

The Stroke and Wellness Foundation

England & Wales · Charity number 1054049

Details

Other names	CLACTON AND DISTRICT STROKE ASSOCIATION, TENDRING SPECIALIST STROKE SERVICES
Status	Registered
Legal form	Charitable company
Company number	03167424
Registered	1996-03-26
Register	View on the Charity Commission register

Contact

Address The Stroke and Wellbeing Foundation
85 Frinton Road
Holland-on-Sea
Clacton-On-Sea
CO15 5UH

Phone 01255815905

Email aileen_hankin@tendringstroke.org.uk

Website www.tendringstroke.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AMONGST PERSONS WHO HAVE SUFFERED A STROKE IN PARTICULAR BY THE PROVISION OF RECREATIONAL AND THERAPEUTIC ACTIVITIES WITH THE OBJECT OF IMPROVING THE CONDITION OF LIFE OF SUCH PERSONS.

Activities: A local independent charity caring for tendring stroke survivors, their families & carers. Assist in any way possible during recovery, rehabilitation & in the long term. Activities provided on a daily basis within a social setting. Press for improvements in service, for stroke survivors & strive to increase public awareness of stroke & resulting trauma. Promote healthy lifestyle via education/info

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** NORTH EAST ESSEX
- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£321,407	£311,860	-	-
2024-03-31	£288,763	£322,180	-	-
2023-03-31	£194,927	£194,300	-	-
2022-03-31	£134,074	£162,634	-	-
2021-03-31	£195,000	£169,000	-	-

Trustees

Name	Role	Appointed
Andrew Ross		2023-10-01
Denise Byrne		2026-05-13
Karen Jones		2026-05-13
Sheila Ward		2022-04-27

The Stroke and Wellness Foundation

England & Wales - Charity number 1054049

Accounts

Company registration number: 03167424
Charity registration number: 1054049

**TENDRING SPECIALIST STROKE SERVICES
TRUSTEES' REPORT AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

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Tendring Specialist Stroke Services Reference and Administrative Details For The Year Ended 31 March 2025

Trustees	Mrs S Ward Ms G Finch (appointed 24/04/2024) Dr S Gordon - ESNEFT GP (resigned 10/05/2025) Mr A Ross Ms T Hunt (appointed 23/04/2025) Ms T Roper (appointed 01/05/2024) (resigned 31/07/2025) Ms J Bellis (appointed 01/05/2024) (resigned 13/01/2025)
Charity Number	1054049
Company Number	03167424
Principal Address	85 Frinton Road Holland-on-Sea Clacton-on-Sea Essex CO15 5UH
Registered Office	85 Frinton Road Holland-on-Sea Clacton-on-Sea Essex CO15 5UH
Independent Examiner	Gascoynes Gascoyne House Moseleys Farm Business Centre Bury St Edmunds Suffolk IP28 6JY

Tendring Specialist Stroke Services
Company No. 03167424
Trustees' Report For The Year Ended 31 March 2025

The trustees present their report and the financial statements for the year ended 31 March 2025.

Objectives and Activities

Aims and Objectives

In setting out its aims and objectives the trustees confirm that they have had regard to the Charity Commission guidance on public benefit and are satisfied that the organisation conforms with these requirements.

The Charity provides specialist stroke services to meet the needs of stroke survivors, families and carers across Tendring, regardless of age, gender, race, nationality, marital status, sexual orientation, political and religious belief etc.

The Charity aims to:

- 1) Offer support, guidance and help to stroke survivors, their families and professionals involved in their care.
- 2) Strive for improvements in services for those who have suffered a stroke.
- 3) Increase public awareness of stroke and its impact on family, social and working life.
- 4) Promote the message of a healthy lifestyle for stroke prevention.
- 5) Provide social and other purposeful activities.
- 6) Develop new skills and confidence.
- 7) Meet and share experiences to promote personal adjustment.
- 8) Encourage family and community support.
- 9) Inform through education and training.
- 10) Network with other agencies.

During the year, the Charity operated/continued:

- 1) Group therapy and activity sessions Monday, Tuesday, Wednesday and Thursday.
- 2) To work closely with the medical health professionals (doctors, occupational therapists, physiotherapists, speech and language therapists etc.), statutory bodies and other local and regional organisations.
- 3) To work in compliance with the government's identification of long-term chronic conditions and long-term ongoing rehabilitation.
- 4) Service transformation has taken place. The service is supported by a specialist Rehab Stroke Nurse, specialist neuro-physiotherapy and a focus on holistic wellbeing.

As part of its work and links with the medical profession, the Charity is still currently involved with:

- 1) The Early Supported Discharge service, where some people who are discharged early are rehabilitated at home rather than in hospital to achieve better results. Also provided, 6 months after a stroke, is a visit to assess status and identify any problems or issues (a post stroke visiting service). During the COVID pandemic these visits have been telephone calls.
- 2) ESNEFT have reviewed the core contract. Contracts were applied for by TSSS The Stroke Charity, which started in April 2023.

Specific activities:

Group Activities

Holistic wellbeing and therapy are the focus at TSSS to improve the lives of stroke survivors and their families on the road to acceptance and independence.

The sessions on Monday, Tuesday and Wednesday are focused on therapies to improve the life chances for stroke survivors. The charity also held neurological gym sessions in Colchester until May 24.

Ongoing counselling support is available to stroke survivors and their families.

The property is available to other charitable groups for hire.

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Tendring Specialist Stroke Services Trustees' Report (continued) For The Year Ended 31 March 2025

Aims and Objectives - continued

Monday - we feature art and painting. This encourages fine motor skills, hand eye co-ordination and general artistic therapy which provides mental stimulation, encourages members to use latent skills to showcase their skills and to develop new skills. Amongst a wide and varied range of activities, the Charity co-ordinates activities of an artistic nature i.e. painting in oils and watercolours. This day promotes feelings of self-worth, self-confidence, initiative, re-motivation, stimulation and a reduction in social isolation. Social integration and communication skills are also enhanced.

The sessions also include direct support from the Stroke Rehab Nurse and the Specialist Neuro-Physio. There is a group exercise session, OT, speech and language therapy support is given to improve the lives of stroke survivors.

Tuesday/Wednesday - The sessions include a variety of therapies, cognitive work, neuro-physio sessions, group exercise, group competitive games: bowling etc craft, woodworking and many other activities.

Tuesday services include evening yoga sessions.

Wednesday services include morning yoga sessions and friendship lunch.

During all sessions, speech and language is worked on as stroke often has an impact on speech and cognition. Individuals have 1:1 session to improve and support their confidence and often to allow them to vocalise their concerns, embarrassment, fears and issues. Stroke survivors are supported to face their challenges and to learn new ways of communication and to develop their vocal and cognition skills.

The group engages in various activities to support their thinking skills followed by chair exercise session. For those with ongoing physical rehabilitation needs, assessment by our neuro-physiotherapist is carried out. This allows the stroke survivor to understand their condition, their limitations and what exercises would benefit them. The exercise sessions can be arranged and a plan developed for the TSSS team to continue, for example sit to stand exercises, using the Oswestry Frame and walking practice. All exercises are risk assessed and conducted by a trained neuro-physiotherapist. The group also provides a supportive environment in which the stroke survivors encourage and support one another when they reach their goals. As well as the impact on people physically and in the way they think, stroke can also impact on how they feel about themselves and their engagement in things they previously found enjoyable. Social interaction is as important in stroke recovery as traditional forms of rehabilitation.

Emotional Counselling Support

The emotional counselling service is open to Carers and families, providing emotional counselling to stroke survivors, carers and families affected by stroke. We provide a variety of therapies to individuals as well as information, support and advice responding to individual needs. Both the stroke survivors, carers and referrals come from self-referrals, the general public, Colchester and Clacton hospitals. The ESD team with other health professionals refers to us on a regular basis, we support people who self-refer. This not only improves and enhances the daily life of the stroke survivor but supports people to cope with the psychological impact of stroke. We offer ongoing emotional counselling support which empowers people to develop self-help, much needed respite to the carer and reduces isolation for both. Promoting self-sufficiency and independence is also an important part of the Charity's work. We provide Tendring Stroke Units and ESD team with information packs containing details of our services, stroke information, carer's guide and information relevant to the immediate situation.

Carers' Group and Support Group Meeting

The carer' group continues to be a very successful way of providing carers with a much needed confidential and supportive space. It also addresses the ongoing and detrimental problem of isolation and loneliness which impacts on all aspects of their health. All carers on the Carers' Group list receive a monthly Carers' Newsletter and some carers use the phone link or email to keep in touch. Stroke and brain injury have an ongoing impact on carers' lives, the continuing support offered by both groups is of the upmost importance to those affected by stroke or brain injury. Also, to directly address the issue of social isolation and loneliness.

Primary and Secondary Stroke Prevention

One area of great concern for stroke survivors and carers is that of a secondary stroke prevention. Time is spent advising and providing information of various kinds about secondary stroke prevention. Particular attention is paid to diet and blood pressure control, cholesterol levels, diabetes and smoking cessation. Exercise is also discussed as some stroke survivors are able to exercise in various ways. Primary stroke prevention materials are also offered to other family members and friends as well as the wider community. Links with other health professionals have again been very important with regards to this aspect of our work. Members of the public can call in at our centre for stroke prevention information, leaflets or have them posted on request. Outside information boards are also regularly updated with stroke prevention and health information. GP and dentist surgeries are sent updated posters and information.

Achievements and Performance

Tendring Specialist Stroke Services Trustees' Report (continued) For The Year Ended 31 March 2025

Main Achievements

Charitable activities

During the year there was a total of 221 attendees of activity sessions who were supported 2743 times (2024-2025). We continue to work to redesign our services to encourage younger stroke survivors and a wider range of people with various needs to attend for specific stroke rehabilitation. TSSS also provides counselling sessions to meet the immediate needs of stroke survivors and their families. The charity received 265 referrals in for further support – 219 of these were for counselling, 83%.

In conjunction with other medical practitioners and local authorities, the Charity is continuing to facilitate post stroke exercise and neuro-physio sessions. We have obtained the professional services of a neuro-physiotherapist and a stroke nurse. Our sessions are therapy led sessions.

Awareness sessions have been incorporated into our fundraising events, to promote the work of the charity.

Financial Review

Financial Position

During this year core funding has been from the ESNEFT contract, grants, fundraising. Whilst the contract for Life After Stroke was being reviewed, funding continued to support service delivery via TSSS.

Reserves Policy

The Charity holds reserves in line with the Charity Commissioners Guidelines to safeguard against:

- 1) unanticipated fluctuations in expenditure, donations and legacies
- 2) to cover periods of payment arrears from current funders
- 3) to have at least 9-12 months running costs on hand to pay staff and creditors
- 4) to fulfil existing obligations should funding cease

A part of the Charity's reserves, some £98,848 of £340,928 relates to funds expended on the purchase and improvements relating to the Charity's freehold property, 85 Frinton Road, Holland on Sea, Clacton. As the fund cannot be applied to make payments or grants to others the Trustees believe these funds are fairly reallocated to an endowment fund. Although the Charity has sufficient reserves to continue for the foreseeable future, the Charity remains partially funded. The balance of the funds of £241,399 represents those available to the Charity for specific projects and day to day running.

Plans for future periods

The organisation will continue:

- 1) To work closely with clinical services to improve the stroke pathway for stroke survivors and their families
- 2) To implement a suite of relevant rehabilitation activities, physio and support for stroke survivors and their families
- 3) To continue active involvement with the Early Supported Discharge service. To increase referrals from Colchester Hospital post stroke discharge teams.
- 4) TSSS to run relevant physio and exercise classes for stroke survivors. The organisation will continue to advocate, support and empower Tendring stroke survivors, carers and families. We will continue to promote the needs to stroke survivors within the community.

There are still gaps in the service provided once acute care has finished. Stroke affects the entire family circle. TSSS have a vital future role to play here.

We shall continue to advocate for this group so that there can be "LIFE AFTER STROKE". The Charity benefits greatly from the commitment of its staff and volunteers. We should like to record our thanks to them all.

Structure, Governance and Management

Governing Document

The charity is controlled by its governing document, a deed of trust and constitutes a limited company, limited by guarantee as defined by the Companies Act 2006.

Tendring Specialist Stroke Services Trustees' Report (continued) For The Year Ended 31 March 2025

Charity Constitution

Tendring Specialist Stroke Services is a company limited by guarantee and governed by its Memorandum and Articles of association dated 4 March 1996 superseded May 2004. The Company changed its name from Clacton and District Stroke Association from 1 April 2010.

It was registered as a Charity with the Charity Commission in March 1996.

The charity's principle objects are the relief of sickness amongst persons who have suffered a stroke in particular by the provision of recreational and therapeutic activities with the object of improving the condition of life of such persons.

Organisational structure

The Board of Trustees currently consist of 4 members. They include a GP and a retired accountant. The Board meets quarterly, setting general policy and future developments, approves budgets etc. Staff meetings are held monthly covering staff and policy issues and volunteer meetings are held quarterly. They provide an opportunity for staff/volunteers to raise and discuss any concerns and also for them to be kept informed of any developments, budget changes etc.

Staff and volunteers are fully trained.

The organisation is ISO 9001/PQASSO compliant levels 1 and 2.

Induction and training of new Trustees are appointed by invitation.

Trustees receive induction, training and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets: CC3A: The Essential Trustee - An introduction, CC3: The Essential trustee - what you need to know Page.

Many Thanks to the Trustees.

The trustees, who are also the directors for the purpose of company law and who served during the year and up to the date of signature of the financial statements were:

Mrs S Ward

Dr S Gordon (ESNEFT GP) (Resigned 10 May 2025)

Mr A Ross

Ms T Roper (Appointed 1 May 2024) (Resigned 31 July 2025)

Ms G Finch (Appointed 1 May 2024)

Ms J Bellis (Appointed 1 May 2024) (Resigned 13 January 2025)

Ms T Hunt (Appointed 23 April 2025)

Induction and training of new trustees

Trustees are appointed by invitation.

Trustees receive induction, training and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets:

CC3A: The Essential Trustee - An introduction.

CC3: The Essential Trustee - What you need to know.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk Management

The trustees have identified potential risks which the charity may face in relation to governance, management, operations and have implemented the appropriate systems and monitoring to mitigate these. There is a formal risk register in place that is reviewed by the Board at each meeting.

