

Charity registration number 1080046

Company registration number 03910122 (England and Wales)

INTERACT STROKE SUPPORT
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2023

INTERACT STROKE SUPPORT

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

L Sowden
E J Hubbard
C E Smith
C J Ravenscroft
A McCormick
Dr A Rudd CBE
J McDonnell
Dr M Walker MBE
A Finch
C L Dorer
I Talbot OBE

(Appointed 6 November 2023)

Secretary

N Mahindru

Charity number

1080046

Company number

03910122

Registered office

8 Holyrood Street
London
SE1 2EL

INTERACT STROKE SUPPORT

CONTENTS

	Page
Trustees' report	1 - 5
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Notes to the financial statements	9 - 13

INTERACT STROKE SUPPORT

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 AUGUST 2023

The trustees present their annual report and financial statements for the year ended 31 August 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 Memorandum and Articles Incorporated 20 January 2000 as amended by special resolution(s) dated 10 October 2002 as amended, 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

The principal object of the Charity is to benefit the public by providing a live interactive reading service carried out by professional actors for stroke patients in hospitals, stroke clubs, and in their homes via a virtual delivery.

Mission Statement

To promote the recovery of stroke survivors through performance-based services which help improve quality of life and stimulate active participation in daily activities.

These services include live readings by professional actors face-to-face in hospitals or stroke clubs; readings offered at home by phone or online; and creative workshops developed and delivered within community settings.

Objectives for the year were:

- a) To deliver live readings back in our hospitals following national lockdowns
- b) To expand to Belfast
- c) To continue our interactive work entitled InterAct at Home.

Training and Development

Training continues to be crucial to our work, not only to maintain standards but also to keep our readers up to date on best practice developments.

We currently have 127 readers all of whom are professional actors. New readers serve a three-month probation, during which their suitability is assessed. Before being taken on permanently they are shadowed by the training team at least twice, and reports on their progress are sent to our office. They are expected to be familiar with our reading manual (which contains a wide variety of short stories, poetry and non-fiction) and our Long File (a selection of more difficult material for patients with longer concentration spans).

The administration of our work at our stroke clubs continues to be overseen by the Stroke Club Co-ordinator.

Public Benefit Disclosure

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

The activities of the Charity are available to patients on stroke wards in the hospitals and at the stroke clubs that we serve. We are also doing virtual readings both one to one and to stroke clubs using digital technology. The fundamental aim is to improve the quality of life of stroke patients.

INTERACT STROKE SUPPORT

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

Achievements and performance

Significant activities and achievements against objectives

The Charity operates from a new office at 8 Holyrood St London SE1 2EL, a few minutes from London Bridge station.

The charity spent the financial year restarting at the 19 hospitals we have traditionally served. Covid and national lockdowns meant that each hospital had its own protocols specific to them which we had to observe. Over the year the charity managed to finally restart at all our hospitals. Another issue we faced with such a long delay in our hospital practice, was a loss of many InterAct readers who had decided they no longer wished to work in the sensitive environment of a hospital setting. This meant we had to recruit and rebuild our hospital teams. Even though hospital work came back onstream during the year, we felt it appropriate to continue to pursue the online platform of InterAct at Home, where we can engage with stroke survivors irrespective of where they live. Spending on service delivery increased substantially in this financial year, bringing our award winning service back onstream following various interruptions beyond our control over the last few years.

Over the financial year, we delivered 442 virtual sessions, reaching 514 people either individually or via group sessions. A core group of 22 InterAct readers delivered this service.

In our hospitals, we delivered a total of, 1669 sessions and delivered 97 in person stroke club sessions over the year.

InterAct was again a chosen charity of the Chiswick Book Festival. This represents the last year the charity was part of the festival, having been a chosen charity for many years.

In May we were delighted to expand to Belfast, making InterAct a truly United Kingdom charity, opening at the Whiteabbey Hospital Belfast. This represents our 20th hospital.

