



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31 st 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 31 st 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 - Annual Statement of Accounts for the Period 01 August 2023 - 31 July 2024

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

<u>Bank Balance at 31/07/2023</u>	<u>£ 15,213.78</u>	<u>of which Restricted</u>	<u>£1,670.00</u>
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Income

Voluntary Session Donations	673.00
Miscellaneous Donations	14.68
PayPal Giving Donations	238.86
Annual Sponsored Walk 2023	2,237.76
Stroke North East - Grant	15,433.57
Joseph Strong Frazer Trust - Grant	1,500.00
Christmas Raffle (Ticket Sales)	740.00
Donation in the memory of Bob Bloomfield	511.00
Donation in the memory of Miriam Lewis	355.93

<u>Total Income</u>	<u>£ 21,704.80</u>
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Christmas Lunch (Non-income seat deposits 59@£16)	944.12
Wetwheels Yorkshire (Non-income seat deposits 20@£10)	200.00

Expenditure

GLL - Drop-In Session - Studio Room Hire	18	540.00
GLL - Pool Session - Studio Pool Hire	19	580.00
GLL - Drop-In Session - Studio Room Hire (Restricted)	30	900.00
GLL - Pool Session - Studio Pool Hire (Restricted)	26	770.00
Physiotherapist - Services	6	375.00
Complementary Therapist - Services	29	1,175.00
Fitness Instructor - Services	46	1,840.00
Miscellaneous Equipment		0.00
Drop-In Consumables		84.35
Miscellaneous Stationary		12.00
Public Liability Insurance		413.61
AGM Catering		133.84
Christmas Party Catering		96.83
Christmas Raffle Tickets (CVN Print)		54.00
Christmas Raffle 1st & 2nd Prize		200.00
Christmas Lunch (ASNE charity contribution)		11.60
Wetwheels Yorkshire (ASNE charity contibution)		300.00
Leaving Flowers for Physiotherapist		58.00
Sympathy Flowers		50.00

<u>Total Expenditure</u>	<u>£ 7,594.23</u>
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Christmas Lunch (Non-expense seat payment 58@£16)	928.00
Refunded Christmas Lunch seat deposits (1@£16)	16.12
Wetwheels Yorkshire (Non-expense seat payments 20@£10)	200.00

<u>Working Balance Restricted at 31/07/2024</u>	<u>£0.00</u>
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<u>SNE Grant - Expensed at 31/07/2024</u>	<u>£ 5,148.62</u>
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<u>SNE Grant - Working Balance at 31/07/2024</u>	<u>£ 10,284.95</u>
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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

<u>Bank Balance at 31/07/2024</u>	<u>£ 9,124.35</u>
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Note: actual balance is £9,179.35 due to 2 deposits totalling £55 being banked early for next years charity walk. Deposits to be included in next years report.

<u>Fixed Term Deposit (Matures 04/11/2024)</u>	<u>£ 20,000.00</u>
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<u>Charity Balance at 31/07/2024</u>	<u>£ 29,124.35</u>
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