

# DEAL & DISTRICT STROKES

England & Wales · Charity number 1170929

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-12-30

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** St. Andrews  
Bayview Road  
Kingsdown  
Deal  
CT14 8EG

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**Website** [www.dealdistrictstrokes.org](http://www.dealdistrictstrokes.org)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE TO SUPPORT STROKE VICTIMS IN THEIR REHABILITATION AFTER THEIR STROKE AND TO ASSIST THEM IN REENGAGING WITH SOCIETY AND TO OFFER SUPPORT TO THEIR CARERS IN DEAL AND THE SURROUNDING AREAS.

**Activities:** Monthly social gatherings with different activities including speakers on subjects of interest to members. Regular outings throughout the year to places of interest and meals out. Weekly health walks on Deal Pier including refreshments at the Pier restaurant.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** People With Disabilities

## Geography

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- Kent

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£20,954	£31,864	-	-
2024-06-30	£5,647	£39,810	-	-
2023-06-30	£2,480	£40,330	-	-
2022-06-30	£5,982	£69,557	-	-
2021-06-30	£25,485	£9,546	-	-

## Trustees

Name	Role	Appointed
Bruce Gregory English		2025-02-10
DORTHE WARGIN BUCKNELL		2020-10-25
Lorraine Mary Davies		2015-01-10
ROBERT STANLEY MOORE		2020-10-25
Vincent Craig Marsh		2020-10-24

**DEAL & DISTRICT STROKES**

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# Accounts

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# Deal & District Strokes Trustees Report 2024-2025

This report builds on the continuous work and development of Deal and District Strokes which is the only organisation supporting people surviving strokes in East Kent. This is a sad reflection on the scarcity of support for stroke survivors and their carers both within the statutory and voluntary sector in this area. The majority of our members come from Deal and Sandwich and the surrounding areas. One of our limitations is transport as many of our members are unable to drive or do not have access to a car. As a consequence we spend a significant amount of money on taxis to ensure our members are able to benefit from the services and support we provide. DDS still relies totally on volunteers to provide our services with the exception of a very part time paid coordinator.

The demand for services and general support is ever increasing. We currently support about 65 members. We continue our regular walk on Deal Pier followed by coffee in a local restaurant. This encourages members to get out and socialise and is generally well attended. If members are in wheelchairs they will be pushed by volunteers. In addition we have a regular monthly 'get together' at a local community centre and usually a meal in a local restaurant or pub once a month. In the summer we organize picnics and trips to local places of interest.

When members were asked to describe their thoughts about DDS in one sentence, these were some of the replies:

'I don't know how I would have coped without DDS.'

'A warm and welcoming club with many activities, walks and meals. A great place to meet new friends in the same situation.'

'The support of the Stroke Club has been invaluable to my recovery.'

'I feel this club ensures every member is included and encouraged to meet their potential.'

Our well-being services remain very popular and very beneficial to members many of whom have demonstrated significant improvements in their physical and mental abilities. We continue to engage a physical trainer twice a week to provide bespoke exercises for our members as well as monthly reflexology session for members who wants it. Members pay a small contribution towards the cost of these services. In addition we have identified an accredited counsellor who members have access to. With the help of a volunteer we have set up a small weekly 'conversation' group to help people who have difficulties with their speech and it also helps improve general confidence.

Due to the demand for support we have a coordinator with experience of adult social care work. The coordinator has ensured that our members are in receipt of all the benefits they are entitled to as well as generally supporting members. One of the biggest challenges for our members is carer 'fatigue' as there is very little statutory support for carers, and hardly any respite support. We have

managed to attract a couple of new volunteers which has been one of our biggest challenges in the past.

We have recently appointed two new trustees following the resignation of one trustee.

We continue to work closely with the Stroke Association and our local NHS services.

We provide a monthly newsletter for our members with information about upcoming events.