We welcomed Charlotte Dorer, as a new trustee. She has a physio/psychology/neuroscience and marketing background and is currently working as a SQUIRE Officer (Stroke Quality Improvement for Rehabilitation) in the NHS East of England focussing on the implementation of the integrated community stroke service model.

We welcomed Katie McKenna as our new office Administrator and welcomed Catherine Taylor as our new Community liaison officer, both working part time at the office.

Prior to 2020, InterAct was partnering with organisations to promote the creativity of stroke survivors post-hospital discharge, in the community. Previous partners included Leonard Cheshire Disability and The Stroke Association, so in Spring 2023 we were thrilled to re-visit our community-based projects, this time with British Home in Streatham. We ran in-person workshops over 10 weeks engaging our actors to facilitate a space in which stroke survivors could showcase their own creativity. Our team of actors encouraged the creativity of the group which culminated in both a literature and drama project. This was our first community project post-lockdown and we hope to be creating more of these going forward.

Style For Stroke supported InterAct Stroke Support with the 'Jumpers for Joy!' collection designed by Style For Stroke founder Nick Ede and Fund Jumpers.

We also launched our 9th Short Story Competition this year with a deadline for entries of December 2023.

Funding

The main sources of funding are by way of grants and donations from trusts, foundations, companies and private individuals. The Charity's Chief Executive, Fundraiser and the Ambassadors are primarily responsible for raising funds, and do so, wherever possible on a multi year basis. InterAct is most grateful to all its supporters for the financial assistance provided during the year, without which the service would be unable to operate.

INTERACT STROKE SUPPORT

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

FOR THE YEAR ENDED 31 AUGUST 2023

Particular thanks are given to:

Basil Samuel Charitable Trust
Banham Foundation
Bristol Mason's Charity
Charlotte Bonham Carter Charitable Trust
Chiswick Book Festival
City Bridge Trust
Community Foundation for Wales
Dorothy Holmes Charitable
D'Oyly Carte Charitable Trust
Equity Charitable Trust
Eveson Trust
Friends of Charing Cross Hospital
Friends of Chelsea & Westminster Hospital
Friends of Guy's & St Thomas' Hospital
Friends of Royal London Hospital
Hasluck Charitable Trust
Hugh Fraser Foundation
John & Ruth Howard Charitable Trust
John James Bristol Foundation
John S Cohen Charitable Foundation
Kelton Charitable Trust
King's College Hospital - Stroke Fund
Katie Bradford Arts Trust
League of Friends of Edgware Community Hospital
London Catalyst
Manchester & Salford Medical Charities Fund
Manchester University Hospital Foundation Trust
Masonic Charitable Foundation
Maureen Boal Charitable Trust
May Gibson Charitable Trust
Newcastle Hospitals Charity
Simon Gibson Charitable Trust
Sir James Knott Trust
Sir Jules Thorn Charitable Trust
St Andrews/Holborn Stafford Charity
Stafford Trust
Stanley Grundy Foundation
Strand Parishes Trust
Tezmae Charitable Trust
The Tompkins Foundation
Wogen Anniversary Trust
Wyseliot Rose Charitable Trust
Jeremy Sykes
Nick Ede

Plans for the Future

Plans for the coming year include: -

- a) To sustain the in-person hospital and stroke club work.
- b) To explore the possibility of clinical research on our work.
- c) To develop further community-based projects with stroke survivors.
- d) To look at alternative funding models including Lottery funding.
- e) To develop a far more active social media presence.

INTERACT STROKE SUPPORT

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

Financial review

The results for the year are set out in the Statement of Financial Activities and the Balance Sheet. There was a deficit for the year of £50,046 (2022: surplus of £6,957). The total income of £184,008 was £33,432 higher than the prior year (2022: £150,576). Total expenditure was £234,054; £90,435 higher than the previous year (2022: £143,619). In light of the current economic uncertainty the Trustees will continue to keep income and expenditure under careful review.

Reserves policy

The Trustees have examined the Charity's requirements for reserves in the light of risks faced by it. They aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the Charity's current activities while consideration is given to ways in which additional funds may be raised.