The trustees' report was approved by the board of trustees and signed on its behalf by:

Mrs S Ward

Trustee

20/01/2026

Tendring Specialist Stroke Services

Independent Examiner's Report to the Trustees of Tendring Specialist Stroke Services For The Year Ended 31 March 2025

We report to the charity trustees on our examination of the accounts of Tendring Specialist Stroke Services (the charity) for the year ended 31 March 2025.

Responsibilities and Basis of Report

As the charity 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

We have completed our examination. We confirm that no matters have come to our attention in connection with the examination giving us 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).

We 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.

Gascoynes
20/01/2026
Gascoyne House
Moseleys Farm Business Centre
Bury St Edmunds
Suffolk
IP28 6JY

Tendring Specialist Stroke Services
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

		Unrestricted funds	Restricted funds	Endowment funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£	£
INCOME AND ENDOWMENTS FROM:						
Donations and legacies	3	33,730	-	-	33,730	40,174
Charitable activities	4	269,706	-	-	269,706	228,340
Other trading activities	5	9,402	-	-	9,402	10,160
Investments	6	8,569	-	-	8,569	10,088
		321,407	-	-	321,407	288,762
EXPENDITURE ON:						
Charitable activities	8	(311,860)	-	-	(311,860)	(322,179)
NET INCOME/(EXPENDITURE)						
		9,547	-	-	9,547	(33,417)
NET MOVEMENT IN FUNDS						
		9,547	-	-	9,547	(33,417)
RECONCILIATION OF FUNDS:						
Total funds brought forward		231,852	681	98,848	331,381	364,798
TOTAL FUNDS CARRIED FORWARD	14	242,080	-	98,848	340,928	331,381

The notes on pages 10 to 16 form part of these financial statements.

Tendring Specialist Stroke Services
Comparative Statement of Financial Activities (including Income and Expenditure
Account)
For The Year Ended 31 March 2025

		Unrestricted funds	Restricted funds	Endowment funds	2024 Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	40,174	-	-	40,174
Charitable activities	4	228,340	-	-	228,340
Other trading activities	5	10,160	-	-	10,160
Investments	6	10,088	-	-	10,088
		288,762	-	-	288,762
EXPENDITURE ON:					
Charitable activities	8	(322,179)	-	-	(322,179)
NET EXPENDITURE		(33,417)	-	-	(33,417)
NET MOVEMENT IN FUNDS		(33,417)	-	-	(33,417)
RECONCILIATION OF FUNDS:					
Total funds brought forward		265,269	681	98,848	364,798
TOTAL FUNDS CARRIED FORWARD	14	231,852	681	98,848	331,381

The notes on pages 10 to 16 form part of these financial statements.

**Tendring Specialist Stroke Services
Balance Sheet
As At 31 March 2025**

		Unrestricted funds	Restricted funds	Endowment funds	2025 Total funds	2024 Total funds
	Notes	£	£	£	£	£
FIXED ASSETS						
Tangible Assets	12	207,615	-	-	207,615	100,804
		207,615	-	-	207,615	100,804
CURRENT ASSETS						
Cash at bank and in hand		146,995	-	-	146,995	246,126
		146,995	-	-	146,995	246,126
Creditors: Amounts Falling Due Within One Year	13	(13,682)	-	-	(13,682)	(15,549)
NET CURRENT ASSETS (LIABILITIES)		133,313	-	-	133,313	230,577
TOTAL ASSETS LESS CURRENT LIABILITIES		340,928	-	-	340,928	331,381
NET ASSETS		340,928	-	-	340,928	331,381
FUNDS OF THE CHARITY						
Endowment Funds					98,848	98,848
Restricted Funds					-	681
Unrestricted Funds					242,080	231,852
TOTAL FUNDS	14				340,928	331,381

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

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

The trustees 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.

On behalf of the board

Mrs S Ward

Trustee
20/01/2026

The notes on pages 10 to 16 form part of these financial statements.

Tendring Specialist Stroke Services Notes to the Financial Statements For The Year Ended 31 March 2025

1. General Information

Tendring Specialist Stroke Services is a company limited by guarantee, incorporated in England & Wales, registered number 03167424 and registered charity number 1054049. The registered office is 85 Frinton Road, Holland-on-Sea, Clacton-on-Sea, Essex, CO15 5UH.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

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

The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, (modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value). The principal accounting policies adopted are set out below.

2.2. Going Concern Disclosure

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operation existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

2.3. Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

2.4. Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

2.5. Resources Expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is classified by activity, The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent and depreciation charges are allocated on the portion of the asset's use.

**Tendring Specialist Stroke Services
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025**

2.6. Tangible Fixed Assets and Depreciation

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold	0%
Plant & Machinery	20% reducing balance
Fixtures & Fittings	15% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in the statement of financial activities.

Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

2.7. Cash and Cash Equivalents

Cash and cash equivalents include cash in hand and deposits held at call with banks, other short-term liquid investments with original maturities of three months or less and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets which include debtors and cash and bank balances, 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 including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is 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.

2.8. Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

2.9. Employee Benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

3. Income from Donations and Legacies

	2025	2024
	Unrestricted	Unrestricted
	funds	funds
	£	£
Donations and gifts:		
Donations and gifts	11,667	21,013
Member subscriptions and sponsorships	19,088	16,557

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**Tendring Specialist Stroke Services
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025**

Donated goods, facilities and services:

Use of property 805 -

Other:

Brightlingsea services and equipment purchased 2,170 2,604

33,730 40,174

4. Income from Charitable Activities

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
General	269,707	228,340

5. Income from Other Trading Activities

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Fundraising events	9,402	10,160

6. Investment Income

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Other interest receivable	8,569	10,088

7. Net Income/(Expenditure)

The net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	693	410

8. Analysis of Expenditure

	Activities undertaken directly	Support costs (see note 9)	2025
	£	£	Total
			£
Staff costs	204,789	-	204,789
Depreciation	693	-	693
Rent	6,502	-	6,502
Insurance	1,025	-	1,025
Light and Heat	6,614	-	6,614
Telephone	1,888	-	1,888
Printing, Postage & Stationery	2,410	-	2,410
Physio	28,074	-	28,074
Advertising	1,448	-	1,448
Pension	3,945	-	3,945

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Tendring Specialist Stroke Services
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

Provision for Meals	1,391	-	1,391
Repairs and Maintenance	7,224	-	7,224
Computer & Website	3,862	-	3,862
Staff Training	1,205	-	1,205
Counselling	16,872	-	16,872
Cleaning	1,344	-	1,344
Legal and professional fees	8,919	-	8,919
Other charitable expenditure	11,751	-	11,751
Support costs	-	1,904	1,904
	309,956	1,904	311,860

	Activities undertaken directly	Support costs (see note 9)	2024 Total
	£	£	£
Staff costs	190,922	-	190,922
Depreciation	410	-	410
Rent	275	-	275
Insurance	3,719	-	3,719
Light and Heat	7,197	-	7,197
Telephone	2,367	-	2,367
Printing, Postage & Stationery	3,246	-	3,246
Physio	30,137	-	30,137
Advertising	4,759	-	4,759
Pension	5,250	-	5,250
Provision for Meals	1,492	-	1,492
Repairs and Maintenance	4,399	-	4,399
Computer & Website	7,171	-	7,171
Staff Training	1,178	-	1,178
Counselling	10,370	-	10,370
Cleaning	4,284	-	4,284
Legal and professional fees	17,520	-	17,520
Other charitable expenditure	25,088	-	25,088
Support costs	-	2,395	2,395
	319,784	2,395	322,179

9. Support Costs

	2025 Support costs £
General administration:	
Bank charges	288
Governance costs:	
Accountancy fees	1,616
	1,904

Tendring Specialist Stroke Services
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	2024 Support costs £
General administration:	
Bank charges	295
Governance costs:	
Accountancy fees	2,100
	2,395
	2,395

10. Staff Costs

Staff costs were as follows:

	2025 £	2024 £
Wages and salaries	204,789	190,922
	204,789	190,922

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

11. Average Number of Employees

Average number of employees during the year was: 8 (2024: 8)

12. Tangible Assets

	Land & Property Freehold £	Plant & Machinery £	Fixtures & Fittings £	Total £
Cost				
As at 1 April 2024	98,848	1,685	14,401	114,934
Additions	100,402	-	7,101	107,503
As at 31 March 2025	199,250	1,685	21,502	222,437
Depreciation				
As at 1 April 2024	-	804	13,326	14,130
Provided during the period	-	176	516	692
As at 31 March 2025	-	980	13,842	14,822
Net Book Value				
As at 31 March 2025	199,250	705	7,660	207,615
As at 1 April 2024	98,848	881	1,075	100,804
	98,848	881	1,075	100,804

**Tendring Specialist Stroke Services
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025**

13. Creditors: Amounts Falling Due Within One Year

	2025	2024
	£	£
Net wages	5,239	-
Other creditors	4,496	13,291
Social security insurance control account	2,795	358
Accruals	1,152	1,900
	<u>13,682</u>	<u>15,549</u>

14. Movement in Funds

	As at 1 April 2024	Prior year adjustment	Income	Expenditure	As at 31 March 2025
	£	£	£	£	£
Unrestricted funds					
General:					
General unrestricted fund	231,852	681	321,407	(311,860)	242,080
Restricted funds					
Catalyst Healthcare Management	681	(681)	-	-	-
Endowment funds					
Permanent:					
Endowment funds - general	98,848	-	-	-	98,848
Total funds	<u>331,381</u>	<u>-</u>	<u>321,407</u>	<u>(311,860)</u>	<u>340,928</u>

	As at 1 April 2023	Income	Expenditure	As at 31 March 2024
	£	£	£	£
Unrestricted funds				
General:				
General unrestricted fund	265,269	288,762	(322,179)	231,852
Restricted funds				
Catalyst Healthcare Management	681	-	-	681
Endowment funds				
Permanent:				
Endowment funds - general	98,848	-	-	98,848
Total funds	<u>364,798</u>	<u>288,762</u>	<u>(322,179)</u>	<u>331,381</u>

Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least 12 months' worth of running costs in reserves.

The trustees have maintained the designation of £20,000 towards the young stroke survivors project, as well as maintaining £20,000 towards property maintenance and repair.

Endowment funds

This is represented by the Charity's freehold property, 85 Frinton Road, Holland on Sea, Essex.

15. Transactions with Trustees

**Tendring Specialist Stroke Services
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025**

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

No trustee expenses have been incurred.

16. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

17. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

Tendring Specialist Stroke Services
Detailed Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

	2025	2024
	Total funds	Total funds
	£	£
INCOME AND ENDOWMENTS FROM:		
Donations and legacies		
Donations and gifts	11,667	21,013
Membership subscriptions	19,088	16,557
Use of property	805	-
Brightlingsea services and equipment purchased	2,170	2,604
	<u>33,730</u>	<u>40,174</u>
Charitable Activities:		
General		
Grants	269,707	228,340
	<u>269,707</u>	<u>228,340</u>
Other trading activities		
Fundraising events	9,402	10,160
	<u>9,402</u>	<u>10,160</u>
Investments		
Interest receivable	8,569	10,088
	<u>8,569</u>	<u>10,088</u>
	<u>321,407</u>	<u>288,762</u>
EXPENDITURE ON:		
Charitable Activities:		
Staff costs		
Wages and salaries	(204,789)	(190,922)
	<u>(204,789)</u>	<u>(190,922)</u>
Depreciation		
Depreciation	(693)	(410)
	<u>(693)</u>	<u>(410)</u>
Rent		
Rent and Rates costs	(6,502)	(275)
	<u>(6,502)</u>	<u>(275)</u>
Insurance		
Insurance costs	(1,025)	(3,719)
	<u>(1,025)</u>	<u>(3,719)</u>
Light and Heat		
Light and Heat costs	(6,614)	(7,197)
	<u>(6,614)</u>	<u>(7,197)</u>
Telephone		
Telephone	(1,888)	(2,367)
	<u>(1,888)</u>	<u>(2,367)</u>

...CONTINUED

Tendring Specialist Stroke Services
Detailed Statement of Financial Activities (including Income and Expenditure Account)
(continued)
For The Year Ended 31 March 2025

Printing, Postage & Stationery		
Printing, Postage & Stationery	(2,410)	(3,246)
	(2,410)	(3,246)
Physio		
Physio costs	(28,074)	(30,137)
	(28,074)	(30,137)
Advertising		
Advertising	(1,448)	(4,759)
	(1,448)	(4,759)
Pension		
Pension	(3,945)	(5,250)
	(3,945)	(5,250)
Provision for Meals		
Provision for meals costs	(1,391)	(1,492)
	(1,391)	(1,492)
Repairs and Maintenance		
Repairs and Maintenance costs	(7,224)	(4,399)
	(7,224)	(4,399)
Computer & Website		
Computer & Website	(3,862)	(7,171)
	(3,862)	(7,171)
Staff Training		
Staff Training costs	(1,205)	(1,178)
	(1,205)	(1,178)
Counselling		
Counselling costs	(16,872)	(10,370)
	(16,872)	(10,370)
Cleaning		
Cleaning costs	(1,344)	(4,284)
	(1,344)	(4,284)
Legal and professional fees		
Legal and professional fees	(8,919)	(17,520)
	(8,919)	(17,520)
Other charitable expenditure		
Miscellaneous	(11,751)	(25,088)
	(11,751)	(25,088)
Support costs		
Bank charges	(288)	(295)
Accountancy fees	(1,616)	(2,100)
	(1,904)	(2,395)
	(311,860)	(322,179)
NET INCOME/(EXPENDITURE)	9,547	(33,417)

Tendring Specialist Stroke Services
Detailed Statement of Financial Activities (including Income and Expenditure Account)
(continued)
For The Year Ended 31 March 2025

The Stroke and Wellness Foundation

England & Wales - Charity number 1054049

Accounts

Company registration number 03167424 (England and Wales)
Charity registration number 1054049 (England and Wales)

TENDRING SPECIALIST STROKE SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

TENDRING SPECIALIST STROKE SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs S Ward Dr S Gordon (ESNEFT GP) Mr A Ross Ms T Roper Ms G Finch Ms J Bellis	(Appointed 1 June 2023) (Appointed 1 May 2024) (Appointed 1 May 2024) (Appointed 1 May 2024)
Charity number	1054049	
Company number	03167424	
Principal address	85 Frinton Road Holland-on-Sea Clacton-on-Sea Essex CO15 5UH	
Registered office	85 Frinton Road Holland-on-Sea Clacton-on-Sea Essex CO15 5UH	
Independent examiner	Gascoynes Gascoynes House Moseleys Farm Business Centre Fornham All Saints Bury St Edmunds Suffolk IP28 6JY	

TENDRING SPECIALIST STROKE SERVICES

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TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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).

