

# NORWICH STROKE SURVIVORS' CLUB

England & Wales · Charity number 1154574

## Details

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**Other names** NSSC

**Status** Registered

**Legal form** CIO

**Registered** 2013-11-13

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 6 Seppings Way  
Thorpe End  
Norwich  
NR13 5DF

**Phone** 01603432680

**Email** [info@norwichssc.co.uk](mailto:info@norwichssc.co.uk)

**Website** [www.norwichssc.co.uk](http://www.norwichssc.co.uk)

## Activities

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**Objects:** TO PROMOTE THE PHYSICAL AND MENTAL HEALTH OF SURVIVORS OF STROKES, BOTH CLOT AND HAEMORRAGE TYPE, THROUGH THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICE FROM OTHER STROKE SURVIVORS.

**Activities:** Provide support, including aphasia training where required, to stroke victims and their carers.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

## Geography

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- Norfolk

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£9,115	£5,925	-	-
2024-03-31	£5,488	£5,831	-	-
2023-03-31	£3,663	£6,588	-	-
2022-03-31	£2,179	£3,285	-	-
2021-03-31	£0	£0	-	-

## Trustees

Name	Role	Appointed
DAVID ORR	Chair	2013-10-31
CAROLE LIMMER		2013-10-31
MICHAEL LOVELOCK		2013-10-31

**NORWICH STROKE SURVIVORS' CLUB**

England & Wales - Charity number 1154574

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# Accounts

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**Norwich Stroke Survivors' Club**

**Accounts for the year ended 31 March 2025**

**Registered Charity Number : 1154574**

**Norwich Stroke Survivors' Club**

**Content of the Accounts**

for the year ended 31 March 2025

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# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	April	2024	<b>To</b>	31	March	2025

## Section A Reference and administration details

**Charity name** Norwich Stroke Survivors Club

**Other names charity is known by**

**Registered charity number (if any)** 1154574

**Charity's principal address** 6 Seppings Way

Thorpe End

Norwich

**Postcode** NR13 5DF

### 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	David Orr	Chair		
2	Carole Limmer	Treasurer		
3	Michael Lovelock	Secretary	Resigned 16/09/2025	
4	Nicola Croft	Secretary	Appointed 16/09/2025	
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19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Argent's Accountants Limited	15 Palace Street, Norwich, Norfolk, NR3 1RT

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Trust deed
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed as circumstances dictate and are elected by members at the AGM

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

To Promote the physical and mental health of survivors of strokes, both clot and haemorrhage type, through the provision of support, education and practical advice from other stroke survivors.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

In planning our activities for the year trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The main activities of the club to provide social and physical support to stroke survivors are largely undertaken and carried out at weekly term time meetings, where members get to;

- take part in various social activities
- use the services of a physiotherapist, speech therapist, yoga and exercise tutors
- get support and friendship as a stroke survivor together with their families and friends

The club arranges subsidised transport to help those who live within the city limits attend.

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

The past year has seen us following our normal activities. We are grateful for the services of Christian Simonsen as Physiotherapist, Neill Coull as Speech Therapist, Sophie Crosley as Exercise Tutor and Caroline Williams as Yoga Tutor. Neill Coull has been assisted by some of his students who ran speech therapy sessions in a corner of the Hall. All members are encouraged to make use of the physiotherapy and speech therapy sessions. You would have to pay a lot more for such services elsewhere!

We have welcomed several new members, and had a very enjoyable summer outing on the Broads.

Storage problems meant that we did not make as much progress as hoped with the list of activities that had been discussed at the last AGM, however the idea of singing has been better achieved by members joining the Aphasia Choir which meets in the library at the Forum

The board members have continued to maintain accurate records, with thanks to Carole Limmer for the hard work in preparing the accounts for independent examination. Excellent support has been received from all the committee to make this year a success and allow us to continue to run.

As always we remember our motto: "We aim to take the "Dis" out of Disability."

## Section E Financial review

**Brief statement of the charity's policy on reserves**

Funds are held at a reasonable level to cover the costs of running the arranged meetings and continuation of the club

**Details of any funds materially in deficit**

Not applicable

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	David Orr	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	01/10/2025	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Norwich Stroke Survivors' Club

