

ACTIVE STROKES NORTH EAST CIO

England & Wales · Charity number 1162202

Details

Other names ASNE

Status Registered

Legal form CIO

Registered 2015-06-15

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

Contact

Address 82 Cardigan Terrace
Heaton
Newcastle Upon Tyne
NE6 5NX

Phone 07726539705

Email activestrokesnortheast@gmail.com

Activities

Objects: THE OBJECTS OF THE CIO ARE TO RELIEVE PERSONS WHO HAVE SUFFERED STROKES AND THEIR FAMILIES AND CARERS IN THE NORTH EAST OF ENGLAND BY THE PROVISION OF SOCIAL AND LEISURE ACTIVITIES AND SUPPORT TO PEOPLE SUFFERING FROM THE EFFECTS OF STROKE AND THE EFFECTS OF CARING FOR STROKE SURVIVORS.

Activities: We provide free lifelong support to stroke survivors and their families living in the North East of England. We provide two private group sessions per week, that include: pool exercise, chair-based exercise, physiotherapy, complementary therapy, drop-in social and use of the public gym. All under the supervision of qualified service providers.

Classification

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

Geography

- Newcastle Upon Tyne City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£5,310	£9,960	-	-
2024-07-31	£21,705	£7,594	-	-
2023-07-31	£7,836	£7,790	-	-
2022-07-31	£6,680	£6,706	-	-
2021-07-31	£1,508	£1,094	-	-

Trustees

Name	Role	Appointed
Sean Sheed	Chair	2022-09-30
Gordon David Bell		2022-09-30
Jean Dodds		2022-09-30
Waqar Bashir Ahmad		2022-09-30

ACTIVE STROKES NORTH EAST CIO

England & Wales - Charity number 1162202

Accounts



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31st July 2025		
Owner:	Chairman	Author:	Ross Mackenzie
Approval Date:	19/09/2025	By:	Membership at AGM
Doc Ref:	TAR2025	Version	1.0

1. Reference and Administration Details

a. Charity Details

Active Strokes North East

Registered Charity Number 1162202

Principal Address: 82 Cardigan Terrace, Heaton, Newcastle upon Tyne, Tyne and Wear. NE6 5NX

b. Trustees

Ross Mackenzie (Chairman)	elected by membership (September 2019)
Jennifer Gilhespy	elected by membership (September 2019)
Jean Dodds	elected by membership (September 2022)
Waqar Bashir Ahmed	elected by membership (September 2022)
Sean Sheed	elected by membership (September 2022)
Gordon Bell	elected by membership (September 2022)

2. Structure, Governance and Management

a. Type of governing document

Constitution

b. How the charity is constituted

Charitable Incorporated Organisation

c. Trustee selection methods

Elected by membership / appointed by trustees

3. Objectives and Activities

a. Summary of objects

The objects of ASNE are to improve the quality of life for stroke survivors and their carers in the North East of England by providing social and leisure activities, and support to people suffering from the effects of stroke and the effects of caring for stroke survivors.

b. Summary of Main Activities

The main activities of ASNE are conducted at the East End Pool located in Byker, Newcastle upon Tyne. Two weekly activity sessions are provided:

The first, a private pool exercise session, is held each Tuesday from 10:15 to 11:15 that provides supervised exercise in an easy-accessible, single depth, swimming pool. Attendees can walk, exercise and swim. Floatation jackets and belts are available if required to promote safety and aid confidence. Various floats are available (e.g. poolbells and tubes) for exercise. The session is open to stroke survivors and a family member or carer.

The second, a private drop-in session, is held each Friday from 17:00 to 19:00 in a studio room. This session provides an informal environment, where attendees can socialise and discuss issues and make new friends. Beverages and biscuits are provided. During the session a structured 20-minute chair-based exercise class is held, led by a qualified fitness instructor. There is a physiotherapist in attendance to provide advice and physiotherapy. Additionally, there is a complementary therapist to provide manicures, pedicures, nail painting and massage. The session is open to stroke survivors and a family member or carer. During the 2-hour session attendees can also exercise in the public gym at the venue. The fitness instructor and/or Physiotherapist will assess new beneficiaries and show them how to use the equipment safely.

c. Additional Details of Objectives and Activities

To provide the service, we organise various fundraising events and activities, including: an annual sponsored charity walk along the Newcastle Quayside, a Christmas party with raffle and a Christmas lunch.

We solicit donations, sponsorship and grants from our local community.

4. Achievements and Performance

During the period we provided 49 pool sessions and 48 drop-in sessions, held a sponsored charity walk, Christmas party and Christmas lunch. Furthermore, we organised two power-boat trips, in association with WetWheels Yorkshire CIC, from the Royal Quays Marina, North Shields that proved to be very popular.

Additionally, our members have participated in several stroke research studies by both Newcastle University and Northumbria University.

Our membership stands at 125, 73 of whom are stroke survivors. We continue to accept new referrals from; the Newcastle Integrated Community Stroke Service, local NHS Trusts and GP practices and the Stroke Association. The success of this is, in part, due to the circulation of our information flyer to all potential referring agencies located in our catchment area. ASNE has been instrumental in the ongoing rehabilitation of these new members as well as supporting the existing membership.