Objectives and activities

In setting out its aims and objectives the trustees confirm that they have had regard to the Charity Commissioners guidance on public benefit and are satisfied that the organisation conforms with these requirements.

The Charity provides specialist stroke services to meet the needs of stroke survivors, families and carers across Tendring, regardless of age, gender, race, nationality, marital status, sexual orientation, political and religious belief etc.

The Charity aims to:

- 1) offer support, guidance and help to stroke survivors, their families and professional involved in their care
- 2) strive for improvements in services for those who have suffered a stroke.
- 3) increase public awareness of stroke and its impact on family, social and working life.
- 4) promote the message of a healthy lifestyle for stroke prevention.
- 5) provide social and other purposeful activities.
- 6) develop new skills and confidence.
- 7) meet and share experiences to promote personal adjustment.
- 8) encourage family and community support.
- 9) inform through education and training.
- 10) network with other agencies.

During the year, the Charity operated/continued:

- 1) Group therapy and activity sessions Monday, Tuesday, Wednesday and Thursday.
- 2) To work closely with the medical health professionals (doctors, occupational therapists, physiotherapists, speech and language therapists etc.) statutory bodies and other local and regional organisations.
- 3) To work in compliance with the government's identification of long-term chronic conditions and long-term ongoing rehabilitation.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4) Service transformation has taken place. The service is supported by a specialist Rehab Stroke Nurse, specialist neuro-physiotherapy and a focus on holistic wellbeing.

As part of its work and links with the medical profession, the Charity is still currently involved with:

1) The Early Supported Discharge service, where some people who are discharged early are rehabilitated at home rather than in hospital to achieve better results. Also provided, 6 months after a stroke, is a visit to assess status and identify any problems or issues (a post stroke visiting service). During the COVID pandemic these visits have been telephone calls.

2) ESNEFT have reviewed the core contract. Contracts were applied for by TSSS The Stroke Charity, to start April 2023. During the year ESNEFT extended the contract whilst the contracting process took place.

Specific activities:

Group Activities

Holistic wellbeing and therapy are the focus at TSSS to improve the lives of stroke survivors and their families on the road to acceptance and independence.

The sessions on Monday, Tuesday and Wednesday are focussed on therapies and to improve the life chances for stroke survivors.

Ongoing counselling support is available and during the COVID pandemic these have been conducted virtually.

The property is available to other charitable groups for hire. However, during the Covid Pandemic this has been limited, due to cross infection and the need to protect stroke survivors and their families.

MONDAY, we feature art and painting. This encourages fine motor skills, hand eye coordination and general artistic therapy which provides mental stimulation, encourages members to use latent skills to showcase their skills and to develop new skills. Amongst a wide and varied range of activities, the Charity co-ordinates activities of an artistic nature i.e., painting in oils and watercolours. This day promotes feelings of self-worth, self-confidence, initiative, re-motivation, stimulation and a reduction in social isolation. Social integration and communication skills are also enhanced.

The sessions also include direct support from the Stroke Rehab Nurse and the Specialist Neuro- Physio. There is a group exercise session. OT, speech and language therapy support is given to improve the lives of stroke survivors.

TUESDAY/WEDNESDAY The sessions include a variety of therapies, cognitive work, neuro-physio sessions, group exercise, group competitive games: bowling etc. Craft, woodworking and many other activities.

Tuesday services include evening yoga sessions

Wednesday services include morning yoga sessions and friendship lunch

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

During all sessions, speech and language is worked on as stroke often has an impact on speech and cognition. Individuals have 1:1 session to improve and support their confidence and often to allow them to vocalise their concerns, embarrassment, fears and issues. Stroke survivors are supported to face their challenges and to learn new ways of communication and to develop their vocal and cognition skills.

The group engages in various activities to support their thinking skills followed by chair exercise session. For those with ongoing physical rehabilitation needs, assessment by our Neuro- physiotherapist is carried out. This allows the stroke survivor to understand their condition, their limitations, and what exercises would benefit them. The exercise sessions can be arranged, and a plan developed for the TSSS team to continue, for example sit-to-stand exercises, using the Oswestry Frame and walking practice. All exercises are risk assessed and conducted by a trained neurophysiotherapist. The group also provides a supportive environment in which the stroke survivors encourage and support one another when they reach their goals. As well as the impact on people physically and in the way they think, stroke can also impact on how they feel about themselves and their engagement in things they previously found enjoyable. Social interaction is as important in stroke recovery as traditional forms of rehabilitation.

Emotional Counselling Support

The emotional counselling service is open to Carers and families, providing emotional counselling to stroke survivors, carers and families affected by stroke. We provide a variety of therapies to individuals as well as information, support and advice responding to individual needs. Both the stroke survivors, carers and referrals come from self-referrals, the general public Colchester and Clacton hospitals. The ESD Team with other health professionals refers to us on a regular basis, we support people who self-refer. This not only improves and enhances the daily life of the stroke survivor but supports people to cope with the psychological impact of stroke. We offer ongoing emotional counselling support which empowers people to develop self-help, much needed respite to the carer and reduces isolation for both. Promoting self-sufficiency and independence is also an important part of the Charity's work. We provide Tendring Stroke Units and ESD team with information packs containing details of our services, stroke information, carer's guide and information relevant to the immediate situation.

Carers' Group and Support Group Meeting

The carers' group continues to be a very successful way of providing carers with a much needed confidential and supportive space. It also addresses the ongoing and detrimental problem of isolation and loneliness which impacts on all aspects of their health. All carers on the Carers' Group list receive a monthly Carers' Newsletter and some carers use the phone link or email to keep in touch. Stroke and brain injury have an ongoing impact on carers' lives, the continuing support offered by both groups is of the utmost importance to those affected by stroke or brain injury. Also, to directly address the issue of social isolation and loneliness.

Primary and Secondary Stroke Prevention

One area of great concern for stroke survivors and carers is that of secondary stroke prevention. Time is spent advising and providing information of various kinds about secondary stroke prevention. Particular attention is paid to diet and blood pressure control, cholesterol levels, diabetes and smoking cessation. Exercise is also discussed as some stroke survivors are able to exercise in various ways. Primary stroke prevention materials are also offered to other family members and friends as well as the wider community. Links with other health professionals have again been very important with regards to this aspect of our work. Members of the public can call in at our centre for stroke prevention information, leaflets or have them posted on request. Outside information boards are also regularly updated with stroke prevention and health information. GP and dentist surgeries are sent updated posters and information.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Charitable activities

Activity groups Monday, Tuesday and Wednesday at Holland on Sea, together with Wednesday Afternoon The Dovercourt Group has been restarted. TSSS also provides counselling sessions to meet the immediate needs of stroke survivors and their families. During the year there was an average of 2095 people supported (2023-2024), and attendances of individual sessions 2000 (2023 - 2024). We continue to work to redesign our services to encourage younger stroke survivors and a wider range of people with various needs to attend for specific stroke rehabilitation.

In conjunction with other medical practitioners and local authorities, the Charity is continuing to facilitate post stroke exercise and neurophysio sessions. We have obtained the professional services of a neurophysiotherapist and a stroke nurse. Our sessions are therapy led sessions.

Awareness sessions have been incorporated into our fundraising events, to promote the work of the charity.

Financial review

During this year core funding has been from the ESNEFT contract, grants, fundraising. Whilst the contract for Life After Stroke was being reviewed, funding continued to support service delivery via TSSS.

Reserves

The Charity holds reserves in line with the Charity Commissioners Guidelines to safeguard against:

- 1) unanticipated fluctuations in expenditure, donations and legacies
- 2) to cover periods of payment arrears from current funders
- 3) to have at least 9-12 months running costs on hand to pay staff and creditors
- 4) to fulfil existing obligations should funding cease.

A part of the Charity's reserves, some £98,848 of £364,798 relates to funds expended on the purchase and improvements relating to the Charity's freehold property, 85 Frinton Road, Holland on Sea, Clacton. As the fund cannot be applied to make payments or grants to others the Trustees believe these funds are fairly reallocated to an endowment fund. Although the Charity has sufficient reserves to continue for the foreseeable future, the Charity remains partially funded. The balance of the funds of £265,950 represents those available to the Charity for specific projects and day to day running.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods

The organisation will continue:

- 1) To work closely with clinical services to improve the stroke pathway for stroke survivors and their families.
 - 2) To implement a suite of relevant rehabilitation activities, physio and support for stroke survivors and their families.
 - 3) To continue active involvement with the Early Supported Discharge service. To increase referrals from Colchester Hospital post stroke discharge teams.
 - 4) TSSS to run relevant physio and exercise classes for stroke survivors.
- The organisation will continue to advocate, support and empower Tendring stroke survivors, carers and families. We will continue to promote the needs of stroke survivors within the community.

There are still gaps in the service provided once acute care has finished. Stroke affects the entire family circle. TSSS have a vital future role to play here.

We shall continue to advocate for this group so that there can be "LIFE AFTER STROKE".

The Charity benefits greatly from the commitment of its staff and volunteers. We should like to record our thanks to them all.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

Tendring Specialist Stroke Services is a company limited by guarantee and governed by its Memorandum and Articles of association dated 4 March 1996 superseded May 2004. The Company changed its name from Clacton and District Stroke Association from 1 April 2010.

It was registered as a Charity with the Charity Commission in March 1996.

The charity's principal objects are the relief of sickness amongst persons who have suffered a stroke in particular by the provision of recreational and therapeutic activities with the object of improving the condition of life of such persons.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Organisational structure

The Board of Trustees current consisted of 5 members. They include a scientist, a GP, a retired accountant and a practising solicitor. The Board meets quarterly, setting general policy and future developments, approves budgets etc. Staff meetings are held monthly covering staff and policy issues, and volunteer meetings are held quarterly. They provide an opportunity for staff/volunteers to raise and discuss any concerns and also for them to be kept informed of any developments, budget changes etc.

Staff and volunteers are fully trained.

The organisation is ISO 9001/PQASSO compliant levels 1 and 2.

Induction and training of new Trustees are appointed by invitation.

Trustees receive induction, training, and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets: CC3A: The Essential Trustee - An introduction. CC3: The Essential Trustee - What you need to know Page.

Many thanks to the Trustees, particular thanks to Jane Pleass for her work as Chair.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Bird	(Resigned 19 October 2023)
Mrs S Ward	
Dr C A Street (ESNEFT Scientist)	(Resigned 23 October 2023)
Dr S Gordon (ESNEFT GP)	
Mrs J C F Pleass (Solicitor)	(Resigned 6 February 2024)
Mr A Ross	(Appointed 1 June 2023)
Ms T Roper	(Appointed 1 May 2024)
Ms G Finch	(Appointed 1 May 2024)
Ms J Bellis	(Appointed 1 May 2024)

Induction and training of new trustees

Trustees are appointed by invitation.

Trustees receive induction, training and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets:

CC3A: The Essential Trustee - An introduction.

CC3: The Essential Trustee - What you need to know.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have identified potential risks which the charity may face in relation to governance, management, operations and have implemented the appropriate systems and monitoring to mitigate these. There is a formal risk register in place that is reviewed by the Board at each meeting.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2024*

The trustees' report was approved by the Board of Trustees.

Mrs S Ward
Trustee

11 October 2024

TENDRING SPECIALIST STROKE SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF TENDRING SPECIALIST STROKE SERVICES

We report to the trustees on our examination of the financial statements of Tendring Specialist Stroke Services (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

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

Having satisfied ourselves that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out our examination we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

We have completed our examination. we confirm that no matters have come to our attention in connection with the examination giving us cause to believe that in any material respect:

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

We 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 financial statements to be reached.

Gascoynes

Gascoynes House
Moseleys Farm Business Centre
Fornham All Saints
Bury St Edmunds
Suffolk
IP28 6JY

Dated: 11 October 2024

TENDRING SPECIALIST STROKE SERVICES
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds		Restricted funds		Endowment funds		Total	
		2024	£	2024	£	2024	£	2023	£
Income from:									
Donations and legacies	2	40,175		-		-		26,150	26,150
Charitable activities		228,340		-		-		155,070	155,070
Other trading activities	3	10,160		-		-		10,077	10,077
Investments	4	10,088		-		-		3,630	3,630
Total income		288,763		-		-		194,927	194,927
Expenditure on:									
Charitable activities	5	322,180		-		-		194,300	194,300
Net (expenditure)/income for the year/ Net movement in funds		(33,417)		-		-		627	627
Net (expenditure)/income for the year/ Net movement in funds		(33,417)		-		-		627	627
Fund balances at 1 April 2023		265,269		681		98,848		264,642	364,171
Fund balances at 31 March 2024		231,852		681		98,848		265,269	364,798

The statement of financial activities includes all gains and losses recognised in the year.

TENDRING SPECIALIST STROKE SERVICES
STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2024

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

TENDRING SPECIALIST STROKE SERVICES

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	10		100,804		101,214
Current assets					
Cash at bank and in hand		246,125		271,026	
Creditors: amounts falling due within one year	11	(15,548)		(7,442)	
Net current assets			230,577		263,584
Total assets less current liabilities			331,381		364,798
Capital funds					
Endowment funds - general	12		98,848		98,848
Income funds					
Restricted funds	13		681		681
Unrestricted funds			231,852		265,269
			331,381		364,798

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 11 October 2024

Mrs S Ward
Trustee

Company registration number 03167424

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Tendring Specialist Stroke Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 85 Frinton Road, Holland-on-Sea, Clacton-on-Sea, Essex, CO15 5UH.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0%
Plant and equipment	20% reducing balance
Fixtures and fittings	15% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, 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.

