

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 2025

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

 Craig Sale *Resigned 04.09.24*

 Trevor Warwick *Elected 04.09.24*

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

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

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.

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! (Leicester) 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 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.....10.09.'25.....

STRIDES! (LEICESTER)**CIO****Registered Charity Number 1140517****STATEMENT OF FINANCIAL ACTIVITIES****Income & Expenditure****FOR THE PERIOD 26th January 2024****TO 25th January 2025**

	Total	Unrestricted	Grant 2	Grant 4 Henry Smith	Grant 5 Leics Leics & Rutland	Grant 6 National Lottery	Grant 7 Yapp Foundation	Grant 8 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)	935.50		-	-	-	-	-	-
Fundraising	1,194.70							
Donations (Bank)	4,475.00							
Donations (Cash)	62.35							
Bank refund	36.29							
Grants	-		-	-	-	-	-	-
Bank Interest	257.62							
	<u>6,961.46</u>		<u>482.48</u>	<u>5,082.41</u>	<u>15.00</u>	<u>1,499.37</u>	<u>163.87</u>	<u>100.00</u>
Expenditure								
Residential - Cash								
Resources - Cash	26.00							
Food - Cash	1.30							
Transport -Cash	21.40							
Events - Cash	183.50							
Other - cash								
Salary - Bank	687.99							
Payroll, CRB, Insurance, Bank Charges	555.76							
Room hire/Event Programme - Bank	2983.98							
Training - Bank								
Other - Bank								
Total Expenditure	<u>4,459.93</u>							
Net income/expenditure	<u>2,501.53</u>	-	<u>482.48</u>	<u>5,082.41</u>	<u>15.00</u>	<u>1,499.37</u>	<u>163.87</u>	<u>100.00</u>

STRIDES! (LEICESTER)**CIO****Registered Charity Number 1140517****STATEMENT OF FINANCIAL ACTIVITIES****Balance Sheet****AS AT 25th January 2025**

FIXED ASSETS	
Tangible Fixed Assets	
CURRENT ASSETS	
Prepayments	
Cash at Bank Current Account	837.97
Cash at Bank Gold Account	19,737.29
Cash in Hand	
Total Current Assets	<u>20,575.26</u>
CREDITORS:	
Accruals	
NET CURRENT ASSETS	<u>20,575.26</u>
NET ASSETS	<u>20,575.26</u>
FUNDS OF THE CHARITY	
Unrestricted Funds	0.00
Restricted Funds	<u>2,501.53</u>
	<u>2,501.53</u>

Bank Reconciliation

Opening balance (26/01/2024)	18,066.43	
Add:		
Fundraising	1,194.70	
Donations (bank)	4,475.00	
Grants		
Bank Interest	257.62	
Bank refunds	36.29	
Cash to bank	772.95	
	<u>6,736.56</u>	
	24,802.99	
Less:		
Bank Payments	4,227.73	
Cash withdrawn from bank	0.00	
	<u>4,227.73</u>	
Closing bank balance (25/01/2025)	20,575.26	should match the bank statement
Bank Statement- Current Account	837.97	
Bank Statement- Gold Account	<u>19737.29</u>	
	20,575.26	

Cash Reconciliation

Opening balance (26/01/2024)	70.81	
Add:		
Cash Receipts	935.50	
Cash Donations	62.35	
	<u>997.85</u>	
	1,068.66	
Less:		
Cash Payments		
Cash banked	772.95	
Cash Exps	232.20	
	<u>1,005.15</u>	
Closing cash balance (25/01/2025)	63.51	should match cash in hand
Petty Cash Book	63.51	