

STROKEINFORMATION (CIO)
(A charitable incorporated organisation)
ANNUAL REPORT
AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

Charity Number 1166424

FINANCIAL STATEMENTS AND TRUSTEES REPORT FOR THE YEAR ENDED

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INFORMATION FOR THE YEAR ENDED

TRUSTEES

Nick Clarke

Susan Whitney

Margery Savin appointed June 2019 (resigned 20th April 2021)

Cary Timothy Hill (appointed June 2019)

Damon Carroll

Peter Clarke

Cllr Laura Booth (appointed 21st June 2020)

Riona Kelly. (Appointed 21st August 2020)

AMBASSADOR

RHONA BAGCHI (appointed 5th December 2019)

As is tradition at this time of the year, it's time to reflect on the previous year and every single one of us have had a lot of things to digest over the last 12 – 18 months. Whilst it is true that the pandemic has impacted on us as a registered charity as we have been unable to partake in the usual enjoyable fundraising including bucket collections because of social distancing measures and alike this has not hindered the charity in expanding in its service offering not only in Stockport and the surrounding areas but with technology afoot we have gone truly global as we recently assisted a stroke survivor in Uganda, central Africa.

Whilst other organisations are out there to help and provide guidance and information Stroke Information remain completely focused on being that little bit different as we care because we've been there and that is truly something that cannot be replaced. I have worked tirelessly to promote Stroke Information and what we stand for but it is not down to just me, every single member of the charity, be it a regular contributor of the WhatsApp group, a visitor to our fantastic drop in or a family member impacted by Stroke, we all have a tale to tell, a story, a powerful insight on what it is truly like to suffer a traumatic brain injury.

An area which I would like to see develop over time is the recruitment of stroke survivors back into employment whether it be directly with the charity or alternatively working with employers and educating them to make those reasonable adjustments to allow them back to have a sense of worth, a need, a place in society.

Stroke Information and I can be extremely proud that we have started to deliver in this respect with a Stroke survivor being employed as a steward at a local football club, also by giving another stroke survivor the confidence to return to work in Australia in the care sector, which I duly reported last year. More recently actually employing our first recruit as a coordinator in the south of the UK who will focus on areas of funding and other opportunities to reach out to others that need our support.

There were many important lessons, and it is perhaps worth noting that everyone was affected one way or another by the pandemic. Many people remarked that the many barriers and isolation they experience daily were suddenly noticed by the population at large. However, during this time the consequences for disabled and isolated people became magnified many times over. I don't wish to dwell further on the passing year other than to say beware of short memories. Lessons learned may also be lessons swiftly forgotten.

Turning to 2022 and beyond, looking at what can be achieved in the coming months ahead and what changes we can expect to see. I would also like to add that despite all the technology, health developments and printing of billions of pounds, it will be simple kindness that makes the difference in the year ahead.

We have seen hard times show us the best and worse in ourselves and communities have experienced both division and coming together at the same time. This is nothing new, but we can build on the good and try to heal the harm.

It is fair to say that we have had to adapt because of the pandemic and what should have been a very successful year in terms of drop-in numbers we have been showing real endeavor by taking the initiative to organise zoom meetings and other online mediums and we will continue to do so and look at other areas where we can champion inclusion and support.

StrokeInformation as an organisation, of people is growing and reaching out to the unreachable and forgotten voices in our society entering a new era, whereby stroke care and rehabilitation will be forced into a community led relationship. Having the foresight to embrace the technology we will be able to really provide StrokeInformation Peer Support across the globe

As our model of WE CARE BECAUSE WEVE BEEN THERE works and is really successful, we intend to build on the experience and develop a variety of options which gives disabled and marginalised people who have been impacted by stroke more choice and opportunities.

In addition, while other support groups have scaled back and even closed, we will remain as a flagship service and despite the interruptions of the pandemic, we intend to continue to grow our outreach and community services in many directions and variations. Finally, if we are lucky, we will continue our relationship with Disability Stockport and should they find a way to fund their planned build of a new community services floor at the High St premises. This would be a big step towards achieving our goals above and moving towards the next stage over the overall plan.

