising	4,157	-	4,157	18,479
	4,157	-	4,157	18,479

The 2022 total of £18,479 was all unrestricted.

5 Other incoming resources	Unrestricted	Restricted	Total Funds	Total Funds
	£	£	2023	2022
Bank Interest Receivable	47	-	47	12
	47	-	47	12

The 2022 total of £12 was all unrestricted.

6 Results for the year

The results for the year has been arrived at after charging the following:

	2023	2022
	£	£
Depreciation	6,460	5,511
Auditors Remuneration	3,900	2,400
	10,360	7,911

7 Analysis of expenditure on charitable activities:

	Unrestricted	Restricted	Total Funds	Total Funds
	£	£	2023	2022
Direct Costs (see Note 9)	215,651	318,671	534,322	461,240
Governance Costs (see Note 10)	12,625	1,839	14,464	15,799
	228,276	320,510	548,786	477,039

The 2022 total of £477,039 was split £32,786 unrestricted and £444,253 restricted.

8 Analysis of expenditure on raising funds

	Unrestricted	Restricted	Total Funds	Total Funds
	£	£	2023	2022
Fundraising costs	276	-	276	4,536
	276	-	276	4,536

The 2022 total of £4,536 was unrestricted.

BRAIN INJURY MATTERS (NI)
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Notes to the Financial Statements (cont)
as at 31 March 2023

9 Analysis of direct costs:

	Unrestricted	Restricted	Total 2023	Total Funds 2022
	£	£	£	£
Rent	20,299	25,098	45,397	41,706
Heat and light	3,817	3,805	7,622	3,126
Telephone, printing and stationery	4,131	3,433	7,564	8,035
Repairs	1,531	338	1,869	558
Cleaning and premises expenses	3,401	2,461	5,862	3,416
Insurance	3,682	534	4,216	5,161
Bank interest and charges	305	41	346	261
Staff training	4,254	2,382	6,636	2,815
Sessional Counselling	-	8,715	8,715	60
Recruitment expenses	139	-	139	1,329
Project costs	4,540	95,549	100,089	69,373
Evaluation	4,775	11,775	16,550	-
IT Costs	7,861	3,783	11,644	10,135
Staff expenses	2,084	1,967	4,051	1,494
Wages and salaries	121,240	139,433	260,673	264,006
National insurance	14,516	12,899	27,415	25,932
Pension cost	14,365	4,709	19,074	18,322
Depreciation	4,711	1,749	6,460	5,511
	<u>215,651</u>	<u>318,671</u>	<u>534,322</u>	<u>461,240</u>

10 Analysis of governance costs

	Charitable Activities	Total 2023	Total Funds 2022
	£	£	£
Auditors' remuneration	3,040	3,040	2,400
Accountancy fees	1,680	1,680	1,680
Governance	4,465	4,465	-
Legal and professional fees	5,279	5,279	11,719
	<u>14,464</u>	<u>14,464</u>	<u>15,799</u>

11 Analysis of staff costs:

	2023	2022
	£	£
Salaries and Wages	260,673	264,006
Employers National Insurance	27,415	25,932
Other Pension Costs	19,074	18,322
	<u>307,162</u>	<u>308,260</u>

The average monthly number of employees was 10 (2022: 10) and the average monthly number of employees during the year expressed as full time equivalents was as follows (including casual and part time staff):

	2023	2022
	Number	Number
Charitable activities	<u>10</u>	<u>10</u>

No employee has emoluments in excess of £60,000. (2022: 0)

Remuneration received in the year by the Charity's key management amounted to £57,358 (2022: £56,650)

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as at 31 March 2023

The charity Trustees were not paid nor did they receive any other benefits from employment with the charity in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity Trustee received payment for professional or other services supplied to the charity (2022: £nil).

12 Tangible Fixed Assets

	Leasehold improvements £	Fixtures, fittings and Office equipment £	Office equipment £	Gym equipment £	Total £
Cost:					
As at 1 April 2022	37,721	30,222	63,714	20,285	151,942
Additions	30,593	2,800	2,198	9,054	44,645
As at 31 March 2023	<u>68,314</u>	<u>33,022</u>	<u>65,912</u>	<u>29,339</u>	<u>196,587</u>
Depreciation:					
As at 1 April 2022	37,721	28,662	57,498	16,485	140,366
Charge for the year	-	452	3,851	2,157	6,460
As at 31 March 2023	<u>37,721</u>	<u>29,114</u>	<u>61,349</u>	<u>18,642</u>	<u>146,826</u>
Net Book Value					
As at 31 March 2022	-	1,560	6,216	3,800	11,576
As at 31 March 2023	<u>30,593</u>	<u>3,908</u>	<u>4,563</u>	<u>10,697</u>	<u>49,761</u>

