

# **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
Total Assets	£355,488.21

## 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
Total Assets	£355,488.21

Net Surplus/Deficit for the year:

Deficit -£10,909.13