

BRISTOL AFTER STROKE

England & Wales · Charity number 1182124

Details

Status	Registered
Legal form	Charitable company
Company number	11814993
Registered	2019-02-19
Register	View on the Charity Commission register

Contact

Address	Gatehouse Centre Hareclive Road Bristol
Phone	01179647657
Email	office@bristolafterstroke.org.uk
Website	www.bristolafterstroke.org.uk

Activities

Objects: 2.1 THE CHARITABLE PURPOSES OF THE CHARITY ARE THE ADVANCEMENT OF HEALTH IN RELATION TO STROKES AND ALLIED MEDICAL CONDITIONS BY SUCH MEANS AS THE TRUSTEES THINK FIT, INCLUDING BUT NOT LIMITED TO ACTIVITIES SUPPORTING PREVENTION AND FACILITATING THE TREATMENT AND THE REHABILITATION OF PATIENTS. 2.2 THE ABOVE PURPOSES ARE THE CHARITY'S CHARITABLE PURPOSES FOR THE PURPOSES OF THE 2011 ACT. FOR AS LONG AS THE CHARITY IS REGISTERED AS A CHARITY IN ENGLAND AND WALES, ITS PURPOSES MAY ONLY BE ALTERED WITH THE PRIOR CONSENT OF THE COMMISSION AND IN ACCORDANCE WITH ANY CONDITIONS ATTACHED TO SUCH CONSENT.

Activities: The objective of the charity is the support of those who have recovered from a stroke, their families and carers. The main activities to achieve this objective are information, advice and emotional support to individuals, the running of weekly social groups, provision of counselling and liaising with health professionals in the Bristol and South Gloucestershire areas.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

Geography

- Bath And North East Somerset
- Bristol City
- North Somerset
- South Gloucestershire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£463,292	£500,391	-	-
2024-03-31	£475,274	£484,374	-	-
2023-03-31	£458,186	£422,807	-	-
2022-03-31	£205,176	£281,408	-	-
2021-03-31	£177,225	£232,753	-	-

Trustees

Name	Role	Appointed
David Exell		2020-01-13
Dr Claire Smethurst		2023-03-21
Michael Hill		2020-01-13
Paul Knowles		2022-11-15
Peter Scott		2020-01-13
Professor Stephen Hill		2020-03-17
Richard Corfield		2025-06-03
Tabinda Rashid - Fadel		2025-06-03

Accounts



BRISTOL AFTER STROKE
REPORT & FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

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BRISTOL AFTER STROKE
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2025

Registered charity number: 1182124
Registered company number: 11814993

Operating name: Bristol After Stroke

Principal address: The Gatehouse Centre
Hareclive Road
Bristol
BS13 9JN

Trustees/ Directors: M Hill – Chair
D Exell – Treasurer
P Scott
S Hill
S Buddha retired October 2024
J Grafton retired March 2025
P Knowles
C Smethurst
T Rashid Fadel Joined June 2025
R Corfield Joined June 2025

Independent examiner: Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
Farleigh Court
Old Weston Road
Flax Bourton
Bristol
BS48 1UR

BRISTOL AFTER STROKE YEAR ENDED 31 MARCH 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024.



BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Bristol After Stroke is a Charitable company set up on 8th February 2019 with Articles of Association. It was the result of incorporating the Charity Bristol Area Stroke Foundation. These charities have been officially merged on the Charity Commission register of mergers.

Bristol Area Stroke Foundation was set up by a deed of trust dated 14 July 1983 and was an unincorporated charity. In January 2018 the Charity changed its operating name from Bristol Area Stroke Foundation to Bristol After Stroke.

BAS strategy

BAS has an agreed strategy formulated from consultation with our stroke community and volunteers and we are working to a set of strategic priorities which is being regularly reported on to Trustees.

Recruitment and appointment of new trustees

The appointment of new Trustees is by the existing Trustees. Bristol After Stroke has a recruitment process for new Trustees. Prospective new trustees are given a role description of a trustee and the specific role for example Chair or Treasurer. The candidate is then invited to fill in an application form and invited to an interview to assess suitability against the criteria for the role. Once appointed they then go through an induction into the organisation and the responsibilities of the role.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Bristol After Stroke undertakes a risk management process whereby a risk register is drawn up and is reviewed by the Trustees.

