



Report:	Active Strokes North East Trustees Annual Report for Year Ending 31 st 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 31st 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			Expenditure	
Voluntary Session Donations	645.00		GLL - Drop-In Session - Studio Room Hire	48 1,440.00
Miscellaneous Donations	55.00		GLL - Pool Session - Studio Pool Hire	49 1,470.00
PayPal Giving Donations	61.00		Physiotherapist - Services	33 2,145.00
Interest from £20,000 Fixed Term Deposit (3.6%, matured on 04/11/2024)	725.92		Complementary Therapist - Services	32 1,440.00
Annual Sponsored Walk 2024	1,342.69		Fitness Instructor - Services	41 1,845.00
Frazer Trust - Donation	1,500.00		Miscellaneous Equipment	225.94
Christmas Raffle (Ticket Sales)	670.00		Walk Marshals Lunch	31.95
Donation in the memory of Kenny Shaw	310.00		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 Income	£ 5,309.61		Total Expenditure	£ 9,960.34
Christmas Lunch (Non-income seat payments 48@£15)	720.00		Christmas Lunch (Non-expense seat payments 45@£15)	675.00
Wetwheels Yorkshire (Non-income seat payments 20@£10)	200.00		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