In conclusion DDS continues to provide an essential and much valued service for people who have been affected by stroke and their carers in Deal and the surrounding areas.

# Deal and District Strokes

## Income and Expenditure for the year 2024/25

<b>Income</b>	
Donations	£95.00
Interest	£14,468.89
Subscriptions	£435.00
Well-being contributions	£1,645.00
Outings contributions	£3,311.05
Grant payback	£1,000.00
<b>Total</b>	<b>£20,954.94</b>
<b>Expenditure</b>	
Adminstration	£3,834.13
Advertising	£233.00
Meetings	£781.38
Outings (including Pier Walk)	£5,035.62
Well-being and Support	£16,098.24
Transport	£2,812.40
Grants to members	£0.00
Room hire	£2,685.79
Insurance	£284.51
Bank charges	£99.00
<b>Total</b>	<b>£31,864.07</b>

# Balance Sheet for the Year 2024/25

## Balances Brought Forward

Nat West Current Account	£4,983.33
Lloyds Business Account	£52,934.61
Cambridge and Counties Bank	£100,000.00
Charity Bank	£108,479.40
United Trust Bank	£100,000.00
Net Surplus/Deficit in the year	-£10,909.13
<b>Total Assets</b>	<b>£355,488.21</b>

## Represented by

Nat West Current Account	£2,704.31
Lloyds Business Account	£29,835.61
Cambridge and Counties Bank	£105,480.50
Charity Bank	£112,678.75
United Trust Bank	£104,789.04
<b>Total Assets</b>	<b>£355,488.21</b>

Net Surplus/Deficit for the year:

Deficit -£10,909.13

**DEAL & DISTRICT STROKES**

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# Accounts

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# Deal & District Strokes Trustees Report 2023-2024

Deal and District Strokes is the main Charity supporting people surviving strokes in East Kent. We regularly get referrals from places such as Ramsgate, Margate and Dover but we are limited to supporting people in the local area. This is a sad reflection on the scarcity of support for stroke survivors and their carers in East Kent. The majority of our members come from Deal and Sandwich and the surrounding areas. One of our limitations is transport as many of our members are unable to drive or do not have access to a car. We still rely totally on volunteers to provide our services with the exception of a very part time paid coordinator.

Our membership has continued to increase demonstrating the need for support services for people who have been affected by stroke as well as their carers and families. We currently support about 60 members. We have a regular walk on Deal Pier followed by coffee in a local restaurant. This encourages members to get out and socialise and is generally well attended. If members are in wheelchairs they will be pushed by volunteers. In addition we have a regular monthly get together at a local community centre and usually a meal in a local restaurant or pub once a month. In the summer we organize picnics and trips to local places of interest. We have also recently acquired an allotment which the more able bodied members enjoy.

Our well-being services are very popular and very beneficial to members many of whom have demonstrated significant improvements in their physical and mental abilities. We continue to engage a physical trainer twice a week to provide bespoke exercises for our members as well as monthly reflexology session for members who wants it. Members pay a small contribution towards the cost of these services. In addition we have identified an accredited counsellor who members have access to. With the help of a volunteer we have set up a small weekly 'conversation' group to help people who have difficulties with their speech.

Due to the demand for support we have a coordinator with experience of adult social care work. The coordinator has ensured that our members are in receipt of all the benefits they are entitled to as well as generally supporting members. One of the biggest challenges for our members is carer 'fatigue' as there is very little statutory support for carers, and hardly any respite support. Our other main challenge is attracting volunteers on whom we depend to run the activities of DDS. We currently have a group of dedicated volunteers, but the expansion of DDS depends largely on our volunteer capacity which we have been trying to address without much success to date. This appears to be a problem for other charities in the area as well.

We have recently appointed two new trustees following the resignation of one trustee.

We continue to work closely with the Stroke Association and our local NHS services.

We provide a monthly newsletter for our members with information about upcoming events.

