



<b>Report:</b>	<b>Active Strokes North East Trustees Annual Report for Year Ending 31<sup>st</sup> July 2021</b>		
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 31<sup>st</sup> 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 9<sup>th</sup> 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.

<b>Active Strokes North East Trustees Annual Report for Year Ending 31<sup>st</sup> July 2021</b>			
<b>Version Control and History</b>			
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**

<b><u>Charity Balance at 31/07/20</u></b>	<b><u>£ 14,970.09</u></b>	of which Restricted	<b><u>£ 1,040.00</u></b>
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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

<b><u>Bank Balance at 31/07/20</u></b>	<b><u>£ 14,580.09</u></b>
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#### **Income**

Miscellaneous Fundraising	12.00
Miscellaneous Donations	0.00
Magnus Platform Fund	250.00
Waitrose Ltd Community Fund	166.00
Donation in memory of John Stephenson	75.00
PayPal Giving	5.00
Joseph Strong Frazer Trust	1,000.00

<b><u>Total Income</u></b>	<b><u>£ 1,508.00</u></b>
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#### **Expenditure**

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

<b><u>Total Expenditure</u></b>	<b><u>£ 1,093.89</u></b>
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<b><u>Working Balance Restricted at 31/07/21</u></b>	<b><u>£ 1,040.00</u></b>
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<b><u>Bank Balance at 31/07/21</u></b>	<b><u>£ 14,994.20</u></b>
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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

<b><u>Charity Balance at 31/07/21</u></b>	<b><u>£ 15,384.20</u></b>
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