

Dudley Stroke Association



ANNUAL REPORT 2021 - 2022

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 keep 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
Mervyn Baggott	-	Vice 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 (left November 2021)
Pauline Caines	-	Family and Carer Support/Stroke Reviews (passed away February 2022)
Wendy Jackson	-	Family and Carer Support/Stroke Reviews
Lynne Evans	-	Support/Stroke Reviews
Cathy Watson	-	Support/Stroke Reviews (retired March 2022)
Gaynor Avison	-	Admin Officer
Chris Fradgley	-	Admin/ Long Term Support
Karen Walters	-	Zero Hours contract from December 2021

Volunteers:

Neil Fulton
Brian Holliday

Chairman's Foreword

2021-22 saw the persistent disruption to our normal working practices due to prolonged Covid restrictions and so we are indebted to the staff who have continued to adapt to dynamic conditions and maintained the level of support stroke survivors deserve.

Our Review service is invaluable in identifying progress and shortfalls in stroke recovery and facilitating appropriate interventions. This is so important to the stroke survivor and family who can often feel isolated after discharge from hospital care. By keeping their GP informed of the professional appraisal we undertake we ensure that they continue to get the medical assistance they are entitled to, following their life-changing event.

Unfortunately, we suffered the loss of two valued members of our staff with the retirement of Cathy after a lifetime in the caring profession, and the most distressing loss of Pauline. We miss them both but as ever the remaining team have filled the inevitable gaps to achieve our standard of service until replacement staff can be enlisted.

The Manager and Board of Directors continue to seek innovative ways to improve and enhance the already class-leading support we have for stroke survivors.

Current Year

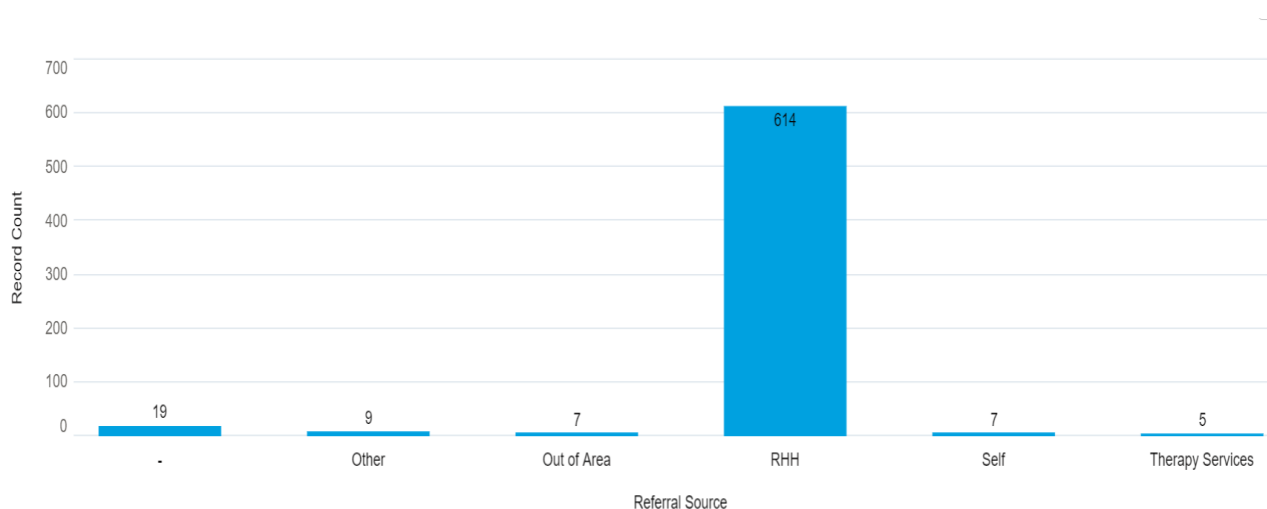
2021-2022 has been another busy year adapting to the new normal following from COVID-19 pandemic and restarting our groups services and supporting the team to readapt to working in the office after a lengthy period of working remotely. All staff, trustees and volunteers have continued to work flexibly, and embraced the changes to offer a full service to meet the needs of those who access our support. Dudley Stroke Association have continued to supply 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 2021-2022 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.

Ward visits restarted from September 2021, we aim to visit the ward at least once a week, being led by ward staff about COVID-19 and safety of visiting. We were unable to visit during December 2021 and January 2022. We were able to meet sixty patients on the ward to discuss our services and offer support prior to discharge home. All patients upon discharge 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.