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is 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.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Donations and gifts	21,014	15,275
Brightlingsea services and equipment purchased	2,604	-
Membership fees	16,557	10,875
	<u>40,175</u>	<u>26,150</u>

3 Other trading activities

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Fundraising events	10,160	10,077
	<u>10,160</u>	<u>10,077</u>

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

4 Investments

Unrestricted Unrestricted
funds funds

2024 2023
£ £

Interest receivable	10,088	3,630
	<u> </u>	<u> </u>

5 Charitable activities

2024 2023
£ £

Staff costs	190,922	123,639
Depreciation and impairment	410	498
Rent	276	326
Insurance	3,719	4,969
Light and Heat	7,197	4,401
Telephone	2,367	942
Printing, Postage & Stationery	3,246	2,856
Physio	30,137	4,850
Advertising	4,759	1,532
Pension	5,250	974
Provision for Meals	1,492	627
Repairs and Maintenance	4,399	2,199
Computer & Website	7,171	3,269
Staff Training	1,178	639
Counselling	10,370	23,686
Cleaning	4,284	2,020
Legal and professional fees	17,520	563
Other charitable expenditure	25,088	13,161
	<u> </u>	<u> </u>
	319,785	190,588

Share of support costs (see note 6)	295	149
-------------------------------------	-----	-----

Share of governance costs (see note 6)	2,100	3,000
	<u> </u>	<u> </u>

	<u>322,180</u>	<u>194,300</u>
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TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

6 Support costs

	Support costs £	Governance costs £	2024 £
Staff costs	-	2,100	2,100
Accountancy	295	-	295
	<u>295</u>	<u>2,100</u>	<u>2,395</u>
Analysed between Charitable activities	<u>295</u>	<u>2,100</u>	<u>2,395</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
	<u>8</u>	<u>5</u>
Employment costs	2024 £	2023 £
Wages and salaries	182,880	117,558
Social security costs	10,142	6,081
	<u>193,022</u>	<u>123,639</u>

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

10 Tangible fixed assets

	Freehold land and buildings £	Plant and equipment £	Fixtures and fittings £	Total £
Cost				
At 1 April 2023	98,848	1,685	14,401	114,934
At 31 March 2024	98,848	1,685	14,401	114,934
Depreciation and impairment				
At 1 April 2023	-	584	13,136	13,720
Depreciation charged in the year	-	220	190	410
At 31 March 2024	-	804	13,326	14,130
Carrying amount				
At 31 March 2024	98,848	881	1,075	100,804
At 31 March 2023	98,848	1,101	1,265	101,214

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Other taxation and social security	358	2,411
Other creditors	13,290	3,131
Accruals and deferred income	1,900	1,900
	15,548	7,442

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

12 Endowment funds

Endowment funds represent assets which must be held permanently by the charity. Income arising on the endowment funds can be used in accordance with the objects of the charity and is included as unrestricted income. Any capital gains or losses arising on the assets form part of the fund.

	Movement in funds			
	Balance at 1 April 2022	Balance at 1 April 2023	Incoming resources	Balance at 31 March 2024
	£	£	£	£
Permanent endowments				
Endowment funds	98,848	98,848	-	98,848
	<u>98,848</u>	<u>98,848</u>	<u>-</u>	<u>98,848</u>

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			
	Balance at 1 April 2022	Balance at 1 April 2023	Incoming resources	Balance at 31 March 2024
	£	£	£	£
Catalyst Healthcare Management	681	681	-	681
	<u>681</u>	<u>681</u>	<u>-</u>	<u>681</u>

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

14 Analysis of net assets between funds	Unrestricted funds		Restricted funds		Endowment funds		Total Unrestricted funds		Restricted funds		Endowment funds		Total	
	2024	£	2024	£	2024	£	2024	£	2023	£	2023	£	2023	£
Fund balances at 31 March 2024 are represented by:														
Tangible assets	100,804		-		-		100,804		-		98,848		101,214	
Current assets/(liabilities)	230,577		-		-		230,577		681		-		263,584	
	331,381		-		-		331,381		681		98,848		364,798	

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

16 Purpose of funds

Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least 12 months' worth of running costs in reserves.

The trustees have maintained the designation of £20,000 towards the young stroke survivors project, as well as maintaining £20,000 towards property maintenance and repair.

Restricted funds

The Harwich Fellowship for the Sick provide funding for Harwich/Dovercourt stroke survivors operated on a similar basis to the existing service.

Endowment funds

This is represented by the Charity's freehold property, 85 Frinton Road, Holland on Sea, Essex.

17 Company limited by guarantee

The company is limited by guarantee and therefore has no share capital. The liability of the Trustees in the event of Tendring Specialist Stroke Services being wound up is limited to a sum not exceeding £1.

The Stroke and Wellness Foundation

England & Wales - Charity number 1054049

Accounts

Company registration number 03167424 (England and Wales)
Charity registration number 1054049 (England and Wales)

TENDRING SPECIALIST STROKE SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

TENDRING SPECIALIST STROKE SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Bird Mrs S Ward Dr G D Duncan Dr C A Street (ESNEFT Scientist) Dr S Gordon (ESNEFT GP) Mrs J C F Pleass (Solicitor), Chair of Trustees Mr A Ross	(Appointed 27 April 2022)
Charity number	1054049	
Company number	03167424	
Principal address	85 Frinton Road Holland-on-Sea Clacton-on-Sea Essex CO15 5UH	
Registered office	85 Frinton Road Holland-on-Sea Clacton-on-Sea Essex CO15 5UH	
Independent examiner	Gascoynes Gascoynes House Moseleys Farm Business Centre Fornham All Saints Bury St Edmunds Suffolk IP28 6JY	



TENDRING SPECIALIST STROKE SERVICES

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TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "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).

Objectives and activities

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2023*

In setting out its aims and objectives the trustees confirm that they have had regard to the Charity Commissioners guidance on public benefit and are satisfied that the organisation conforms with these requirements.

The Charity provides specialist stroke services to meet the needs of stroke survivors, families and carers across Tendring, regardless of age, gender, race, nationality, marital status, sexual orientation, political and religious belief etc.

The Charity aims to:

- 1) offer support, guidance and help to stroke survivors, their families and professional involved in their care
- 2) strive for improvements in services for those who have suffered a stroke.
- 3) increase public awareness of stroke and its impact on family, social and working life.
- 4) promote the message of a healthy lifestyle for stroke prevention.
- 5) provide social and other purposeful activities.
- 6) develop new skills and confidence.
- 7) meet and share experiences to promote personal adjustment.
- 8) encourage family and community support.
- 9) inform through education and training.
- 10) network with other agencies.

During the year, the Charity operated/continued:

- 1) Group therapy and activity sessions Monday, Tuesday and Wednesday.
- 2) To work closely with the medical health professionals (doctors, occupational therapists, physiotherapists, speech and language therapists etc.) statutory bodies and other local and regional organisations.
- 3) To work in compliance with the government's identification of long-term chronic conditions and long-term ongoing rehabilitation.
- 4) Service transformation has taken place. The service is supported by a specialist Rehab Stroke Nurse, specialist neuro-physiotherapy and a focus on holistic wellbeing.

As part of its work and links with the medical profession, the Charity is still currently involved with:

- 1) The Early Supported Discharge service, where some people who are discharged early are rehabilitated at home rather than in hospital to achieve better results. Also provided, 6 months after a stroke, is a visit to assess status and identify any problems or issues (a post stroke visiting service). During the COVID pandemic these visits have been telephone calls.
- 2) ESNEFT have reviewed the core contract. Contracts were applied for in September 2022, and ESNEFT rejected these and asked for applicants to apply again during January 2023, contracts are being agreed whilst TSSS continue delivering the ESNEFT services.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Specific activities:

Group Activities

Holistic wellbeing and therapy are the focus at TSSS to improve the lives of stroke survivors and their families on the road to acceptance and independence.

The sessions on Monday, Tuesday and Wednesday are focussed on therapies and to improve the life chances for stroke survivors.

Ongoing counselling support is available and during the COVID pandemic these have been conducted virtually.

The property is available to other charitable groups for hire. However, during the Covid Pandemic this has been limited, due to cross infection and the need to protect stroke survivors and their families.

MONDAY, we feature art and painting. This encourages fine motor skills, hand eye coordination and general artistic therapy which provides mental stimulation, encourages members to use latent skills to showcase their skills and to develop new skills. Amongst a wide and varied range of activities, the Charity co-ordinates activities of an artistic nature i.e., painting in oils and watercolours. This day promotes feelings of self-worth, self-confidence, initiative, re-motivation, stimulation and a reduction in social isolation. Social integration and communication skills are also enhanced.

The sessions also include direct support from the Stroke Rehab Nurse and the Specialist Neuro- Physio. There is a group exercise session. OT, speech and language therapy support is given to improve the lives of stroke survivors.

TUESDAY/WEDNESDAY The sessions include a variety of therapies, cognitive work, neuro-physio sessions, group exercise, group competitive games: bowling etc. Craft, woodworking and many other activities.

Tuesday afternoon services for young stroke have been introduced

Wednesday afternoon The Dovercourt group has been reopened in January 2023

During all sessions, speech and language is worked on as stroke often has an impact on speech and cognition. Individuals have 1:1 session to improve and support their confidence and often to allow them to vocalise their concerns, embarrassment, fears and issues. Stroke survivors are supported to face their challenges and to learn new ways of communication and to develop their vocal and cognition skills.

The group engages in various activities to support their thinking skills followed by chair exercise session. For those with ongoing physical rehabilitation needs, assessment by our Neuro- physiotherapist is carried out. This allows the stroke survivor to understand their condition, their limitations, and what exercises would benefit them. The exercise sessions can be arranged, and a plan developed for the TSSS team to continue, for example sit-to-stand exercises, using the Oswestry Frame and walking practice. All exercises are risk assessed and conducted by a trained neurophysiotherapist. The group also provides a supportive environment in which the stroke survivors encourage and support one another when they reach their goals. As well as the impact on people physically and in the way they think, stroke can also impact on how they feel about themselves and their engagement in things they previously found enjoyable. Social interaction is as important in stroke recovery as traditional forms of rehabilitation.

Emotional Counselling Support

The emotional counselling service is open to Carers and families, providing emotional counselling to stroke survivors, carers and families affected by stroke. We provide a variety of therapies to individuals as well as information, support and advice responding to individual needs. During Covid, we have had to contact people by telephone. Both the stroke survivors, carers and referrals come from self-referrals, the general public Colchester and Clacton hospitals. The ESD Team with other health professionals refers to us on a regular basis, we support people who self-refer. This not only improves and enhances the daily life of the stroke survivor but supports people to cope with the psychological impact of stroke. We offer ongoing emotional counselling support which empowers people to develop self-help, much needed respite to the carer and reduces isolation for both. Promoting self-sufficiency and independence is also an important part of the Charity's work. We provide Tendring Stroke Units and ESD team with information packs containing details of our services, stroke information, carer's guide and information relevant to the immediate situation.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2023*

Primary and Secondary Stroke Prevention

One area of great concern for stroke survivors and carers is that of secondary stroke prevention. Time is spent advising and providing information of various kinds about secondary stroke prevention. Particular attention is paid to diet and blood pressure control, cholesterol levels, diabetes and smoking cessation. Exercise is also discussed as some stroke survivors are able to exercise in various ways. Primary stroke prevention materials are also offered to other family members and friends as well as the wider community. Links with other health professionals have again been very important with regards to this aspect of our work. Members of the public can call in at our centre for stroke prevention information, leaflets or have them posted on request. Outside information boards are also regularly updated with stroke prevention and health information. GP and dentist surgeries are sent updated posters and information.

Achievements and performance

Charitable activities

Activity groups Monday, Tuesday and Wednesday at Holland on Sea, together with Wednesday Afternoon The Dovercourt Group has been restarted. TSSS also provides counselling sessions to meet the immediate needs of stroke survivors and their families. During the year there was an average of 2000 people supported (2021-2022), and attendances of individual sessions 1500 (2021 - 2022). We continue to work to redesign our services to encourage younger stroke survivors and a wider range of people with various needs to attend for specific stroke rehabilitation.

In conjunction with other medical practitioners and local authorities, the Charity is continuing to facilitate post stroke exercise and neurophysio sessions. We have obtained the professional services of a neurophysiotherapist and a stroke nurse. Our sessions are therapy led sessions.

Awareness sessions have been incorporated into our fundraising events, to promote the work of the charity.

Financial review

The responsibility for core funding was given over from the CCG to ESNEFT. However, the CCG had reviewed all contracts with ACE, and ended their contract with ACE June 2021. The CCG had invited Expressions of Interests for new bids to The Life After Stroke contract. The contract was granted on a short-term basis June 2021 to March 2022 via a Novation Agreement. The contract was then reviewed, and another short term was negotiated between TSSS and ESNEFT from April 2022 to the end of September 2022. Due to the nature of funding and contracts, TSSS await information about the ESNEFT contract negotiations to follow at the end of 2022 to clarify its future, as well as seeking other future funding and to continue fundraising.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Reserves

The Charity holds reserves in line with the Charity Commissioners Guidelines to safeguard against:

- 1) unanticipated fluctuations in expenditure, donations and legacies
- 2) to cover periods of payment arrears from current funders
- 3) to have at least 9-12 months running costs on hand to pay staff and creditors
- 4) to fulfil existing obligations should funding cease.

A part of the Charity's reserves, some £98,848 of £364,798 relates to funds expended on the purchase and improvements relating to the Charity's freehold property, 85 Frinton Road, Holland on Sea, Clacton. As the fund cannot be applied to make payments or grants to others the Trustees believe these funds are fairly reallocated to an endowment fund. Although the Charity has sufficient reserves to continue for the foreseeable future, the Charity remains partially funded. The balance of the funds of £265,950 represents those available to the Charity for specific projects and day to day running.

Plans for future periods

The organisation will continue:

- 1) To work closely with clinical services to improve the stroke pathway for stroke survivors and their families.
 - 2) To implement a suite of relevant rehabilitation activities, physio and support for stroke survivors and their families.
 - 3) To continue active involvement with the Early Supported Discharge service. To increase referrals from Colchester Hospital post stroke discharge teams.
 - 4) TSSS to run relevant physio and exercise classes for stroke survivors.
- The organisation will continue to advocate, support and empower Tendring stroke survivors, carers and families. We will continue to promote the needs of stroke survivors within the community.

There are still gaps in the service provided once acute care has finished. Stroke affects the entire family circle. TSSS have a vital future role to play here.

We shall continue to advocate for this group so that there can be "LIFE AFTER STROKE".

The Charity benefits greatly from the commitment of its staff and volunteers. We should like to record our thanks to them all.