This level of reserves has been maintained throughout the year. The actual level of unrestricted reserves at 31 August 2023 was £112,312 (2022: £153,463) against unrestricted expenditure for the year of £126,696 (2022: £79,256).

Structure, governance and management

The Charity is a company limited by guarantee incorporated on 20 January 2000 governed by its Memorandum and Articles of Association as amended.

The governing body comprises the Trustees who are also directors of the Company. In accordance with the Articles of Association of the Company one third of the Trustees retire from office each year and if their number is not three or a multiple of three the nearest to one third retire. Retiring Trustees are eligible for re-election.

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:

L Sowden
E J Hubbard
C E Smith
C J Ravenscroft
A McCormick
Dr A Rudd CBE
J McDonnell
Dr M Walker MBE
A Finch
C L Dorer
I Talbot OBE
E P Kidd
W J Sykes
J N Fergus

(Appointed 6 November 2023)

(Resigned 8 March 2023)

(Resigned 8 October 2022)

(Resigned 12 January 2023)

Recruitment and appointment of trustees

The Charity's elected Trustees are appointed at a meeting of the Board of Trustees on the basis of nominations received from one or more Trustees, whose recommendations for eligibility are based on relevant attributes including personal competence, specialist skills and availability. New Trustees are provided with copies of the Charity Commission Guidelines on Trustee Responsibilities, the Charity's governing document, the last Annual Report and Accounts and other important information. All Trustees have a sufficient understanding of the Charity's activities and resources to enable them to fulfil their responsibilities properly.

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.

INTERACT STROKE SUPPORT

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

FOR THE YEAR ENDED 31 AUGUST 2023

Management, officers and Ambassadors

The Trustees as directors of the Company and Trustees of the Charity are legally responsible for the overall management of the Charity. Day to day management and general policy determination is delegated to the Chief Executive.

The Trustees meet at least four times a year and are supported by Ambassadors. The Ambassadors' principal roles are to fundraise and promote the activities of the Charity. Both the Trustees and the Ambassadors are made up of persons having diverse but relevant skills to meet the needs of the Charity. Meetings of the Trustees are attended by the Chief Executive.

Risk management

The Trustees regularly review all areas of risk, including financial, to which the Charity is exposed. Where appropriate, systems have been established to mitigate those risks.

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



I Talbot OBE

Trustee

Date: 11/4/24

INTERACT STROKE SUPPORT

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF INTERACT STROKE SUPPORT

I report to the trustees on my examination of the financial statements of InterAct Stroke Support (the Charity) for the year ended 31 August 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 myself 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, I report in respect of my examination of the Charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed all the applicable 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 that in any material respect:

- 1 the financial statements do not accord with those records; or
- 2 accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; 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).

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 financial statements to be reached.



Stephen B McAlpine BA(Econ) FCA
SBM Associates Limited, trading as SBM & Co
24 Wandsworth Road
London
SW8 2JW

Dated: 11 April 2024

INTERACT STROKE SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 AUGUST 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Notes							
Income and endowments from:							
Donations and legacies	3	81,317	98,463	179,780	83,560	64,963	148,523
Other income	4	4,228	-	4,228	2,053	-	2,053
Total income		85,545	98,463	184,008	85,613	64,963	150,576
Expenditure on:							
Raising funds	5	30,177	4,937	35,114	22,352	4,861	27,213
Charitable activities	6	96,519	102,421	198,940	56,904	59,502	116,406
Total expenditure		126,696	107,358	234,054	79,256	64,363	143,619
Net income/(expenditure) and movement in funds		(41,151)	(8,895)	(50,046)	6,357	600	6,957
Reconciliation of funds:							
Fund balances at 1 September 2022		153,463	79,671	233,134	147,106	79,071	226,177
Fund balances at 31 August 2023		112,312	70,776	183,088	153,463	79,671	233,134

