

Annual Report for 2022/2023

This is the thirteenth Annual Report of Bolton Neuro Voices. It records our first year of full activity since the lockdown in March 2020. The 2021/22 AGM was held on 8 June 2022 and attended by 19 people.

The report for the year was submitted, as required, to the Charity Commission and acknowledged.

Our **membership** is made up of 5 local neuro groups; Bolton West Stroke Support Group, Bury/Bolton ME/CFS Support Group, Manchester and District MND Association, Bolton and District MS Society and Parkinson's UK Bolton – plus 33 individual members. There is also a small Facebook group.

Aims and Objectives

Bolton Neuro Voices was set up to improve the quality of neurological health and care services in Bolton, to create a forum in which local groups could work together and to extend membership to individuals and carers who have no local support group. In particular, we wanted to facilitate improvements in quality of life, ensure access to information and provide continued monitoring of local services. Our services are open to everyone with a neurological condition who can participate safely.

They therefore meet the public service obligation.

Activities in 2022/23

Our main regular activities are weekly hydrotherapy sessions at the Sir Jason Kenny Leisure Centre and weekly dry exercise sessions at the Bolton Arena Leisure Centre. **Our Three Hydrotherapy Continuation Programmes** ran for a total of 28 weeks with average attendances of between 16 and 29. They are designed by our physiotherapist colleague, Susan Pattison, and supported by a co-ordinator, a lifeguard and dryside volunteers. We were also grateful for additional support provided by physiotherapy students from the University of Bolton. The same team ran the annual **5-week Hydrotherapy Course for New Users** in March 2023. Twenty-three people took part and ten were able to transfer to the Continuation Programme. **Our Arena Exercise Programme** ran for a total of 35 weeks over three terms with an average attendance between 5 and 10. It is able to cope with a wider

range of disabilities than the hydrotherapy programme and is much appreciated. It is led by two Arena trainers and shepherded in this, as over many years, by our trustee, Moyra McDermott. The cost to users of these services is kept to about £3 per session through the generous support of our donors. Supportive **social contacts** are an important feature of our exercise activities and these are strengthened by our Summer (40 diners) and Christmas (59 diners) Lunches held at Ridgmont House, Horwich. The staff there are hugely welcoming and supportive and the events are greatly enjoyed. These events also allow us to invite our donors and volunteers as guests and so show our appreciation of their support for Bolton Neuro Voices.

The attached **Finance Report** shows an annual income of **£11684** of which **£4599** came from donations while the remainder is made up of user contributions, payments for social events, subscriptions and fundraising revenue. **The trustees reviewed our reserves and agreed that we could safely meet all ongoing costs and the cost of the 2023 Hydrotherapy 5-week Course without applying for outside funding.** In fact we had several generous donations which have allowed us to meet significantly increased charges **while still maintaining adequate reserves.**

The Committee (Trustees) were Marie Oxtoby (Chair), Graham Brushett (Vice Chair), Annette Stuart (Treasurer), Moyra McDermott, Moyra Lewis, Marie Boardman, Neil Germaine and Kathleen Delaney, They had one face to face meeting plus many consultations via email and telephone. They reviewed all BNV policies (Safeguarding, Data Protection, Volunteers, Equal Opportunities, Health and Safety and Risk Assessment and updated them as required. **Our Volunteers**, essential to our hydrotherapy services, were Lydia Bathina, Sue Larmett, Christine Lee, Marie Parkinson, Thaira Qureshi and Denise Shakespeare.

As Chair, I would like to thank most sincerely all members of the Committee, our volunteers, our physiotherapist, Susan Pattison and her colleagues, Anna Ziemer of Bolton University and all our members, carers and donors for their continued and much valued support for Bolton Neuro Voices.