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

Tendring Specialist Stroke Services is a company limited by guarantee and governed by its Memorandum and Articles of association dated 4 March 1996 superseded May 2004. The Company changed its name from Clacton and District Stroke Association from 1 April 2010.

It was registered as a Charity with the Charity Commission in March 1996.

The charity's principal objects are the relief of sickness amongst persons who have suffered a stroke in particular by the provision of recreational and therapeutic activities with the object of improving the condition of life of such persons.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Organisational structure

The Board of Trustees current consisted of 5 members. They include a scientist, a GP, a retired accountant and a practising solicitor. The Board meets quarterly, setting general policy and future developments, approves budgets etc. Staff meetings are held monthly covering staff and policy issues, and volunteer meetings are held quarterly. They provide an opportunity for staff/volunteers to raise and discuss any concerns and also for them to be kept informed of any developments, budget changes etc.

Staff and volunteers are fully trained.

The organisation is ISO 9001/PQASSO compliant levels 1 and 2.

Induction and training of new Trustees are appointed by invitation.

Trustees receive induction, training, and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets: CC3A: The Essential Trustee - An introduction. CC3: The Essential Trustee - What you need to know Page.

Many thanks to the Trustees, particular thanks to Jane Pleass for her work as Chair.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr C Bird

Mrs S Ward

(Appointed 27 April 2022)

Dr G D Duncan

Dr C A Street (ESNEFT Scientist)

Dr S Gordon (ESNEFT GP)

Mrs J C F Pleass (Solicitor), Chair of Trustees

Mr A Ross

Induction and training of new trustees

Trustees are appointed by invitation.

Trustees receive induction, training and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets:

CC3A: The Essential Trustee - An introduction.

CC3: The Essential Trustee - What you need to know.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have identified potential risks which the charity may face in relation to governance, management, operations and have implemented the appropriate systems and monitoring to mitigate these. There is a formal risk register in place that is reviewed by the Board at each meeting.

TENDRING SPECIALIST STROKE SERVICES

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees' report was approved by the Board of Trustees.

Mrs J C F Pleass (Solicitor), Chair of Trustees
Trustee

8 November 2023

TENDRING SPECIALIST STROKE SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF TENDRING SPECIALIST STROKE SERVICES

We report to the trustees on our examination of the financial statements of Tendring Specialist Stroke Services (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

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

Having satisfied ourselves that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, we report in respect of our examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out our examination we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

We have completed our examination. we confirm that no matters have come to our attention in connection with the examination giving us cause to believe that in any material respect:

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

We 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 financial statements to be reached.

Gascoynes

Gascoynes House
Moseleys Farm Business Centre
Fornham All Saints
Bury St Edmunds
Suffolk
IP28 6JY

Dated: 8 November 2023

TENDRING SPECIALIST STROKE SERVICES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Endowment funds 2022 £	Total 2022 £
Income from:									
Donations and legacies	2	26,150	-	-	26,150	17,577	360	-	17,937
Charitable activities		155,070	-	-	155,070	108,746	-	-	108,746
Other trading activities	3	10,077	-	-	10,077	7,303	-	-	7,303
Investments	4	3,630	-	-	3,630	86	-	-	86
Total income		<u>194,927</u>	<u>-</u>	<u>-</u>	<u>194,927</u>	<u>133,712</u>	<u>360</u>	<u>-</u>	<u>134,072</u>
Expenditure on:									
Charitable activities	5	194,300	-	-	194,300	151,704	10,927	-	162,631
Net income/(expenditure) for the year/ Net movement in funds		627	-	-	627	(17,992)	(10,567)	-	(28,559)
Net income/(expenditure) for the year/ Net movement in funds		627	-	-	627	(17,992)	(10,567)	-	(28,559)
Fund balances at 1 April 2022		264,642	681	98,848	364,171	293,514	369	98,848	392,731
Fund balances at 31 March 2023		<u>265,269</u>	<u>681</u>	<u>98,848</u>	<u>364,798</u>	<u>275,522</u>	<u>(10,198)</u>	<u>98,848</u>	<u>364,172</u>

The statement of financial activities includes all gains and losses recognised in the year.

TENDRING SPECIALIST STROKE SERVICES

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

TENDRING SPECIALIST STROKE SERVICES

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	9		101,214		101,712
Current assets					
Cash at bank and in hand		271,026		267,682	
Creditors: amounts falling due within one year	10	(7,442)		(5,222)	
Net current assets			263,584		262,460
Total assets less current liabilities			364,798		364,172
Capital funds					
Endowment funds - general	11		98,848		98,848
Income funds					
Restricted funds	12		681		(10,198)
Unrestricted funds			265,269		275,522
			364,798		364,172

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 8 November 2023

Mrs J C F Pleass (Solicitor), Chair of Trustees
Trustee

Mr A Ross
Trustee

Company registration number 03167424

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Tendring Specialist Stroke Services is a private company limited by guarantee incorporated in England and Wales. The registered office is 85 Frinton Road, Holland-on-Sea, Clacton-on-Sea, Essex, CO15 5UH.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0%
Plant and equipment	20% reducing balance
Fixtures and fittings	15% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, 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.

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is 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.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds	Restricted funds	Total
	2023 £	2022 £	2022 £	2022 £
Donations and gifts	15,275	11,267	-	11,267
Catalyst Healthcare Management	-	-	360	360
Membership fees	10,875	6,310	-	6,310
	<u>26,150</u>	<u>17,577</u>	<u>360</u>	<u>17,937</u>

3 Other trading activities

	Unrestricted funds	Unrestricted funds
	2023 £	2022 £
Fundraising events	10,077	7,303
	<u>10,077</u>	<u>7,303</u>

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Interest receivable	3,630	86

5 Charitable activities

	Rent 2023	Rent 2022
	£	£
Staff costs	123,639	104,336
Rent	326	265
Insurance	4,969	4,616
Light and Heat	4,401	1,165
Telephone	942	1,068
Printing, Postage & Stationery	2,856	5,564
Pension	974	200
Provision for Meals	627	26
Repairs and Maintenance	2,199	7,332
Travel Expenses	-	100
Computer & Website	3,269	3,323
Staff Training	639	1,200
Counselling	23,686	12,375
Cleaning	2,020	1,839
Other charitable expenditure	20,604	16,391
	191,151	159,800
Share of support costs (see note)	149	125
Share of governance costs (see note)	3,000	2,706
	194,300	162,631
Analysis by fund		
Unrestricted funds	194,300	151,704
Restricted funds	-	10,927

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
	5	5
	<u>5</u>	<u>5</u>
Employment costs	2023	2022
	£	£
Wages and salaries	117,558	99,441
Social security costs	6,081	4,895
	<u>123,639</u>	<u>104,336</u>

There were no employees whose annual remuneration was more than £60,000.

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

9 Tangible fixed assets

	Freehold land and buildings £	Plant and equipment £	Fixtures and fittings £	Total £
Cost				
At 1 April 2022	98,848	1,685	14,401	114,934
At 31 March 2023	98,848	1,685	14,401	114,934
Depreciation and impairment				
At 1 April 2022	-	309	12,913	13,222
Depreciation charged in the year	-	275	223	498
At 31 March 2023	-	584	13,136	13,720
Carrying amount				
At 31 March 2023	98,848	1,101	1,265	101,214
At 31 March 2022	98,848	1,376	1,488	101,712

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	2,411	2,789
Other creditors	3,131	533
Accruals and deferred income	1,900	1,900
	7,442	5,222

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

11 Endowment funds

Endowment funds represent assets which must be held permanently by the charity. Income arising on the endowment funds can be used in accordance with the objects of the charity and is included as unrestricted income. Any capital gains or losses arising on the assets form part of the fund.

	Movement in funds		
	Balance at 1 April 2022	Incoming resources	Balance at 31 March 2023
	£	£	£
Permanent endowments			
Endowment funds	98,848	-	98,848
	<u>98,848</u>	<u>-</u>	<u>98,848</u>

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		
	Balance at 1 April 2022	Incoming resources	Balance at 31 March 2023
	£	£	£
Catalyst Healthcare Management	681	-	681
	<u>681</u>	<u>-</u>	<u>681</u>

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Endowment funds 2023 £	Total Unrestricted funds 2023 £	Restricted funds 2022 £	Endowment funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:							
Tangible assets	2,366	-	98,848	101,214	2,864	98,848	101,712
Current assets/(liabilities)	262,903	681	-	263,584	681	-	262,460
	<u>265,269</u>	<u>681</u>	<u>98,848</u>	<u>364,798</u>	<u>681</u>	<u>98,848</u>	<u>364,172</u>

TENDRING SPECIALIST STROKE SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

14 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

15 Purpose of funds

Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least 12 months' worth of running costs in reserves.

The trustees have maintained the designation of £20,000 towards the young stroke survivors project, as well as maintaining £20,000 towards property maintenance and repair.

Restricted funds

The Harwich Fellowship for the Sick provide funding for Harwich/Dovercourt stroke survivors operated on a similar basis to the existing service.

Endowment funds

This is represented by the Charity's freehold property, 85 Frinton Road, Holland on Sea, Essex.

16 Company limited by guarantee

The company is limited by guarantee and therefore has no share capital. The liability of the Trustees in the event of Tendring Specialist Stroke Services being wound up is limited to a sum not exceeding £1.

The Stroke and Wellness Foundation

England & Wales - Charity number 1054049

Accounts

REGISTERED COMPANY NUMBER: 03167424
REGISTERED CHARITY NUMBER: 1054049

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
Tendring Specialist Stroke Services

Finnigan & Co
37 Lower Brook Street
Ipswich
Suffolk
IP4 1AQ

Tendring Specialist Stroke Services

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Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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).

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2022

OBJECTIVES AND ACTIVITIES

Objectives and activities

In setting out its aims and objectives the trustees confirm that they have had regard to the Charity Commissioners guidance on public benefit and are satisfied that the organisation conforms with these requirements.

The Charity provides specialist stroke services to meet the needs of stroke survivors, families and carers across Tendring, regardless of age, gender, race, nationality, marital status, sexual orientation, political and religious belief etc.

The Charity aims to:

- 1) offer support, guidance and help to stroke survivors, their families and professional involved in their care.
- 2) strive for improvements in services for those who have suffered a stroke.
- 3) increase public awareness of stroke and its impact on family, social and working life.
- 4) promote the message of a healthy lifestyle for stroke prevention.
- 5) provide social and other purposeful activities.
- 6) develop new skills and confidence.
- 7) meet and share experiences to promote personal adjustment.
- 8) encourage family and community support.
- 9) inform through education and training.
- 10) network with other agencies.

During the year, the Charity operated/continued:

- 1) Group therapy and activity sessions Monday, Tuesday and Wednesday.
- 2) To work closely with the medical health professionals (doctors, occupational therapists, physiotherapists, speech and language therapists etc.) statutory bodies and other local and regional organisations.
- 3) To work in compliance with the government's identification of long-term chronic conditions and long-term ongoing rehabilitation.
- 4) Service transformation has taken place. The service is supported by a specialist Rehab Stroke Nurse, specialist neuro-physiotherapy and a focus on holistic wellbeing.

As part of its work and links with the medical profession, the Charity is still currently involved with:

- 1) The Early Supported Discharge service, where some people who are discharged early are rehabilitated at home rather than in hospital to achieve better results. Also provided, 6 months after a stroke, is a visit to assess status and identify any problems or issues (a post stroke visiting service). During the COVID pandemic these visits have been telephone calls.
- 2) ESNEFT are reviewing the contract. ACE is no longer in existence. Contracts will be reviewed at the end of September 2022. Discussions with ESNEFT continue.

Specific activities:

Group Activities

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2022

Numbers of stroke survivors/carers accessing the services have been limited, due to the pandemic and the need to operate safely.

Holistic wellbeing and therapy are the focus at TSSS to improve the lives of stroke survivors and their families on the road to acceptance and independence.

The sessions on Monday, Tuesday and Wednesday are focussed on therapies and to improve the life chances for stroke survivors.

Ongoing counselling support is available and during the COVID pandemic these have been conducted virtually.

The property is available to other charitable groups for hire. However, during the Covid Pandemic this has been limited, due to cross infection and the need to protect stroke survivors and their families.

MONDAY, we feature art and painting. This encourages fine motor skills, hand eye coordination and general artistic therapy which provides mental stimulation, encourages members to use latent skills to showcase their skills and to develop new skills. Amongst a wide and varied range of activities, the Charity co-ordinates activities of an artistic nature i.e., painting in oils and watercolours. This day promotes feelings of self-worth, self-confidence, initiative, re-motivation, stimulation and a reduction in social isolation. Social integration and communication skills are also enhanced.

The sessions also include direct support from the Stroke Rehab Nurse and the Specialist Neuro- Physio. There is a group exercise session. OT, speech and language therapy support is given to improve the lives of stroke survivors.

TUESDAY/WEDNESDAY The sessions include a variety of therapies, cognitive work, neuro-physio sessions, group exercise, group competitive games: bowling etc. Craft, woodworking and many other activities.

During all sessions, speech and language is worked on as stroke often has an impact on speech and cognition. Individuals have 1:1 session to improve and support their confidence and often to allow them to vocalise their concerns, embarrassment, fears and issues. Stroke survivors are supported to face their challenges and to learn new ways of communication and to develop their vocal and cognition skills.

The group engages in various activities to support their thinking skills followed by chair exercise session. For those with ongoing physical rehabilitation needs, assessment by our Neuro- physiotherapist is carried out. This allows the stroke survivor to understand their condition, their limitations, and what exercises would benefit them. The exercise sessions can be arranged, and a plan developed for the TSSS team to continue, for example sit-to-stand exercises, using the Oswestry Frame and walking practice. All exercises are risk assessed and conducted by a trained neurophysiotherapist. The group also provides a supportive environment in which the stroke survivors encourage and support one another when they reach their goals. As well as the impact on people physically and in the way they think, stroke can also impact on how they feel about themselves and their engagement in things they previously found enjoyable. Social interaction is as important in stroke recovery as traditional forms of rehabilitation.