I wish to finish by thanking everyone who has contributed this year and beyond. The volunteers, families, friends, and professionals. We have had direct support from others in the worst of situations, practical and political support from our councilor's and their officers. Great teamwork with partners. Disability Stockport, The Local Media Partnership and other funders have been vital contributors to our delivering more support at the most difficult times. Our core team members have been the very best and the board of trustees' dynamic in their support.

I am immensely proud of the team and the fact that many people we have helped have come on board and helped us to help others. I can think of nothing more rewarding. Please have a safe Christmas and good health in the year ahead. Remember, kindness will be the biggest help. Look for it, nurture it and demonstrate it.

I simply like the fact that we are able to help others who find themselves where we once were and is the main ethos of the organisation and does, what it can to assist people in those situations, whoever they are. We continue to strive to get the stroke survivor back into some form of normality and have a sense of worth once more.

I always look forward to my visits to our High Street office, and always feel welcomed by everyone I come into contact with. I would like to thank the Board, the directors, volunteers and supporters for making this organisation something to be proud of, and long may it continue.

**Nick Clarke, CEO & FOUNDER, STROKEINFORMATION 1166424- CIO TRUSTEES
REPORT FOR THE YEAR**

The Directors, who are the trustees of the charity, present their annual report and the audited financial statements for the year ended .

REPORTING FRAMEWORK

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland, effective January 1 2015 (as amended by Update Bulletin 1).

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

The Charity is a charitable incorporated organisation and is governed by its constitution dated April 2016 and is registered with the Charity Commission. The Charity was previously a limited company, registered at Companies House. Membership of the charity is open to any adult resident in the Metropolitan Borough of Stockport and beyond who has been impacted by Stroke who has a disability or an interest in disability matters and is approved by the Trustees. The Trustees have the powers to in certain circumstances to remove a person from attending our drop in facility.

Board of Trustees – composition and appointment

The number of Trustees must not be less than three or more than fourteen of whom not more than ten may be elected at a general meeting (the “elected Trustees”). All elected Trustees must be members of the charity.

One third of the elected Trustees must retire at each AGM, those longest in office retiring first. A retiring Trustee who remains qualified may stand again.

The Trustees may co-opt any adult who is qualified to be appointed a Trustee to fill a vacancy in their number or as an additional Trustee, but co-opted Trustees only hold office until the next AGM. A co-opted trustee does not necessarily need to be a member of the charity.

Trustee recruitment, induction and training

The organisation has a defined process for recruiting and induction to the Board of Directors, and is led by the needs and skill requirements of the organisation. The induction process for any new Trustee comprises an initial meeting with the CEO and some of the trustees. The welcome pack includes a brief history of the Charity, copies of Committee, the Constitution and the Charity Commission's guidance – 'The Essential Trustee: What You Need to Know'.

Organisation

The Trustees as a body administer the Charity and meet at least three times per year, normally every quarter, however this year COVID prevented us from having face to face meetings.

The Trustees are assisted by the work of the following sub-groups: Finance, Governance and Policy, and Media & Marketing, Business and Project Development, Nominations and Recruitment, Training.

The day-to-day operations of the Charity are the responsibility of the Chief Executive Officer, to whom the Trustees delegate authority for operational matters including finance, employment and development, within the overall strategy agreed by the Trustees.

Volunteers – Impact/significance in the charity

Volunteers have always been important throughout the history of StrokeInformation. Those people who have assisted are on our books showing that they are supporting our work.

It is not just in terms of finance they contribute but also in added quality of support and a diverse range of skills and experience. Volunteers in return receive training and support as well as feedback. Many volunteers are matched with their experience around a particular need for support and help to build confidence and independence. All volunteers are DBS checked as appropriate and offered participation in the organisation and personal development. This also has the benefit of helping to develop a skilled workforce resource for the local area and beyond some of them will choose a career outside of the charity because of their positive experience.