5. Financial Review

The current financial position of the charity is sound. The reserves we have would fund approximately 2-years' service at our current and planned service level.

In summary the annual statement of accounts for year ending 31st July 2025 are:

Starting Balance	£29,124
Total Income	£ 5,310
Total Expenditure	£ 9,960
Finishing Balance	£24,474

Main Income Summary

Annual Sponsored Charity Walk 2024	£1,343
Frazer Trust Donation	£1,500
Interest from Savings	£ 726
Christmas Raffle	£ 670
Voluntary Session Donations	£ 645

Main Expenditure Summary

Service Provider Provision	£5,430
GLL Room and Pool Hire	£2,910

Due to the increased amount of funds available in our Treasurers account the trustees decided to invest £18,000 into a 1-year fixed term deposit account attracting a fixed interest rate of 2.75%. This will generate approximately £495 and is payable on 4th November 2025 when the account matures.

We are grateful to the Frazer Trust for their generous donation this year.

For further financial details please refer to the Annual Statement of Accounts report.

6. Considerations for next year

Next year we are looking to organise a few additional group outings to local venues of interest, maybe via. mini-bus or coach.

We need to ensure that our stroke support services are communicated to those who need our support. We aim to do this through strengthening relationships with referring agencies such as the Newcastle Integrated Community Stroke Service (NICSS), local NHS trusts, the Stroke Association and Social Prescribers based at local GP practices.

Active Strokes North East Trustees Annual Report for Year Ending 31 st July 2025			
Version Control and History			
Date	Version	Author	Reason for Change
21/07/2025	Draft 1	Ross Mackenzie	Draft, initial version
04/08/2025	Draft 2	Ross Mackenzie	Trustee Review
19/09/2025	1.0	Ross Mackenzie	Accepted at AGM

Active Strokes North East - Annual Statement of Accounts for the Period 01 August 2024 - 31 July 2025

Charity Balance at 01/08/2024 **£ 29,124.35**

Fixed Term Deposit (04/11/2023 - 04/11/2024) **20,000.00**

Bank Balance at 01/08/2024 **£ 9,124.35** **of which Restricted** **£ -**

Income

Voluntary Session Donations	645.00
Miscellaneous Donations	55.00
PayPal Giving Donations	61.00
Interest from £20,000 Fixed Term Deposit (3.6%, matured on 04/11/2024)	725.92
Annual Sponsored Walk 2024	1,342.69
Frazer Trust - Donation	1,500.00
Christmas Raffle (Ticket Sales)	670.00
Donation in the memory of Kenny Shaw	310.00

Total Income **£ 5,309.61**

Christmas Lunch (Non-income seat payments 48@£15) 720.00

Wetwheels Yorkshire (Non-income seat payments 20@£10) 200.00

Expenditure

GLL - Drop-In Session - Studio Room Hire	48	1,440.00
GLL - Pool Session - Studio Pool Hire	49	1,470.00
Physiotherapist - Services	33	2,145.00
Complementary Therapist - Services	32	1,440.00
Fitness Instructor - Services	41	1,845.00
Miscellaneous Equipment		225.94
Walk Marshals Lunch		31.95
Drop-In Consumables		31.99
Miscellaneous Stationary		24.96
Public Liability Insurance		285.28
Haloween Party Catering		78.00
Christmas Party Catering		181.72
Christmas Raffle Tickets (CVN Print)		54.00
Christmas Raffle 1st & 2nd Prize		200.00
Christmas Lunch (ASNE charity contribution)		135.00
Wetwheels Yorkshire (ASNE charity contibution)		300.00
Sympathy Flowers		51.50
Mobile Phone		20.00

Total Expenditure **£ 9,960.34**

Christmas Lunch (Non-expense seat payments 45@£15) 675.00

Refunded Christmas Lunch seat payments (3@£15) 45.00

Wetwheels Yorkshire (Non-expense seat payments 20@£10) 200.00

Working Balance Restricted at 31/07/2025 **£ -**

SNE Grant - Expensed at 31/07/2025 **£ 14,046.27**

SNE Grant - Working Balance at 31/07/2025 **£ 1,387.30**

Balance reconciled:

Partial balance transfer on maturity of FTD £ 2,000.00

Bank Balance at 31/07/2025 **£ 6,473.62**

Fixed Term Deposit (Matures 04/11/2025) **£ 18,000.00**

Charity Balance at 31/07/2025 **£ 24,473.62**

ACTIVE STROKES NORTH EAST CIO

England & Wales - Charity number 1162202

Accounts



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31st July 2024		
Owner:	Chairman	Author:	Ross Mackenzie
Approval Date:	25/10/2024	By:	Membership at AGM
Doc Ref:	TAR2024	Version	1.0

