

Dudley Stroke Association



ANNUAL REPORT 2020 - 2021

Charity No.: 1100690

Company Limited by Guarantee No.: 04873607

16 High Street, Pensnett, Kingswinford, West Midlands DY6 7YD

Aims and Objectives

Our Vision

Our vision is a borough in which people that have had a stroke, their families and carers are supported, able to live fulfilled and independent lives, and people are aware of strokes, its effects, and preventions.

Our Mission

Dudley Stroke Association aims to provide high quality advice, guidance and support to people, carers and their families who have experienced a stroke and to raise awareness of strokes and stroke prevention in Dudley borough.

Our Values

Respect and Confidentiality – we will always treat others with respect and retain confidentiality

Commitment and Support – we are committed and supportive to the people who need our help

Access – we believe that people who have had a stroke, their families and their carers should have access to information and support

Equality and Diversity – we strive for equality of opportunity and value diversity

Governance

Board of Directors:

Alan Hackett	-	Chair
Graham Jones	-	Treasurer
Anne Adams	-	Company Secretary
Ann Cashmore		
Christine Charles		
David Tuplin		

Staff

Laura Martin	-	Manager
Roger Edwards	-	Development Officer/Long Term Support
Pauline Caines	-	Support/Stroke Reviews
Wendy Jackson	-	Support/Stroke Reviews
Lynne Evans	-	Support/Stroke Reviews
Cathy Watson	-	Support/Stroke Reviews
Gaynor Avison	-	Admin Officer
Chris Fradgley	-	Admin/ Long Term Support
Karen Walters	-	Long Term Support

Volunteers:

Neil Fulton
Brian Holliday

Chairman's Foreword

2020 was to be a year when, settled into new offices, we could begin to benefit from the experience and fresh perspective of our new Manager, Laura Martin. What we had not anticipated was a global pandemic which would bring serious restrictions on our stroke support operations and turn working practices on their head. Face to face support became impractical and even our new offices could not be properly utilised as 'working from home' became the new normal.

However, the updates to our IT arrangements executed in 2019-20 and the upgraded telephone and database systems installed during the move to new offices proved most fortuitous in enabling the path to remote working. Our staff as ever quickly adapted to the changes in working practice and stroke survivors became used to regular 'phone calls and zoom support groups.

Throughout the repeated imposing and easing of restrictions we continued to reassess and modify our support offering to best meet the needs of stroke survivors and their families in Dudley, so that recovery Reviews and information flow could continue unabated.

With more normal times on the horizon, we can get back to planning new ways to fulfil the needs of our ever-growing number of users.

I remain indebted to all our staff and the Trustees who have supported the Association without falter through trying times to ensure our objectives are met and good governance prevails.

