



Integrated Neurological Services

Annual Report and Accounts
2022/23

Company Number: 5292539

INTEGRATED NEUROLOGICAL SERVICES

ANNUAL REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

Charity Number : 1107273

BEGBIES
Chartered Accountants
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INTEGRATED NEUROLOGICAL SERVICES

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Chair's Report

I have great pleasure in sharing with you this Annual Report and within it a summary of a year's work of Integrated Neurological Services (INS), especially with this being our 30th year.

The demand for INS's services is greater than ever, referrals are increasing, and INS is reaching and supporting more people, with 506 clients and 160 carers supported by staff and volunteers, this is a 32% increase of clients supported over last twelve months, and, we have seen increases year on year.

The key priority for INS over the last twelve months, has been to provide our growing number of service users with the support they need. We have achieved this by our investment in building and training a bank of full and part-time therapists, both staff and volunteers, enabling a greater service flexibility.

There has also been a greater complexity of client needs requiring support in order to live as independently as possible, this is a factor of earlier referrals and intervention. The adaptability, expertise and commitment of both staff and volunteers, has been proved in the continued ability of INS to provide the level of support now needed.

We have continued to expand our working model for INS satellites to reach more service users, and therefore provide further accessible centres for neuro support, information,

and advice, with a physical presence in areas where this has previously not been the case. Developing further working partnerships with other organisations has enabled INS to reach more service users, and provide wider support to the community, as we have done in Barnes, Brentford and Feltham.

In addition, INS's digital strategy is steadily progressing, building skills and capabilities in technology and data management, to increase digital service delivery. This enables greater fundraising and communications capabilities, most recently in the development of a new website and online services.

The development of diverse funding streams to ensure greater financial stability and sustainability for INS into the future, has also been part of the progress of a successful strategy for INS over this last year.

We at INS give our thanks to the funders, donors, Friends and partners, for the support that has enabled our successful service delivery to our clients.

I would also like to take this opportunity to thank the staff and volunteers, for their continued fantastic loyalty and commitment to innovation, and to delivering client services over this last year.

Anne Gowan

Chair of Trustees

The INS Approach

**“*Amazing service
and forever growing.*”**

Vision

Adults with neurological conditions and their carers can access long-term, professional and peer support in the community, helping to manage symptoms, increase independence and live well with their condition.

Mission

We provide holistic therapy, social and emotional support tailored to the rehabilitation needs of adults with neurological conditions and their carers, empowering them to maximise their abilities and live life to the full.



Our Values

Professional

At INS, our workplace strategy is to build a range of skilled staff and volunteers to meet the changing needs of service users. Our multidisciplinary team includes professional therapists covering neuro physiotherapy, occupational therapy and speech and language therapy as well as qualified counsellors. All professional staff are registered with the Health and Care Professions Council (HCPC) or the British Association for Counselling and Psychotherapy (BACP).

Inclusive

Services are co-designed with our services users and delivered using a multi-disciplinary approach, providing a truly integrated service which looks at people's physical, emotional, and social wellbeing. We offer a hybrid and satellite model to increase access to INS support.

“

I really appreciate the help I've been getting after my stroke. INS support their patients physically and mentally, the team are caring and understanding. It's like being in a family.”

Collaborative

To increase our impact, we work with universities and colleges to deliver training and placement opportunities to future health and care professionals. We continually seek to enhance our service by developing partnerships with voluntary and statutory organisations. We aim to collaborate with partners to bring the widest range of opportunities and expertise to the INS community.

Caring

At INS, staff and volunteers work to create a safe, supportive and inclusive environment for all our service users, both adults with neurological conditions and their carers, whatever their ability. Our aim is to promote a caring, friendly and accessible space where people feel comfortable to have therapy and socialise.

Empowering

We want everyone in the INS community to feel appreciated, supported and motivated, empowering them to value their abilities and achieve their goals.

Our Aims and Objectives

For 30 years, INS has been providing rehabilitation, social and emotional support to adults in Hounslow, Richmond and surrounding boroughs who have been diagnosed with a neurological condition, such as Parkinson's, Multiple Sclerosis, Stroke or brain injury. We also provide support and advice to help family carers cope with the challenges of their role.

Affordable long-term care in the community, which people need to prevent their condition from deteriorating, is not available on the NHS. INS support starts when time-limited NHS services end. With overstretched NHS resources, we also help to bridge the gap between hospital discharge and community rehabilitation. Our holistic approach covers people's physical, social and emotional needs. The INS team assess the whole person to help with physical, cognitive and communication issues and improve people's independence, confidence and social participation.

“
Being part of INS makes me feel that there is support for me, which makes a huge difference in my ability to cope, and I don't feel so isolated.
”



Neurological conditions are life-changing because they cause long-term disability and can affect people's ability to live independently. Some conditions improve over time with the right care and rehabilitation, others will get worse. Our aim is to enable more people with a neurological condition to access our integrated clinical care and social support, so they can manage their symptoms, make the most of opportunities available to them and live well with their condition.

We work closely with statutory and voluntary organisations to enhance long-term care in the community for those with neurological conditions.

We want to advance education and training to support people with these conditions and their carers. To achieve this, we run education programmes for medical students to help them understand the impact of living with a neurological condition, and also provide work placements for clinical, counselling and other students.

Our Achievements

Over 660

Service users supported

32%

Increase in referrals received

12,236

Client and carer interventions

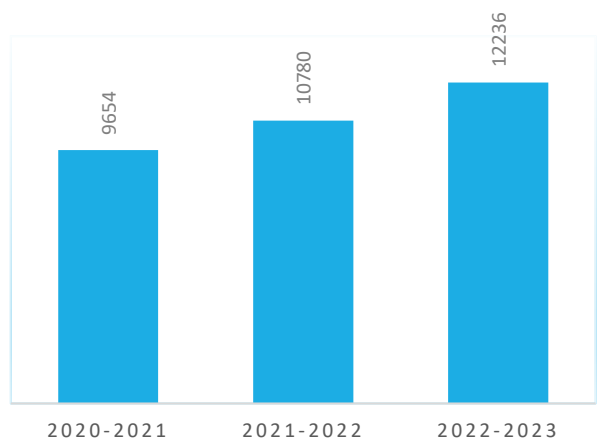
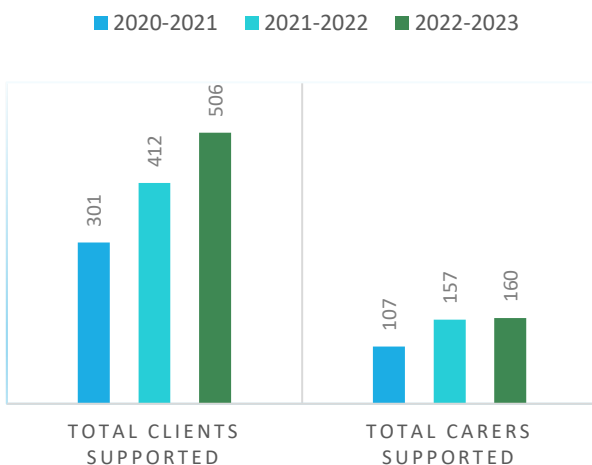
Last year we supported over 660 service users, with an increase of 32% in new referrals, with over 20 received each month. We have also seen more people returning to use INS services following the pandemic. In addition, due to delays in diagnosis and long waiting lists for treatment, we are having to intervene earlier in the care pathway for those recently diagnosed or discharged from hospital, with up to 26 week waiting lists for NHS community rehabilitation in areas like physiotherapy, occupational therapy or speech and language therapy.

