

CHARITY NUMBER 1159141

# THE CLARKE LISTER FEEL GOOD CENTRE

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## TRUSTEES REPORT AND FINACIAL STATEMENTS

**FOR THE YEAR ENDED**

31<sup>st</sup> March 2021



TRUSTEES REPORT AND GENERAL INFORMATION

Management Committee

	Date appointed	Date resigned
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	
Ms Dawn M Culley	June 2015	

Manager (volunteer)

Mrs Carole Lister

Registered Office

Earl House, Earl Street, Seaham, Co.Durham. SR7 0DH

Bankers

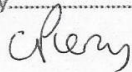
Barclays Bank plc

Leicester

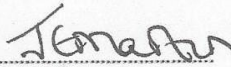
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This report was approved by the management committee on 30<sup>th</sup> January 2022.....

Mr Christopher Piercy.....



Mrs Julie Martin.....



Following a virtual meeting agreeing this report Chris Piercy added his signature on a printed out email copy from Julie Martin. The original copy of signature from Julie Martin is to follow by post

## CONTENT

Management Committee report

Statement of financial Activities

## The Clarke Lister Feel Good Centre Seaham

The management committee present their report and accounts for the year end March 31<sup>st</sup> 2021

### **BACKGROUND as to how and why the FEEL GOOD CENTRE was formed**

In 1996 10 year old Clarke Lister died suddenly and without warning of a brain haemorrhage. His Mother Carole, wanted to know Why or How could someone so young just die, and What causes a brain haemorrhage to happen in the first place. After meeting with neurosurgeons and neurologists in Teesside it was obvious that very little was known as to the cause.

Neurologist Mr Laurence Bindoff stated: "There is no doubt that we need to carry out more research in to this problem, which is a common cause of death in our community". Carole Lister said "We know we can't bring Clarke back, but if through research a life can be saved then our loss has not been in vain." One year later The Clarke Lister Brain Haemorrhage Foundation a registered charity based in Peterlee was formed.

The primary aim of the Clarke Lister Brain Haemorrhage Foundation (CLBHF) charity is to fund research. In 2004 it funded a PHD studentship for 4yrs at Durham University looking at 'The functional impact of Subarachnoid Haemorrhage on patients and their relatives'. The outcome of this study was hugely successful, in the understanding of the aftercare and needs for individuals in the community. Findings were recorded in the medical journal -Lancet

In the same year Carole and Chris Piercy (CHAIRMAN) lobbied the Primary Care Trust and helped initiate the very first 'Brain Haemorrhage clinical support nurse', and the very first 'district stroke nurse post', both serving the people of East Durham .In partnership they offered financial and supervision of both roles. Successfully the stroke nurse today, plays an integral part of a bigger team in East Durham, now financed by the NHS

In 2009 an agreement from the charity to support a 10 year 'genetic' research study at James Cook University Hospitals took place with the aim of recruiting 200 families. The final recruitment total was 397! Researchers revealed that because of this study, during recruitment they were able to recognise families and risk and that so far 2 lives had been saved.

Over the years Carole had been continually approached by people and their families who were living with the after effects of a brain haemorrhage and who were looking for support. The charity was able to provide a range of support services for people who had survived and were affected by a neurological condition, or who had lost a loved one, in the form of: a befriending service via home visits/telephone chats: signposting: and advocacy and monthly meetings. .

Following the monthly support group meetings which started in 2001, the charity opened a weekly luncheon club/drop in 2007 for survivors of stroke and brain haemorrhage, promoting social interaction and independence, hosting activities, benefitting those who have a like for like mental or physical problem, which has helped stimulate and improve their wellbeing.

This worked well and in 2012 the CLBHF found an increasing need and responsibility to its members to grow and expand its services within the community by offering its services daily and not just weekly, it was decided to investigate the possibility of acquiring a building to expand its services to a wider community. It also agreed to set up the new venture, as a separate charity with complete focus on community support. This would then allow both charities to have their own identification, one for research and one for community support working with their own set of aims and objects.

## **The Clarke Lister Feel Good Centre**

In November 2014 The Clarke Lister Feel Good Centre received charitable status as a CIO.

In December 2014 the charity signed a 30year lease and asset transfer of Earl House in Seaham Co. Durham

Having worked closely with Durham county council and their representatives in the learning and understanding of the principles of managing a centre and acquiring a prefeasibility, evidencing the need, the council approved the asset transfer.