661 people were referred to us in 2021-2022



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 calls, 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.

Through 2021-2022 8,399 support calls were completed.

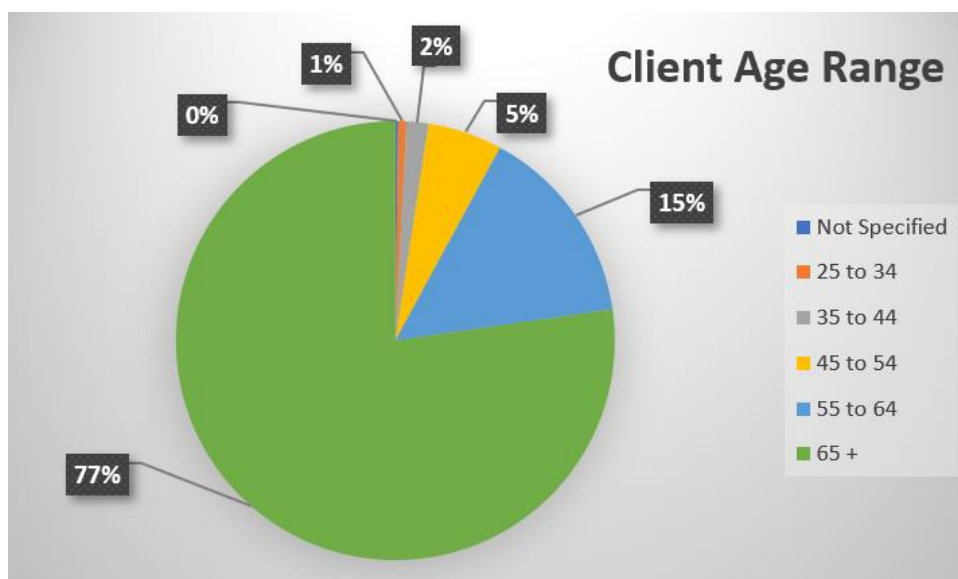
Well-being calls	5,409
Befriending calls	1,204
Emotional Support	1,786
Total	8,399

People who do not have a Dudley GP are also contacted within 14 days of discharge and with their permission referred to their local support/stroke review service for ongoing support. During 2021-2022 we received 172 referrals for patients who are registered with GP's out of area.

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 2021-2022 we had 493 people referred to us with a Dudley GP. Of these people the majority (381) were aged 65+, there were no people referred under the age 25, 111 people were aged 25 to 64. One person's age was not specified. Breakdown of age ranges is shown in the charts below.



Not Specified	1
25 to 34	3
35 to 44	8
45 to 54	27
55 to 64	73
65 +	381
Total	493

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 shows a home visit is needed) ensure that stroke survivors have the right information and services required following their discharge and to see how they are progressing. **184** 6-week reviews we completed during 2021-2022.

The Stroke Sentinel audit states all people must have a 6-month stroke review between 4 – 8 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 2021-2022 reviews were completed as home visits or conducted via telephone if this was deemed appropriate. The review looks at all aspects of their recovery, and during home visits includes taking their blood pressure.

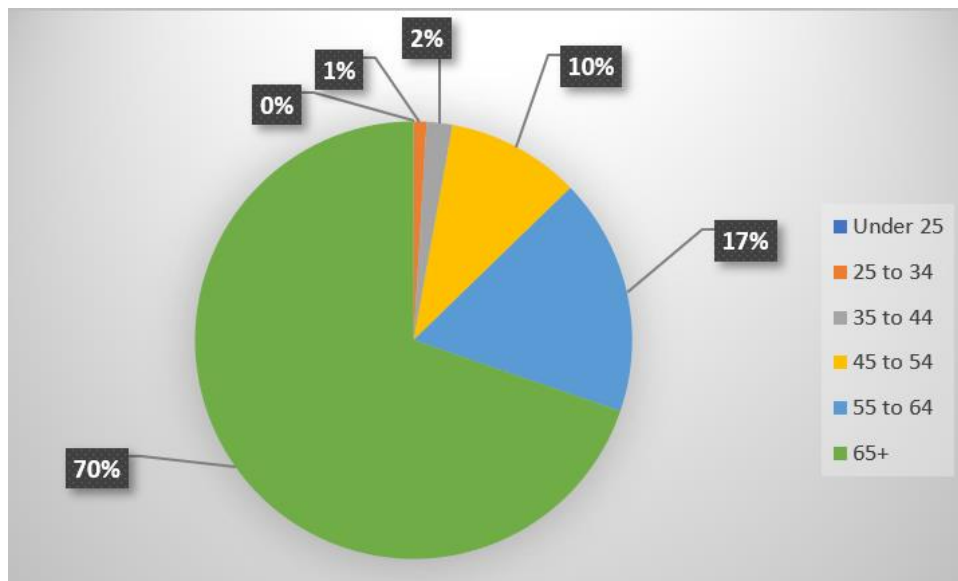
During 2021-2022 **337** 6-month reviews were due. **327** were completed within the 4-8month time.