1. Reference and Administration Details

a. Charity Details

Active Strokes North East

Registered Charity Number 1162202

Principal Address: 82 Cardigan Terrace, Heaton, Newcastle upon Tyne, Tyne and Wear. NE6 5NX

b. Trustees

Ross Mackenzie (Chairman)	elected by membership (September 2019)
Jennifer Gilhespy	elected by membership (September 2019)
Jean Dodds	elected by membership (September 2022)
Waqar Bashir Ahmed	elected by membership (September 2022)
Sean Sheed	elected by membership (September 2022)
Gordon Bell	elected by membership (September 2022)

2. Structure, Governance and Management

a. Type of governing document

Constitution

b. How the charity is constituted

Charitable Incorporated Organisation

c. Trustee selection methods

Elected by membership / appointed by trustees

3. Objectives and Activities

a. Summary of objects

The objects of ASNE are to improve the quality of life for stroke survivors and their carers in the North East of England by providing social and leisure activities, and support to people suffering from the effects of stroke and the effects of caring for stroke survivors.

b. Summary of Main Activities

The main activities of ASNE are conducted at the East End Pool located in Byker, Newcastle upon Tyne. Two weekly activity sessions are provided:

The first, a private pool exercise session, is held each Tuesday from 10:15 to 11:15 that provides supervised exercise in an easy-accessible, single depth, swimming pool. Attendees can walk, exercise and swim. Floatation jackets and belts are available if required to promote safety and aid confidence. Various floats are available (e.g. poolbells and tubes) for exercise. The session is open to stroke survivors and a family member or carer.

The second, a private drop-in session, is held each Friday from 17:00 to 19:00 in a studio room. This session provides an informal environment, where attendees can socialise and discuss issues and make new friends. Beverages and biscuits are provided. During the session a structured 20-minute chair-based exercise class is held, led by a qualified fitness instructor. There is a physiotherapist in attendance to provide advice and physiotherapy. Additionally, there is a complementary therapist to provide manicures, pedicures, nail painting and massage. The session is open to stroke survivors and a family member or carer. During the 2-hour session attendees can also exercise in the public gym at the venue. The fitness instructor and/or Physiotherapist will assess new beneficiaries and show them how to use the equipment safely.

c. Additional Details of Objectives and Activities

In order to provide the service, we organise various fundraising events and activities, including: an annual sponsored charity walk along the Newcastle Quayside, a Christmas party with raffle and a Christmas lunch.

We solicit donations, sponsorship and grants from our local community.

4. Achievements and Performance

During the period we provided 45 pool sessions and 48 drop-in sessions and held a sponsored charity walk, Christmas party and Christmas lunch. Furthermore, we organised two power-boat trips, in association with WetWheels Yorkshire CIC, from the Royal Quays Marina, North Shields that proved very popular.

We took part in the 'Living Well with Stroke' initiative organised by Northumberland Healthcare Trust at North Tyneside. We presented our services to recent stroke survivors and therapists working for the trust.

Our membership stands at 112, 66 of whom are stroke survivors. We continue to accept new referrals from; the Newcastle Community Stroke Service, local NHS Trusts and GP practices and the Stroke Association. The success of this is, in part, due to the circulation of our information flyer to all potential referring agencies located in our catchment area. ASNE has been instrumental in the ongoing rehabilitation of these new members as well as supporting the existing membership.

At the beginning of the period our physiotherapist left and it has taken the best part of a year to recruit a replacement. I am pleased to report that physiotherapy is once again a

service that we provide at our weekly drop-in session. Physiotherapy commenced on 28th June 2024 and beneficiary feedback is very positive.

5. Financial Review

The current financial position of the charity is sound. The reserves we have would fund approximately 3-years' service at our current and planned service level.

In summary the annual statement of accounts for year ending 31st July 2024 are:

Starting Balance	£15,013
Total Income	£21,704
Total Expenditure	£ 7,594
Finishing Balance	£29,124

Main Income Summary

Stroke North East (Winding-up Donation)	£15,433
Joseph Strong Frazer Trust Grant	£ 1,500
Annual Sponsored Charity Walk	£ 2,238

Main Expenditure Summary

Service Provider Provision	£3,390
GLL Room and Pool Hire	£2,790

To improve the efficiency of our financial processes we applied for and implemented 'Lloyds Bank – Online for Business' for our Treasurers Account. This allows the charity to make electronic payments and have online access to our account. Previously, all payments were made by paper cheque and access via. in branch mini-statements or end of month statements posted to the charity address. It should be noted that all electronic payments must be authorised by another authorised trustee in a similar fashion to our cheques being signed by two authorised signatories.

Due to the increased amount of funds available in our Treasurers account the trustees decided to invest £20,000 into a 1-year fixed term deposit account attracting a fixed interest rate of 3.6%. This will generate approximately £720 and is payable on 4th November 2024 when the account matures.

We are grateful to the charity 'Stroke North East' for selecting ASNE to receive an amazing donation as part of the distribution of their funds during the unfortunate winding-up of their charity. We have collaborated with this local charity for several years and have mutual beneficiaries. The donation means that we do not have to pursue further grant applications in the short term and can concentrate on improving the services we provide.