The risk register is split into sections such as Governance risks, Operational risks, Financial and Regulatory risks and compliance. The principal risk we are mitigating against is increased costs and covering these with adequate fundraising. Increases in national insurance this year added a burden onto the charity that was unexpected and at short notice. BAS has an organisational strategy that has an objective to diversify funding streams and increase reliability of funding. This is a continued challenge. Relationship building with commissioners is ongoing and our investment in marketing last year is paying dividends with increased awareness and individual giving at our major event.

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YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

The results for the year to 31 March 2024 are shown on pages 12 and 13 below; the statement of financial activities ('SOFA') on page 12, supported by the notes, show total income of £464,660 against expenditure of £500,391, which deficit is partially covered by an increase in the market value of the charity's investments of £2,710. Since 31 March 2025 we have benefitted from an increase both in income from grants and donations and in the value of the stock market.

The stock market investment portfolio at 31 March 2025 was valued at £323,887 in the Balance Sheet on page 13 plus the cash waiting investment of £18,264. The total funds of £352,901 also on page 13 comprise unrestricted funds of £132,160, restricted funds of £20,741 and endowments £200,000. It can be seen in note 14 on page 20 that the balance at the main bank account was £120,569 but in note 15 that £104,211 of that amount was deferred income received from our main funders in the last days of March but was due on 1st April.

Reserves Policy

The Charity's policy is to aim to maintain the level of unrestricted free reserves at an amount above one-third of projected annual unrestricted expenditure which this year was £471,582 (one third is £157,194). At the 31 March 2025 free reserves were £130,687 being unrestricted funds of £132,160 less fixed assets of £1,473 which is well below the minimum level required but this has been corrected during the following few months and so is not a concern at this time.

OBJECTIVES AND ACTIVITIES

Bristol After Stroke's mission is "supporting people to adjust to life after stroke". We do this by providing a variety of services and building a community of support.

Our services and support include:

- In Reach - supporting those in hospital at the initial stages of their stroke journey
- Stroke Support Coordinator Life After Stroke service - offering individual support, advice, six-month review and referral
- Counselling and psychological input to support the emotional impact to the individual and families
- Groups and cafes to enable important peer support and advice and information.
- Peer mentor programme
- Courses, we supply a physiotherapy led group exercise programme, psychoeducational course for people who may be experiencing anxiety or low mood.
- Aphasia support through groups, cafés and workshops.
- Online monthly information sessions

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

These services form a pathway of support that aid the emotional, social, practical and ongoing rehabilitative needs of people affected by stroke. These in combination aim to support improved quality of life, improved health and wellbeing and a strong local stroke community. During this year we have continued to innovate and grow in response to need.

Our Vision is that:

- Everyone who has had a stroke can get the help they need to regain confidence, achieve a level of independence and rebuild a fulfilling life.
- Counselling or psychological support is offered to all people affected by stroke, including their carers, as we recognise that many people need professional emotional or psychological support to adjust to their life after stroke.
- Bristol After Stroke's services make a measurable difference to people's lives after stroke.
- The voice of people affected by stroke is heard so that services are improved, and needs are met.

Our values are:

- Person-centred, high-quality services
- Freedom from all discrimination, treating all equally with respect
- Involving our service users and our staff in planning service delivery
- Co-operative working with other organisations to achieve our vision
- Being positive and creative in responding to challenges and opportunities
- Working with integrity and maintaining confidentiality
- Working efficiently with low costs to achieve our vision
- Being innovative in response to need

Achievement and performance:

"I gained a lot of confidence because she encouraged me - to go out more - using buses - she was really helpful .. I gained in confidence and improved my mobility and she encouraged me to take risks."

Mentee on our peer mentor scheme

Our support to the community has never been greater. We have delivered over 1,200 appointments to clients, over 100 more than last year. All of our services are up year on year as our relationships grow with Health Care teams, and as we increase our Brand Awareness through reputational growth, social media storytelling and reaching out directly to the public.

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YEAR ENDED 31 MARCH 2025

Feedback on our performance is extremely strong, with 96% of users describing the service as Good or Very Good.

Counselling has grown this year with over 100 people benefitting from the service.