Alan Hackett

Chairman

Current Year

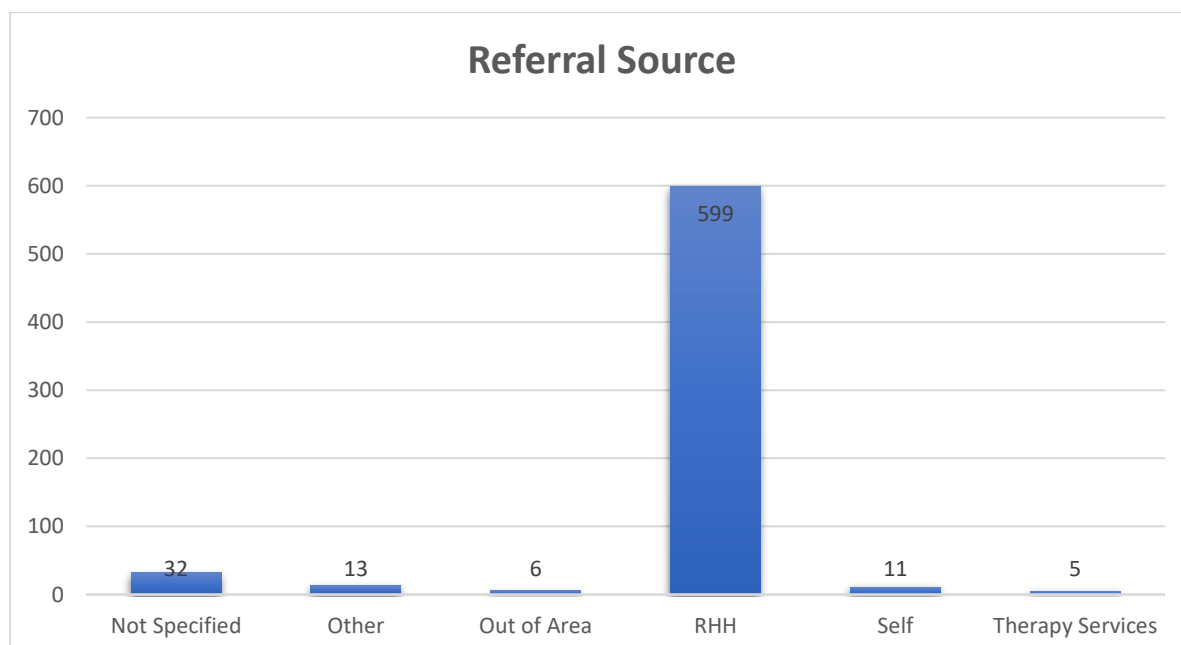
2020-2021 has been another busy year facing the challenges brought to us by COVID-19. All staff, trustees and volunteers have continued to work flexibly, and embraced the virtual world to offer a full service to meet the needs of those who access our support. Dudley Stroke Association have continued to provide high quality services that enhance the lives of people and families who have had a stroke. We passionately believe that **'life goes on after a stroke.'**

Family and Carer Support/Stroke Review service

Our Family and Carer support and stroke review service continued throughout 2020-2021 being funded by Dudley Integrated Health Care Trust (DIHC). Majority of our referrals are received from Russell's Hall Hospital. Every person admitted and diagnosed with stroke within a Dudley Hospital is referred to us. We receive twice weekly admission and discharge reports to ensure we receive all necessary referrals.

Due to COVID-19 we have been unable to visit the ward, all patients have been contacted within 14 days of discharge home, where our services have been discussed, including our review process and our support services. Where patients have been discharged to step down beds or alternative addresses letters have been sent to relatives to inform of our involvement.

666 people were referred to us in 2020-2021



On discharge people are contacted within 14 days to ensure that they have everything in place and any concerns can be raised. Following this for some it may be a weekly/bi-weekly

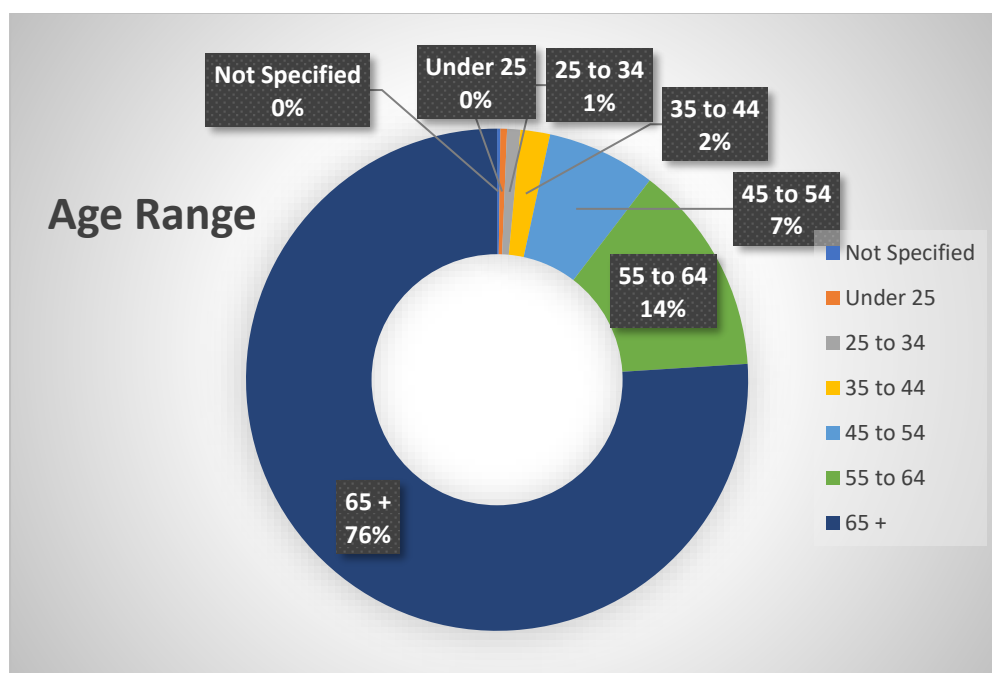
or monthly support call, sending out information, providing emotional support, or signposting to other organisations. Others will be happy to wait until their review is due, knowing we are only a telephone call away if their situation changes.