1154574

## Receipts and payments accounts

CC16a

For the period  
from

1 April 2024

To

31 March 2025

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Membership	1,940	-	-	1,940	1,532
Donations	5,252	-	-	5,252	2,358
Contributions re transport	650	-	-	650	756
Contributions re trips & meals	842	-	-	842	697
Fundraising	336	-	-	336	72
Bank interest	95	-	-	95	73
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>9,115</b>	<b>-</b>	<b>-</b>	<b>9,115</b>	<b>5,488</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>9,115</b>	<b>-</b>	<b>-</b>	<b>9,115</b>	<b>5,488</b>
<b>A3 Payments</b>					
Room hire	1,650	-	-	1,650	1,193
Refreshments	-	-	-	-	55
Door to Door	972	-	-	972	1,025
Physio & exercise	1,780	-	-	1,780	2,140
Trips & meals	1,020	-	-	1,020	883
Administration	-	-	-	-	509
Bank and card fees	23	-	-	23	26
Accountancy - Independent examination	480	-	-	480	-
	-	-	-	-	-
<b>Sub total</b>	<b>5,925</b>	<b>-</b>	<b>-</b>	<b>5,925</b>	<b>5,831</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>5,925</b>	<b>-</b>	<b>-</b>	<b>5,925</b>	<b>5,831</b>
<b>Net of receipts/(payments)</b>	<b>3,190</b>	<b>-</b>	<b>-</b>	<b>3,190</b>	<b>(343)</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>13,797</b>	<b>-</b>	<b>-</b>	<b>13,797</b>	<b>14,140</b>
<b>Cash funds this year end</b>	<b>16,987</b>	<b>-</b>	<b>-</b>	<b>16,987</b>	<b>13,797</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current account	10,437	-	-
	Deposit account	6,550	-	-
		-	-	-
	<b>Total cash funds</b>	<b>16,987</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
Chairman		David Orr	01/10/2025
Treasurer		Carole Limmer	01/10/2025

## **Independent Examiner's Report to the Trustees of Norwich Stroke Survivors' Club**

Charity registration number: 1154574

### **Independent examiner's report to the trustees of the Norwich Stroke Survivors' Club**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2025 as set out on pages 6 to 7

### **Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act;  
or
2. the accounts do not accord with the accounting records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



**Mark Johnstone FCA**

Argents Chartered Accountants  
15 Palace Street  
NORWICH  
Norfolk  
NR3 1RT

Date: 02/10/2025

**NORWICH STROKE SURVIVORS' CLUB**

England & Wales - Charity number 1154574

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# Accounts

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**Norwich Stroke Survivors' Club**

**Accounts for the year ended 31 December 2023**

**Registered Charity Number : 1154574**

**Norwich Stroke Survivors' Club**

**Content of the Accounts**

for the year ended 31 December 2023

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Statement of assets and liabilities	2
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name Norwich Stroke Survivors' Club	No (if any) 1154574
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CC16a

## Receipts and payments accounts

For the period from	Period start date 01.01.2023	To	Period end date 31.12.2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Membership	1,532	-	-	1,532	847
Donations	2,358	-	-	2,358	1,022
Contributions re transport	756	-	-	756	552
Contributions re trips & meals	697	-	-	697	669
Fundraising	72	-	-	72	564
Bank interest	73	-	-	73	9
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,488</b>	<b>-</b>	<b>-</b>	<b>5,488</b>	<b>3,663</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>5,488</b>	<b>-</b>	<b>-</b>	<b>5,488</b>	<b>3,663</b>
<b>A3 Payments</b>					
Room hire	1,193	-	-	1,193	1,793
Refreshments	55	-	-	55	100
Door to Door	1,025	-	-	1,025	3,185
Physio & exercise	2,140	-	-	2,140	-
Trips & meals	883	-	-	883	943
Administration	509	-	-	509	567
Bank and card fees	26	-	-	26	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>5,831</b>	<b>-</b>	<b>-</b>	<b>5,831</b>	<b>6,588</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>5,831</b>	<b>-</b>	<b>-</b>	<b>5,831</b>	<b>6,588</b>
<b>Net of receipts/(payments)</b>	<b>(343)</b>	<b>-</b>	<b>-</b>	<b>(343)</b>	<b>(2,925)</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>14,140</b>	<b>-</b>	<b>-</b>	<b>14,140</b>	<b>17,065</b>
<b>Cash funds this year end</b>	<b>13,797</b>	<b>-</b>	<b>-</b>	<b>13,797</b>	<b>14,140</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Current account	7,747	-	-
	Deposit account	6,050	-	-
		-	-	-
	<b>Total cash funds</b>	<b>13,797</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

	Signature	Print Name	Date of approval
Chairman		David Orr	10.09.2024
Treasurer		Carole Limmer	10.09.2024

## **Independent Examiner's Report to the Trustees of Norwich Stroke Survivors' Club**

Charity registration number: 1154574

### **Independent examiner's report to the trustees of the Norwich Stroke Survivors' Club**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023 as set out on pages 1 to 2

### **Responsibilities and basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with the accounting records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