Peer Mentoring has strongly progressed this year and the feedback is excellent. Our Peer Support groups have remained well attended through venue changes and other disruptions. And 100% reported that they found the groups good or very good. Stroke Cafes have again performed well, with excellent feedback and maintained numbers.

Dozens of people are regularly attending our award-winning Walking Football and Walking Netball – a safe and healthy way to improve fitness. Physiotherapy numbers are the same year on year but this is capped by the maximum available sessions – effectively we are full!

And finally, our Aphasia sessions remain an important intervention for people wanting to maximise their communication challenges together.

It's been our greatest year helping people so far, both numerically and in terms of the feedback they have provided.

Impact

Our services continue to have direct impact on people's lives. Evaluations show our Stroke Key Worker Service is providing important impactful work.

- **96% said that their experience of our service was very good or good.**
- **93% said we supported them to understand their health and stroke better.**
- **86% reported improved confidence about their health and wellbeing.**
- **73% said we had helped them receive other services that were useful to them.**

Our peer support groups show;

- **94 % said we had supported to improve their social network**
- **69% said the group had supported improvement in speech or confidence in speech.**
- **96% said the group had supported them to cope better after stroke.**

***% represents people responding yes and to some extent.**

One Group member said;

"I look forward to going to the group. I really enjoy the range of activities. I have met new people and found more about how stroke affects people in different ways but how to live, adapt and make the most of life. Stella and the volunteers are really friendly and helpful. I like that the group is diverse with different backgrounds and interests. The group has given me so much confidence to try new things. I really look forward to it."

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YEAR ENDED 31 MARCH 2025

Our counselling service supports the psychological and emotional impact of stroke and our evaluations showed that 90% of respondents rated that counselling had “helped them feel better”.

One person said;

“I am very grateful to (and for) this service. Talking with and to [counsellor] helped me to integrate myself more with and into my daily life. She has for me at least, by listening, feedback and simply being there, encouraged me to trust myself more.”

Our Physiotherapy groups run in partnership with UWE Physiotherapy department also continue to show great impact. The average rating out of 5 for how much they valued the course was 4.91. 100% said the exercises met their needs and 52% used the videos designed to accompany the course at home to help further the courses’ impact. This is something we are finding increasingly useful.

Lived Experience involvement

Bristol After Stroke is a community of support where stroke affected people are valued and have an essential role in its development. BAS has an active Volunteer and Lived Experience Advisory Group. It meets three times a year and feeds back on our service development. The Chair of the group attends the Trustee board meetings as a lived experience representative.

We regularly inform and engage stroke affected people of how they can take part in consultations and research. We are part of the Stroke HIT (Bristol Health Partners) and are involved in collaborative efforts to include people with lived experience in developments locally.

Volunteering

We had 67 people volunteer with us doing 111 different roles. Increasingly stroke affected people are volunteering with us too and now approximately 40% of our volunteers are people with lived experience. We were also glad to find that in our survey this year 97% said that they were either very happy or happy in their volunteering.

Partnerships and Funding

Bristol After Stroke has also been successful developing partnerships and raising funds. We are extremely grateful to all our donors large and small who enable us to reach the people we do and support our mission. We continue to have a good partnership with Integrated Care Board (previously CCG), Sirona Health and Care and South Gloucestershire Council whose funding enables us to continue to innovate and provide essential services to people in Bristol and South Gloucestershire.

We have had a great year with individual fundraising this year and are so grateful to everyone who did a challenge for us, or made a donation. We were incredibly proud of our second Charity walk at Eastville Park which raised nearly £16,000. We also launched two new campaigns - Put the T in Stoke encouraging people to put on tea parties and Stripes for Stroke aimed at schools and workplaces to wear stripes for the day and raise awareness of stroke.

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We also had a stand at the Ballon Fiesta for the first time which proved very popular and a great way to raise awareness.

We are also pleased to be continuing relationships with many trusts, clubs, societies and companies in the area who support us. Funders included, Grateful Society, Quartet, Lloyd Robinson, Burden Trust, National Lottery Awards for All, Greene King, Proud to Pitch, Wonderful Giving Fund, St Jude's Trust, Garfield Weston.

These fundraising efforts not only raise funding, but they also raise awareness and as a result of these efforts and others we have been on local radio regularly throughout the year. Without all these funders, our many regular givers and those that choose to leave us legacies, the Charity could not offer much needed support to so many people.