People who do not have a Dudley GP are also contacted and with their permission referred to their local support/stroke review service for ongoing support.

One of the key benefits of our stroke support service is our ability to be flexible to meet and respond to people's needs.

Age range of referrals with a Dudley GP

Stroke affects people of all ages, during 2020-2021 we had 471 people referred to us with a Dudley GP. Of these people the majority (358) were aged 65+, 2 people were under the age 25, 110 people were aged 25 to 64. Breakdown of age ranges is shown in the charts below.



Not Specified	1
Under 25	2
25 to 34	4
35 to 44	9
45 to 54	33
55 to 64	64
65 +	358

Stroke Reviews

Our Support Workers provide reviews for stroke survivors at 6 weeks following their discharge from hospital and then at 6 months and 12 months post stroke. Copies of reviews are sent to the stroke survivor along with their GP and carer where deemed appropriate.

We do not work on our own but have strong links to therapy and other services, enabling us to make referrals as appropriate to help with difficulties/problems identified.

6-week reviews conducted via the telephone (unless information indicates a home visit is required) ensure that stroke survivors have the appropriate information and services

required following their discharge and to see how they are progressing. 196 6 week reviews we completed during 2020-2021.

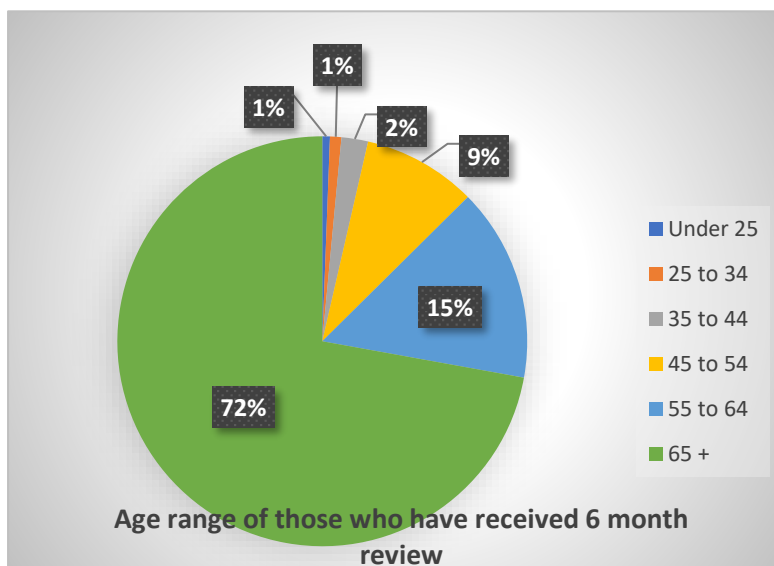
The Stroke Sentinal audit states all people are required to have a 6-month stroke review between 4 – 6 months post stroke, and we like other organisations are required to fill in data (non- identifiable, with their permission) stating it has been conducted and how the stroke has affected them. During 2020-2021 reviews were conducted via telephone unless it was deemed a home visit was necessary. The review looks at all aspects of their recovery, and during home visits includes taking their blood pressure.

During 2020-2021 336 6-month reviews were due. 330 were completed within the 4-8month time.