Emotional Counselling Support

The emotional counselling service is open to Carers and families, providing emotional counselling to stroke survivors, carers and families affected by stroke. We provide a variety of therapies to individuals as well as information, support and advice responding to individual needs. During Covid, we have had to contact people by telephone. Both the stroke survivors, carers and referrals come from self-referrals, the general public Colchester and Clacton hospitals. The ESD Team with other health professionals refers to us on a regular basis, we support people who self-refer. This not only improves and enhances the daily life of the stroke survivor but supports people to cope with the psychological impact of stroke. We offer ongoing emotional counselling support which empowers people to develop self-help, much needed respite to the carer and reduces isolation for both. Promoting self-sufficiency and independence is also an important part of the Charity's work. We provide Tendring Stroke Units and ESD team with information packs containing details of our services, stroke information, carer's guide and information relevant to the immediate situation.

Carers' Group and Support Group Meeting

Tending Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2022

The carers' group continues to be a very successful way of providing carers with a much needed confidential and supportive space. It also addresses the ongoing and detrimental problem of isolation and loneliness which impacts on all aspects of their health. All carers on the Carers' Group list receive a monthly Carers' Newsletter and some carers use the phone link or email to keep in touch. Stroke and brain injury have an ongoing impact on carers' lives, the continuing support offered by both groups is of the utmost importance to those affected by stroke or brain injury. Also, to directly address the issue of social isolation and loneliness.

Primary and Secondary Stroke Prevention

One area of great concern for stroke survivors and carers is that of secondary stroke prevention. Time is spent advising and providing information of various kinds about secondary stroke prevention. Particular attention is paid to diet and blood pressure control, cholesterol levels, diabetes and smoking cessation. Exercise is also discussed as some stroke survivors are able to exercise in various ways. Primary stroke prevention materials are also offered to other family members and friends as well as the wider community. Links with other health professionals have again been very important with regards to this aspect of our work. Members of the public can call in at our centre for stroke prevention information, leaflets or have them posted on request. Outside information boards are also regularly updated with stroke prevention and health information. GP and dentist surgeries are sent updated posters and information.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Activity groups Monday, Tuesday and Wednesday at Holland on Sea. TSSS also provides counselling sessions to meet the immediate needs of stroke survivors and their families. During the year there was an average of 2000 people supported (2021-2022), and attendances of individual sessions 1500 (2021 - 2022). We continue to work to redesign our services to encourage younger stroke survivors and a wider range of people with various needs to attend for specific stroke rehabilitation. In conjunction with other medical practitioners and local authorities, the Charity is continuing to facilitate post stroke exercise and neurophysio sessions. We have obtained the professional services of a neurophysiotherapist and a stroke nurse. Our sessions are therapy led sessions.

Awareness sessions have been incorporated into our fundraising events, to promote the work of the charity.

FINANCIAL REVIEW

Financial review

The responsibility for core funding was given over from the CCG to ESNEFT. However, the CCG had reviewed all contracts with ACE, and ended their contract with ACE June 2021. The CCG had invited Expressions of Interests for new bids to The Life After Stroke contract. The contract was granted on a short-term basis June 2021 to March 2022 via a Novation Agreement. The contract was then reviewed, and another short term was negotiated between TSSS and ESNEFT from April 2022 to the end of September 2022. Due to the nature of funding and contracts, TSSS await information about the ESNEFT contract negotiations to follow at the end of 2022 to clarify its future, as well as seeking other future funding and to continue fundraising.

Reserves

The Charity holds reserves in line with the Charity Commissioners Guidelines to safeguard against:

- 1) unanticipated fluctuations in expenditure, donations and legacies
- 2) to cover periods of payment arrears from current funders
- 3) to have at least 9-12 months running costs on hand to pay staff and creditors
- 4) to fulfil existing obligations should funding cease.

A part of the Charity's reserves, some £98,848 of £392,731 relates to funds expended on the purchase and improvements relating to the Charity's freehold property, 85 Frinton Road, Holland on Sea, Clacton. As the fund cannot be applied to make payments or grants to others the Trustees believe these funds are fairly reallocated to an endowment fund. Although the Charity has sufficient reserves to continue for the foreseeable future, the Charity remains partially funded. The balance of the funds of £293,883 represents those available to the Charity for specific projects and day to day running.

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2022

FUTURE PLANS

The organisation will continue:

- 1) To work closely with clinical services to improve the stroke pathway for stroke survivors and their families.
- 2) To implement a suite of relevant rehabilitation activities, physio and support for stroke survivors and their families.
- 3) To continue active involvement with the Early Supported Discharge service. To increase referrals from Colchester Hospital post stroke discharge teams.
- 4) TSSS to run relevant physio and exercise classes for stroke survivors.

The organisation will continue to advocate, support and empower Tendring stroke survivors, carers and families. We will continue to promote the needs of stroke survivors within the community.

There are still gaps in the service provided once acute care has finished. Stroke affects the entire family circle. TSSS have a vital future role to play here.

We shall continue to advocate for this group so that there can be "LIFE AFTER STROKE".

The Charity benefits greatly from the commitment of its staff and volunteers. We should like to record our thanks to them all.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

Tendring Specialist Stroke Services is a company limited by guarantee and governed by its Memorandum and Articles of association dated 4 March 1996 superseded May 2004. The Company changed its name from Clacton and District Stroke Association from 1 April 2010.

It was registered as a Charity with the Charity Commission in March 1996.

The charity's principal objects are the relief of sickness amongst persons who have suffered a stroke in particular by the provision of recreational and therapeutic activities with the object of improving the condition of life of such persons.

Organisational structure

The Board of Trustees current consisted of 4 members. They include a scientist, a GP, a retired accountant and a practising solicitor. The Board meets quarterly, setting general policy and future developments, approves budgets etc. Staff meetings are held monthly covering staff and policy issues, and volunteer meetings are held quarterly. They provide an opportunity for staff/volunteers to raise and discuss any concerns and also for them to be kept informed of any developments, budget changes etc.

Staff and volunteers are fully trained.

The organisation is ISO 9001/PQASSO compliant levels 1 and 2.

Induction and training of new Trustees are appointed by invitation.

Trustees receive induction, training, and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets: CC3A: The Essential Trustee - An introduction. CC3: The Essential Trustee - What you need to know Page.

Many thanks to the Trustees, particular thanks to Chris Bird for his work as Chair.

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Trustees are appointed by invitation.

Trustees receive induction, training and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets:

CC3A: The Essential Trustee - An introduction.

CC3: The Essential Trustee - What you need to know

Risk management

The trustees have identified potential risks which the charity may face in relation to governance, management, operations and have implemented the appropriate systems and monitoring to mitigate these. There is a formal risk register in place that is reviewed by the Board at each meeting.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03167424 (Not specified/Other)

Registered Charity number

1054049

Registered office

85 Frinton Road
Holland-on-Sea
Clacton-on-Sea
Essex
CO15 5UH

Trustees

Mr C Bird (Chair)

Mrs S Ward (appointed 27.4.22)

Mr G N Duncan (resigned 21.7.21)

Dr C A Street (ESNEFT Scientist)

Dr S Gordon (ESNEFT GP) (appointed 4.8.21)

Mrs J C F Pleass (Solicitor) (appointed 4.8.21)

Independent Examiner

Finnigan & Co
37 Lower Brook Street
Ipswich
Suffolk
IP4 1AQ

Approved by order of the board of trustees on and signed on its behalf by:

.....
Mr C Bird (Chair) - Trustee

**Independent Examiner's Report to the Trustees of
Tendring Specialist Stroke Services**

Independent examiner's report to the trustees of Tendring Specialist Stroke Services ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the 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.

Mr Peter David Finnigan
FCCA
Finnigan & Co
37 Lower Brook Street
Ipswich
Suffolk
IP4 1AQ

Date:

Tendring Specialist Stroke Services

Statement of Financial Activities for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Endowment fund £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		17,579	-	-	17,579	94,689
Charitable activities						
Charitable activities		108,746	360	-	109,106	98,405
Other trading activities	2	7,303	-	-	7,303	1,724
Investment income	3	86	-	-	86	321
Total		<u>133,714</u>	<u>360</u>	<u>-</u>	<u>134,074</u>	<u>195,139</u>
EXPENDITURE ON						
Charitable activities						
Charitable activities		151,658	10,976	-	162,634	158,006
NET						
INCOME/(EXPENDITURE)						
		(17,944)	(10,616)	-	(28,560)	37,133
Transfers between funds	10	(10,928)	10,928	-	-	-
Net movement in funds		<u>(28,872)</u>	<u>312</u>	<u>-</u>	<u>(28,560)</u>	<u>37,133</u>
RECONCILIATION OF FUNDS						
Total funds brought forward		293,514	369	98,848	392,731	355,598
TOTAL FUNDS CARRIED FORWARD						
		<u>264,642</u>	<u>681</u>	<u>98,848</u>	<u>364,171</u>	<u>392,731</u>

The notes form part of these financial statements

Tendring Specialist Stroke Services

Balance Sheet 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Endowment fund £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS						
Tangible assets	8	2,864	-	98,848	101,712	100,599
CURRENT ASSETS						
Cash at bank and in hand		267,000	681	-	267,681	302,759
CREDITORS						
Amounts falling due within one year	9	(5,222)	-	-	(5,222)	(10,627)
NET CURRENT ASSETS		<u>261,778</u>	<u>681</u>	<u>-</u>	<u>262,459</u>	<u>292,132</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		264,642	681	98,848	364,171	392,731
NET ASSETS		<u>264,642</u>	<u>681</u>	<u>98,848</u>	<u>364,171</u>	<u>392,731</u>
FUNDS						
Unrestricted funds	10				264,642	293,514
Restricted funds					681	369
Endowment funds					98,848	98,848
TOTAL FUNDS					<u>364,171</u>	<u>392,731</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Tendring Specialist Stroke Services

Balance Sheet - continued

31 March 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
Mr C Bird (Chair) - Trustee

.....
Dr C A Street (ESNEFT Scientist) - Trustee

The notes form part of these financial statements

**Notes to the Financial Statements
for the Year Ended 31 March 2022**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- not provided
Plant and machinery	- 20% on reducing balance
Fixtures and fittings	- 15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds are donations and other income received or generated for the objects of the charity without further specified purposes and are available as general funds.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which have to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes.

Endowment funds are funds that cannot be used as if they were income i.e. they cannot be used to make payments or grants to others.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

2. OTHER TRADING ACTIVITIES

	31.3.22	31.3.21
	£	£
Fundraising events	7,303	1,724
	<u>7,303</u>	<u>1,724</u>

3. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Hall receipts	-	100
Deposit account interest	86	221
	<u>86</u>	<u>321</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	572	309
	<u>572</u>	<u>309</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

6. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	99,441	110,683
Social security costs	4,895	3,309
Other pension costs	200	-
	<u>104,536</u>	<u>113,992</u>

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Co ordinator	1	1
Support workers/other	4	4
	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Endowment fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	94,264	425	-	94,689
Charitable activities				
Charitable activities	93,405	5,000	-	98,405
Other trading activities	1,724	-	-	1,724
Investment income	321	-	-	321
Total	189,714	5,425	-	195,139
EXPENDITURE ON				
Charitable activities				
Charitable activities	136,243	21,763	-	158,006
NET INCOME/(EXPENDITURE)	53,471	(16,338)	-	37,133
Transfers between funds	(15,640)	15,640	-	-
Net movement in funds	37,831	(698)	-	37,133
RECONCILIATION OF FUNDS				
Total funds brought forward	255,683	1,067	98,848	355,598
TOTAL FUNDS CARRIED FORWARD	293,514	369	98,848	392,731

8. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2021	98,848	-	14,401	113,249
Additions	-	1,685	-	1,685
At 31 March 2022	98,848	1,685	14,401	114,934
DEPRECIATION				
At 1 April 2021	-	-	12,650	12,650
Charge for year	-	309	263	572
At 31 March 2022	-	309	12,913	13,222
NET BOOK VALUE				
At 31 March 2022	98,848	1,376	1,488	101,712
At 31 March 2021	98,848	-	1,751	100,599

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Social security and other taxes	2,789	2,468
Other creditors	533	-
Net wages	-	6,259
Accrued expenses	1,900	1,900
	<u>5,222</u>	<u>10,627</u>

10. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
General fund	201,450	(30,650)	(11,022)	159,778
Designated funds - young stroke survivors project	20,000	-	-	20,000
Designated funds - property maintenance reserve	20,000	-	-	20,000
CIF	5,400	-	-	5,400
The Lions	1,700	-	-	1,700
TCVS	42,000	-	-	42,000
ECF	2,964	-	-	2,964
Essex Association	-	(83)	83	-
Winter Resilience	-	(11)	11	-
Defibrillator	-	3,000	-	3,000
Hyperfund	-	9,800	-	9,800
	<u>293,514</u>	<u>(17,944)</u>	<u>(10,928)</u>	<u>264,642</u>
Restricted funds				
The Harwich Fellowship for the Sick	-	(10,928)	10,928	-
Catalyst Care: Carers Grant	369	-	-	369
Catalyst Healthcare Management	-	312	-	312
	<u>369</u>	<u>(10,616)</u>	<u>10,928</u>	<u>681</u>
Endowment funds				
Endowment funds	98,848	-	-	98,848
	<u>392,731</u>	<u>(28,560)</u>	<u>-</u>	<u>364,171</u>

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	114,714	(145,364)	(30,650)
Essex Association	5,000	(5,083)	(83)
Winter Resilience	1,000	(1,011)	(11)
Defibrillator	3,000	-	3,000
Hyperfund	10,000	(200)	9,800
	<u>133,714</u>	<u>(151,658)</u>	<u>(17,944)</u>
Restricted funds			
The Harwich Fellowship for the Sick	-	(10,928)	(10,928)
Catalyst Healthcare Management	360	(48)	312
	<u>360</u>	<u>(10,976)</u>	<u>(10,616)</u>
TOTAL FUNDS	<u><u>134,074</u></u>	<u><u>(162,634)</u></u>	<u><u>(28,560)</u></u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	168,583	48,507	(15,640)	201,450
Designated funds - young stroke survivors project	20,000	-	-	20,000
Designated funds - property maintenance reserve	20,000	-	-	20,000
CIF	5,400	-	-	5,400
The Lions	1,700	-	-	1,700
TCVS	40,000	2,000	-	42,000
ECF	-	2,964	-	2,964
	<u>255,683</u>	<u>53,471</u>	<u>(15,640)</u>	<u>293,514</u>
Restricted funds				
The Harwich Fellowship for the Sick	698	(16,338)	15,640	-
Catalyst Care: Carers Grant	369	-	-	369
	<u>1,067</u>	<u>(16,338)</u>	<u>15,640</u>	<u>369</u>
Endowment funds				
Endowment funds	98,848	-	-	98,848
	<u>98,848</u>	<u>-</u>	<u>-</u>	<u>98,848</u>
TOTAL FUNDS	<u><u>355,598</u></u>	<u><u>37,133</u></u>	<u><u>-</u></u>	<u><u>392,731</u></u>