The INS team has been dealing with more complex cases, which has affected our waiting lists, but our workplace strategy has enabled us to provide new service users with clinical therapy support in their rehabilitation journey, which makes a real difference to them living as well as possible with their condition, and to those caring for them. Some waiting lists are longer due to this increase in new referrals, but we have introduced a triage system to identify the most urgent. In addition, most of our groups are operating at full capacity and we are continuing our strategy of providing more accessible services through INS satellites in local community venues.

Although most services are now delivered face-to-face, we continue to offer a hybrid model, as there is still a demand for virtual services for some therapy and activity groups or counselling sessions. We regularly assess service users' delivery preferences, which has resulted in some groups running face-to-face or virtually on alternative weeks, to accommodate different needs.

Total clients and carers supported

Total number of interventions



Who Do We Support?

We have seen a 32% increase in referrals from the previous year, 36% of which are referrals for Hounslow-based Stroke clients. Hounslow referrals account for 55% of referrals in the past year, followed by 35.6% from Richmond borough.

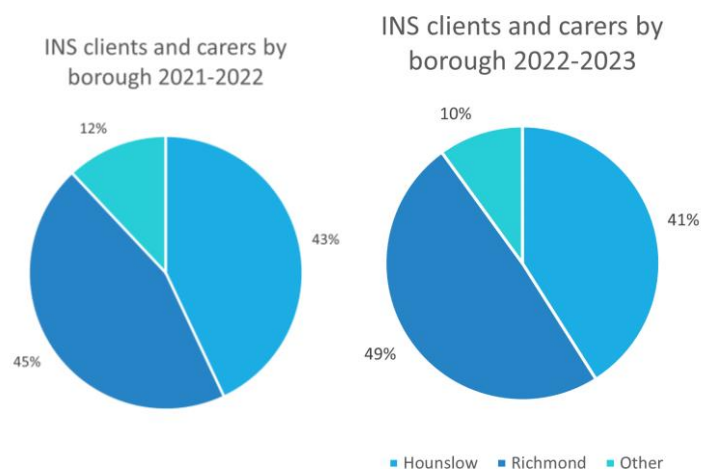


Total numbers of clients supported 22/23 by condition. Word size proportional to number of referrals received.

Our programme includes around 25 weekly face-to-face or online groups as well as over 20 weekly individual sessions with our neuro physiotherapists, occupational therapists, speech and language therapist, exercise lead, activities co-ordinators and professional volunteer counsellors. New groups are piloted and then developed based on service user feedback.

Over the past 12 months, service users with neurological conditions and their carers have had 1,873 therapy and counselling sessions, including 203 initial assessments. All our individual sessions are free of charge, including the initial assessment following a referral. Service users have had 4,224 group attendances, either face-to-face, online or by phone. The majority of those using our services are older, with around 70% aged over 60 years and many in their 70s and 80s, however we also provide specific services for younger adults.

With the increase in new referrals, we have also seen a rise in the number of home visits, for both assessments and therapy sessions. This is often due to people having mobility or transport issues or needing support in their home environment. During this period, our small team carried out 126 home visits across Richmond and Hounslow boroughs.



Interventions by borough



“

I have Parkinson's and have been coming to INS since 2012. Every time I come here, I feel positive, and my mood lifts up. It's like my second home.”

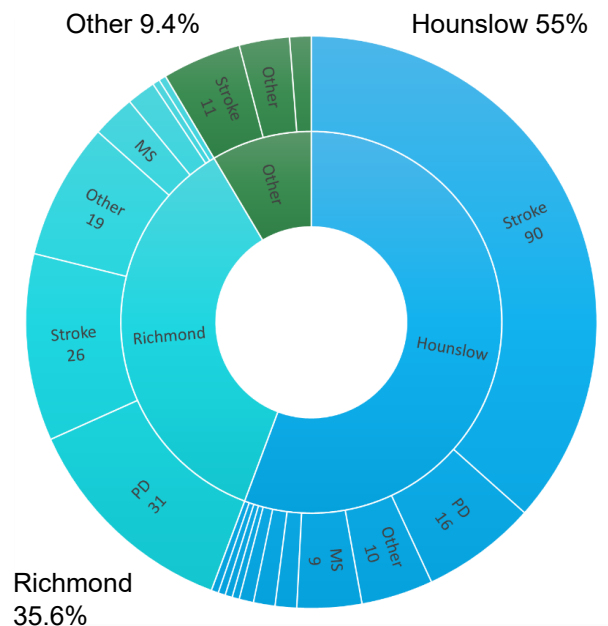
Through our satellite community venues in Barnes and Feltham, we have been able to improve access to our services for those who live on the far sides of the boroughs, as well as for individuals living just outside the borough boundaries. 9% of referrals received last year originated outside of the boroughs of Richmond and Hounslow. These referrals mostly come from the surrounding boroughs of Kingston, Merton, Ealing, and Wandsworth.

mobility weakness group
 benefit improve balance strength emotional
 stroke physio help
 client speech SLT
 exercise
 support
 therapy physiotherapy groups

Reasons for referrals 22/23 as described by referrer. Word size proportional to number of times word used across all referrals.

Physiotherapy and condition-specific exercise classes remain among the most common reasons for referrals received in the past year, particularly for Stroke and Parkinson’s group classes, together with professional and peer-led social and emotional support and Speech and Language Therapy for communication issues. Increasingly, long waiting lists for NHS and community support are cited alongside end of time-limited NHS service provision.

All our services are developed in response to service user need and feedback. For example, in response to many requests for balance support, our Exercise Lead started a pilot Balance and Strength group at our Hounslow satellite in April 2023, which has proved very successful.



Referrals by borough and condition 01/04/2022 – 31/03/2023



“INS continues to step in where the NHS discharges patients.”

Satellites

Over the last year, we have developed our long-term strategy to provide INS services through satellites in community centres in less accessible parts of Hounslow and Richmond boroughs, co-locating services with other local partners where possible.



INS service users attending a weekly neuro exercise class at the Age UK centre in Barnes run by one of our neuro physiotherapists. Ctrl + Click to open this video in browser

Richmond

Our first INS satellite was piloted two years ago, at the Barnes Green Centre, for service users who find it difficult to attend activities at our Twickenham base. Over the past year, we have run a weekly neuro exercise group for seated and standing exercise as well as a block of yoga sessions. We also offer individual therapy sessions, and INS staff work with service users to offer advice on a range of issues.

Groups and activities have received positive feedback; with 100% of attendees saying they would 'Definitely recommend the Neuro exercise group to others', as well as requests for more yoga sessions. We have also continued working in partnership with Otakar Kraus Music Trust to deliver music therapy sessions. Providing an accessible satellite for neuro services has helped raise awareness of the support we can offer and means we have been able to attract new services users, with a 40% increase in Barnes last year.

For future developments, with transport an issue for service users, a target area for another Richmond satellite would be a community centre venue in Ham.