Ninety-eight percent of people received their review within the requisite period.

April 2020	May 2020	June 2020	July 2020	August 2020	September 2020	October 2020	November 2020	December 2020	January 2021	February 2021	March 2021
29	28	22	25	33	19	25	31	30	30	28	30
32	29	22	25	33	21	25	31	30	30	28	30
91%	97%	100%	100%	100%	90%	100%	100%	100%	100%	100%	100%

Age range of people receiving a 6-month stroke review with a Dudley GP



Age Range	
Under 25	2
25 to 34	3
35 to 44	7
45 to 54	30
55 to 64	51
65 +	241

12-month reviews take place over the telephone and enable our Support Workers to check how a stroke survivor has progressed from their 6-month review and to check if there are any new concerns. During 2020-2021 our team completed 87 12-month reviews.

Long Term Support

Stroke does not go away after 12 months, people may continue to improve for years, albeit at a slower rate, and we believe that **“Life does go on after a Stroke”**. Our group activities enable people to meet like-minded people, support each other and build up on skills, together with providing much needed support also to other family members (and friends) who are also living with the effects the stroke has had on their loved one.

This non-funded work provides a much-needed lifeline to many people.

During April 2020 – March 2021 our groups were suspended due to COVID-19. We embraced the virtual world and offered groups via the platform of zoom. Here we offered a weekly social catch up and a weekly exercise group. We supplemented our virtual offer alongside making regular contact via telephone and/or email and by sending regular postal activities including quizzes, newsletters.

Group Activities

Due to COVID-19 we were unable to deliver our usual group outline instead we offered virtual groups

These activities include:

Zoom zoom in the afternoon – a weekly virtual get together. A group for stroke survivors and carers to meet for a weekly chat, offer peer support, reduce social isolation, and offer a safe environment to discuss any concerns. On average 12 people attend the session each week, a total attendance during the year of 624

Virtual Exercise Class – a weekly group where gentle chair-based exercise is provided via a virtual platform. On average 6 people attend each week totalling 312 attendees through the year

We also held special events online to celebrate Christmas including a sing-along and Christmas quiz. We also held a special event to mark national stroke awareness day in October.

Public Health Self-Management Programme

This 6-week course funded by Public Health aims to improve quality of life by giving people confidence, skills, and information to help them manage their long-term condition or caring role better on a daily basis.

During the year we were able to offer the course virtually, we successfully completed one course where 5 people completed fully.

Rotary Stroke Awareness Day – Stourbridge

We were unable to take part in Rotary's stroke awareness day due to continued restrictions in relation to COVID-19. We maintained our close working relationship with Rotary and hope to be offering more stroke and health awareness days in the future.

Looking forward....

As we closed the end of this year, measures, and restrictions in relation to COVID-19 were lifting and we are looking forward to restarting our support groups, seeing people, and offering our support and services face-to-face whilst also embracing the virtual world and continuing our offer online groups. We carry some uncertainties still in relation to the pandemic and are fully aware we need to continue to adapt, change and be flexible to meet the needs of those who use our services.

Over the last 12 months people have expressed their appreciation of our work, some of the comments made include:

"it's reassuring that Dudley Stroke care about me."

"I was thankful that someone was interested in my well-being."

"Thank you all for your support during this time with COVID. It has been morale boosting."

"Thank you for the support shown by yourselves over the last 12 months following my Mums stroke".

"I am really grateful for all of Wendy's care, advice and help for several years now, for which I will always treasure. – I think you are doing amazing work for the group."

We thank the people for their kind comments and are certain that regardless of whatever challenges are thrown at us, we do know as an organisation that the welfare of people who have suffered a stroke and their families will continue to be at the centre of everything we do.

DUDLEY STROKE ASSOCIATION

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS**

FOR THE YEAR ENDED 31ST MARCH 2021

REGISTERED NUMBER: 04873607 (England and Wales)

REGISTERED CHARITY NO. 1100960

**DUDLEY STROKE ASSOCIATION
TRUSTEES REPORT
FOR THE YEAR ENDED 31ST 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 31st 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 102 (effective 1 January 2016).

