

strides!

L e i c e s t e r

**Leicester Centre for Integrated Living, West End Neighbourhood Centre,
Andrewes Street, Leicester LE3 5PA (tel:07815848789)
email: matopos@me.com**

Trustees Annual Report for year ending 25th January 2024

Charity name : Strides! (Leicester)

Charity registration number : 1140517

Address of registered office: West End Neighbourhood Centre,
Andrewes Street, Leicester LE3 5PA

Telephone number : 07815848789

Email address : matopos@me.com

Trustees : Doreen Watson Chair

Brian Moody Treasurer

Gabby Briner Secretary

Ami Brandford

Annette Jonas

Kerry Gray

Our aims are:

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.

Activities:

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. Members plan the activities each term and volunteers facilitate them.

Strides! (Leicester) is a Registered Charity (Charity No 1140517)

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.

Achievements and performance:

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. 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.

Financial Review:

The Charities principal sources of income include grants, donations, fundraising such as sponsored walks, and voluntary weekly contributions by members.

The Trustees are satisfied the charity's financial position is adequate to continue to run the programme for the twelve month period starting 26.01.2025.

Structure, Governance and Management:

The charity is a CIO and is governed by its Constitution.

Trustees must retire after 1 year in office. Any retiring Trustee who remains eligible may be reappointed.

Declaration

I declare, in my capacity as Chair of the Board of Trustees that the Trustees have approved the Report and have authorised me to sign it on their behalf.

Name.....D. Watson..... Date.....4.9.24.....

STRIDES! (LEICESTER)**CIO****Registered Charity Number 1140517****STATEMENT OF FINANCIAL ACTIVITIES****Income & Expenditure****FOR THE PERIOD 26th January 2023****TO 25th January 2024**

	Total	Unrestricted	Grant 1	Grant 2	Grant 3	Grant 4	Grant 5	Grant 6	Grant 7	Grant 8
				Forbes Fdn		Henry Smith	Leics Leics&Rutland	National Lottery	Yapp Foundation	Asda
c.o. from 2023 - 2024	7,343.13			482.48		5082.41	15.00	1499.37	163.87	100.00
INCOMING RESOURCES										
Cash from members (Subs / Cont)	1,348.28			-	-	-	-	-	-	-
Fundraising	62.30									
Donations (Bank)	733.86									
Grants			-	-	-	-	-	-	-	-
Bank Interest	38.43									
	<u>2,182.87</u>		-	482.48	-	5,082.41	15.00	1,499.37	163.87	100.00
Expenditure										
Residential - Cash										
Resources - Cash	11.33									
Food - Cash	7.20									
Transport -Cash	9.00									
Events - Cash	505.10									
Other - cash										
Salary - Bank	817.09									
Payroll, CRB, Insurance, Bank Charges	530.47									
Room hire/Event Programme - Bank	2226.90									
Training - Bank										
Other - Bank										
Total Expenditure	<u>4107.09</u>									
Net income/expenditure	<u>-1924.22</u>	-	-	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 25/1/24**

FIXED ASSETS	
Tangible Fixed Assets	
CURRENT ASSETS	
Prepayments	
Cash at Bank	18,066.43
Cash in Hand	70.81
Total Current Assets	<u>18,137.24</u>
CREDITORS:	
Accruals	
NET CURRENT ASSETS	<u>18,137.24</u>
NET ASSETS	<u>18,137.24</u>
FUNDS OF THE CHARITY	
Unrestricted Funds	0.00
Restricted Funds	(1,924.22)
	<u>(1,924.22)</u>