In conclusion DDS continues to provide an essential and much valued service for people who have been affected by stroke and their carers in Deal and the surrounding areas.

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# Accounts

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# Deal & District Strokes Trustees Report 2022-2023

There was a relatively slow start to member participation and activities in 2022 following the Covid pandemic. Some of our members were very anxious about going out in public and meeting other people, even people they knew. However, with some gentle persuasion members slowly began to rejoin our activities and by the end of this period DDS was functioning to the same level as prior to the pandemic.

Our membership has continued to increase demonstrating the need for support services for people who have been affected by stroke as well as their carers and families. We have expanded our well-being services by paying for a physical trainer twice a week to provide bespoke exercises for our members as well as providing a monthly reflexology session for members who wants it. In addition we have identified an accredited counsellor who members have access to, paid for by DDS for up to six sessions.

Due to the demand for support we have engaged a coordinator with experience of adult social care work. The coordinator has ensured that our members are in receipt of all the benefits they are entitled to as well as generally supporting members. One of the biggest challenges for our members is carer 'fatigue' as there is very little statutory support for carers, and hardly any respite support. Our other main challenge is attracting volunteers on whom we depend to run the activities of DDS. We currently have a group of dedicated volunteers, but the expansion of DDS depends largely on our volunteer capacity which we have been trying to address without much success to date. This appears to be a problem for other charities in the area as well.

We continue to work closely with the Stroke Association and our local NHS services.

We provide a monthly newsletter for our members with information about upcoming events.

In conclusion DDS continues to provide an essential and much valued service for people who have been affected by stroke and their carers in Deal and the surrounding areas.

# Deal & District Strokes

## Income and Expenditure for the year 2022-23

### Income

Donations	£351.50
Interest	£1,988.00
Subscriptions	£140.00
<b>Total</b>	<b>£2,479.50</b>

### Expenditure

Administration	£4,657.33
Advertising	£233.00
Meetings	£688.81
Outings	£5,713.48
Well-being and support	£16,910.60
Transport	£2,454.90
Grants to members	£4,000.00
Purchase of equipment to support Stroke survivors in hospital	£3,905.60
Room Hire	£1,460.35
Insurance	£221.76
Bank Charges	£84.85
<b>Total</b>	<b>£40,330.68</b>

Net Surplus/Deficit on the year **-£37,851.18**

Deal and District Strokes is left with assets of £400,560.15

## Represented by

NatWest Current Account	£4,494.90
NatWest Business Reserve Account	£88.01
Lloyds Deposit Account	£191,519.46
Cambridge & Counties Bank	£100,000.00
Charity Bank	£104,457.78
<b>Total Assets</b>	<b>£400,560.15</b>

From the books and vouchers which I have inspected and the explanations given me, it is my opinion that the above statement reflects the financial position at the 1st July 2023.

Signed R.S.Moore

V.C Marsh

M.Blee

D.W.Bucknell

**DEAL & DISTRICT STROKES**

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# Accounts

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# Deal & District Strokes Trustees Report 2021-2022

The period 2021-22 was mainly dominated by the Covid pandemic and the requirements by government for people to isolate in order to keep themselves and others safe. This represented a major challenge for Deal and District Strokes thinking about how we could support our members who because of their health problems already struggled with isolation and loneliness. An added challenge was that most of the support offered to members is from volunteers many of whom had to protect themselves and no one had access to PPE needed to visit vulnerable people in their own homes.

When we were allowed we started to meet members outside, bringing thermoses of hot drinks to share on the pier etc. We also arranged for volunteers to ring people regularly to keep in touch, produced a monthly newsletter and delivered a Christmas hamper to every member of the club.

As we had not spent any money on activities for members and were aware that some members were struggling financially we agreed to use the money to give members a Grant to assist them.

In the autumn activities were slowly restarted, because of the curtailed programme we suspended subscriptions for the year. As the year unfolded we were able to run a full programme by the spring and the numbers attending have not only returned to the pre-pandemic level but increased, demonstrating the need for the support offered by the charity. We also noticed an increase in people referred by statutory agencies such as the NHS and Social Services.