INS in Hounslow. Ctrl + Click to open this video in browser

Hounslow

In 2022, we were awarded a 15-month grant from Hounslow Council's Thriving Communities Revenue Fund and Integrated Care Partnership, to deliver services one day a week, based at the Age UK Southville Community Centre (SCC) in Feltham, helping us to reach more service users.

Over the grant period, 60 service users attended a range of therapy and activity groups as well as social and emotional support and education sessions at our Feltham community venue. People enjoyed socialising with others facing similar challenges and peer support was very valuable in engaging new service users, supported by our Hub coordinator. Our evaluation shows it can take a long time for people to build their confidence and meet others, however this is what those attending the INS satellite valued most.

In 2022, we also received a grant from Hounslow Council to take part in a survey and report on access to wellbeing services in the borough. We consulted with 43 Hounslow service users (including adults with neurological conditions and carers), including a number attending SCC. The research has shaped our understanding of the needs of the Hounslow community and has helped us to further tailor the services we provide at our Feltham satellite, such as recruiting client volunteers for peer support and providing accessible transport information.

“

There is now a place full of friendly faces that no longer see my struggles but just see me.”

We have run a diverse programme since the launch of the Feltham satellite, as well as hosting information and awareness days. This has included Yoga, chair-based dance exercise, cognitive therapy, groups to help communicate with confidence, and activity sessions for photography, creative writing and crafts. These groups are well attended with positive feedback from service users. 100% of Yoga group participants stated that they would definitely attend further sessions, with the group described as. supportive, relaxing and inclusive of different abilities.

“
Since joining the ‘Living Well’ neuro hub I have turned my life around. I am now part of a fantastic community of like-minded individuals who support each other during those darker days.”

Services are designed to include both adults with neurological conditions and the person who cares for them, which means carers can enjoy the activity as sessions are supervised by INS staff and volunteers so their cared for person can have support if needed. Since starting our Hounslow satellite, new referrals of Hounslow residents from various sources have increased by over 30%.

Building on the success of our Feltham centre, we were awarded a grant in December 2022 to develop and expand our satellite model in Hounslow, with a new venue delivering services once a week at the Musical Museum in Brentford. We aim to reach clients and carers on the eastern side of Hounslow borough and respond to the increasing number of referrals from this area.

“
A big range of activities, and I’m able to participate in something regularly which promotes and supports my rehabilitation.”

Spotlight on Communication

“

One of INS's strongest points is the variety of groups that are on offer and the diversity of the participants' backgrounds and interests.”

In May 2022, we recruited an experienced Speech and Language Therapist (SLT) to the INS multidisciplinary team. We can help people with impaired speech and language to become more independent through individual sessions and therapy-led groups which enable them to practice and improve their communication skills in a safe and supported environment.

Over the last 9 months, we have been building our programme of communication group courses, from smaller therapy-led groups with a higher ratio of staff to service users, to drop-in activity and conversation groups for those who may need extra time and support to communicate. Some new groups, such as our Singing group, can provide stepping stones to give people the confidence to join activities in the community, such as a local choir. We want to provide a pathway so people can progress from individual or communication group therapy to participating in communication-friendly groups, where they can practice their skills in a supported environment with others facing similar challenges.





We run a variety of communication friendly groups, including Communicate with Confidence, Talking Parkinson's, Local History, Singing, and our drop in Communication Café. To make our services more accessible, we are applying for accreditation with Communication Access UK. We will be placed on a national directory of communication friendly organisations and will display the Communication Access symbol on our communications.

Case study: A Stroke survivor, who was referred to INS after experiencing aphasia and a deterioration in their language and cognitive skills, was able to make great improvements after receiving exercise support and speech and language therapy. INS supported them to find a mobile phone that they could use to maintain their independence, and they thrived in the Communicate with Confidence group. Their ongoing support plan includes an Occupational Therapy assessment, continued physiotherapy, participation in Open Gym sessions, and inclusion in the Local History group. Their family carer will receive support and education sessions as well.



Open Gym

Our staff training strategy helps people to develop additional skills, and last year our Rehabilitation Instructor was promoted to the role of Exercise Lead, coordinating our Exercise programme with a variety of different groups, as well as supervising our popular Open Gym sessions.

We have increased the number of weekly Open Gym sessions from three to four sessions per week, in response to the increased number of exercise referrals received. Open Gym sessions were developed for adults with neurological conditions to exercise independently or with their carers, with support from our Exercise Lead, Session assistants and volunteers, depending on their ability level. Typically, the Open Gym is used by service users to continue prescribed exercise programmes or work on specific goals which have been agreed with our physiotherapists. Feedback for these sessions is very positive, with 80% of survey respondents stating that the Open Gym sessions were 'Excellent', 20% stating they were 'Good' and 100% rating our Exercise Lead as 'Excellent'.

Case study: A client who has Parkinson's has been able to improve his memory, speech, and swallowing, after attending Music Therapy and the Talking Parkinson's communication group. He also gained confidence in his singing ability after joining the weekly Singing group and attended exercise sessions to slow down his Parkinson's progression, receiving a home exercise programme. He addressed memory and attention challenges by attending the Occupational Therapy-led 'Train Your Brain' group.

Events

Last year, we were able to host more face-to-face events to engage with INS communities in Hounslow and Richmond. These events are important to increase awareness about the services we offer and provide an excellent opportunity to celebrate and learn about the needs of our community.



In June 2022, we held a Carers' Celebration Day at INS, which focused on wellbeing. Sara Challice, award-winning author of the book 'Who Cares? How to take care of yourself whilst caring for a loved one' spoke about her journey of becoming a carer and gave a reading from her book. Jess West, a massage therapist, provided mini neck and shoulder massages.

We also hosted a Carers' Week celebration at our satellite in Feltham, where author and carer Catherine Jessop discussed writing techniques and gave a talk about life as a carer. The session was shared by Lyn Hammond from Hounslow's My Independence Carers Information Service who gave an update on carers' services in the borough.



In June, we also celebrated Volunteers' Week by inviting INS volunteers to join us to celebrate their work and thank them for their essential support. The event was an opportunity for volunteers who may not have worked together yet to meet, and to involve them in our planning for the months ahead.

In December, we held another event to thank our volunteers and spend some time hearing from staff about different aspects of our work and ways to get involved.



In July, we held an exhibition of portraits of INS service users, staff, and volunteers, taken by local photographer Peter Swann, as part of creative group activities for our Expanding Horizons programme. Over 40 people attended the exhibition at our Twickenham premises, which provided an excellent opportunity to connect with the wider community and invite service users to share their stories.

Sarah Vines, our CEO, was invited to speak at Hounslow Council's celebration of International Day of Persons with Disabilities in December 2022. An INS service user with Multiple Sclerosis also gave an inspiring talk about his personal experience of living with a neurological condition.



The Team

INS has a Board of 12 trustees, with a team of 9.2 FTE staff, who are supported by around 20 regular volunteers in therapy and activity sessions, office administration and fundraising.

Over the last year, with recruitment challenges, increased demand for services and rising costs, we have continued developing a staffing strategy which is flexible, responsive and able to adapt to different circumstances. This includes building a bank of permanent and temporary, full time and part time therapists and assistants.

