



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 26th January 2022
To 25th January 2023

Period start date
Period end date

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.
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	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. 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 started up and runs a support group for alcoholics and substance misusers. Many members enrolled on educational classes. During half term week and Summer recess the two Member Volunteers arrange for small groups of members to meet for social gatherings.

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	
	Para 1.41	

Investment performance against objectives		
Other		

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 26.01.2023.
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		

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	Gabby Briner	Secretary	09.03.'22	
3	Brian Moody	Treasurer		
4	Kerry Gray	Secretary	Until 09.03.'22	
5	Annette Jonas			
6	Vanessa Rogers		Until 14.09.'22	
7	Kealey Tow		Until 07.12.'22	
8	Ami Brandford		14.09.'22	
9				
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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]

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)	DORGEN WATSON.	
Position (eg Secretary, Chair, etc)	Chair	
Date	6.9.23	

STRIDES! (LEICESTER)
CIO
Registered Charity Number 1140517
STATEMENT OF FINANCIAL ACTIVITIES
Income & Expenditure
FOR THE PERIOD 26th January 2022
TO 25th January 2023

	Total	Unrestricted	Grant 1	Grant 2 Forbes Fdn	Grant 3	Grant 4 Henry Smith	Grant 5 Leics Leics&Rutland	Grant 6 National Lottery	Grant 7 Yapp Foundation	Grant 8 Asda
c.o. from 2021-2022	7,343.13			482.48		5,082.41	15.00	1,499.37	163.87	100.00
INCOMING RESOURCES										
Cash from members (Subs / Cont)	1,180.24			-	-	-	-	-	-	-
Fundraising										
Donations (Bank)	444.77			-	-	-	-	-	-	-
Grants			-	-	-	-	-	-	-	-
Bank Interest	18.23									
	1,643.24			482.48		5,082.41	15.00	1,499.37	163.87	100.00
Expenditure										
Residential - Cash										
Resources - Cash										
Food - Cash	3.35									
Transport -Cash	27.90									
Events - Cash	412.20									
Other - cash										
Salary - Bank	745.75									
Payroll, CRB, Insurance, Audit - Bank	528.74									
Room hire - Bank	797.46									
Training - Bank	116.00									
Other - Bank										
Total Expenditure	2,631.40									
Net income/expenditure	- 988.16	-	-	482.48	-	5,082.41	15.00	1,499.37	163.87	100.00

STRIDES! (LEICESTER)
CIO
Registered Charity Number 1140517
STATEMENT OF FINANCIAL ACTIVITIES
Balance Sheet
AS AT 25/1/2023

FIXED ASSETS	
Tangible Fixed Assets	
CURRENT ASSETS	
Prepayments	
Cash at Bank	19,628.21
Cash in Hand	433.25
Total Current Assets	20,061.46
CREDITORS:	
Accruals	
NET CURRENT ASSETS	20,061.46
NET ASSETS	20,061.46
FUNDS OF THE CHARITY	
Unrestricted Funds	0.00
Restricted Funds	-988.16
	-988.16