In the aftermath of the pandemic it became clear that many members were struggling with mental health issues and the Charity decided to assist members to access counselling services if requested by members. Similarly we have entered into partnership with the local NHS hospital Stroke wards to provide equipment to improve memory, speech manual strength and flexibility.

# Deal & District Strokes

## Income and Expenditure for the year 2021-22

### Income

Donations	£200.00
Legacy	£194.23
Interest	£5,588.01
<b>Total</b>	<b>£5,982.24</b>

### Expenditure

Administration	£2,333.29
Advertising (including Stroke Association)	£234.60
Meetings	£1,267.38
Insurance	£221.75
Outings	£7,270.03
Wellbeing and support	£16,130.92
Purchase of equipment to support Stroke survivors in hospital	£17,998.12
Transport	£1,067.00
Grants to members	£22,0002.00
Room Hire	£1,016.30
Bank Charges on Deposit Account	£15.70
<b>Total</b>	<b>£69,557.09</b>

NET SURPLUS/DEFICIT ON THE YEAR -£63,574.85

# Balance Sheet for the year 2021/22

## Balances Brought forward

NatWest Current AccountRe	£11,837.23
NatWest Business Reserve Account	£100,050.87
Lloyds Deposit Account	£186,944.29
Shawbrook Bank	£104,137.96
Charity Bank	£102,685.56
Net Surplus/Deficit in the year	-£63,574.85
Total Assets	£442,081.06

### Represented by

NatWest Current Account	£6,406.78
NatWest Business Reserve Account	£95,081.55
Lloyds Deposit Account	£132,817.97
Shawbrook Bank	£104,606.58
Charity Bank	£103,168.18
Total Assets	£442,081.06

From the books and vouchers which I have inspected and the explanations given to me, it is my opinion that the above statement reflects the financial position at 1st July 2022.

Signed R.S.Moore  
M.Blee

Date  
Date

**DEAL & DISTRICT STROKES**

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# Accounts

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# **Deal & District Strokes Trustees Report 2020-2021**

The Trustees agreed that the Stroke survivors and their carers are all at severe risk during the Covid pandemic and so all our meetings were halted for this year. We tried to keep in touch with families by phone and our newsletter. When the infection rate was low we recommenced arranging walks in the open air for small groups.

As the pandemic went on we became aware that many of the families that we support were experiencing much stress due to their isolation exacerbated in many cases by financial strain. In the spring of 2021 we agreed that we should start to offer financial support to those persons that we knew were in need and series of grits started to be issued.

# Deal & District Strokes

## Income and Expenditure for the year 2020/21

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### Income

Interest	£3,484.76
Legacy donation	£23,000.00
Total	£26484.76

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### Expenditure

Administration	£253.93
Advertising	£180.00
Insurance	£213.02
Outings	£1,121.37
Exercise Class/Reflexology Sessions	£1,145.99
Transport	£174.70
Grants to members	£6,000
Room Hire	£112.64
Support to members	£262.80
Bank charges on deposit account	£81.50
Total	£9,545.95

<b>Net Surplus/Deficit on the year</b>	<b>£16,938.81</b>
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# Deal & District Strokes

## Income and Expenditure for the year 2020/21

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### Income

Interest	£3,484.76
Legacy donation	£23,000.00
Total	£26484.76

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### Expenditure

Administration	£253.93
Advertising	£180.00
Insurance	£213.02
Outings	£1,121.37
Exercise Class/Reflexology Sessions	£1,145.99
Transport	£174.70
Grants to members	£6,000
Room Hire	£112.64
Support to members	£262.80
Bank charges on deposit account	£81.50
Total	£9,545.95

<b>Net Surplus/Deficit on the year</b>	<b>£16,938.81</b>
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