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	184,750	(136,243)	48,507
TCVS	2,000	-	2,000
ECF	2,964	-	2,964
	<u>189,714</u>	<u>(136,243)</u>	<u>53,471</u>
Restricted funds			
The Harwich Fellowship for the Sick	5,425	(21,763)	(16,338)
	<u>195,139</u>	<u>(158,006)</u>	<u>37,133</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	168,583	17,857	(26,662)	159,778
Designated funds - young stroke survivors project	20,000	-	-	20,000
Designated funds - property maintenance reserve	20,000	-	-	20,000
CIF	5,400	-	-	5,400
The Lions	1,700	-	-	1,700
TCVS	40,000	2,000	-	42,000
ECF	-	2,964	-	2,964
Essex Association	-	(83)	83	-
Winter Resilience	-	(11)	11	-
Defibrillator	-	3,000	-	3,000
Hyperfund	-	9,800	-	9,800
	<u>255,683</u>	<u>35,527</u>	<u>(26,568)</u>	<u>264,642</u>
Restricted funds				
The Harwich Fellowship for the Sick	698	(27,266)	26,568	-
Catalyst Care: Carers Grant	369	-	-	369
Catalyst Healthcare Management	-	312	-	312
	<u>1,067</u>	<u>(26,954)</u>	<u>26,568</u>	<u>681</u>
Endowment funds				
Endowment funds	98,848	-	-	98,848
	<u>355,598</u>	<u>8,573</u>	<u>-</u>	<u>364,171</u>

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	299,464	(281,607)	17,857
TCVS	2,000	-	2,000
ECF	2,964	-	2,964
Essex Association	5,000	(5,083)	(83)
Winter Resilience	1,000	(1,011)	(11)
Defibrillator	3,000	-	3,000
Hyperfund	10,000	(200)	9,800
	<u>323,428</u>	<u>(287,901)</u>	<u>35,527</u>
Restricted funds			
The Harwich Fellowship for the Sick	5,425	(32,691)	(27,266)
Catalyst Healthcare Management	360	(48)	312
	<u>5,785</u>	<u>(32,739)</u>	<u>(26,954)</u>
TOTAL FUNDS	<u><u>329,213</u></u>	<u><u>(320,640)</u></u>	<u><u>8,573</u></u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

12. PURPOSE OF FUNDS

Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least 12 months' worth of running costs in reserves.

The trustees have maintained the designation of £20,000 towards the young stroke survivors project, as well as maintaining £20,000 towards property maintenance and repair.

Restricted funds

The Harwich Fellowship for the Sick provide funding for Harwich/Dovercourt stroke survivors operated on a similar basis to the existing service.

Endowment funds

This is represented by the Charity's freehold property, 85 Frinton Road, Holland on Sea, Essex.

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

13. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee and therefore has no share capital. The liability of the Trustees in the event of Tendring Specialist Stroke Services being wound up is limited to a sum not exceeding £1.

Tendring Specialist Stroke Services

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	11,268	93,406
Grants	1	-
Attendance fees	6,310	1,283
	<u>17,579</u>	<u>94,689</u>
Other trading activities		
Fundraising events	7,303	1,724
Investment income		
Hall receipts	-	100
Deposit account interest	86	221
	<u>86</u>	<u>321</u>
Charitable activities		
Grants	109,106	98,405
	<u>134,074</u>	<u>195,139</u>
EXPENDITURE		
Charitable activities		
Wages	99,441	110,683
Social security	4,895	3,309
Pensions	200	-
Rent, rates and water	268	479
Insurance	4,616	6,033
Light and heat	1,165	2,196
Telephone	1,068	1,039
Postage and stationery	5,564	2,560
Advertising	245	1,743
Provision for meals	26	641
Repairs & maintenance	7,332	8,355
Travel expenses	100	-
Computer & website costs	3,323	2,826
Staff training	1,200	-
Counselling	12,375	14,300
Cleaning	1,839	-
Miscellaneous	4,832	811
Physio fees	9,330	-
Healthcare supplies	1,412	-
Depreciation of tangible fixed assets	572	309
	<u>159,803</u>	<u>155,284</u>

This page does not form part of the statutory financial statements

Tending Specialist Stroke Services

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
Support costs		
Finance		
Bank charges	125	70
Governance costs		
Accountancy and legal fees	2,706	2,652
Total resources expended	<u>162,634</u>	<u>158,006</u>
Net (expenditure)/income	<u>(28,560)</u>	<u>37,133</u>

This page does not form part of the statutory financial statements

The Stroke and Wellness Foundation

England & Wales - Charity number 1054049

Accounts

PRIVATE & CONFIDENTIAL

Mrs R Garrey
Tendring Specialist Stroke Services
85 Frinton Road
Holland-on-Sea
Clacton-on-Sea
Essex
CO15 5UH

21 September 2021

Our Ref: C022/BB

Email: Beth@Finnigans.co.uk

Dear Rosemary

**TENDRING SPECIALIST STROKE SERVICES
ACCOUNTING PERIOD ENDED 31 MARCH 2021**

CLICKING APPROVE ON OPENSOURCE APPROVES ALL DOCUMENTS

Please find enclosed accounts for the above period, which have been prepared from your records.

The accounts should be reviewed and, subject to your agreement, approved by clicking the button on openspace. We will then file these at Companies House for you.

These accounts are solely for your use. They do not constitute advice to any third party to whom you may disclose them in whole or in part.

You should download to your own storage system or print all the documents sent via openspace for your retention.

A copy of the accounts, duly signed by Peter, has been posted to you.

Finally, I am enclosing our fee note for your usual kind attention.

If you have any queries in relation to the above, please do not hesitate to contact me.

Yours sincerely

Beth Brown

Mrs R Garrey
Tending Specialist Stroke Services
85 Frinton Road
Holland-on-Sea
Clacton-on-Sea
Essex
CO15 5UH

22065

23/09/2021

C022

Description

Amount

INVOICE

To Professional Services Rendered:

in relation to the preparation of the accounts for the year ended 31 March 2021

TERMS: 14 days
VAT No: 623 124 281

Bank Details:
Santander
Sort Code: 09-01-28
Account: 94119302

1425.00

VAT @ 20%

285.00

Amount Due

£1710.00

REGISTERED COMPANY NUMBER: 03167424
REGISTERED CHARITY NUMBER: 1054049

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2021
for
Tendring Specialist Stroke Services

Finnigan & Co
37 Lower Brook Street
Ipswich
Suffolk
IP4 1AQ

Tendring Specialist Stroke Services

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Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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).

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2021

OBJECTIVES AND ACTIVITIES

Objectives and activities

In setting out its aims and objectives the trustees confirm that they have had regard to the Charity Commissioners guidance on public benefit and are satisfied that the organisation conforms with these requirements.

The Charity provides specialist stroke services to meet the needs of stroke survivors, families and carers across Tendring, regardless of age, gender, race, nationality, marital status, sexual orientation, political and religious belief etc.

The Charity aims to:

- 1) offer support, guidance and help to stroke survivors, their families and professional involved in their care.
- 2) strive for improvements in services for those who have suffered a stroke.
- 3) increase public awareness of stroke and its impact on family, social and working life.
- 4) promote the message of a healthy lifestyle for stroke prevention.
- 5) provide social and other purposeful activities.
- 6) develop new skills and confidence.
- 7) meet and share experiences to promote personal adjustment.
- 8) encourage family and community support.
- 9) inform through education and training.
- 10) network with other agencies.

During the year, the Charity operated/continued:

- 1) Daily group activities when permitted due to COVID 19. The organisation was closed from 1 April 2020 and reopened on 21 September 2020, remaining open until 18 December 2020. Then the country went into a further lockdown and TSSS closed group activities.
- 2) Stroke Carers' and Family Support Service (see below)
- 3) To work closely with the medical health professionals (doctors, occupational therapists, physiotherapists, speech and language therapists etc.) statutory bodies and other local and regional organisations.
- 4) To work in compliance with the government's identification of Long Term Chronic conditions and long term, ongoing rehabilitation.
- 5) To work with the CCG to provide therapies and rehabilitation support and to transform the services for TSSS.

As part of its work and links with the medical profession, the Charity is still currently involved with:

- 1) the Early Supported Discharge service, where some people who are discharged early are rehabilitated at home rather than in hospital to achieve better results. Also provided, 6 months after a stroke, is a visit to assess current status and identify any problems or issues (a post stroke visiting service).
- 2) the exercise class for post stroke survivors in conjunction with ACE (the Stroke Exercise Group).
- 3) ACE is currently under contract review, with contracts ending June 2021. Discussions with CCG continue.

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2021

Turning to details of specific activities:

Daily group activities

There is a daily focus on the use of information technology such as tablets, wifi etc. This is a direct result of our dealings with the University of Essex and the exchange of ideas with student placements who have been able to introduce a valuable new perspective.

The group activities permitted within the limitations of COVID 19, along with staff changes, as well as the new style therapy service were run from Monday to Wednesday within the Government restrictions of the 2020/2021 regulations.

The redesigned services focus on the following:

- Social Interaction
- Communication
- Art Therapy
- Exercise/Mobility
- Group Activities
- Team Sports
- Cognitive Therapeutic work

Stroke Carers' and Family Support Service

TSSS provides support to stroke survivors, carers and families affected by stroke. We provide comprehensive information and advice and respond to individual needs. Support is available by phone contact. Home visits have been suspended due to COVID 19. Referrals come from the wards at Colchester and Clacton hospitals, and the ESD Team with other health professionals referring to us on a regular basis or self-referrals.

The Service

Stroke survivors automatically have access to one or more of the groups offered at our Stroke Centre in Holland on Sea for people throughout Tendring. This not only improves and enhances the daily life of the stroke survivor but also offers much needed respite to the carer and reduces isolation for both. Promoting self-sufficiency and independence is also an important part of the Charity's work.

We provide the Stroke Unit, Kate Grant Ward and ESD team with information packs containing details of our services, stroke information, carer's guide and information relevant to the immediate situation. These are hopefully given to stroke patients and families by ward staff as a matter of course. On receipt of referrals, families are contacted by phone, during the pandemic by telephone support.

Carers' Group & Support Group Meeting

The carers' group continues to be a very successful way of providing carers with a much needed confidential and supportive space. However, during the pandemic this has been very limited support. We were able to offer a group/Xmas shopping event to carers so they could meet and this was vital during the pandemic. These sessions address the ongoing and detrimental problem of isolation and loneliness which can so readily impact on all aspects of their health. All carers on the Carers' Group list received a Carers' Newsletter and some carers use the phone link or email to keep in touch. Due to the fact that stroke and brain injury have an ongoing impact on carers' lives the continuing support offered by both groups is of the utmost importance to those affected by stroke or brain injury.

Primary and Secondary Stroke Prevention

One area of great concern for stroke survivors and carers is that of secondary stroke prevention. Time is spent advising and providing information of various kinds about secondary stroke prevention. Particular attention is paid to diet and blood pressure control, cholesterol levels, diabetes and smoking cessation. Exercise is also discussed as some stroke survivors are able to exercise in various ways.

Primary stroke prevention materials are also offered to other family members and friends as well as the wider community. Links with other health professionals have again been very important with regard to this aspect of our work.

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2021

Members of the public are able to call in at our centre for stroke prevention information and leaflets or have them posted on request. Outside information boards are also regularly updated with stroke prevention and health information. GP and dentist surgeries are sent updated posters and information.

ACHIEVEMENT AND PERFORMANCE

Daily group activities (For Tendring Residents)

This continues to be the hub of the service. During the year there was an average of 100 stroke survivors on the central register, and attendances of 400 individual sessions due to the pandemic. TSSS have made efforts to reduce the impact of isolation imposed by the Government during the pandemic by instigating welfare calls which numbered 660. The Service has evolved to being more centred around the individual.

Working with others

We continue to work to redesign our services to encourage younger stroke survivors and a wider range of people with various needs to attend for specific stroke rehabilitation.

Counselling Service

During the year there were 54 referrals for stroke survivors and in addition support was also provided to their carers and families.

FINANCIAL REVIEW

Financial review

The responsibility for core funding was taken over from the CCG by ACE from 1 April 2016. However, the CCG have reviewed all contracts with ACE, and are ending contracts June 2021. The CCG are inviting Expressions of Interest for the new bids. We are awaiting the results of our Expression of Interest.

There was a payment to support Dovercourt residents to attend our service from the Harwich Fellowship for the Sick.

The Charity benefits greatly from the commitment of its staff and volunteers. We should like to record our thanks to them all. However, due to the transformation of the service, we have taken time to look at relevant roles to take the organisation forward. TSSS entered into a consultation with staff and it was inevitable to make redundancies, with full payments and support given.

Reserves

The Charity holds reserves in line with the Charity Commissioners Guidelines to safeguard against:

- 1) unanticipated fluctuations in expenditure, donations and legacies
- 2) to cover periods of payment arrears from current funders
- 3) to have at least 9-12 months running costs on hand to pay staff and creditors
- 4) to fulfil existing obligations should funding cease.

Although the Charity has sufficient reserves to continue for the foreseeable future, the Charity remains partially funded. The reserves sit at £201,916.00. As a consequence the organisation is able to confidently forward plan, as well as explore other funds and cash generation.

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2021

FUTURE PLANS

The organisation will continue:

- 1) To work closely with clinical services to improve the stroke pathway for stroke survivors and their families.
- 2) To implement a suite of relevant rehabilitation activities, physio and support for stroke survivors and their families.
- 3) To continue active involvement with the Early Supported Discharge service. To increase referrals from Colchester Hospital post stroke.
- 4) TSSS to run relevant physio and exercise classes for stroke survivors.

The organisation will continue to advocate, support and empower Tendring stroke survivors, carers and families. We will continue to promote the needs of stroke survivors within the community.

There are still gaps in the service provided once acute care has finished. Stroke affects the entire family circle. TSSS have a vital future role to play here.

We shall continue to advocate for this group so that there can be "LIFE AFTER STROKE".