STROKEINFORMATION, CIO TRUSTEES REPORT FOR THE YEAR ENDED

Risk management

The Charity Trustees have considered the major risks to which the Charity is exposed and have reviewed those risks and established systems and procedures to manage those risks.

A Risk Register is maintained (reviewed in April 2021), to identify the principal risks which could affect the Charity and to categorise them per impact (low, medium, high) and probability (low, medium, high).

The Trustees consider that following the reduction in core grant support that the charity is exposed to significant risks in maintaining its financial stability whilst continuing to meet the needs of its beneficiaries.

For each significant risk, the Trustees will agree actions and a timescale to mitigate the risks identified and a Trustee or member of staff has been assigned to oversee the actions. All risks will continue to be reviewed at least annually.

Trustees are covered by trustee indemnity insurance.

OBJECTIVES AND ACTIVITIES

The charity's objectives are:

"To offer help, support, guidance and real hope to those who have been impacted by Stroke who are resident in the Metropolitan Borough of Stockport and beyond (the "area of benefit").

To meet its objectives, the Charity aims to:

- ☐ _Provide information and advice on Stroke, preventative as well as coping mechanisms
- ☐ _Raise awareness of issues and concerns of those impacted by Stroke
- ☐ _Advocate on behalf of Stroke patients and their families
- ☐ _Monitor and evaluate services to Stroke patients
- ☐ _Provide a range of services that help to meet the needs of these people
- ☐ _Promote and provide opportunities for partnership working to assist people who have been impacted by Stroke and does so through the provision of a range of services

provided from its central premises in Stockport, however this has been impacted by the pandemic and we have had to adapt with Zoom video meetings and phone calls.

PUBLIC BENEFIT

The charity has had regard to the Charity Commission guidance on public benefit. We have a central location and fully accessible building that is both easy to reach and welcoming. This means that all our public services such as information, advocacy, and advice can encourage people to drop in and use our facilities, such as meeting rooms, interview rooms and training room.

The counselling service is available any day and with prior arrangement in the evenings and is available to the public, currently free of charge. Volunteer counsellors also use our office facilities for administration and supervision.

StrokeInformation is a registered charity helping to educate others about the impact a Stroke has to a member of the public and is a provider of training focusing not only on the preventative measures but also the coping strategies, meetings and workshops.

Services currently available at our registered offices. **STROKEINFORMATION, CIO TRUSTEES REPORT FOR THE YEAR ENDED**

ACHIEVEMENTS AND PERFORMANCE

Benefits to community

We have maintained our registered status and gone on to significantly increase our support offering. We have managed to carry on making a difference to people who have been impacted by Stroke not only in Stockport, but the wider landscape. I do not think that anyone could have foreseen the impact that the many variants of COVID have had on our world, the safety measures, the restrictions, the implications and we are yet to be clear of COVID and the day that actually happens cannot come quick enough and we can regain some sort of normality.

A fairly simple idea put forward by someone we actually helped whereby he stated, you should have a WhatsApp group for each other has emerged from and handful of local stroke survivors has now evolved into a strong 50 or so individuals impacted by stroke, of all ages and various locations within the UK.

Our FREE weekly, drop in, at Disability Stockport continues to grow with a mix of existing users and newly discharged patients. We have also seen an increase in the number of referrals we are receiving from others who are aware of our service offering and continue to signpost people to us where we have a facility which is welcoming and confidential using peer support in a community-based approach that is fully inclusive regardless of condition, diagnosis or circumstance. In other words, it's about people, stroke survivors, family and carers. Our support mechanisms range from peer support, information and advice to email consultation and even a live chat portal and centralised helpline telephone number and this has at last been able to benefit from the greater freedom of choice to those impacted by Stroke not only regionally but indeed nationally and beyond, sometimes even globally.

