



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31 st 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

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 and 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 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

Voluntary Session Donation	364.00
Miscellaneous Donations	30.00
Riversgate Residents Association Donation	316.03
Sponsored Walk 2021	2,111.08
Deal Direct Blinds	195.20
PayPal Giving	20.00
Joseph Strong Frazer Trust	1,500.00
Christmas Party Fundraising	45.00
Easter Party Fundraising	98.60
Arnold Clark Community Fund	2,000.00

Total Income	£ 6,679.91
---------------------	-------------------

Christmas Meal (Non-income seat deposits 48@£16)	768.00
--	--------

Wetwheels Yorkshire (Non-income seat deposits 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

Balance reconciled:

Physio payment cheque for £50 on 1st April not expensed by year end	50.00
---	-------

Charity Balance at 31/07/2022

Expenditure

GLL - Studio (inc. 6 credits)	46	1,200.00
GLL - Pool (inc. 7 credits)	49	1,260.00
Physiotherapy	4	200.00
Physiotherapy (Restricted)	4	200.00
Complementary	29	1,015.00
Complimentary (Restricted)	12	420.00
Fitness	27	945.00
Fitness (Restricted)	12	420.00
PPE		27.23
Drop-In Consumables		153.67
Equipment		31.92
Mobile 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 Expenditure	£ 6,706.24
--------------------------	-------------------

Christmas Meal (Non-expense seat payment 44@£16)	704.00
--	--------

Refunded seat deposits 4@£16)	64.00
-------------------------------	-------

Wetwheels Yorkshire (Non-income seat payments 19@£10)	190.00
--	--------

£	-
----------	----------

£	15,017.87
----------	------------------

£	14,967.87
----------	------------------