

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

	Page
Trustee report	1 - 5
Receipts and Payments Accounts	6
Statement of assets and liabilities	7
Independent Examiners Report	8

Trustees' Annual Report for the period

		Period start date			Period end date		
From		01	April	2024	To	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	
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
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

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

David Orr	
Chair	

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 £
A1 Receipts					
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
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	9,115	-	-	9,115	5,488
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	9,115	-	-	9,115	5,488
A3 Payments					
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	-
	-	-	-	-	-
Sub total	5,925	-	-	5,925	5,831
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,925	-	-	5,925	5,831
Net of receipts/(payments)	3,190	-	-	3,190	(343)
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,797	-	-	13,797	14,140
Cash funds this year end	16,987	-	-	16,987	13,797

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 £
B1 Cash funds	Current account	10,437	-	-
	Deposit account	6,550	-	-
		-	-	-
	Total cash funds	16,987	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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