We are pleased with our progress to date and given the opportunity I feel that StrokeInformation should be able to work alongside others such as the national charity which will mean more people are offered that alternative rather than the traditional pathway on their recovery journey, moreover we all know that each stroke is different but so is the recovery journey and we feel that we have that unprecedented advantage to truly deliver a service which cannot be matched elsewhere. Some people also go in the other direction or no longer need our service, but we see this as entirely positive for everyone, because at the end of the day it is all about and should be that freedom of choice entirely.

The many positive stories and outcomes are testament to this success and we will continue to assist in those success stories.

Last year we outlined a plan for us to increase our presence of the drop in to include alternative days, training facilities, and workspace for administrative duties. However, the ongoing pandemic prevented so many items coming to fruition. The CEO and Trustees have worked hard to support and underpin the work of the organisation and are always willing to be hands on when needed.

The Trustees would like to thank all our executive team, volunteers, supporters and benefactors who have been indispensable in helping us continue to make a difference.

STROKEINFORMATION CIO TRUSTEES REPORT FOR THE YEAR ENDED

StrokeInformation continues to be grateful to our supporters, donors, who contribute sums great and small to our organisation. We also wish to thank everyone who has sponsored an event on our behalf and all those who contributed their valuable time to our organisation. **STROKEINFORMATION, CIO TRUSTEES REPORT FOR THE YEAR ENDED**

FINANCIAL REVIEW

Overview

Principal funding sources

Reserves Policy

The Trustees consider expendable free reserves are essential to supplement any shortfall between expenditure and income to maintain the level of service to clients and provide for any unplanned revenue or capital expenditure.

Having considered the Charity's exposure to risk, a policy has been determined to target free reserves (unrestricted funds invested in net current assets, which is the Charity's working capital required to fund day-to-day operations) at a level equivalent to six months' unrestricted expenditure.

The free reserves of the Charity at total, compared with unrestricted expenditure of, which is equivalent to expenditure.

The outlook for increasing reserves to targeted levels is very limited in the prevailing economic climate and it is doubtful that the target will be achieved in the medium term.

However, the current level of reserves combined with favourable short-term results and forecasts indicate the charity will continue as a going concern and deliver services as planned.

Pay of Senior Staff

The CEO's pay is determined by the minimum allowed as to not impact any benefit allowance, namely no more than £140.00 per week (effective April 2020) and no more than 15 hours actual work, the rest is deemed as voluntary and this is approved by the Board of Trustees. Comparative studies of levels for similar roles and factors of turnover and responsibilities are all considered.

FUTURE PLANS

The charity continues to offer the same range of services in 2022, and is well placed to respond to any changes in government policy and/or funding whilst continuing to support those in most need.

We expect most new growth to come from signposting from the NHS and other statutory bodies and this looks to have considerable scope for expansion. Any new opportunities for partnership and alliance working will be pursued to reflect the wider scope of need we have experienced in recent years.

Bids will be submitted to potential funders where applicable.

STROKE INFORMATION, CIO TRUSTEES REPORT FOR THE YEAR ENDED

TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- ☐ _select suitable accounting policies and then apply them consistently;
- ☐ _o_b_s_e_r_v_e_t_h_e_m_e_t_h_o_d_s_a_n_d_p_r_i_n_c_i_p_l_e_s_i_n_t_h_e_C_h_a_r_i_t_i_e_s_S_O_R_P_2_0_1_5_(F_R_S_1_0_2);_
- ☐ _m_a_k_e_j_u_d_g_e_m_e_n_t_s_a_n_d_e_s_t_i_m_a_t_e_s_t_h_a_t_a_r_e_r_e_a_s_o_n_a_b_l_e_a_n_d_p_r_u_d_e_n_t;_
- ☐ _state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- ☐ _prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

**STROKE INFORMATION LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

STROKE INFORMATION LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
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STROKE INFORMATION LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2021

Directors	Nicholas Shore Clarke Susan Whitney Peter Anthony Clarke Cary Timothy Hill Margery Savin Riona KELLY Laura BOOTH
Company Number	09535824 (England and Wales)
Registered Office	23 High Street Stockport SK1 1EG
Accountants	Parallax Consultancy Ltd Heathfield, 7 Mauldeth Road, Heaton Moor Stockport SK4 3NW

STROKE INFORMATION LIMITED
(COMPANY NO: 09535824 ENGLAND AND WALES)
DIRECTORS' REPORT

The directors present their report and accounts for the year ended 31 March 2021.