OBJECTIVES AND ACTIVITIES

Dudley Stroke Association - a local independent charity - established in 1987 provides guidance, support and information to people who have suffered a stroke and their families/friends by various means, such as:

- the provision of information packs – free of charge
- people to visit - many of our volunteers are people who have themselves suffered a stroke or have experience of some-one who is affected by a stroke
- support groups
- listening to peoples worries and concerns, being a sympathetic ear.

In planning activities for the year, trustees pay due regard to the Charity Commission's guidance on public benefit.

ACHIEVEMENT AND PERFORMANCE

In the year under review, the charity reports a surplus of £34,956. The charity relies predominantly on donations to continue its core work and is extremely grateful to those who give so generously, whether by sponsored events, corporate donations, gifts or in memory of loved ones. The charity also benefitted from the various Covid-19 financial support schemes available.

The Trustees consider these results to be extremely satisfactory in the current climate.

FINANCIAL REVIEW

Reserves policy

The Trustees are concerned that the lack of core funding available from statutory bodies imposes evermore reliance on general donations. Funds available remain sufficient to permit the charity to continue in operation in the medium term, given continued support from donors. It is the trustees policy to ideally maintain a cash reserve equivalent to at least 6 months core expenditure to enable alternative funding sources to be obtained.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Recruitment and appointment of new trustees

Trustees can be appointed by the board should opportunities arise during the year.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**DUDLEY STROKE ASSOCIATION
TRUSTEES REPORT (Continued)
FOR THE YEAR ENDED 31ST MARCH 2021**

COVID-19

Due to the impact of the Covid-19 pandemic, from March 2020 face to face meetings and all group activities etc. were suspended in order to comply with social distancing guidelines. The company has continued to provide telephone support to its service users.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04873607 (England and Wales)

Registered Charity number

1100960

Registered office

16 High Street
Pensnett
Kingswinford
West Midlands
DY6 8XD

Trustees (during the year and to date)

Mrs A. Adams (secretary)
Mrs A. Cashmore
Mrs C. Charles
A. Hackett
G. Jones
M. Baggott – appt 6.12.21
D. Tuplin

Independent examiner

Dr R.J. Pickin
C/o Dudley CVS
7 Albion Street
Brierley Hill
West Midlands
DY5 3EE

Bankers

NatWest Bank PLC
Merry Hill Centre
Brierley Hill
West Midlands
DY1 1LW

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
Approved by order of the board of trustees on 6th December 2021 and signed on its behalf by:



G M Jones - Trustee



Section A

Independent Examiner's Report

Report to the
trustees/directors/
members of

Charity Name
DUDLEY STROKE ASSOCIATION

On accounts for the year
ended

31 MARCH 2021

Charity no.:

1100960

Company no.:

04873607

Set out on pages

6-9

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the charity trustees on my examination of the accounts of the Company for the year ended **31/03/2021**.

As the charity's trustees of the Company (who are also the directors of the company 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 for this year 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 material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

* Please delete the words in the brackets if they do not apply.

Signed:

R. J. Pickles

Date: 29/12/2021

Name: Dr Rebecca Pickin

Relevant professional
qualification(s) or body
(if any):

Address: C/o Dudley CVS

7 Albion Street, Brierley Hill

DY5 3EE

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of
any items that the
examiner wishes to
disclose.