We are also grateful to the Joseph Strong Frazer Trust for the generous grant they provide to us each year.

For further financial details please refer to the Annual Statement of Accounts report.

6. Considerations for next year

Next year we are looking to organise a few additional group outings to local venues of interest, maybe via. mini-bus or coach in a similar vein to that organised by the former Stroke North East.

We need to ensure that our stroke support services are communicated to those who need our support. We aim to do this through strengthening relationships with referring agencies such as the Newcastle Community Stroke Service, local NHS trusts, the Stroke Association and Social Prescribers based at local GP practices.

Active Strokes North East Trustees Annual Report for Year Ending 31st July 2024			
Version Control and History			
Date	Version	Author	Reason for Change
07/09/2024	Draft	Ross Mackenzie	Draft, initial version
25/10/2024	1.0	Ross Mackenzie	Accepted at AGM

ACTIVE STROKES NORTH EAST CIO

England & Wales - Charity number 1162202

Accounts



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31st July 2023		
Owner:	Chairman	Author:	Ross Mackenzie
Approval Date:	22/09/2023	By:	Board of Trustees
Doc Ref:	TAR2023	Version	1.0

1. Reference and Administration Details

a. Charity Details

Active Strokes North East

Registered Charity Number 1162202

Principal Address: 82 Cardigan Terrace, Heaton, Newcastle upon Tyne, Tyne and Wear. NE6 5NX

b. Trustees

Ross Mackenzie (Chairman)	elected by membership (September 2019)
Jennifer Gilhespy	elected by membership (September 2019)
Jean Dodds	elected by membership (September 2022)
Waqar Bashir Ahmed	elected by membership (September 2022)
Sean Sheed	elected by membership (September 2022)
Gordon Bell	elected by membership (September 2022)

2. Structure, Governance and Management

a. Type of governing document

Constitution

b. How the charity is constituted

Charitable Incorporated Organisation

c. Trustee selection methods

Elected by membership / appointed by trustees

3. Objectives and Activities

a. Summary of objects

The objects of ASNE are to improve the quality of life for stroke survivors and their carers in the North East of England by providing social and leisure activities, and support to people suffering from the effects of stroke and the effects of caring for stroke survivors.

b. Summary of Main Activities

The main activities of ASNE are conducted at the East End Pool located in Byker, Newcastle upon Tyne. Two weekly activity sessions are provided:

The first, a private pool session, is held each Tuesday from 12:00 to 13:00 that provides supervised exercise in an easy-accessible, single depth, swimming pool. Attendees can walk, exercise and swim. Floatation belts are available if required to promote safety and aid confidence. Various floats are available (e.g. dumbbell floats) for exercise. The session is open to stroke survivors and a family member or carer.

The second, a private drop-in session, is held each Friday from 17:00 to 19:00 in an exercise studio. This session provides an informal environment, where attendees can socialise and discuss issues and make new friends. Beverages and biscuits are provided. During the session a structured 20-minute chair-based exercise class is held, led by a qualified fitness instructor. There is a neuro-physiotherapist in attendance to provide advice and physiotherapy. Additionally, there is a complementary therapist to provide manicures, pedicures, nail painting and massage. The session is open to stroke survivors and a family member or carer.

During the 2-hour session attendees can also exercise in the public gym at the venue. The fitness instructor will assess new beneficiaries and show them how to use the equipment safely.

c. Additional Details of Objectives and Activities

In order to provide the service, we organise various fundraising events and activities, including: an annual sponsored charity walk along the Newcastle Quayside, a Christmas party and a Christmas lunch.

We solicit donations, sponsorship and grants from our local community.

4. Achievements and Performance

At the beginning of the reporting period, the board, addressed the need to distribute the work done by the trustees in the management of the charity. This included consideration of a potential merger with 'Stroke North East,' a local charity that supports stroke survivors. The decision was taken to adopt an internal strategy rather than merge into a bigger charity. This resulted in the recruitment of two more trustees from our membership; Sean Sheed the husband of Christine Sheed (stroke survivor) and Gordon Bell (stroke survivor).

The delegation of work to organise and deliver events was also implemented. The Christmas Party was a particular success. Thank you to everyone who helped in some way but special thanks should be given to the following people; Sean & Christine Sheed, Mike & Lesley Tudor, Janice Melaco, Kay Martin and Genny Ryan.

During the period we provided 48 pool sessions and 48 drop-in sessions and held a sponsored charity walk, Christmas party and Christmas lunch. Furthermore, we organised two power-boat trips, in association with WetWheels Yorkshire CIC, from the Royal Quays Marina, North Shields that proved very popular.

At our drop-in sessions we instigated the introduction of social and occupational therapies to complement our existing service. Strategic games such as Dominoes and Connect-4

promote logical thinking, concentration, dexterity of hand, exercise of upper-limb and social interaction.

Our membership stands at 109, 63 of whom are stroke survivors. We continue to accept new referrals from; the Newcastle Community Stroke Service, local NHS Trusts, the Stroke Association and local GP Practices. The success of this is, in part, due to the circulation of our revised information flyer which has been circulated to all potential referring agencies. ASNE has been instrumental in the ongoing rehabilitation of these new members as well as supporting the existing membership.