Marie Oxtoby,

Chair, May 2023

BNV FINANCIAL SUMMARY FROM 1/04/22 to 31/03/23

Code		Apr-22 2022/4	May-22 2022/5	Jun-22 2022/6	Jul-22 2022/7	Aug-22 2022/8	Sep-22 2022/9	Oct-22 2022/10	Nov-22 2022/11	Dec-22 2022/12	Jan-23 2023/1	Feb-23 2023/2	Mar-23 2023/3	Total
Income														
ICD	Core Donations	0.00	0.00	0.00	0.00	0.00	25.00	0.00	50.00	0.00	0.00	0.00	0.00	75.00
ISUB	Membership Subscriptions	0.00	30.00	25.00	130.00	10.00	130.00	20.00	30.00	0.00	0.00	0.00	0.00	375.00
IHD	Hydrotherapy Grants/Donations	124.00	0.00	0.00	40.00	0.00	0.00	500.00	0.00	284.80	0.00	600.00	0.00	1,548.80
IUSER	User Contributions (Continuation)	70.00	1,005.00	0.00	0.00	0.00	910.00	35.00	0.00	0.00	360.00	0.00	15.00	2,395.00
IUSERN	User Contributions (New Course)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	175.00	400.00	575.00
IAREND	Arena Grants/Donations	20.00	20.00	20.00	170.00	20.00	20.00	20.00	20.00	520.00	20.00	30.00	30.00	910.00
ICOND	Continuation Donations	1,075.00	180.00	445.31	225.00	75.00	75.00	585.00	75.00	75.00	100.00	75.00	80.00	3,065.31
IARENU	Arena User Contributions	0.00	245.00	0.00	0.00	0.00	240.00	0.00	0.00	0.00	315.00	0.00	0.00	800.00
IOTH	Other	0.00	0.00	820.00	20.00	0.00	0.00	200.00	700.00	200.00	0.00	0.00	0.00	1,940.00
Total Income		1,289.00	1,480.00	1,310.31	585.00	105.00	1,400.00	1,360.00	875.00	1,079.80	795.00	880.00	525.00	11,684.11
Expenditure														
<u>BNV Core Funds</u>														
CEADMIN	Stationery/Printing/Postage	-92.37	0.00	0.00	0.00	-26.33	0.00	0.00	0.00	0.00	-16.32	0.00	0.00	-135.02
CEINS	Insurance	0.00	0.00	0.00	0.00	0.00	0.00	-256.51	0.00	0.00	0.00	0.00	0.00	-256.51
CEMEET	Meeting expenses	0.00	0.00	-77.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-77.50
CEMISC	Miscellaneous	0.00	0.00	-840.00	-16.74	-79.95	-16.00	0.00	0.00	-1,475.00	-112.25	0.00	0.00	-2,539.94
Sub-Total - Core Funds		-92.37	0.00	-917.50	-16.74	-106.28	-16.00	-256.51	0.00	-1,475.00	-128.57	0.00	0.00	-3,008.97
<u>BNV Hydrotherapy</u>														
HEPHYEX	Physiotherapist Expenses Continuation	0.00	-111.30	0.00	0.00	0.00	0.00	-111.30	0.00	-55.65	0.00	-55.65	0.00	-333.90
HEPHYEXN	Physiotherapist Expenses New Course	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-319.90	-319.90
HEPHYYS	Physiotherapy Services (Continuation)	0.00	-495.00	0.00	0.00	0.00	0.00	-450.00	0.00	-225.00	0.00	-270.00	0.00	-1,440.00
HEPHYSN	Physiotherapy Services (New Course)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-2,520.00	-2,520.00
HEPOOL	Pool Hire (Continuation)	0.00	0.00	0.00	0.00	0.00	0.00	-387.14	-991.64	-302.24	-139.24	-152.82	-203.76	-2,176.84
HEPOOLN	Pool Hire (New Course)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-324.00	0.00	0.00	0.00	0.00	-324.00
HEMISC	Miscellaneous	-1.00	0.00	0.00	0.00	-19.09	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-20.09
HEVOL	Volunteer Expenses (Continuation)	-30.90	-105.90	0.00	-221.60	-50.50	0.00	0.00	-43.80	-222.40	-38.50	0.00	-8.00	-721.60
HEVOLN	Volunteer Expenses (New Course)	-17.50	-45.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-17.00	-79.70
Sub-Total - Hydrotherapy		-49.40	-757.40	0.00	-221.60	-69.59	0.00	-948.44	-1,359.44	-805.29	-177.74	-478.47	-3,068.66	-7,936.03
<u>Arena</u>														
EARENA	Arena Costs	0.00	-410.00	0.00	-350.00	0.00	0.00	-300.00	0.00	-300.00	0.00	0.00	-500.00	-1,860.00
EARENAM	Arena Miscellaneous	-1,000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-1,000.00
Sub-Total - Awards for All		-1,000.00	-410.00	0.00	-350.00	0.00	0.00	-300.00	0.00	-300.00	0.00	0.00	-500.00	-2,860.00
Total Expenditure		-1,141.77	-1,167.40	-917.50	-588.34	-175.87	-16.00	-1,504.95	-1,359.44	-2,580.29	-306.31	-478.47	-3,568.66	-13,805.00
Surplus / Deficit		147.23	312.60	392.81	-3.34	-70.87	1,384.00	-144.95	-484.44	-1,500.49	488.69	401.53	-3,043.66	-2,120.89
			459.83	852.64	849.30	778.43	2,162.43	2,017.48	1,533.04	32.55	521.24	922.77	-2,120.89	
Balance Brought forward		10,646.68	10,793.91	11,106.51	11,499.32	11,495.98	11,425.11	12,809.11	12,664.16	12,179.72	10,679.23	11,167.92	11,569.45	10,646.68
Balance Carried forward		10,793.91	11,106.51	11,499.32	11,495.98	11,425.11	12,809.11	12,664.16	12,179.72	10,679.23	11,167.92	11,569.45	8,525.79	0.00