We have recruited and trained several part-time session assistants who work with a range of therapy and activity groups, including delivery at our satellites, to provide additional support to service users with different abilities. This helps us deliver essential services in the most flexible way possible, ensuring continuous, professional support, as well as adding a range of skills to our multidisciplinary team.

We also employ qualified teachers or work with partners to deliver specific activities, for example new groups such as Yoga or Singing, both very popular, as well as chair-based dance exercise with local charity Move into Wellbeing and music therapy with Otakar Kraus Music Trust.

Trustee Spotlight

This year, two new Trustees, Karen Pearce and Julie Walmsley joined the Board, bringing clinical and HR expertise to their roles respectively.



Thoughts of a retiring Trustee

My involvement with INS began 11 years ago, mentoring the speech therapist, as that was my professional background. That led to a request to join the Trustee Board. Although hesitant to accept, due to lack of Trustee experience, it has turned out to be an immensely rewarding experience. INS's compactness and uniqueness means that personal relationships are important, and the variety of backgrounds and skills of staff, trustees and volunteers has kept me interested and learning throughout my tenure.

“There have been hard times, with difficult decisions to make, but one never did it alone. The reward has been seeing and hearing about the benefits the patients have received from the flexible and individualised care that INS offers.”

I thoroughly recommend being a Trustee in such a respected local organisation and will continue to support INS in any other way I can.

Sue Stevens, Chair of the Clinical Committee



The organisation is very supportive to clients and volunteers.

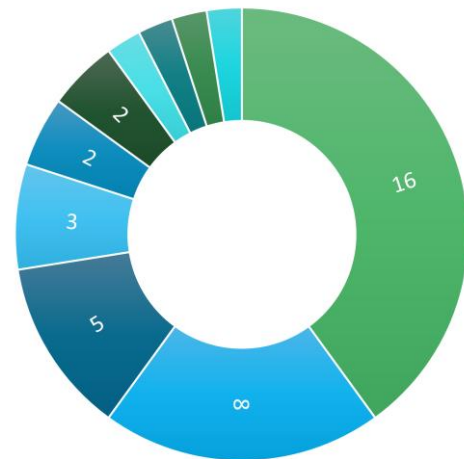
As a volunteer I have had good and very rewarding experiences. I would like to learn more about the neurological conditions as to know more helps to work with clients.”

Volunteer Support

Our work would not be possible without the dedicated support of so many volunteers; our longest serving volunteer has been with us for over 25 years. Between October 2021 and March 2023, we recruited 40 volunteers to support INS in a variety of roles. This has included 16 volunteer Therapy Group assistants and 8 Activity Group assistants, who provide much-needed support in group settings, enabling more participants and better engagement with each service user. All volunteers are invited to take part in relevant staff training.

Peer support volunteers are INS service users who are able to apply their first-hand experience of living with a neurological condition to a mutual support-style role, and who also wish to support events or regular INS activities. Our current peer support volunteers provide invaluable assistance at our weekly Feltham satellite and have assisted with events such as the Quiz Night and the Photography Exhibition. They also take part in information and awareness events and support our teaching programme for medical students.

Development of our digital strategy has been supported by three expert database, IT and website volunteers. This has included the successful upgrade of our Salesforce database. with improved data evaluation and more accurate reporting on how we support service users, as well as identifying emerging needs, which helps us allocate resources more effectively.



- Activity Groups
- Admin
- Befriending/GDPR
- Counselling
- Handyman
- IT/Web Design
- Peer Support
- Social Media
- Therapy Groups
- Trustees

Volunteers recruited October 2021 – March 2023

With the support of an IT volunteer, we are in the process of replacing our old server with a cloud-based version, which will give us better data security and the ability to scale up. We are also working with an expert website volunteer to redevelop our website and move to a cloud-based platform, which will help improve our engagement with all INS stakeholders. Our new website will launch at the end of September 2023.

Expert volunteers also lead some of our creative groups like Art and Crafts and last year we were able to run a very successful series of online Art Appreciation sessions, which enabled a larger group to attend, including service users who are housebound.

Student Counsellors

Our counselling service continues to be free of charge and is provided by four professional volunteer counsellors and five student volunteer counsellors who are training for their qualification. We offer a hybrid service provision of online, face-to-face, and telephone counselling as the best way to meet the varying needs of our service users.

Counselling services are monitored through evaluation forms completed by service users at the end of their course. 75% of individuals who answered confirmed that they found the counselling sessions to be worthwhile, whilst 15% who answered found the sessions to be fairly useful.

“

I found it incredibly helpful to understand the patients' and carers' perspectives and hear their stories.”

Case study: A brain injury survivor has been able to return to work and after accessing our counselling, OT, and physiotherapy services. She also accessed peer support at the drop-in coffee mornings and events at the INS satellite in Feltham. She joined cognitive groups, Yoga, and physiotherapy to improve her balance and fatigue management, as well as 1:1 Occupational Therapy support. She expressed appreciation for the value, support, and camaraderie provided by the staff.

“

The INS team have been incredibly warm, supportive and inclusive from the start of my volunteering. I continue to learn from them and am made to feel that I am part of the team. There is a great atmosphere in the offices, and it feels that there is constantly something interesting going on and that everyone is engaged with what they are doing.”

Medical School Training

We have an annual contract to provide weekly teaching sessions to medical students at St. George's Hospital involving service users with lived experience of neuro-disability and caring for someone with a neurological condition, with over 300 students receiving online training each year.

These sessions have been positively received by both the students and the INS service users who take part, with all students who were surveyed agreeing that being taught by patients in the community with lived experience, helps them to empathise with their situation more easily, and finding that the sessions effectively complemented the teaching they receive at St George's.

Student Placements

We have been able to offer much-needed work placements to students from St. Mary's, Brunel, and other universities which they find hard to get; this year we have had 3-month placements for two physiotherapy, two speech and language and one occupational therapy student, as well as shorter-term placements in areas like business and administration; our volunteer student counsellors from Richmond College are also training for their qualification. These students provide additional support to help us deliver services, for example physiotherapy students worked to improve our triage process to identify the most urgent cases and speech and language students helped to pilot new groups like Singing.

“

I have discovered not only the importance of exercise for managing these conditions but how exercise groups are beneficial for people in different ways.”



“

I believe the holistic rehabilitation provided at INS is an amazing way to bring people together and increase social relationships while helping to manage symptoms in a positive environment.”



Working with Partners

INS continues to deliver the Richmond CILS contract in a partnership of 20 local charities, supporting adults of all ages to live independently, improve wellbeing and stay connected with their local community. This partnership aims to deliver advice, support and signposting to residents in Richmond borough. INS is also part of the Carers Hub Service, led by Richmond Carers Centre, commissioned by Richmond Council to provide services for carers in the borough. Both contracts have been extended for up to two years.

Our clinical team also liaises with community neuro rehabilitation teams and GPs over referrals and treatment. Having accessible INS venues in local venues like the Barnes Green Centre helps to raise awareness of neuro support we can offer and engage new service users.

Last year, a range of Hounslow statutory and voluntary partners also delivered sessions at our Feltham satellite on various topics, with different initiatives developed in response to demand; the most recent has been three pilot clinics for people with Parkinson's run by the Hounslow Neurology Specialist Allied Health Practitioner. Partner sessions have included Hounslow Council's Falls Prevention service, LBH Carers Service, energy advice from the Green Doctors, and transport advice for people with disabilities from QEF.