We collected items for a Ukrainian Aid Appeal by our friends at Deal Direct Blinds. They successfully delivered, in person, two van and trailer loads of urgent supplies directly to the Ukraine.

We have changed the charity address after having several issues with our Royal Mail PO Box and have updated HMRC of this change as well as taking the opportunity of updating the authorised officials and responsible persons for the charity. The HMRC contacts are now Ross Mackenzie (authorised official), Sean Sheed and Gordon Bell (responsible persons).

Several policies, procedures and risk assessments have been reviewed during the period including; Health & Safety, Equal Opportunities and Safeguarding Adults. Additionally, Safeguarding Adults training has been undertaken with Connected Voice.

Harry English, a trustee for several years, resigned in February due to ongoing personal circumstances. The board thank Harry for the contributions he has made over the years and extend our very best wishes to himself and his wife June.

5. Financial Review

The current financial position of the charity is sound. The reserves we have would fund approximately 2-years' service at our planned service level.

In summary the annual statement of accounts for year ending 31st July 2023 are:

Starting Balance	£14,967
Total Income	£ 7,836
Total Expenditure	£ 7,790
Finishing Balance	£15,013

Main Income Summary

Community Foundation – Newcastle Dispensary Relief in Sickness	£2,000 (Restricted)
Joseph Strong Frazer Trust	£1,500
Annual Sponsored Charity Walk	£2,132

Main Expenditure Summary

Service Provision	£3,630
GLL Hire	£2,880

We are grateful to the Community Foundation – Newcastle Dispensary Relief in Sickness Fund and the Joseph Strong Frazer Trust for the generous grants that they have provided to ASNE this year.

For further financial details please refer to the Annual Statement of Accounts report.

6. Challenges for next year

We need to ensure that our stroke support services are communicated to those who need our support. We aim to do this through strengthening relationships with referring agencies such as the Newcastle Community Stroke Service, local NHS trusts and local GP practices and the Stroke Association.

We need to develop and implement several policies and procedures and ensure suitable training is undertaken by all those associated with providing our service.

Finally, although we have no financial worries currently, we need to look for funding opportunities to maintain our strong financial position.

Active Strokes North East Trustees Annual Report for Year Ending 31st July 2023			
Version Control and History			
Date	Version	Author	Reason for Change
11/09/2023	Draft	Ross Mackenzie	Draft, initial version
22/09/2023	1.0	Ross Mackenzie	Approved at Trustee meeting

Active Strokes North East CIO - Annual Statement of Accounts for the Period 01 August 2022 - 31 July 2023

Charity Balance at 31/07/2022 **£ 14,967.87**

Balance reconciled:

Physio payment CHQ000112 £50 (01/04/2021) not deposited till 04/10/2022 50.00

Bank Balance at 31/07/22 **£ 15,017.87** **of which Restricted** **£0.00**

Income

Voluntary Session Donation	530.00	
Miscellaneous Donations	146.00	
PayPal Giving	16.24	
Sponsored Walk 2022	2,132.19	
Community Foundation - Newcastle Dispensary Relief in Sickness	2,000.00	Restricted
Joseph Strong Frazer Trust	1,500.00	
Christmas Raffle	812.00	
Donation in the memory of Lesley Elliott	500.00	
Donation in the memory of Gladys Deighton	200.00	

Total Income **£ 7,836.43**

Christmas Meal (Non-income seat deposits 66@£16) 1,056.00

Wetwheels Yorkshire (Non-income seat deposits 20@£10) 200.00

Expenditure

GLL - Studio Room Session	43	1,290.00
GLL - Studio Pool Session	42	1,260.00
GLL - Studio Room Session (Restricted)	5	150.00
GLL - Studio Pool Session (Restricted)	6	180.00
Physiotherapy	18	900.00
Complementary	35	1,225.00
Fitness	43	1,505.00
Equipment		44.92
Drop-In Consumables		100.39
Stationary		37.62
Public Liability Insurance		147.33
Christmas Lunch - Charity contribution		203.00
Christmas Party (catering)		144.66
Christmas Raffle Tickets (CVN Print)		54.00
Christmas Raffle 1st Prize		150.00
ASNE A5 Information Flyer		45.35
Wetwheels Yorkshire (ASNE contibution)		300.00
Sympathy Flowers		53.25

Total Expenditure **£ 7,790.52**

Christmas Meal (Non-expense seat payment 53@£16) 848.00

Refunded seat deposits (13@£16) 208.00

Wetwheels Yorkshire (Non-expense seat payments 20@£10) 200.00

Working Balance Restricted at 31/07/2023 **£ 1,670.00**

Balance reconciled:

Physio payment CHQ000112 £50 (01/04/2021) not deposited till 04/10/2022	-	50.00
Fitness payment CHQ000148 £210 (26/05/2023) not deposited till 12/09/2023	-	210.00
Voluntary session donation £10 (21/07/2023) deposited till 01/09/2023	-	10.00