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

April	May	June	July	August	September	October	November	December	January	February	March
2021	2021	2021	2021	2021	2021	2021	2021	2021	2022	2022	2022
28	22	29	26	24	36	26	35	22	36	20	23
28	22	29	26	24	37	27	37	24	36	20	27
100%	100%	100%	100%	100%	97%	96%	95%	92%	100%	100%	85%

We were affected upon by the loss of our colleague in February 2022, which unfortunately impacted upon our delivery of reviews in March 2022.

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



Age Range	
Under 25	0
25 to 34	3
35 to 44	6
45 to 54	31
55 to 64	55
65+	219

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 2021-2022 our team completed **167** 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 2021 – March 2022 our groups restarted following COVID-19. We also continued to embrace 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 also continued to offer regular contact via telephone and/or email and by sending regular postal activities including quizzes, newsletters.

Group Activities

These activities include:

Talk Back - a weekly support group for stroke survivors who have ongoing speech and communication difficulties working alongside speech and language therapists to provide a social atmosphere in which to build on individuals communication skills. On average eighteen people attend each week, totalling 936 attendees during the year.

Dell Exercise - weekly exercise group held at the Dell Stadium. Regular and focused exercise helps with physical rehabilitation and fitness reducing the risk of further episodes. Three sessions are held each week on a Tuesday to allow for safe distancing and for more tailored sessions. The third session is also streamed online via Zoom. On average seven people attend each group totalling 1,092 attendees through the year.

Family and Carer group - bi-weekly group meeting for tea, coffee, and a focus activity such as arts and crafts, seated exercise, sessions on benefits, IT use. On average twelve people attend each session, totalling 312 attendees during the year.

Lunch club - a monthly club to put into practice communication skills learnt at Talk Back and to support people in their local communities with re-building their confidence. The group also provide peer support to stroke survivors, their families, and carers in a relaxed and friendly pub environment. Twenty people on average attend the lunch group each month, totalling 240 attendees during the year.

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 six people attend the session each week, a total attendance during the year of 312

Virtual Exercise Class – a weekly group where gentle chair-based exercise is provided via a virtual platform. On average four people attend each week totalling 208 attendees through the year

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 one course face to face, seven people from twelve successfully completed the course. Unfortunately, funding for the self-management programme ended in February 2022.

Rotary Stroke Awareness Day – Stourbridge

There were no stroke awareness days held through Rotary due to changes of affiliation with the National Stroke Association. We keep our strong connections with the Rotary Club and hope to deliver stroke awareness days with them in the future.

Looking forward....

We closed the end of our year on a difficult note, losing valued members of our team due to retirement and the sad loss of Pauline Caines. Moving forward we look to build on the work our team has done, recruiting new members of staff to continue stroke reviews and support and a new role of Community Stroke Support and Review Officer to focus on the development and delivery of our group offer and to encourage new members to attend.

We look to focus on stroke awareness within the Borough and to raise our profile as a charity working within the community. Previous years have shown us that we need to continue to adapt, change and be flexible to meet the needs of those who access our services.

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

"We really enjoyed our visit for our review, it was nice to finally feel like we had someone who was actually listening to us."

"Dudley Stroke Association has been the only service to continue offering me support, I have really appreciated having regular contact."

"We had not been referred to anyone for support and our friends recommended we call Dudley Stroke Association after how well the team supported them. We are so thankful our friends shared your details; we have received such a good service and would recommend anyone affected by stroke to get in touch."

"I am so upset I could not complete the Self-Management Programme after I was readmitted to hospital. I was getting so much value from the course, and it was nice to meet like-minded people."

"Thank you for the support shown by yourselves over the last twelve months since Mum had her stroke."