***The primary aim for The Clarke Lister Feel Good Centre is to manage and direct the centre for the benefit of all users, providing added value. Also to actively promote full inclusion for all, supporting people who have a neurological condition as well as the wider community in helping to combat isolation and loneliness, creating a friendly space where people can socialise, make friends and feel safe. This will be done by offering social settings with 'home cooked food' as well as exercise, and therapy sessions the centre will create a place where people will 'feel good' improving their wellbeing.***

Since acquiring major refurbishment, has taken place, in small stages over a period of years. Windows /doors /exit doors and heating has been replaced, a new toilet block has been built, an uplift took place in the main hall including a new floor which was replaced, a new roof /ceiling and electric lights/sockets was also replaced in the entrance hall. The building had an alarm and camera system installed. A massive garden makeover was carried out by local firm Jewson Builders, and secure fencing was erected.

### **20-21 Year of the Pandemic**

Working within Government and Covid guidelines the centre closed to our community users on the 17<sup>th</sup> March 2020. This was done working within guidelines and restricted numbers attending.

#### **Grants restricted**

We were awarded restricted grants for a cook assistant, which has been carried forward to 2022 @ £8640

We were also awarded a £500 grant to buy a fogging machine to ensure being covid clean throughout our premises.

We also received a grant of £7246 towards the cost of a kitchen refit, and main hall updates including electrics. Which took place behind closed doors when tradesmen, could return to work in a safe place. The centre was closed for this duration of the refurb.

#### **Grants Unrestricted**

We received unrestricted grants from Durham County council to help with rates, utilities and the loss of incomes of over £22000. This will help immensely in providing a service to encourage our service users back, when that time comes.

## **Outcome**

The Kitchen and main hall improvements complete phase 1 of our development and will mean we are able to give each person more space to feel comfortable in (when able to return) within a bright and airy hall and modern facilities. This will help rebuild the confidence and esteem, when we can all return.

It will be safe to use, as the cleaning routines using our new appliances, will mean thorough cleansing can take place after every event, eliminating the effects of Covid.

### **Returning group users.**

Will see the improvement, and immediately feel at home, reunited with their friends,

### **Plans for 2021 – 2022**

#### **Feel Good Sessions will include:**

A meals on wheels once we are back in full operation

Monthly cabaret – inviting like for like groups, promoting social interaction, in a social setting, enhancing their well being

Exercise in chairs/or standing. This will be for a mix of abilities, with the aim, of increasing circulation, and acquiring the 'FEEL GOOD' factor

Community Bingo with high tea

MONDAY'S FEEL GOOD – session

Not only do we have a 'feel good' day of activity on Monday's at our centre, but we also invite our members to days out. We have a saying in our group, we don't use the word disabled, we quote the phrase "differently abled" proving that everyone has a different ability and each person is an individual. Our Monday Group is growing from strength to strength.

### **Wednesday sessions are planned – following our success of Mondays**

#### **Cook**

New funding has been secured to take on 1 more part time cook to help with our social events and Wednesday sessions where meals are included. This will be as soon as we return in full capacity

The outcome of the above post was very quickly recognised as an early success, in being able to deliver a breakfast and a 2 course lunch to our growing membership at the club.

### **Future events and activities**

Further 'FEEL GOOD' Sessions to investigate

- Specific informative sessions, targeted to individual groups with a specific medical condition, such as Brain Haemorrhage, Stroke, Parkinsons, Dementia. Inviting consultants or other charity specialists to give a talk to our members/public
- Specific informative session's related to our aged community.
- Creative and interactive sessions, on how to eat and cook healthy meals.
- Exercise for all.
- Luncheon clubs, on Wednesdays.
- 'FEEL GOOD' Social and Activity events for all to enjoy

- Local events to include:  
Outdoor bowling and BBQ's, Craft fairs  
Themed cabaret nights/afternoons.
- Group sessions, walking, exercise, yoga, singing, crafts, Food demonstrations, for all ages/abilities

## **CLAIRVOYANT EVENINGS**

We now run 2 a year due to its success.

## **CRAFT FAIRS AND table top sales**

- Hire of the hall to other local community groups, individual classes or functions

## **2YEAR PLAN –phase 2**

Assisted exercise suite. To prepare a robust business plan and its costings and seek funding.

The building still needs to be reconfigured to develop more areas/rooms to be able to increase activity. However now that Phase 1 is complete with the new toilets built, and now with the new refurbishment of the kitchen and main hall, it is time to plan phase 2 which is to reconfigure the rest of the down stairs floor are to accommodate an Assisted Exercise suite.