Directors

The following directors held office during the whole of the period:

Nicholas Shore Clarke
Susan Whitney
Peter Anthony Clarke
Cary Timothy Hill
Margery Savin

The following directors were appointed during the period:

Laura BOOTH was appointed on 21 June 2020.
Riona KELLY was appointed on 21 August 2020.

Statement of directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors

.....
Nicholas Shore Clarke
Director

Approved by the board on: 1 December 2021

STROKE INFORMATION LIMITED
INCOME STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

	2021	2020
	£	£
Turnover	10,052	21,928
Cost of sales	(644)	(1,025)
Gross profit	9,408	20,903
Administrative expenses	(9,127)	(14,192)
Operating profit	281	6,711
Profit on ordinary activities before taxation	281	6,711
Tax on profit on ordinary activities	-	-
Profit for the financial year	281	6,711

STROKE INFORMATION LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	4	1,861	390
Current assets			
Debtors	5	-	160
Cash at bank and in hand		34,521	35,731
		<u>34,521</u>	<u>35,891</u>
Creditors: amounts falling due within one year	6	(4,176)	(4,356)
Net current assets		<u>30,345</u>	<u>31,535</u>
Net assets		<u>32,206</u>	<u>31,925</u>
Capital and reserves			
Called up share capital	7	100	100
Profit and loss account		32,106	31,825
Shareholders' funds		<u>32,206</u>	<u>31,925</u>

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board of Directors and authorised for issue on 1 December 2021 and were signed on its behalf by

Nicholas Shore Clarke
Director

Company Registration No. 09535824

STROKE INFORMATION LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

1 Statutory information

Stroke Information Limited is a private company, limited by shares, registered in England and Wales, registration number 09535824. The registered office is 23 High Street, Stockport, SK1 1EG.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Turnover

Turnover represents the value, net of VAT and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Tangible fixed assets policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Computer equipment Straight line method over 3 years

4 Tangible fixed assets

	Computer equipment £
Cost or valuation	At cost
At 1 April 2020	2,594
Additions	2,792
At 31 March 2021	5,386
Depreciation	
At 1 April 2020	2,204
Charge for the year	1,321
At 31 March 2021	3,525
Net book value	
At 31 March 2021	1,861
At 31 March 2020	390

STROKE INFORMATION LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

5 Debtors: amounts falling due within one year	2021	2020
	£	£
Debtors: amounts falling due after more than one year		
Trade debtors	-	160
6 Creditors: amounts falling due within one year	2021	2020
	£	£
Other creditors	4,176	4,356
7 Share capital	2021	2020
	£	£
Allotted, called up and fully paid:		
100 Ordinary shares of £1 each	100	100
8 Average number of employees		
During the year the average number of employees was 1 (2020: 1).		

STROKE INFORMATION LIMITED
DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2021

This schedule does not form part of the statutory accounts.

	2021	2020
	£	£
Turnover		
Sales	10,052	21,928
Cost of sales		
Purchases	644	168
Other direct costs	-	857
	644	1,025
Gross profit	9,408	20,903
Administrative expenses		
Wages and salaries	6,060	9,510
Travel and subsistence	-	1,243
Telephone and fax	455	632
Postage	-	47
Bank charges	-	81
Insurance	484	457
Software	137	171
Depreciation	1,321	391
Sundry expenses	18	170
Accountancy fees	584	453
Advertising and PR	5	1,024
Other legal and professional	63	13
	9,127	14,192
Operating profit	281	6,711
Profit on ordinary activities before taxation	281	6,711