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

Tendring Specialist Stroke Services is a company limited by guarantee and governed by its Memorandum and Articles of association dated 4 March 1996 superseded May 2004. The Company changed its name from Clacton and District Stroke Association from 1 April 2010.

It was registered as a Charity with the Charity Commission in March 1996.

The charity's principal objects are the relief of sickness amongst persons who have suffered a stroke in particular by the provision of recreational and therapeutic activities with the object of improving the condition of life of such persons.

Organisational structure

The Board of Trustees currently consists of 5 members. They include a Doctor, an HR specialist and those with a broad range of other skills.

The Board meets quarterly setting general policy and future developments, approves budgets etc.

Staff meetings are held monthly covering staff and policy issues, and volunteer meetings are held quarterly. They provide an opportunity for staff/volunteers to raise and discuss any concerns and also for them to be kept informed of any developments, budget changes etc.

Staff and Volunteers are fully trained. The organisation is ISO 9001/PQASSO compliant levels 1 and 2/QMS international Quality Standard.

Induction and training of new trustees

Trustees are appointed by invitation.

Trustees receive induction, training and regular meetings with other trustees.

Prospective Trustees receive copies of the following Charity Commission Guideline booklets:

CC3A: The Essential Trustee - An introduction.

CC3: The Essential Trustee - What you need to know

Tendring Specialist Stroke Services

Report of the Trustees for the Year Ended 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have identified potential risks which the charity may face in relation to governance, management, operations and have implemented the appropriate systems and monitoring to mitigate these. There is a formal risk register in place that is reviewed by the Board at each meeting.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03167424 (Not specified/Other)

Registered Charity number

1054049

Registered office

85 Frinton Road
Holland-on-Sea
Clacton-on-Sea
Essex
CO15 5UH

Trustees

C Bird (Treasurer) (appointed 28.10.20)
Mrs W P Brown (Treasurer) Solicitor (resigned 28.10.20)
R Porter (Chairman) (resigned 28.10.20)
C Sargeant Local Government Officer (resigned 28.10.20)
Mrs S Ward Retired (resigned 28.10.20)
G N Duncan (appointed 28.10.20) (resigned 21.7.21)
Dr C A Street (appointed 28.10.20)
Doctor S Gordon (appointed 4.8.21)
Mrs J C F Pleass (appointed 4.8.21)

Independent Examiner

Finnigan & Co
37 Lower Brook Street
Ipswich
Suffolk
IP4 1AQ

Approved by order of the board of trustees on and signed on its behalf by:

.....
C Bird (Treasurer) - Trustee

**Independent Examiner's Report to the Trustees of
Tendring Specialist Stroke Services**

Independent examiner's report to the trustees of Tendring Specialist Stroke Services ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the 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.

Mr Peter David Finnigan
FCCA
Finnigan & Co
37 Lower Brook Street
Ipswich
Suffolk
IP4 1AQ

Date:

Tendring Specialist Stroke Services

Statement of Financial Activities for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	Endowment fund £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		94,264	425	-	94,689	43,160
Charitable activities						
Charitable activities		93,405	5,000	-	98,405	139,700
Other trading activities	2	1,724	-	-	1,724	10,167
Investment income	3	321	-	-	321	2,077
Total		189,714	5,425	-	195,139	195,104
EXPENDITURE ON						
Charitable activities						
Charitable activities		136,243	21,763	-	158,006	172,239
NET						
INCOME/(EXPENDITURE)						
		53,471	(16,338)	-	37,133	22,865
Transfers between funds	11	(15,640)	15,640	-	-	-
Net movement in funds		37,831	(698)	-	37,133	22,865
RECONCILIATION OF FUNDS						
Total funds brought forward		255,683	1,067	98,848	355,598	332,733
TOTAL FUNDS CARRIED FORWARD		293,514	369	98,848	392,731	355,598

The notes form part of these financial statements

Tendring Specialist Stroke Services

Balance Sheet 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	Endowment fund £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS						
Tangible assets	8	1,751	-	98,848	100,599	100,908
CURRENT ASSETS						
Debtors	9	-	-	-	-	1,531
Cash at bank and in hand		302,390	369	-	302,759	256,526
		<u>302,390</u>	<u>369</u>	<u>-</u>	<u>302,759</u>	<u>258,057</u>
CREDITORS						
Amounts falling due within one year	10	(10,627)	-	-	(10,627)	(3,367)
		<u>291,763</u>	<u>369</u>	<u>-</u>	<u>292,132</u>	<u>254,690</u>
NET CURRENT ASSETS						
		<u>293,514</u>	<u>369</u>	<u>98,848</u>	<u>392,731</u>	<u>355,598</u>
TOTAL ASSETS LESS CURRENT LIABILITIES						
		<u>293,514</u>	<u>369</u>	<u>98,848</u>	<u>392,731</u>	<u>355,598</u>
NET ASSETS						
		<u>293,514</u>	<u>369</u>	<u>98,848</u>	<u>392,731</u>	<u>355,598</u>
FUNDS						
Unrestricted funds	11				293,514	255,683
Restricted funds					369	1,067
Endowment funds					98,848	98,848
TOTAL FUNDS						
					<u>392,731</u>	<u>355,598</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Tendring Specialist Stroke Services

Balance Sheet - continued

31 March 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
C Bird (Treasurer) - Trustee

.....
C A Street - Trustee

The notes form part of these financial statements

**Notes to the Financial Statements
for the Year Ended 31 March 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- not provided
Fixtures and fittings	- 15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds are donations and other income received or generated for the objects of the charity without further specified purposes and are available as general funds.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which have to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes.

Endowment funds are funds that cannot be used as if they were income i.e. they cannot be used to make payments or grants to others.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

2. OTHER TRADING ACTIVITIES

	31.3.21	31.3.20
	£	£
Fundraising events	1,724	9,605
Training income	-	562
	<u>1,724</u>	<u>10,167</u>

3. INVESTMENT INCOME

	31.3.21	31.3.20
	£	£
Hall receipts	100	830
Deposit account interest	221	1,247
	<u>321</u>	<u>2,077</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	<u>309</u>	<u>364</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

6. STAFF COSTS

	31.3.21	31.3.20
	£	£
Wages and salaries	110,683	118,941
Social security costs	3,309	2,150
Other pension costs	-	152
	<u>113,992</u>	<u>121,243</u>

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Co ordinator	1	1
Support workers/other	4	5
	<u>5</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

Tendring Specialist Stroke Services

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Endowment fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	37,057	6,103	-	43,160
Charitable activities				
Charitable activities	129,700	10,000	-	139,700
Other trading activities	7,709	2,458	-	10,167
Investment income	2,077	-	-	2,077
Total	176,543	18,561	-	195,104
EXPENDITURE ON				
Charitable activities				
Charitable activities	150,650	21,589	-	172,239
NET INCOME/(EXPENDITURE)	25,893	(3,028)	-	22,865
RECONCILIATION OF FUNDS				
Total funds brought forward	229,790	4,095	98,848	332,733
TOTAL FUNDS CARRIED FORWARD	255,683	1,067	98,848	355,598

8. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2020 and 31 March 2021	98,848	14,401	113,249
DEPRECIATION			
At 1 April 2020	-	12,341	12,341
Charge for year	-	309	309
At 31 March 2021	-	12,650	12,650
NET BOOK VALUE			
At 31 March 2021	98,848	1,751	100,599
At 31 March 2020	98,848	2,060	100,908

Tendring Specialist Stroke Services

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Prepayments	-	1,531
	<u> </u>	<u> </u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Social security and other taxes	2,468	1,444
Other creditors	-	23
Net wages	6,259	-
Accrued expenses	1,900	1,900
	<u> </u>	<u> </u>
	<u>10,627</u>	<u>3,367</u>

11. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	168,583	48,507	(15,640)	201,450
Designated funds - young stroke survivors project	20,000	-	-	20,000
Designated funds - property maintenance reserve	20,000	-	-	20,000
CIF	5,400	-	-	5,400
The Lions	1,700	-	-	1,700
TCVS	40,000	2,000	-	42,000
ECF	-	2,964	-	2,964
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	255,683	53,471	(15,640)	293,514
Restricted funds				
The Harwich Fellowship for the Sick	698	(16,338)	15,640	-
Catalyst Care: Carers Grant	369	-	-	369
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
	1,067	(16,338)	15,640	369
Endowment funds				
Endowment funds	98,848	-	-	98,848
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>355,598</u>	<u>37,133</u>	<u>-</u>	<u>392,731</u>

Tendring Specialist Stroke Services

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2021**

11. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	184,750	(136,243)	48,507
TCVS	2,000	-	2,000
ECF	2,964	-	2,964
	<u>189,714</u>	<u>(136,243)</u>	<u>53,471</u>
Restricted funds			
The Harwich Fellowship for the Sick	5,425	(21,763)	(16,338)
	<u>195,139</u>	<u>(158,006)</u>	<u>37,133</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	189,790	(21,207)	168,583
Designated funds - young stroke survivors project	20,000	-	20,000
Designated funds - property maintenance reserve	20,000	-	20,000
CIF	-	5,400	5,400
The Lions	-	1,700	1,700
TCVS	-	40,000	40,000
	<u>229,790</u>	<u>25,893</u>	<u>255,683</u>
Restricted funds			
The Harwich Fellowship for the Sick	3,616	(2,918)	698
Catalyst Care: Carers Grant	479	(110)	369
	<u>4,095</u>	<u>(3,028)</u>	<u>1,067</u>
Endowment funds			
Endowment funds	98,848	-	98,848
	<u>332,733</u>	<u>22,865</u>	<u>355,598</u>

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

11. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	128,443	(149,650)	(21,207)
CIF	5,400	-	5,400
The Lions	1,700	-	1,700
TCVS	41,000	(1,000)	40,000
	<u>176,543</u>	<u>(150,650)</u>	<u>25,893</u>
Restricted funds			
The Harwich Fellowship for the Sick	18,561	(21,479)	(2,918)
Catalyst Care: Carers Grant	-	(110)	(110)
	<u>18,561</u>	<u>(21,589)</u>	<u>(3,028)</u>
TOTAL FUNDS	<u><u>195,104</u></u>	<u><u>(172,239)</u></u>	<u><u>22,865</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	189,790	27,300	(15,640)	201,450
Designated funds - young stroke survivors project	20,000	-	-	20,000
Designated funds - property maintenance reserve	20,000	-	-	20,000
CIF	-	5,400	-	5,400
The Lions	-	1,700	-	1,700
TCVS	-	42,000	-	42,000
ECF	-	2,964	-	2,964
	<u>229,790</u>	<u>79,364</u>	<u>(15,640)</u>	<u>293,514</u>
Restricted funds				
The Harwich Fellowship for the Sick	3,616	(19,256)	15,640	-
Catalyst Care: Carers Grant	479	(110)	-	369
	<u>4,095</u>	<u>(19,366)</u>	<u>15,640</u>	<u>369</u>
Endowment funds				
Endowment funds	98,848	-	-	98,848
	<u>98,848</u>	<u>-</u>	<u>-</u>	<u>98,848</u>
TOTAL FUNDS	<u><u>332,733</u></u>	<u><u>59,998</u></u>	<u><u>-</u></u>	<u><u>392,731</u></u>

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	313,193	(285,893)	27,300
CIF	5,400	-	5,400
The Lions	1,700	-	1,700
TCVS	43,000	(1,000)	42,000
ECF	2,964	-	2,964
	<u>366,257</u>	<u>(286,893)</u>	<u>79,364</u>
Restricted funds			
The Harwich Fellowship for the Sick	23,986	(43,242)	(19,256)
Catalyst Care: Carers Grant	-	(110)	(110)
	<u>23,986</u>	<u>(43,352)</u>	<u>(19,366)</u>
TOTAL FUNDS	<u>390,243</u>	<u>(330,245)</u>	<u>59,998</u>

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

13. PURPOSE OF FUNDS

Unrestricted funds

General funds - to cover running costs in the event of reduced funding. The trustees aim to have at least 12 months' worth of running costs in reserves.

The trustees have maintained the designation of £20,000 towards the young stroke survivors project, as well as maintaining £20,000 towards property maintenance and repair.

Restricted funds

The Harwich Fellowship for the Sick provide funding for Harwich/Dovercourt stroke survivors operated on a similar basis to the existing service.

Endowment funds

This is represented by the Charity's freehold property, 85 Frinton Road, Holland on Sea, Essex.

Tendring Specialist Stroke Services

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

14. COMPANY LIMITED BY GUARANTEE

The company is limited by guarantee and therefore has no share capital. The liability of the Trustees in the event of Tendring Specialist Stroke Services being wound up is limited to a sum not exceeding £1.

Tendring Specialist Stroke Services

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	93,406	7,031
Subscriptions	-	212
Attendees transport contributions	-	560
Attendance fees	1,283	35,357
	<u>94,689</u>	<u>43,160</u>
Other trading activities		
Fundraising events	1,724	9,605
Training income	-	562
	<u>1,724</u>	<u>10,167</u>
Investment income		
Hall receipts	100	830
Deposit account interest	221	1,247
	<u>321</u>	<u>2,077</u>
Charitable activities		
Grants	98,405	139,700
	<u>98,405</u>	<u>139,700</u>
Total incoming resources	<u>195,139</u>	<u>195,104</u>
EXPENDITURE		
Charitable activities		
Wages	110,683	118,941
Social security	3,309	2,150
Pensions	-	152
Rent, rates and water	479	1,506
Insurance	6,033	4,832
Light and heat	2,196	3,264
Telephone	1,039	684
Postage and stationery	2,560	3,280
Advertising	1,743	1,569
Provision for meals	641	6,539
Repairs & maintenance	8,355	4,588
Travel expenses	-	1,725
Computer & website costs	2,826	2,453
Staff training	-	1,662
Cost of respite breaks	-	291
Counselling	14,300	12,923
Cleaning materials	-	421
Miscellaneous	811	2,928
Carried forward	154,975	169,908

This page does not form part of the statutory financial statements

Tendring Specialist Stroke Services

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
Charitable activities		
Brought forward	154,975	169,908
Depreciation of tangible fixed assets	309	364
	<u>155,284</u>	<u>170,272</u>
Support costs		
Finance		
Bank charges	70	67
Governance costs		
Accountancy and legal fees	2,652	1,900
Total resources expended	<u>158,006</u>	<u>172,239</u>
Net income	<u><u>37,133</u></u>	<u><u>22,865</u></u>

This page does not form part of the statutory financial statements