- Funding needs to be sought for the provision of equipment, and salaries to run the assisted exercise suite. Partnership working with the AAP to assist us, is currently in place

## **STAFF**

Carole continues to cover the work of a centre manager on secondment at The Feel Good Centre. The position of a manager is vital in taking the charity forward. It is recognised that as a sole worker on a project of this size, cannot continue, and therefore it is a key priority to seek the funding based on lessons learned and success so far. Carole is to work with the AAP who are confident that a funder/s can be found and have said they would work with the charity in support.

## **Volunteer's and staff training**

To ensure we can deliver our plans, the need for volunteers has never been more apparent. Volunteers will offer a valuable and significant difference in the service to our community, beneficiaries and play a vital role in the management of our centre.

Carole is to speak with Durham Community Action to assist in the recruitment of volunteers.





# THE CLARKE LISTER FEEL GOOD CENTRE

## BALANCE SHEET

31st March 2021

	2021	2020
	£	£
<b>Current assets</b>		
Cash at bank	49062	25144
<b>Total Current Assets</b>	49062	25144
<b>Current liabilities</b>		
Creditors: due within one year	500	500
<b>Net Current Assets</b>		
<b>Total</b>	48562	24644
<b>The Funds of the charity</b>		
<b>Unrestricted funds brought forward</b>	24644	24994
Excess of income/expenditure for the year	15278	-350
<b>Unrestricted funds carried forward</b>	39922	24644
<b>Restricted funds brought forward</b>	0	1563
Spent during year		1563
Received in year	8640	0
<b>Restricted funds carried forward</b>	8640	0
<b>Total</b>	48562	24644

# THE CLARKE LISTER FEEL GOOD CENTRE

## INCOME AND EXPENDITURE ACCOUNT

ENDING MARCH 31ST 2021

	2021	2021	2021	2020	2020	Total
INCOME	2021	2021	2021	2020	2020	2020
U= UNRESTRICTED	U	R	TOTAL	U	R	£
R = RESTRICTED						
Room hire	0			2349		2349
Catering	0			11615		11615
Fundraising	0			2817		2817
dcc grants various	22238					
dcc local cook grant		8640		0		0
dcc local 'kitchen refit' grant		7246				
believe housing covid clean grant		500				
donations	40					
CREDITS - VARIOUS	532					
						0
	22810	16386	39196	16781		16781
EXPENDITURE						
Cleaning	246			189		189
Catering	25			3565		3565
Fundraising	0			693		693
Utilities	1882			2891		2891
Maintenance	1416			1085		1085
Miscellaneous	301			630		630
grant cook		0			1563	
Wages		0		4828		4828
Print and stationery	184			159		159
Insurance/Accountant	1006			1090		1090
				0		0
Training/class facilitating	539			2000		2000
dcc local 'grant cook'		0				
dcc local 'kitchen refit'	915	7246				
believe housing - covid clean	1018	500				
Total	7532	7746		17131		17131
C/F restricted funds cook		8640	8640		1563	
	15278		15278			
Excess of income over expenditure			23918	-350	0	

#### Statement of management committee's responsibilities

The management committee are required to prepare financial statements for the year, which give a true and fair state of affairs of the charity and its results for the period. In preparing those financial statements the statements the committee is required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Make judgements and estimates that are reasonable and prudent;
- c) Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the charity will continue in business.


The management committee is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking any responsible steps for the prevention and detection of fraud and other regularities.

#### Approval

This report was approved by the management committee attending a virtual meeting

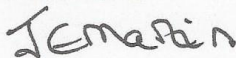
Date: 30<sup>th</sup> January 2022

Signature



Chairman Chris Piercy

Treasurer Julie Martin



Following a virtual meeting agreeing this report Chris Piercy added his signature on a printed out email copy from Julie Martin. The original copy of signature from Julie Martin is to follow by post

## Independent Examiners Report on the Financial Statements of

The Clarke Lister Feel Good Centre for the year ended

31st March 2021

### Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year (under Section 43(2) of the Charities Act 1993 (the Act) and that an independent examination is needed.

It is my responsibility to:-

- 1) Examine the accounts (under section 43(3)(a) of the Act)
- 2) Follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the Act): and
- 3) State whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

### Independent examiner's statement

In connection with my examinations, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

a) to keep accounting records in accordance with section 41 of the 1993 Act; and

b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

R B Logan

4 Douro Terrace

Sunderland

SR2 7DX

Date: 30th January 2022