13 Debtors

	2023 £	2022 £
Trade Debtors	4,716	3,811
Other Debtors and Accrued income	5,229	4,106
Prepayments	1,750	1,750
	<u>11,695</u>	<u>9,667</u>

14 Creditors; amounts falling due within one year

	2023 £	2022 £
Trade Creditors	34,857	14,890
Other Taxes and Social Security Costs	1,252	497
Accruals and Deferred Income	28,653	27,803
	<u>64,762</u>	<u>43,190</u>

Movement in deferred income

	£
As at 1 April 2022	24,150
Resources deferred during the year	24,150
Amounts released from previous years	(24,150)
As at 31 March 2023	<u>24,150</u>

BRAIN INJURY MATTERS (NI)
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Notes to the Financial Statements (cont)
as at 31 March 2023

15 Analysis of Movements in Funds

	Opening Balance	Income	Expenditure	Transfers	As at 31 March 2023
	£	£	£	£	£
Unrestricted funds					
General funds - all funds	201,883	148,711	(228,552)	(19,370)	102,672
Restricted funds					
Restricted funds - all funds	6,570	335,047	(320,510)	19,370	40,477
Total	<u>208,453</u>	<u>483,758</u>	<u>(549,062)</u>	<u>-</u>	<u>143,149</u>

16 Analysis of Movements in Restricted Funds

	Opening Balance	Income	Expenditure	Transfers	As at 31 March 2023
	£	£	£	£	£
Big Lottery Fund NI: Reaching Out Supporting Families	-	32,700	(32,700)	-	-
Big Lottery: Empowering Young People	-	80,869	(88,758)	7,889	-
Arts Council of NI	-	26,730	(38,211)	11,481	-
Garfield Weston	-	20,000	(20,000)	-	-
BBC Children In Need	-	30,100	(30,100)	-	-
LFT Trust	-	9,500	(8,824)	-	676
Screwfix	-	5,000	(338)	-	4,662
Public Health Agency	-	2,000	(2,000)	-	-
Cash for Kids	-	2,035	(1,443)	-	592
Groundwork	-	2,000	(2,000)	-	-
RTE Toyshow Appeal	-	38,409	(20,029)	-	18,380
Belfast City Council	-	3,824	(3,824)	-	-
Edward Gosling	-	25,000	(25,000)	-	-
P Harrison	-	8,000	(5,708)	-	2,292
Henry Smith	-	17,650	(17,650)	-	-
The Clothworkers Foundation	1,570	-	(393)	-	1,177
Community Foundation Northern Ireland	5,000	-	-	-	5,000
Trust Donation	-	9,054	(1,356)	-	7,698
BHSCT	-	22,176	(22,176)	-	-
	<u>6,570</u>	<u>335,047</u>	<u>(320,510)</u>	<u>19,370</u>	<u>40,477</u>

BRAIN INJURY MATTERS (NI)
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Notes to the Financial Statements (cont)
as at 31 March 2023

17 Analysis of net assets between funds

	Unrestricted funds 2023	Restricted funds 2023	Total funds 2023	Total funds 2022
		£	£	£
Tangible fixed assets	40,886	8,875	49,761	11,576
Current assets	126,548	31,602	158,150	240,067
Creditors due one year	(64,762)	-	(64,762)	(43,190)
	<u>102,672</u>	<u>40,477</u>	<u>143,149</u>	<u>208,453</u>

18 Operating lease commitments

At 31 March 2023 the Charity had annual commitments under non-cancellable operating leases as follows:

	Land and buildings		Other	
	2023	2022	2023	2022
	£	£	£	£
Within 1 year	30,054	40,072	30,054	40,072
Between 2 and 5 years	-	-	-	-
After more than 5 years	-	-	-	-
Total	<u>30,054</u>	<u>40,072</u>	<u>30,054</u>	<u>40,072</u>

19 Related party transactions

The charity received a donation of £nil (2022: £1,900) from BIM Enterprises (NI) CIC within the year, a Community Interest Company whose stakeholders include the Brain Injury Matters board.

20 Reconciliation of net cash movement in funds to net cash flow from operating activities

	2023	2022
	£	£
Net movement in funds	(65,304)	7,569
Depreciation charge	6,460	5,511
Decrease (increase) in debtors	(2,028)	1,808
Increase (decrease) in creditors	<u>21,572</u>	<u>10,380</u>
Net cash (used) received in operating activities	<u>(39,300)</u>	<u>25,268</u>