Bank Balance at 31/07/2023 **£ 15,213.78**

Balance reconciled:

Fitness payment CHQ000148 £210 (26/05/2023) not deposited till 12/09/2023	-	210.00
Voluntary session donation £10 (21/07/2023) deposited till 01/09/2023	-	10.00

Charity Balance at 31/07/2023 **£ 15,013.78**

ACTIVE STROKES NORTH EAST CIO

England & Wales - Charity number 1162202

Accounts



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31st July 2022		
Owner:	Chairman	Author:	Ross Mackenzie
Approval Date:	09/09/2022	By:	Trustee Committee
Doc Ref:	TAR2022	Version	1.1

1. Reference and Administration Details

a. Charity Details

Active Strokes North East CIO (Charitable Incorporated Organisation)
 Registered Charity Number 1162202
 Principal Address: 82 Cardigan Terrace, Heaton, Newcastle upon Tyne, Tyne and Wear. NE6 5NX

b. Trustees

Ross Mackenzie (Chairman)	elected by membership (September 2019)
Jennifer Gilhespy	elected by membership (September 2019)
Jean Dodds	elected by membership (September 2019)
Waqar Bashir Ahmed	elected by membership (September 2019)
Harry English	elected by membership (September 2019)

2. Structure, Governance and Management

a. Type of governing document

Constitution

b. How the charity is constituted

Charitable Incorporated Organisation

c. Trustee selection methods

Elected by membership / appointed by trustees

3. Objectives and Activities

a. Summary of objects

The objects of ASNE are to improve the quality of life for stroke survivors and their carers in the North East of England by providing social and leisure activities, and support to people suffering from the effects of stroke and the effects of caring for stroke survivors.

b. Summary of Main Activities

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The second, a private drop-in session, is held each Friday from 17:00 to 19:00 in an exercise studio. This session provides an informal environment, where attendees can socialise and discuss issues and make new friends. Beverages and biscuits are provided. During the session a structured 20-minute chair-based exercise class is held, led by a qualified fitness instructor. There is a neuro-physiotherapist in attendance to provide advice and physiotherapy and also a complimentary therapist to provide manicures, pedicures, nail painting and massage. The session is open to stroke survivors and a family member or carer.

During the 2-hour session attendees can also exercise in the public gym at the venue. The fitness instructor will assess new beneficiaries and show them how to use the equipment safely.

c. Additional Details of Objectives and Activities

In order to provide the service, we organise various fundraising events and activities, including: an annual sponsored charity walk along the Newcastle Quayside, a Christmas party and a Christmas lunch.

We solicit donations, sponsorship and grants from our local community.

4. Achievements and Performance

This period, from August 2021 to July 2022, marks our return of service, after the disruptions caused by the COVID-19 pandemic. A period of approximately 16 months. Thankfully, no further lockdowns have occurred during the period and gradually all of the COVID-19 restrictions have been retracted.

We resumed services on 10th August 2021 and have maintained our weekly pool session and drop-in session for the whole period. To that end we held 49 pool sessions and 46 drop-in sessions. Initially, the sessions were not well attended, the reason, obviously due to the COVID-19 pandemic. All stroke survivors are considered to be clinically extremely vulnerable with regards to COVID-19. Additionally, the drop-in sessions resumed in the larger 1st Floor Studio room and not the small ground floor Studio room as was previously being used before the COVID-19 lockdown. The reason for this was a safety one arising from the return to service risk assessment. A small number of beneficiaries were not able to attend the drop-in because, initially, the elevator was still broken. The elevator was eventually fixed in March 2022.

We were able to hold our regular annual events during the period; sponsored charity walk, Christmas party and Christmas lunch. Furthermore, we held an additional Easter party after the elevator was repaired.

Our membership currently stands at 95, 52 of whom are stroke survivors. During the period we have attracted several new members who regularly attend the sessions. This is due to referrals from the Newcastle Community Stroke Service and North Tyneside General Hospital. ASNE has been instrumental in the ongoing rehabilitation of these new members as well as supporting the existing membership.

Many of our members took part in several stroke research projects organised by Northumbria University. We continue to develop this relationship in the hope that this research will lead to improved rehabilitation treatments for stroke survivors in the future.

The trustees reviewed the management and operations of the charity this year. Issues were identified in both areas and two resolution strategies were discussed. One of the strategies considered was to merge with another local stroke charity (Stroke North East). It was agreed we would try to resolve these issues internally.

5. Financial Review

The current financial position of the charity is sound. The reserves we have would fund approximately 2-years' service at our planned service level.

In summary the annual statement of accounts for year ending 31st July 2022 are:

Starting Balance	£15,384
Total Income	£ 6,679
Total Expenditure	£ 6,706
Finishing Balance	£14,967

Main Income Summary

Arnold Clarke Community Fund	£2,000
Joseph Strong Frazer Trust	£1,500
Annual Sponsored Charity Walk	£2,111

Main Expenditure Summary

Service Provision	£3,200
GLL Hire	£2,460

We are thankful to the Arnold Clarke Community Fund, the Joseph Strong Frazer Trust, Riversgate Residents Association and Deal Direct Blinds for the generous grants and/or donations they have provided to ASNE.

