

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

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for the Year Ended 31 March 2022**

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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

Tendring 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:

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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)		<u>(17,944)</u>	<u>(10,616)</u>	<u>-</u>	<u>(28,560)</u>	<u>37,133</u>
Transfers between funds	10	<u>(10,928)</u>	<u>10,928</u>	<u>-</u>	<u>-</u>	<u>-</u>
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	10					
Unrestricted funds					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

3. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Hall receipts	-	100
Deposit account interest	86	221
	86	321

4. NET INCOME/(EXPENDITURE)

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

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	572	309

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	-
	104,536	113,992

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
	5	5

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

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

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>
TOTAL FUNDS				

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
	133,714	(151,658)	(17,944)
Restricted funds			
The Harwich Fellowship for the Sick	-	(10,928)	(10,928)
Catalyst Healthcare Management	360	(48)	312
	360	(10,976)	(10,616)
TOTAL FUNDS	134,074	(162,634)	(28,560)

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
	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
	1,067	(16,338)	15,640	369
Endowment funds				
Endowment funds	98,848	-	-	98,848
TOTAL FUNDS	355,598	37,133	-	392,731

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
	189,714	(136,243)	53,471
Restricted funds			
The Harwich Fellowship for the Sick	5,425	(21,763)	(16,338)
TOTAL FUNDS	<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
	255,683	35,527	(26,568)	264,642
Restricted funds				
The Harwich Fellowship for the Sick	698	(27,266)	26,568	-
Catalyst Care: Carers Grant	369	-	-	369
Catalyst Healthcare Management	-	312	-	312
	1,067	(26,954)	26,568	681
Endowment funds				
Endowment funds	98,848	-	-	98,848
TOTAL FUNDS	<u>355,598</u>	<u>8,573</u>	<u>-</u>	<u>364,171</u>

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>329,213</u>	<u>(320,640)</u>	<u>8,573</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.

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
Total incoming resources	<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

Tendring 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	162,634	158,006
Net (expenditure)/income	(28,560)	37,133

This page does not form part of the statutory financial statements