



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 26th January 2021
Period end date

Period start date To 25th January 2022

Charity name: Strides! (Leicester)

Charity registration number: 1140517

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To develop the capacity and skills of people in Leicester and Leicestershire who have suffered, are suffering or are recovering from mental health problems in such a way that they are better able to identify and help meet their needs, to participate fully in society, to gain confidence in their ability to influence decisions that affect them, to confront stigma and to challenge negative perceptions of mental illness.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Strides! is a user-led group which leads to greater empowerment, enhanced self esteem and to more active and effective citizenship. The main activities are educational and developmental. e.g. country walks, physical activities including outdoor games, visits to museums and places of worship, creative activities, cooking, visiting speakers and discussions. Normal activities were suspended during COVID Lock-down although those with access to Zoom joined in for a weekly chat and quiz. Other members were contacted weekly by WhatsApp or Text. The main programme resumed 30 th June.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Trustees confirm that they have complied with their duty to have due regard to the guidance published by the Charity Commission on public benefit when reviewing the Charity's aims and objectives and in planning future activities for the year.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	Funds are used for the provision and smooth running of the programme including fees for a contracted Administrator, travelling expenses for Volunteers, room rental and insurance cover.
Contribution made by volunteers	Para 1.38	5 Volunteers and 2 Member Volunteers facilitate the running of the programme and provide support for members as required.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The support provided by Strides! fills a huge gap in aftercare for people with mental health issues, and often prevents readmission to hospital thus helping to relieve pressure on Mental Health and Social services.</p> <p>Almost 50% of our Trustees are, or have been group members. Several members have gained confidence to take up Voluntary work or paid employment and one recently started up and runs a support group for alcoholics and substance misusers. Many members have enrolled on educational classes including a Catering Course leading to employment. During half term week and Summer recess the two Member Volunteers arrange for small groups of members to meet for social gatherings.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees must retire after 1 year in office. Any retiring Trustee who remains eligible may be reappointed.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Strides! (Leicester)
Other name the charity uses	Strides!
Registered charity number	1140517
Charity's principal address	Leicester Centre for Integrated Living West End Neighbourhood Centre Andrewes Street Leicester LE3 5PA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Doreen Watson	Chair		
2	Kerry Gray	Secretary		
3	Brian Moody	Treasurer		
4	Gabby Briner			
5	Annette Jonas			
6	Vanessa Rogers			
7	Kealey Tow			
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Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Trustees are satisfied the charity's financial position is adequate to continue to run the programme for the twelve month period starting 26.01.2022.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The Charities principal sources of income include grants, donations, fundraising such as sponsored walks, and voluntary weekly contributions by members.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Investment performance against objectives	Para 1.41	
Other		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	D. Watson	
Full name(s)	DOREEN WATSON	
Position (eg Secretary, Chair, etc)	Chair	
Date	14.9.22.	

STRIDES! (LEICESTER)

CIO

Registered Charity Number 1140517

STATEMENT OF FINANCIAL ACTIVITIES

Income & Expenditure

FOR THE PERIOD 26th January 2021

TO 25th January 2022

	Total	Unrestricted	Grant 1 Carlton Hayes	Grant 2 Forbes Fdn	Grant 3 Greggs Plc	Grant 4 Henry Smith	Grant 5 Leics Leics&Rutland	Grant 6 National Lottery	Grant 7 Yapp	Grant 8 Aula Foundation
c.o. from 2021 - 2022	9,798.71		206.01	1,587.88	400.13	5,862.41	15.00	1,499.37	227.91	
INCOMING RESOURCES										
Cash from members (Subs / Cont)	638.20									
Fundraising										
Donations (Bank)	715.00									200.00
Grants										
Bank Interest										
Other	13.60									
	1,366.80		206.01	1,587.88	400.13	5,862.41	15.00	1,499.37	227.91	200.00

Expenditure

Residential - Cash										
Resources - Cash	28.00			28.00						
Food - Cash										
Transport -Cash	13.00			13.00						
Accommodation - Cash										

STRIDES! (LEICESTER)

CIO

Registered Charity Number 1140518

STATEMENT OF FINANCIAL ACTIVITIES

Income & Expenditure

FOR THE PERIOD 26th January 2022

TO 25th January 2023

	Total	Unrestricted	Grant 1 Carlton Hayes	Grant 2 Forbes Fdn	Grant 3 Greggs Plc	Grant 4 Henry Smith	Grant 5 Leics Leics&Rutland	Grant 6 National Lottery	Grant 7 Yapp	Grant 8 Aula Foundation
c.o. from 2021 - 2023	3,526.33		-206.01	-491.4866667	-142.419153	-2086.6205	15.00	-533.67407	-81.1205	
INCOMING RESOURCES										
Cash from members (Subs / Cont)	639.20			1,172.81	291.62	4,272.60		1,892.76	366.10	100.00

Registered Charity Number 1140517

STATEMENT OF FINANCIAL ACTIVITIES

Balance Sheet

AS AT 25/1/22

FIXED ASSETS

Tangible Fixed Assets	
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CURRENT ASSETS

Prepayments	
Cash at Bank	20,999.16
Cash in Hand	68.13

Total Current Assets	21,067.29
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CREDITORS:

Accruals	
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NET CURRENT ASSETS	21,067.29
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NET ASSETS	21,067.29
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FUNDS OF THE CHARITY

Unrestricted Funds	0.00
Restricted Funds	0.00
	0.00

Bank Reconciliation

Opening balance (26/01/2021)	22,144.52	
Add:		
Fundraising		
Donations (bank)	715.00	
Grants		
Bank Interest		
Bank refunds		
Cash to bank	542.00	
	1,257.00	
	23,401.52	
Less:		
Bank Payments	2,402.36	
Cash withdrawn from bank	0.00	
	2,402.36	
Closing bank balance (25/01/2022)	20,999.16	should match the bank statement ✓
Bank Statement	20,999.16	

Cash Reconciliation

Opening balance (26/01/2021)	398.50	
Add:		
Cash Receipts	524.27	
Cash Donation	113.93	
Other	13.60	
	651.80	
	850.30	
Less:		
Cash Payments	199.17	
Cash banked	542.00	
Cash Exps	41.00	
	782.17	
Closing cash balance (25/01/2022)	68.13	should match cash in hand ✓
Petty Cash Book	68.13	