We thank the people for their kind comments and are certain that regardless of whatever challenges are thrown at us, we 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. Life goes on after stroke, and we are here to help.

DUDLEY STROKE ASSOCIATION

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

FOR THE YEAR ENDED 31ST MARCH 2022

REGISTERED NUMBER: 04873607 (England and Wales)

REGISTERED CHARITY NO. 1100960

**DUDLEY STROKE ASSOCIATION
TRUSTEES REPORT
FOR THE YEAR ENDED 31ST 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 31st 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 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 £25,993. 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 2022**

COVID-19

During the year the company recommenced meetings and activities with due regard both to guidelines issued and the risks/benefits 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 (Decd 15th June 2022)

A. Hackett

G. Jones

M. Baggott

D. Tuplin

Ms D. Salt (Appt 14th November 2022)

A. Scrivens (Appt 14th November 2022)

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 14th November 2022 and signed on its behalf by:



G.M. Jones - Trustee

DUDLEY STROKE ASSOCIATION
REGISTERED CHARITY NO. 1100960

Independent Examiner's Report

I report on the attached accounts of Dudley Stroke Association for the year ended 31st March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (who are also 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").

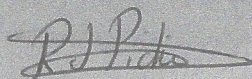
Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("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 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 (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.



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

14th November 2022

DUDLEY STROKE ASSOCIATION – CHARITY NO. 1100960
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31ST MARCH 2022

	2022	2021
	£	£
INCOME		
Grants Received	122,317	121,058
Donations	44,238	18,608
Sundry Income	4,000	3,829
Group Meeting Contributions	2,102	-
Covid-19 Support	2,051	17,905
	<hr/>	<hr/>
TOTAL INCOME	174,708	161,400
	<hr/>	<hr/>
EXPENDITURE		
Salaries, NI & Pensions	111,378	97,555
Training	472	102
Travelling Expenses	37	96
Rent, Rates & Insurance	13,733	13,216
Light & Heat	837	988
Printing, Stationery, Advertising	2,438	1,111
Information/Literature	292	267
Telephone & Postage	4,056	4,047
Lease of Equipment	664	664
Repairs & Renewals	6,037	5,662
Professional Fees	4,485	2,192
Group Meeting Costs	3,222	20
Volunteers' Expenses	-	-
Sundry Expenses	1,041	524
Bank Charges	23	-
	<hr/>	<hr/>
	148,715	126,444
	<hr/>	<hr/>
NET INCOME/-EXPENDITURE	25,993	34,956
As at 31 st March 2021	98,234	63,278
	<hr/>	<hr/>
As at 31st March 2022	124,227	98,234
	<hr/>	<hr/>

DUDLEY STROKE ASSOCIATION
BALANCE SHEET
AS AT 31ST MARCH 2022

		2022		2021	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	3		-		-
Current assets					
Debtors and Prepayments	4	3,192		4,111	
Cash at bank and in hand		123,865		95,640	
		127,057		99,751	
Creditors: amounts falling due within one year	5	2,830		1,517	
Net current assets			124,227		98,234
Net assets			124,227		98,234
Funds	1				
Restricted funds		-		-	
Unrestricted funds					
General		124,227		98,234	
			124,227		98,234

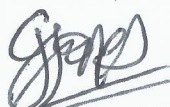
Audit Exemption Statement

For the year ending 31st March 2022 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
14th November 2022

DUDLEY STROKE ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2022

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 2021	6,102	
Additions	-	
Cost at 31st March 2022	<hr/>	6,102
Depreciation at 31 st March 2021	6,102	
Charge for Year	-	
Depreciation at 31st March 2022	<hr/>	6,102
Net Book Value 31st March 2022		<hr/> - <hr/>

DUDLEY STROKE ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2022

4. Debtors

	2022	2021
	£	£
Prepayments	2,192	2,186
Other debtors	1,000	1,925
	<hr/>	<hr/>
	3,192	4,111
	<hr/>	<hr/>

5. Creditors – due within one year

Trade Creditors	1,616	1,517
Other Creditors	1,214	-
	<hr/>	<hr/>
	2,830	1,517
	<hr/>	<hr/>

DUDLEY STROKE ASSOCIATION
REGISTERED CHARITY NO. 1100960

Independent Examiner's Report

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Responsibilities and basis of report

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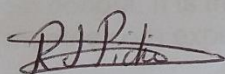
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14th November 2022