Our first two ‘Awareness’ days’, covering Parkinson’s and Stroke, which we ran with Parkinson’s UK and the Stroke Association, meant we could provide expertise from national organisations at local level; more events are planned to cover other conditions, including Multiple Sclerosis and MND.

Our Parkinson’s Awareness Day in October 2022 was attended by 91 people, including INS service users, other Hounslow residents, and local organisations. Our Hounslow satellite coordinator works closely with the Hounslow Stroke Association, who we partner with to deliver the Stroke contract, and in January 2023, we ran a successful information day together, with 29 people attending.

We were also funded through the Jubilee Sports England fund to partner with Move into Wellbeing, a local charity who offer chair-based dance exercise, and a further grant funded a specialist Yoga teacher to deliver courses at all INS venues and online.

We also continue to work with The Queen Elizabeth’s Foundation (QEF) to offer monthly driving assessments for service users at INS.

“
*Fantastic day!
 Informational and
 inspiring.”*

“
*The informal and friendly
 atmosphere overcame any
 hesitancy I had about
 attending.”*

“
*It was the first time since I
 was diagnosed with
 Parkinson’s to be amongst
 those patients with an
 identical diagnosis.
 Awesome!”*

Equality, Diversity and Inclusion

Equality, diversity and inclusion are central to all INS services. We aim to support people with neurological conditions to overcome the barriers to their full inclusion and participation in society by focusing on abilities and not disabilities. For service users, our integrated approach enables us to identify and reduce barriers which contribute to people with neurological conditions experiencing hardship and distress; these can be physical, cultural, financial, psychological or social. INS works with all our service users, including adults with neurological conditions and their carers, to evaluate the effectiveness of our services and ensure they are co-produced, person-centred and respond to need. Our quarterly service user group, INSight, which includes representatives from services users, staff, volunteers and trustees, reviews current services and new developments. We ensure that views and opinions from this meeting inform service development and design, with outcomes then fed back to the group. This supports an ongoing process of engagement. As an employer, INS respects and values the diversity of our staff and volunteers. Our Trustees and CEO are responsible for our commitment to equality and diversity and creating an inclusive culture throughout INS.

As part of our ongoing commitment to developing EDI at INS, in April 2023, staff, volunteers and students attended a Diversity and Inclusion training day run by a qualified INS volunteer.



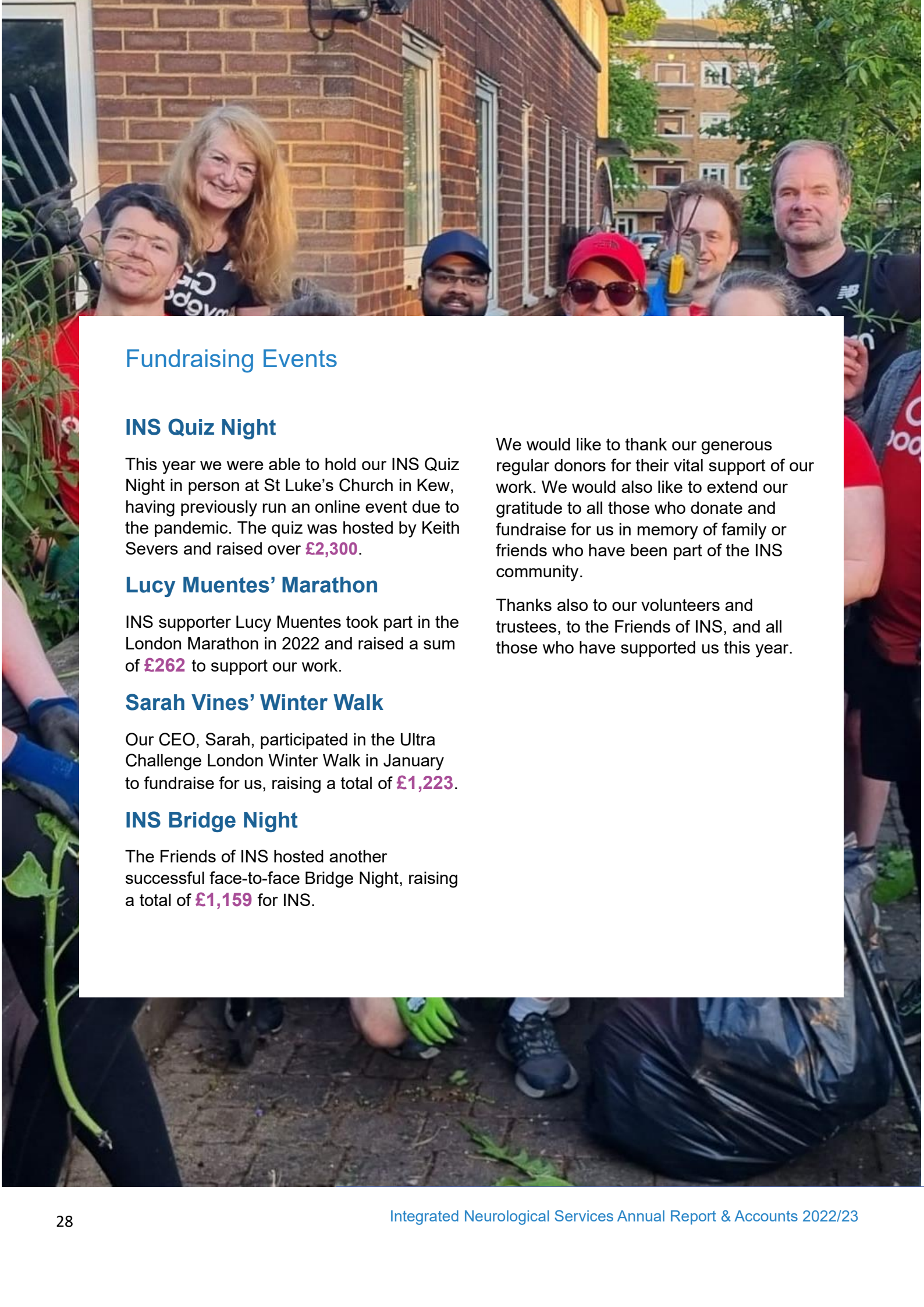
Looking ahead –

Strategic aims for 2023/24

INS continues our strategic development to make the charity as resilient and agile as possible, so we can respond to future challenges and ensure a secure and sustainable service. Following our Strategy Day in August 2023, we identified the following as key priorities:

- Manage resources and demand from our increasing number of new service users to ensure sustainable growth within our capabilities.
- Develop a multi-skilled workforce which is adaptable, flexible and responsive to meet changing needs and demand.
- Ongoing review of our service provision and delivery to increasing service users through building and training a team of full and part-time, permanent and temporary, therapists, staff and volunteers.
- Develop an adaptable working model for our 'INS satellites', to reach more people and provide accessible services in places where people need neuro support.
- Increase partnerships with external providers to reach more service users, supplement our resources and provide wider expertise to the INS community.
- Develop our digital strategy to build skills and capabilities in technology, including a new website and IT systems, to help manage resources and achieve strategic aims.
- Build and diversify current funding and resources to ensure financial support for strategic aims.
- Develop our profile with statutory services and act as an influencer on behalf of the INS community within local health service changes.