### **Mark Johnstone FCA**

Argents Chartered Accountants  
15 Palace Street  
NORWICH  
Norfolk  
NR3 1RT

Date: 20 September 2024

**NORWICH STROKE SURVIVORS' CLUB**

England & Wales - Charity number 1154574

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# Accounts

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## Trustees' Annual Report for the period

From 1/4/22  
end date

Period start date To 31/3/23

Period

Charity name: NORWICH STROKE SURVIVOR'S CLUB

Charity registration number: 1154574

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>PROVIDE SOCIAL AND FITNESS SUPPORT TO STROKE SURVIVORS</b>
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	<b>SOCIAL ACTIVITIES PHYSIOTHERAPY SPEECH THERAPY YOGA EXERCISES</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>TRUSTEES ARE AWARE OF GUIDANCE</b>

## 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	
Contribution made by volunteers	Para 1.38	
Other		

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## 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	<b>MEMBERS ARE VERY APPRECIATIVE OF PHYSIOTHERAPY AND SPEECH THERAPY SERVICES PROVIDED BY THE CLUB</b>

### 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	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>SEE ATTACHED FINANCIAL SUMMARY</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>BECAUSE THE CLUB HAS BEEN OPERATING AT A LOSS, WE NEED RESERVES. WE HAVE INCREASED OUR MEMBERSHIP FEE FROM £2 TO £4 A WEEK.</b>
Amount of reserves held	Para 1.22	<b>£14139.62</b>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	<b>SEE SUMMARY OF ACCOUNTS</b>
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	<b>MEMBERSHIP FEES AND FUNDRAISING IN SUPERMARKETS.</b>
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 ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	<b>TRUST DEED</b>
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	<b>CIO</b>
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	<b>ELECTION BY MEMBERS AT AGM</b>

### 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	THE NORWICH STROKE SURVIVORS' CLUB
Other name the charity uses	
Registered charity number	1154574
Charity's principal address	6, SEPPINGS WAY, THORPE END, NORWICH, NORFOLK, NR13 5DF

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	DAVID ORR	CHAIR		
2	CAROLE LIMMER	TREASURER		
3	MICHEAL LOVELOCK	SECRETARY		
4				
5				
6				
7				
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12				
13				
14				
15				
16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

--

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

## 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)

--	--

Full name(s)

DAVID ORR

DAVID ORR	
-----------	--

Position (eg Secretary,  
Chair, etc)

CHAIR

CHAIR	
-------	--

Date

27/09/23

27/09/23
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NORWICH STROKE SURVIVORS CLUB ACCOUNTS 1/4/22 TO 31/3/23

INCOME	
Membership	846.5
Donations	1,022.40
Contributions re Transport	552
Contributions re Trip & Meal	669
Fund Raising	563.8
Bank Interest	9.15
TOTAL	3662.85
EXPENSES	
Room Hire	1793
Refreshments	100.4
Door to Door	3185
Administration	567
Trip & Meal	942.65
TOTAL	6588.05
LOSS FOR YEAR	2,925.20

TREASURER  
INSPECTOR  
CHAIRMAN NSSC

Date 18/8/23

*J. Dymmer*  
*Chairman*  
*David DW*

Balance b/f	17,064.82
LOSS	2925.2
Balance c/f	14139.62
Current acc	8089.62
Deposit acc	6050
TOTAL FUNDS	14,139.62

**NORWICH STROKE SURVIVORS' CLUB**

England & Wales - Charity number 1154574

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# Accounts

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# **NORWICH STROKE SURVIVORS' CLUB**

## **CHAIR'S REPORT 2021-2022**

The past year has seen us return to normal, which has been very satisfactory after the lockdown for the pandemic. We have welcomed some new members, although some long-standing members have not felt able to return.

Please make sure you have completed the member's detail forms which are kept at a side table at meetings. It is very important that we have accurate records.

We have welcomed a new Exercise Tutor, Sheryl Clark.

Our accounts will be given out at the meeting. I am very grateful to Carole Limmer and John Walters for producing and auditing them.

Norwich Door to Door must plan carefully to help us, and any member wanting to use their service has to make sure that they are contacted in plenty of time.

We need to check once again to ensure we are giving the service our members want. I have learned that some members feel there are too many exercise sessions, yet other members are very much in favour. To avoid members feeling pressurised to take part in exercises they don't feel they can do, there will be no harm in them "sitting out" the exercise sessions, providing they don't make noise which disturbs the class.

To ensure that everyone, especially the new members, has a chance to express their opinion, please fill in the attached form and either e-mail it to me at [info@norwichssc.co.uk](mailto:info@norwichssc.co.uk), or give it to me at a club meeting.

Remember our motto: "We aim to take the dis out of disability."