For further details refer to the Annual Statement of Accounts report.

6. Challenges for next year

Following on from a management and operational review earlier this year, we aim to implement the action plan.

We need to develop and implement several policies and procedures and also review the existing ones.

Finally, although we have no financial worries at this time, we need to look for funding opportunities to maintain our strong financial position.

**Active Strokes North East
Trustees Annual Report for Year Ending 31st July 2022**

Version Control and History

Date	Version	Author	Reason for Change
09/09/2022	1.0	Ross Mackenzie	Initial version

Active Strokes North East CIO

Annual Statement of Accounts for the Period 1 August 2021 - 31 July 2022

Charity Balance at 31/07/2021	£ 15,384.20	of which Restricted	£ 1,040.00
Balance reconciled:			
GLL Pool session credits due to Covid-19 (7-off@£30)	210.00		
GLL Drop-in session credits due to Covid-20 (6-off@£30)	180.00		
Bank Balance at 31/07/21	£ 14,994.20		
Income			Expenditure
Voluntary Session Donation	364.00		GLL - Studio (inc. 6 credits) 46 1,200.00
Miscellaneous Donations	30.00		GLL - Pool (inc. 7 credits) 49 1,260.00
Riversgate Residents Association Donation	316.03		Physiotherapy 4 200.00
Sponsored Walk 2021	2,111.08		Physiotherapy (Restricted) 4 200.00
Deal Direct Blinds	195.20		Complementary 29 1,015.00
PayPal Giving	20.00		Complimentary (Restricted) 12 420.00
Joseph Strong Frazer Trust	1,500.00		Fitness 27 945.00
Christmas Party Fundraising	45.00		Fitness (Restricted) 12 420.00
Easter Party Fundraising	98.60		PPE 27.23
Arnold Clark Community Fund	2,000.00		Drop-In Consumables 153.67
			Equipment 31.92
			Moble Phone 17.99
			Public Liability Insurance 112.33
			Royal Mail PO BOX 283.50
			Xmas Lunch - Charity contribution 109.60
			Wetwheels Yorkshire (ASNE contibution) 310.00
Total Income	£ 6,679.91		Total Expenditure
			£ 6,706.24
Christmas Meal (Non-income seat deposits 48@£16)	768.00		Christmas Meal (Non-expense seat payment 44@£16) 704.00
Wetwheels Yorkshire (Non-income seat deposits 19@£10)	190.00		Refunded seat deposits 4@£16) 64.00
			Wetwheels Yorkshire (Non-income seat payments 19@£10) 190.00
			Working Balance Restricted at 31/07/2022
			£ -
Balance reconciled:			
Physio payment cheque for £50 on 1st April not expensed by year end			50.00
Bank Balance at 31/07/2022			£ 15,017.87
Balance reconciled:			
Physio payment cheque for £50 on 1st April not expensed by year end			50.00
Charity Balance at 31/07/2022			£ 14,967.87

ACTIVE STROKES NORTH EAST CIO

England & Wales - Charity number 1162202

Accounts



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31st July 2021		
Owner:	Chairman	Author:	Ross Mackenzie
Approval Date:	13/08/2021	By:	Trustee Committee
Doc Ref:	TAR2021	Version	1.0

1. Reference and Administration Details

a. Charity Details

Active Strokes North East CIO (Charitable Incorporated Organisation)
Registered Charity Number 1162202
Principal Address: PO Box 354, Newcastle upon Tyne NE6 9DB

b. Trustees

Ross Mackenzie (Chairman)	elected by membership (Sept.19)
Jennifer Gilhespy	elected by membership (Sept.19)
Jean Dodds	elected by membership (Sept.19)
Waqar Bashir Ahmed	elected by membership (Sept.19)
Harry English	elected by membership (Sept.19)

2. Structure, Governance and Management

a. Type of governing document

Constitution

b. How the charity is constituted

Charitable Incorporated Organisation

c. Trustee selection methods

Elected by membership / appointed by trustees

3. Objectives and Activities

a. Summary of objects

The objects of ASNE are to improve the quality of life for stroke survivors and their carers in the North East of England by providing social and leisure activities, and support to people suffering from the effects of stroke and the effects of caring for stroke survivors.

b. Summary of Main Activities

The main activities of ASNE are conducted at the East End Pool located in Byker, Newcastle upon Tyne. Two free and private activity sessions are scheduled each week.

The first session is held on Tuesday from 11:00 to 12:00 and provides supervised exercise in the studio Pool. The session is held in an easily accessible, single-depth pool. Attendees can exercise, walk and swim in the pool. Floatation belts and various floatation aids are available to use. The use of the public sauna and steam room are also permitted.