Fundraising Events

INS Quiz Night

This year we were able to hold our INS Quiz Night in person at St Luke's Church in Kew, having previously run an online event due to the pandemic. The quiz was hosted by Keith Severs and raised over **£2,300**.

Lucy Muentes' Marathon

INS supporter Lucy Muentes took part in the London Marathon in 2022 and raised a sum of **£262** to support our work.

Sarah Vines' Winter Walk

Our CEO, Sarah, participated in the Ultra Challenge London Winter Walk in January to fundraise for us, raising a total of **£1,223**.

INS Bridge Night

The Friends of INS hosted another successful face-to-face Bridge Night, raising a total of **£1,159** for INS.

We would like to thank our generous regular donors for their vital support of our work. We would also like to extend our gratitude to all those who donate and fundraise for us in memory of family or friends who have been part of the INS community.

Thanks also to our volunteers and trustees, to the Friends of INS, and all those who have supported us this year.

Fundraising

INS is very grateful to receive grants from a number of charitable Trusts and Foundations to support our work.

Trusts and Foundations

During 2022-2023, INS was awarded grants from the following organisations:

- Ashcroft Charitable Trust
- Awards for All
- Basil Samuel Charitable Trust
- Barnes Fund
- Chapman Charitable Trust
- Dyers' Company Charitable Trust
- Girdlers' Company Charitable Trust
- Hampton Fund
- Hounslow Thriving Communities Fund
- James Tudor Foundation
- John Horseman Trust
- Lambert Charitable Trust
- Leathersellers' Foundation
- Marsh Charitable Trust
- Munro Charitable Trust
- PF Charitable Trust
- Richmond Parish Lands Charity
- Rowan Bentall Charitable Trust
- Screwfix Foundation
- Sir Jules Thorn Charitable Trust
- Sports England Queen's Jubilee Activity Fund
- Steel Charitable Trust
- Vandervell Foundation

Community Support

We were delighted to have the support of the following organisations in 2022-2023:

Radnor House School

Friends of Radnor House School Twickenham raised £5,250 for INS as one of the school's supported charities for the year.

Crafter's Companion

The team at Crafter's Companion donated supplies for use in INS Expanding Horizons Crafts sessions.

St Margarets Catholic Church

The congregation of St Margarets Catholic church raised £4,000 in support of INS for their Lenten Project.

Sutton Winson

Twickenham insurance broker, Sutton Winson, continued to support INS as their chosen charity this year, by fundraising and spending a day transforming our Summer House and garden space.

We are also grateful for donations from The Rotary Club Twickenham, Middlesex Provincial Relief Fund, Squire's Garden Centres and Waitrose Twickenham Community Matters Scheme.

Integrated Neurological Services

Review of Financial Results

Integrated Neurological Services (INS) made a deficit for the year of £59,883 (2021/22 – a surplus of £51,537). In 2022/23 INS returned to a full level of activities after the disruptions caused by the Covid pandemic. The main cause of the deficit in 2022/23 was an increase in staff costs to £417,000 which is 22% higher than in 2021/22. One of the major effects of the Covid pandemic was the shortage of staff in the health sector and this impacted significantly on INS. Further comments on this increase are set out below.

INS continues to receive a high level of support from funders and donors. We are extremely grateful for this support. Overall, there was a small decrease in income which reflects the ever more competitive environment for raising funds and donations.

Staffing and expenditure

The average full-time equivalent staff numbers in the year were nine which is one more than the previous year. This increase in staff supported the increase in activities in the year.

In 2022/23 we faced a challenge covering maternity leave for a key physiotherapy post. This challenge and the current competitive recruitment environment meant that we used temporary and agency staff more than usual to cover staffing gaps. This resulted in higher staff costs. On the other hand, we were also successful in building up our staff bank during the year and this provides a good platform for managing our staff costs in the current and future years.

Other costs such as premises and office costs also increased but at a much lower rate. INS continues to manage its expenditure carefully and seek to minimize costs wherever possible.

As noted above, INS depends upon grants and donations, and fundraising is a core activity. It continues to focus its resources on pursuing appropriate opportunities in order to maximise its effectiveness in this activity. In the current year, 93 pence in every pound raised was spend on its charitable activities.

Reserves

The Trustees have reviewed its reserves policy, taking account of the current uncertain economic circumstances and the funding challenges within the charitable sector.

They have agreed a policy to seek to build towards holding six months' expenditure in unrestricted reserves. This will help INS plan prudently for the future and strengthen its sustainability.

The level of unrestricted reserves at 31 March 2023 was £163,772 (2021/22 - £232,007). In addition, INS has designated an amount of £20,000 to cover potential costs on its main premises.

Responsibilities of the Board of Trustees

The Trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Board of Trustees to prepare financial statements each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing those financial statements, the Trustees should follow best practice and:

- select suitable accounting policies and then apply them consistently.
- make judgments and estimates that are reasonable and prudent.
- state whether applicable accounting standards have been followed; and
- prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue that basis.

The Trustees are responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

The Trustees 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.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small entities.

Approved by the Board of Trustees on 15 November 2023 and signed on its behalf by



Steve Williams
Trustee, INS

INTEGRATED NEUROLOGICAL SERVICES

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

		2023			2022	
	Notes	Unrestricted Funds £	Restricted Funds £	Designated Funds £	Total Funds £	Total Funds £
Income from:-						
Donations and legacies	2	158,406	80,138	-	238,544	246,009
Charitable activities	3	46,709	278,522	-	325,231	331,913
Other	4	15,538	-	-	15,538	15,582
Investments	5	1,388	-	-	1,388	27
Total		222,041	358,660	-	580,701	593,531
Expenditure on:-						
Raising funds	6	41,610	-	-	41,610	34,430
Charitable activities	6	107,815	491,159	-	598,974	507,564
Total		149,425	491,159	-	640,584	541,994
Net (expenditure)/income		72,616	(132,499)	-	(59,883)	51,537
Transfer between funds		(140,851)	140,851	-	-	-
Net movement in funds		(68,235)	8,352	-	(59,883)	51,537
Reconciliation of funds						
Total funds brought forward		232,007	14,892	20,000	266,899	215,362
Total funds carried forward		163,772	23,244	20,000	207,016	266,899

INTEGRATED NEUROLOGICAL SERVICES

BALANCE SHEET AS AT 31 MARCH 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	<u>7,030</u>	<u>8,214</u>
Current assets			
Debtors	11	9,505	15,879
Cash at bank and in hand		254,216	297,135
Total current assets		<u>263,721</u>	<u>313,014</u>
Liabilities			
Creditors falling due within one year	12	<u>(63,735)</u>	<u>(54,329)</u>
Net current assets		<u>199,986</u>	<u>258,685</u>
Net Assets	14	<u>£ 207,016</u>	<u>£ 266,899</u>
The funds of the charity			
Restricted income funds	15	23,244	14,892
Unrestricted funds	15	163,772	232,007
Designated funds	15	20,000	20,000
		<u>£ 207,016</u>	<u>£ 266,899</u>

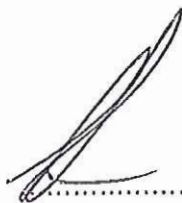
For the year ending 31 March 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

The accounts were approved by the board of directors on 15 November 2023 and signed on its behalf