David Orr,  
Chair, Norwich Stroke Survivors' Club

## **NORWICH STROKE SURVIVORS' CLUB MEMBERS' SURVEY SEPTEMBER 2022.**

1. I do/do not want to attend meetings of the club. (Please delete as appropriate.)

2. I do/do not want to take part in exercise/yoga sessions. (Please delete as appropriate.)

3. I like the following sessions and activities. (Please give details.)

4. I would like the club to introduce the following sessions. (Please give details.)

5. I can make my own way to the club Yes/No (Please delete as appropriate.)

6. I do/do not want to use the services of Norwich Door to Door. (Please delete as appropriate.)

7. I am/am not prepared to come in early to help with moving furniture. (Please delete as appropriate.)

8. I am/am not willing to give lifts to other members who live in ..... area. (Please complete as appropriate.)

Name in capitals:.....

Date:.....

NORWICH STROKE SURVIVORS CLUB ACCOUNTS 1/4/20 TO 31/3/22

INCOME

Membership	£622.68
Donations	£700.00
Fund Raising	£77
Transport Contribution	368
Trips & Meal	407.05
Bank Interest	4.42

Total 2179.15

EXPENDITURE

Room Hire & Admin	1122.4
Trips & Meal	502.45
Trasport	1660.59

Total 3285.44

LOSS FOR 2 YEARS 1106.29

Balance b/f	18171.11
LOSS	1106.29
Balance c/f	17064.82
Current a/c	11014.82
Deposit a/c	£6,050.00
	£17,064.82

Accounts prepared  
Accounts inspected  
Chairman

*J. Walters* 15/9/22

*David Dwyer*  
*RAP Lummer*

**NORWICH STROKE SURVIVORS' CLUB**

England & Wales - Charity number 1154574

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# Accounts

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# **NORWICH STROKE SURVIVORS' CLUB**

## **CHAIR'S REPORT 2020-2021**

For obvious reasons, the past year has been most unsatisfactory and disappointing. We have not been able to meet since March 2020, but at last we plan to re-start on 7<sup>th</sup> September 2021.

The final removal of the rule-of-six and the requirement for social distancing will enable us to resume our normal meetings. However, your Committee recognises that some members and their families will be very cautious about meeting other people yet. We shall leave it up to individual members to decide whether to wear masks.

We had regrettably to cancel a summer outing on the Broads.

When we resume, we shall need to have an AGM at our first meeting, because I shall have to send an approved set of accounts to the Charities Commission. At the AGM I shall also give details of our new Physiotherapist, Speech Therapist, Yoga tutor and Exercise tutor. Our thanks for their hard work go to Carole Snell, Judy Dickson and Hester Clack, who have all decided to move on. I shall issue details of our programme when we meet.

We must continue to fund raise and recruit new members.

We have had to change our telephone number. It is now 07502 506799.

Norwich Door to Door will have to plan carefully to help us, and we shall need to provide details of who will require their service. It would also be very helpful if people could indicate whether they can give other members a lift, or arrive early to help set up furniture. Please fill in the attached form and either e-mail it to me at [info@norwichssc.co.uk](mailto:info@norwichssc.co.uk), or by posting it to me at 6, Seppings Way, Thorpe End, NR13 5DF.

I shall be posting out some details of research being carried out by the University of East Anglia on means of improving the outcomes from stroke rehabilitation. If you wish to take part, please contact the researchers.

I look forward to seeing you all again. Remember our motto: "We aim to take the dis out of disability."

David Orr,  
Chair, Norwich Stroke Survivors' Club

6 Seppings Way  
Thorpe End  
Norwich  
Norfolk  
NR13 5DF

Tel: 07502 506799

[www.norwichssc.co.uk](http://www.norwichssc.co.uk)  
E-mail: [info@norwichssc.co.uk](mailto:info@norwichssc.co.uk)

5<sup>th</sup> November 2021

The Charities Commission

Dear Sir/ Madam,

Re: The Norwich Stroke Survivors' Club  
Charity No. 1154574

I have just been in touch with your helpdesk, who explained what I had to do concerning our Annual Return. I was told to put the following in writing.

Because of the Covid-19 crisis, we did not meet at all between March 2020 and September 2021. We had no income or expenditure during that period, nor were we able to hold an AGM to approve our accounts for 2019-2020.

When we resumed in September 2021 our first meeting was the postponed AGM. Immediately following that meeting, I submitted to you our approved accounts for 2019-2020, plus a Chair's report. I am sending these documents to you again.

I trust our return is satisfactory, and I shall phone you to confirm this.

Yours faithfully,

A handwritten signature in black ink that reads "David Orr". The signature is written in a cursive style and is underlined with a single horizontal line.

David Orr  
Chair, Norwich Stroke Survivors' Club.