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

INTERACT STROKE SUPPORT

BALANCE SHEET

AS AT 31 AUGUST 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Cash at bank and in hand		194,138		236,061	
Creditors: amounts falling due within one year	10	11,048		2,926	
Net current assets			183,088		233,134
The funds of the Charity					
Restricted income funds	11	70,776		79,671	
Unrestricted funds		112,312		153,463	
			183,088		233,134


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 August 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 3/4/24



I Talbot OBE
Trustee

Company registration number 03910122 (England and Wales)

INTERACT STROKE SUPPORT

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2023

1 Accounting policies

Charity information

InterAct Stroke Support is a private company limited by guarantee incorporated in England and Wales. The registered office is 8 Holyrood Street, London, SE1 2EL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's Memorandum and Articles Incorporated 20 January 2000 as amended by special resolution(s) dated 10 October 2002 as amended by certificate of incorporation on change of name dated 06 June 2014, 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. 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 or grantors 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.

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.

INTERACT STROKE SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 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 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.

The charity operates a defined contribution pension scheme. Contributions payable to the pension scheme are charged to the Statement of Activities in the period to which they relate

1.7 Tangible Fixed Assets

Assets costing less than £1,000 are not capitalised.

2 Critical accounting estimates and judgements

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

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

3 Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts	81,317	98,463	179,780	83,560	64,963	148,523

INTERACT STROKE SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

4 Other income

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Reading	2,030	1,880
Interest	2,198	173
	<u>4,228</u>	<u>2,053</u>

5 Expenditure on raising funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fundraising						
Fundraising fees and staff costs	30,177	4,937	35,114	22,352	4,861	27,213
	<u>30,177</u>	<u>4,937</u>	<u>35,114</u>	<u>22,352</u>	<u>4,861</u>	<u>27,213</u>

6 Expenditure on charitable activities

	Direct and Governance Costs 2023 £	Direct and Governance Costs 2022 £
Direct costs		
Staff costs	37,345	36,111
Actor costs	108,362	29,112
Stroke Club Actors Cost's	5,978	4,513
Office Administrator Fees	20,174	20,228
Office and Administration costs	14,945	15,644
General expenses	2,245	5,698
Community Liaison Officer Fees	9,891	5,100
	<u>198,940</u>	<u>116,406</u>
Analysis by fund		
Unrestricted funds	96,519	56,904
Restricted funds	102,421	59,502
	<u>198,940</u>	<u>116,406</u>

INTERACT STROKE SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

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:

	2023 Number	2022 Number
	1	1
	<u>1</u>	<u>1</u>
Employment costs	2023 £	2022 £
Wages and salaries	46,681	45,139
	<u>46,681</u>	<u>45,139</u>

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

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	11,048	2,926
	<u>11,048</u>	<u>2,926</u>

11 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants to be used at specific hospitals and stroke clubs.

	At 1 September 2022 £	Incoming resources £	Resources expended £	At 31 August 2023 £
	79,671	98,463	(107,358)	70,776
	<u>79,671</u>	<u>98,463</u>	<u>(107,358)</u>	<u>70,776</u>
Previous year:	At 1 September 2021 £	Incoming resources £	Resources expended £	At 31 August 2022 £
	79,071	64,963	(64,363)	79,671
	<u>79,071</u>	<u>64,963</u>	<u>(64,363)</u>	<u>79,671</u>

INTERACT STROKE SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 AUGUST 2023

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 September 2022 £	Incoming resources £	Resources expended £	At 31 August 2023 £
General funds	153,463	85,545	(126,696)	112,312
Previous year:	At 1 September 2021 £	Incoming resources £	Resources expended £	At 31 August 2022 £
General funds	147,106	85,613	(79,256)	153,463

13 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 August 2023 are represented by:			
Current assets/(liabilities)	112,312	70,776	183,088
	112,312	70,776	183,088
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 August 2022 are represented by:			
Current assets/(liabilities)	153,463	79,671	233,134
	153,463	79,671	233,134

14 Related party transactions

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