S Williams

..... Director and Trustee

INTEGRATED NEUROLOGICAL SERVICES

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	2023	2022
	£	£
Cash flows from operating activities:		
Net cash provided by operating activities (note 1 below)	(44,307)	78,435
Cash flows from investing activities:		
Interest received	<u>1,388</u>	<u>27</u>
Change in cash and cash equivalents in the year	(42,919)	78,462
Cash and cash equivalents at the beginning of the year	<u>297,135</u>	<u>218,673</u>
Cash and cash equivalents at the end of the year	<u><u>254,216</u></u>	<u><u>297,135</u></u>

Notes to the statement of cash flows

1. Reconciliation of net income to net cash flow from operating activities

	2023	2022
	£	£
Net (deficit)/ income for the year (as per statement of financial activities)	(59,883)	51,537
Adjustments for:		
Depreciation charges	3,131	2,748
Interest received	(1,388)	(27)
Decrease/(Increase) in debtors	6,374	58,673
Increase/(Decrease) in creditors	9,406	(31,673)
Additions to fixed assets	(1,947)	(2,823)
Net cash provided by operating activities	<u><u>(44,307)</u></u>	<u><u>78,435</u></u>

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1) (i) **Accounting policies**

(a) **Basis of accounting**

The financial statements have been prepared in accordance with the 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)) (issued in October 2019) - (Charities SORP (FRS 102)), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Integrated Neurological Services meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated on the relevant accounting policy note.

(b) **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

(c) **Fund accounting**

Unrestricted funds are available to use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through terms of the appeal.

Designated funds have been created to provide for future dilapidations on the leased property.

(d) **Incoming resources**

In line with previous practice, incoming resources are included in the Financial Accounts when the income is received and the amount can therefore be accurately quantified.

Donations, legacies and gifts are included in full in the Statement of Financial Activities when receivable.

Restricted income from grants and contracts received in advance of related future costs is treated as deferred income (Note 13).

Restricted income from grants is used as specified by the grantor. Details of restricted grants are provided in Note 17.

Income generated from charitable activities is primarily from contracts, which are treated as restricted income and used as specified by the contract. Donated services are included at their value where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

(CONTINUED)

(e) **Resources expended**

Expenditure is recognised on an accrual basis as a liability is incurred. VAT which cannot be recovered is recorded as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and also those costs of an indirect nature necessary to support them, including governance costs.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis e.g. time allocation.

(f) **Pensions**

The charity does not operate a pension scheme for its employees but does administer contributions to a stakeholder pension scheme for 12 (2022:13) staff. The charity makes contributions to this scheme.

(g) **Tangible fixed assets**

Individual fixed assets costing £500 or more are capitalised at cost. Tangible fixed assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Furniture and Equipment	20% straight line basis
-------------------------	-------------------------

(h) **Operating leases**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged on a straight line basis over the term of the lease.

(ii) **Legal status of the charity**

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member.

Its registered office is 82 Hampton Road, Twickenham, Middlesex TW2 5QS.

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

(CONTINUED)

2) (a) Income from donations and legacies	2023	2022
	£	£
Donations	44,093	26,154
Grants	180,088	213,434
Fund generation events	2,775	3,588
Legacies	11,588	2,833
	238,544	246,009

2) (b) Grants	2023		2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Richmond Parish Lands Charity	55,000	-	55,000	64,892
Peter Sowerby Foundation	-	-	-	23,904
Hampton Fund	-	33,000	33,000	26,000
Childwick Trust	-	-	-	5,500
Leathersellers' Foundation		10,000	10,000	-
Steel Charitable Trust	12,500	-	12,500	-
Barnes Fund	6,000	-	6,000	4,000
James Tudor Foundation		6,074	6,074	-
Garfield Weston Foundation	-	-	-	20,833
Hounslow Thriving Communities Fund and ICP		20,170	20,170	5,613
National Lottery Awards for All	-	-	-	7,820
Other Grants	26,450	10,894	37,344	54,872
	99,950	80,138	180,088	213,434

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

**FOR THE YEAR ENDED 31 MARCH 2023
(CONTINUED)**

	2023	2022
	£	£
3) (a) Income from charitable activities		
Contract Income	278,522	285,897
Teaching Income	22,565	21,868
Other Charitable Income (Membership/Attendance Fees)	24,144	24,148
	<u>46,709</u>	<u>46,016</u>
	<u><u>325,231</u></u>	<u><u>331,913</u></u>

	2023		Total	2022
	Unrestricted	Restricted		
	£	£	£	£
3) (b) Contract income				
London Borough of Hounslow	-	126,784	126,784	120,000
Kickstart YMCA	-	5,118	5,118	19,531
Wandsworth Carer's Group	-	1,100	1,100	1,200
Community Healthcare Trust	-	42,977	42,977	42,233
Dementia Carers	-	1,450	1,450	4,000
Age UK Richmond	-	86,396	86,396	84,242
Richmond Carers Centre	-	14,697	14,697	14,691
	<u>-</u>	<u>278,522</u>	<u>278,522</u>	<u>285,897</u>
	<u><u>-</u></u>	<u><u>278,522</u></u>	<u><u>278,522</u></u>	<u><u>285,897</u></u>

	2023	2022
	£	£
4) Income from other activities		
Sundry income	15,538	15,582
	<u>15,538</u>	<u>15,582</u>
	<u><u>15,538</u></u>	<u><u>15,582</u></u>

	2023	2022
	£	£
5) Investment income		
Deposit interest	1,388	27
	<u>1,388</u>	<u>27</u>
	<u><u>1,388</u></u>	<u><u>27</u></u>

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

(CONTINUED)

6a) Total resources expended				
- current year	Direct		Direct	
	(Staff)	Support	(Other)	Total
	Costs	Costs	Costs	2023
	£	£	£	£
Raising funds	32,137	7,854	1,620	41,610
Charitable activities				
Clinical Services (Neuro)	188,906	57,547	8,205	254,658
Community Partnership Services	195,859	68,868	79,589	344,316
Total	<u>416,901</u>	<u>134,268</u>	<u>89,414</u>	<u>640,584</u>
Analysis of support costs			Community	
	Fundraising	Clinical	Partnership	Total
	£	Services	Services	2023
		£	£	£
Premises	1,895	19,899	25,584	47,378
Office costs	5,062	31,639	26,576	63,277
Communications & marketing	698	1,849	1,561	4,108
Consultancy/professional fees	-	-	11,423	11,423
Depreciation	-	1,785	1,346	3,131
Governance	198	2,376	2,376	4,950
Total	<u>7,854</u>	<u>57,547</u>	<u>68,868</u>	<u>134,268</u>
Analysis of direct (other) costs				
Direct project costs	1,620	2,430	76,953	81,003
Staff expenses	-	4,452	2,397	6,849
Equipment	-	606	-	606
Recruitment	-	717	239	956
Total	<u>1,620</u>	<u>8,205</u>	<u>79,589</u>	<u>89,414</u>

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

(CONTINUED)