DUDLEY STROKE ASSOCIATION – CHARITY NO. 1100960
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31ST MARCH 2021

	2021	2020
	£	£
INCOME		
Grants Received	121,058	131,886
Donations	18,608	24,388
Sundry Income	3,829	3,031
Group Meeting Contributions	-	4,398
Covid-19 Support	17,905	-
	<hr/>	<hr/>
TOTAL INCOME	161,400	163,703
	<hr/>	<hr/>
EXPENDITURE		
Salaries, NI & Pensions	97,555	100,354
Training	102	-
Travelling Expenses	96	863
Rent, Rates & Insurance	13,216	13,660
Light & Heat	988	1,739
Printing, Stationery, Advertising	1,111	12,294
Information/Literature	267	655
Telephone & Postage	4,047	2,684
Lease of Equipment	664	664
Repairs & Renewals	5,662	5,131
Professional Fees	2,192	2,182
Group Meeting Costs	20	6,529
Volunteers' Expenses	-	182
Sundry Expenses	524	798
Relocation Costs	-	17,405
	<hr/>	<hr/>
	126,444	165,140
	<hr/>	<hr/>
NET INCOME/-EXPENDITURE	34,956	-1,437
As at 31 st March 2020	63,278	64,715
	<hr/>	<hr/>
As at 31st March 2021	98,234	63,278
	<hr/>	<hr/>

DUDLEY STROKE ASSOCIATION
BALANCE SHEET
AS AT 31ST MARCH 2021

		2021		2020	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	3		-		-
Current assets					
Debtors and Prepayments	4	4,111		7,506	
Cash at bank and in hand		95,640		57,287	
		99,751		64,793	
Creditors: amounts falling due within one year	5	1,517		1,515	
Net current assets			98,234		63,278
Net assets			98,234		63,278
Funds	1				
Restricted funds		-		-	
Unrestricted funds					
General		98,234		63,278	
			98,234		63,278

Audit Exemption Statement

For the year ending 31st March 2021 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

ON BEHALF OF THE BOARD



G.M. Jones - DIRECTOR
6th December 2021

DUDLEY STROKE ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2021

1. Funds of the charity.

Unrestricted funds:

• **Grants:**

Dudley Clinical Commissioning Group: To provide one full time officer and part time administration officer to support families and carers of those affected by stroke.
Dudley Clinical Commissioning Group :To undertake 6 and 12 month stroke reviews.
Various minor single and Expert Patient Programme grants.

2. Accounting policies.

2.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Charities SORP (FRS102 (effective January 2016) and the Companies Act 2006.

2.2 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, as follows;

Office equipment	33 1/3 %	straight line basis
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Expenditure of less than £1,000 per item is not capitalised but is written off in the year in which it is incurred.

Assets purchased entirely with specific grants are not capitalised but are written off in the year of purchase and the grant reflected in income.

2.3 Deferred grant reserve

Grants received for periods exceeding the Charity's year end are credited to a deferred grant reserve account and released in line with the period to which the grant relates.

3. Tangible fixed assets

Office equipment:

Cost at 31 st March 2020	6,102	
Additions	-	
Cost at 31st March 2021	<hr/>	6,102
Depreciation at 31 st March 2020	6,102	
Charge for Year	-	
Depreciation at 31st March 2021	<hr/>	6,102
		<hr/>
Net Book Value 31st March 2021		-
		<hr/>

DUDLEY STROKE ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2021

4. Debtors

	2021	2020
	<u>£</u>	<u>£</u>
Prepayments	2,186	2,145
Other debtors	1,925	5,361
	<hr/>	<hr/>
	4,111	7,506
	<hr/>	<hr/>

5. Creditors – due within one year

Trade Creditors	1,517	1,515
	<hr/>	<hr/>



CHARITY COMMISSION
FOR ENGLAND AND WALES

**Independent examiner's report
on the accounts**

Section A

Independent Examiner's Report

**Report to the
trustees/directors/
members of**

DUDLEY STROKE ASSOCIATION

**On accounts for the year
ended**

31 MARCH 2021

Charity no.:

1100960

Company no.:

04873607

Set out on pages

6-9

(remember to include the page numbers of additional sheets)

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- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

* Please delete the words in the brackets if they do not apply.

Signed:

R. J. P. P. P.

Date: 29/12/2021

October 2018

Name: Dr Rebecca Pickin

Relevant professional
qualification(s) or body
(if any):

Address:

C/o Dudley CVS

7 Albion Street, Brerley Hill

DY5 3EE

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern
(see CC32. Independent examination of charity accounts: directions and
guidance for examiners)

Give here brief details of
any items that the
examiner wishes to
disclose