The second session is held on Friday from 18:00 to 20:00 in the dance studio. This is a drop-in session where attendees can socialise. Tea, coffee and biscuits are provided. During the session a structured 30-minute chair-based exercise class is held. It is led by a qualified fitness instructor. A neuro-physiotherapist is also on hand to provide therapy and advice. Additionally, a complimentary therapist is on hand to provide manicures, pedicures, nail painting and massage. The use of the public gym during this time is also permitted and encouraged. The fitness instructor accesses each attendee wishing to use the gym and instructs them on the safe use of suitable exercise equipment.

c. Additional Details of Objectives and Activities

In order to fund the services on offer we organise various fundraising events and activities, including an annual sponsored charity walk along the Newcastle Quayside and a Christmas party with raffle. We solicit donations, sponsorship and grants from our local community.

We also have a Christmas lunch event each year.

4. Achievements and Performance

Unfortunately, like many other charities this year, we have been impacted by the COVID-19 pandemic. We have been unable to run face-to-face sessions at the East End Pool for the duration of the reporting year.

We have maintained contact with our beneficiaries through our social media presence and email. Virtual exercise sessions have been organised by Active Newcastle and the Stroke Association and our members have been informed about them and many regularly attend them.

We are in the fortunate position that we incur very little expense if our sessions do not run. Therefore, our financial position remains strong. In summary the annual statement of accounts for year ending 31st July 2021 are:

Starting Balance	£14,970.09
Total Income	£ 1,508.00
Total Expenditure	£ 1,093.89
Finishing Balance	£15,384.20

Income Summary

Joseph Strong Frazer Trust Grant	£1,000.00
Magnus Platform Fund Donation	£ 250.00
Waitrose Ltd. Community Fund	£ 166.00

Donation in Memory of John Stephenson	£	75.00
Miscellaneous Fundraising	£	12.00
PayPal Giving Fund	£	5.00

Expenditure Summary

Printer Consumables	£577.99
Royal Mail PO Box	£277.50
Sympathy Flowers	£114.00
Public Liability Insurance	£108.80
Stationary	£ 15.60

We are thankful to the Joseph Strong Frazer Trust, Magnus Platform Fund and Waitrose Ltd. Community Fund for the generous grants and donations made to ASNE.

We have developed and implemented an Adult Safeguarding Policy and Procedure with the help of Connected Voice (formerly Newcastle CVS). We aim to organise a presentation and training to support the implementation of this Policy.

Finally, at the time of writing, we have worked with the GLL management, who operate the East End Pool Venue and our Service Providers to resume our services at the EEP in a safe COVID-19 Secure way. This involved the completion of a series of risk assessments and the development of ASNE COVID-19 Secure Operating Arrangements. Our sessions resumed during the week commencing 9th August 2021.

5. Challenges for next year

The main challenge in the coming year will undoubtedly be related to maintaining the operation of our services during the presence of COVID-19 . Ensuring our sessions comply with all relevant safety advice from Government, the Stroke Association and the East End Pool.

We will also publicise our service by the distribution of our information flyer to all our referral organisations in the local area. It is hoped that this will increase the exposure of ASNE to even more stroke survivors and that we can help even more come to terms with the effects of stroke and help them on their long rehabilitation road to recovery.

We start the new year on a sound financial footing but need to continue our funding efforts.

Active Strokes North East Trustees Annual Report for Year Ending 31st July 2021			
Version Control and History			
Date	Version	Author	Reason for Change
13/08/2021	1.0	Ross Mackenzie	Initial version

Active Strokes North East CIO

Annual Statement of Accounts for the Period 1 August 2020 - 31 July 2021

<u>Charity Balance at 31/07/20</u>	<u>£ 14,970.09</u>	of which Restricted	<u>£ 1,040.00</u>	
Balance reconciled:				
GLL Pool session credits due to Covid-19 (7-off@£30)	210.00			
GLL Drop-in session credits due to Covid-20 (6-off@£30)	180.00			
<u>Bank Balance at 31/07/20</u>	<u>£ 14,580.09</u>			
<u>Income</u>			<u>Expenditure</u>	
Miscellaneous Fundraising	12.00		Public Liability Insurance	108.80
Miscellaneous Donations	0.00		Royal Mail PO BOX	277.50
Magnus Platform Fund	250.00		Sympathy Flowers	114.00
Waitrose Ltd Community Fund	166.00		Printer Consumables	577.99
Donation in memory of John Stephenson	75.00		Stationary	15.60
PayPal Giving	5.00			
Joseph Strong Frazer Trust	1,000.00			
			<u>Total Expenditure</u>	<u>£ 1,093.89</u>
<u>Total Income</u>	<u>£ 1,508.00</u>			
			<u>Working Balance Restricted at 31/07/21</u>	<u>£ 1,040.00</u>
			<u>Bank Balance at 31/07/21</u>	<u>£ 14,994.20</u>
			Balance reconciled:	
			GLL Pool session credits due to Covid-19 (7-off@£30)	210.00
			GLL Drop-in session credits due to Covid-20 (6-off@£30)	180.00
			<u>Charity Balance at 31/07/21</u>	<u>£ 15,384.20</u>