6b) Total resources expended - previous year	Direct (Staff) Costs £	Support Costs £	Direct (Other) Costs £	Total 2022 £
Raising funds	26,217	6,890	1,323	34,430
Charitable activities				
Clinical Services (Neuro)	154,110	52,332	10,066	216,509
Community Partnership Services	159,783	64,614	66,659	291,055
Total	<u>340,110</u>	<u>123,836</u>	<u>78,048</u>	<u>541,994</u>
 Analysis of support costs			Community	
	Fundraising	Clinical	Partnership	Total
	£	Services	Services	2022
		£	£	£
Premises	1,960	20,580	26,460	49,000
Office costs	4,220	26,378	22,157	52,756
Communications & marketing	503	1,331	1,124	2,959
Consultancy/professional fees	-	-	11,213	11,213
Depreciation	-	1,566	1,182	2,748
Governance	206	2,477	2,477	5,160
Total	<u>6,890</u>	<u>52,332</u>	<u>64,614</u>	<u>123,836</u>
 Analysis of direct (other) costs				
Direct project costs	1,323	1,984	62,829	66,135
Staff expenses	-	6,298	3,391	9,689
Equipment	-	466	-	466
Recruitment	-	1,318	439	1,758
Total	<u>1,323</u>	<u>10,066</u>	<u>66,659</u>	<u>78,048</u>

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

**FOR THE YEAR ENDED 31 MARCH 2023
(CONTINUED)**

7)	Staff costs	2023	2022
		£	£
	Salaries, wages and temporary staff	378,774	308,323
	Social security costs	25,489	21,588
	Pension costs	12,638	10,199
		<u>416,901</u>	<u>340,110</u>
		2023	2022
	Staff numbers (average)	12	13
	Staff numbers (Full time equivalent)	2023	2022
		£	£
	Administration	1.50	1.50
	Clinical services	6.70	5.70
	Fundraising	0.80	0.80
		<u>9.00</u>	<u>8.00</u>

The number of employees whose emoluments exceeded £60,000 in the year was as follows:

	2023	2022
£60,001 - £70,000	<u>1</u>	<u>1</u>

The key management personnel of the charity comprise the trustees, the Chief executive and senior management.

The total employee remuneration of the key management personnel amounted to £ 62,600 (2022: £64,100).

8) Trustees remuneration & related party transactions

No trustee received any remuneration during the year. No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the 12 months.

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

(CONTINUED)

9) Taxation

As a registered charity Integrated Neurological Services is exempt from corporation taxation since all income is applied for charitable purposes.

10) Tangible fixed assets	Equipment	Software	Total
	£	£	£
Cost at 1 April 2022	99,003	16,931	115,934
Additions	1,947	-	1,947
Cost at 31 March 2023	<u>100,950</u>	<u>16,931</u>	<u>117,881</u>
Depreciation at 1 April 2022	90,789	16,931	107,720
Charge for the year	3,131	-	3,131
Depreciation at 31 March 2023	<u>93,920</u>	<u>16,931</u>	<u>110,851</u>
Net book value at 31 March 2023	<u>7,030</u>	<u>-</u>	<u>7,030</u>
Net book value at 31 March 2022	<u>8,214</u>	<u>-</u>	<u>8,214</u>
11) Debtors	2023		2022
	£		£
Debtors and prepayments	9,505		15,879
	<u>9,505</u>		<u>15,879</u>
12) Creditors: amounts falling due within one year	2023		2022
	£		£
Taxation and social security	6,062		6,971
Grant and contract income received in advance (Note 13)	25,593		35,952
Accrued sub-contractors payments and expenses	32,080		11,406
	<u>63,735</u>		<u>54,329</u>
13) Deferred income	2023		2022
	£		£
Balance at 1 April 2022	35,952		58,893
Amount released to incoming resources	(35,952)		(58,893)
Amount deferred in the year	25,593		35,952
Balance at 31 March 2023	<u>25,593</u>		<u>35,952</u>

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

**FOR THE YEAR ENDED 31 MARCH 2023
(CONTINUED)**

14a)	Analysis of net assets between funds - current year	Unrestricted Funds £	Restricted Funds £	Designated Funds £	2023 Total Funds £	
	Tangible fixed assets	7,030	-	-	7,030	
	Current assets	197,233	46,488	20,000	263,721	
	Current liabilities	(40,491)	(23,244)	-	(63,735)	
	Total	<u>163,772</u>	<u>23,244</u>	<u>20,000</u>	<u>207,016</u>	
14b)	Analysis of net assets between funds - previous year	Unrestricted Funds £	Restricted Funds £	Designated Funds £	2022 Total Funds £	
	Tangible fixed assets	8,214	-	-	8,214	
	Current assets	263,230	29,784	20,000	313,014	
	Current liabilities	(39,437)	(14,892)	-	(54,329)	
	Total	<u>232,007</u>	<u>14,892</u>	<u>20,000</u>	<u>266,899</u>	
15a)	Movement of funds - current year	At 1 April 2022 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31 March 2023 £
	Unrestricted funds	232,007	222,041	(149,425)	(140,851)	163,772
	Restricted funds	14,892	358,660	(491,159)	140,851	23,244
	Designated funds	20,000	-	-	-	20,000
	Total funds	<u>266,899</u>	<u>580,701</u>	<u>(640,584)</u>	<u>-</u>	<u>207,016</u>
15b)	Movement of funds - previous year	At 1 April 2021 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31 March 2022 £
	Unrestricted funds	198,362	215,937	(125,791)	(56,501)	232,007
	Restricted funds	17,000	377,594	(416,203)	36,501	14,892
	Designated funds	-	-	-	20,000	20,000
	Total funds	<u>215,362</u>	<u>593,531</u>	<u>(541,994)</u>	<u>-</u>	<u>266,899</u>

INTEGRATED NEUROLOGICAL SERVICES

NOTES TO THE ACCOUNTS

**FOR THE YEAR ENDED 31 MARCH 2023
(CONTINUED)**

16) **Lease commitments - operating leases**

At 31 March 2023 the charity had total commitments in respect of operating leases as follows:

	2023 £	2022 £
Total commitments	15,809	56,206

17) **Purposes of restricted funds**

All restricted funds are held as liquid assets and are used within the time period and for the purposes specified by the grantor. The accounts show the amount applicable to this period. Balances are carried forward to the next period as grant income received in advance.

Sports England Queens Jubilee Activity Fund

A grant of £3,200 to run four blocks of yoga sessions was awarded in May 2022 and £800 has been carried forward.

Sports England Queens Jubilee Activity Fund

A grant of £2,800 to run four blocks of Move into Wellbeing dance exercise sessions was awarded in August 2022 and £1,400 has been carried forward.

Thriving Communities Revenue Fund Round 2

A six-month grant payment of £11,400 (first stage of a £22,800 grant) to develop our Living Well neuro hubs in Hounslow was awarded in December 2022 for a project start date in April 2023. This has been carried forward.

National Lottery Awards for All England

A one year grant of £9,644 to support people with neurological conditions to communicate with confidence was awarded in March 2023. This has been carried forward.

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INTEGRATED NEUROLOGICAL SERVICES

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

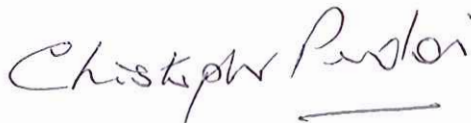
The company's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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:



Christopher Pexton, FCA
Bebbies, Chartered Accountants
9 Bonhill Street, London EC2A 4DJ

Date: 16 November 2023