



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

Physio payment CHQ000112 £50 (01/04/2021) not deposited till 04/10/2022	50.00
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Bank Balance at 31/07/22	£ 15,017.87	of which Restricted	£0.00
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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
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Christmas Meal (Non-income seat deposits 66@£16)	1,056.00
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Wetwheels Yorkshire (Non-income seat deposits 20@£10)	200.00
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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
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Christmas Meal (Non-expense seat payment 53@£16)	848.00
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Refunded seat deposits (13@£16)	208.00
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Wetwheels Yorkshire (Non-expense seat payments 20@£10)	200.00
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Working Balance Restricted at 31/07/2023	£ 1,670.00
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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
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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
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