Statement from our Chair of Trustees– Michael Hill

During the year April 24 to April 25, the Charity has continued to provide outstanding support to Stroke Survivors across Bristol and South Gloucestershire. The report outlines the range of services that we have delivered, and during this year we have achieved our highest level of Client contact in our history. While the rise in case work has stabilised, it still represents a huge amount of work that our staff complete through the year.

As a team of Trustees, we have undergone changes with several colleagues retiring after excellent service to the charity, including Suzy Sibley, Jim Grafton and Sandeep Buddha. All of their contributions have been valuable and I'm grateful to them, and to all the Trustees who give up their free time, unrewarded except to make a contribution to Society and in the Stroke Community. I also welcome our new Trustees Tabinda Rashid Fadel and Richard Corfield who bring a wider range of skills, knowledge and experience to support the CEO and her team in ensuring the survival and performance of the Charity moving forwards. We try to ensure that we recruit a diverse set of Trustees, both in knowledge and in background, to make certain that the CEO can benefit from additional and contemporary insight across a range of topics.

While talking about Volunteers, I must pay tribute also to the 60 or so volunteers that support the organisation in day-to-day operations. Sometimes, these are from our Stroke-affected, wanting to give back to their community. It's heart-warming to see that such is the appreciation of what the organisation does, our service users want to try and give back, in time and in deeds and activities. And we couldn't manage without these people - thank you for what you do.

Financially, the organisation is in a solid position, albeit one that continually needs attention to ensure we remain ready for the future. Our revenue generation is also setting new records, and recent innovations like the Charity Walk are now becoming significant in creating a more stable financial base for coming years. However, we face challenges over the next year with

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YEAR ENDED 31 MARCH 2025

technology needing to be upgraded in several areas, including within data security and integrity. So we have invested in more resource aimed at fundraising and will be looking to grow this area during 25/26 and beyond.

As we face the future, I feel confident that the Charity is in a sound position and is ready to adapt and survive into the second half of the 2020s. The team is stable and the staff are doing an excellent job, the client feedback is very positive and the financial position is broadly adequate.

I hope that during 25/26 however, we can deliver more help to more people. We know the challenges that clients are facing and we must do more to help transform stroke survivors' lives and optimise their situations - emotionally, practically and financially. We must develop our listening methods and adapt our services to a societally and technologically changing landscape. To thrive into the future, our service users feedback is essential in improving our performance and I urge all colleagues and volunteers to seek out our client views and find ways for the organisation to incorporate them, act on them, respect them and welcome them - to make us stronger than ever before.

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YEAR ENDED 31 MARCH 2025

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (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 income and expenditure 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.
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed/constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on ~~9 December 2025~~ and signed on its behalf by:

M Hill - Trustee 
.....

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

Independent examiner's report to the trustees of Bristol After Stroke ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston

Joshua N Kingston BSc., FCA
Burton Sweet Chartered Accountants
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 9 December 2025

BRISTOL AFTER STROKE**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)****YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Income from:						
Donations and grants	2	92,737	35,396	-	128,133	91,287
Charitable activities	3	324,928	-	-	324,928	372,238
Investments	4	10,231	-	-	10,231	11,749
Total income		<u>427,896</u>	<u>35,396</u>	<u>-</u>	<u>463,292</u>	<u>475,274</u>
Expenditure on:						
Raising funds	5	34,561	-	-	34,561	33,694
Charitable activities	6	437,021	28,809	-	465,830	450,680
Charitable expenditure		<u>471,582</u>	<u>28,809</u>	<u>-</u>	<u>500,391</u>	<u>484,374</u>
Net gains/(losses) on investments	12	2,710	-	-	2,710	13,924
Net income/(expenditure) and net movement in funds		<u>(40,976)</u>	<u>6,587</u>	<u>-</u>	<u>(34,389)</u>	<u>4,824</u>
Total funds at start of period	16	171,768	14,154	200,000	385,922	381,098
Total funds at end of period	16	<u>130,792</u>	<u>20,741</u>	<u>200,000</u>	<u>351,533</u>	<u>385,922</u>

The Charity has no recognised gains or losses other than the results for the period as set out above.

All activities of the charity are classed as continuing.

The notes on pages 16 to 25 form part of these financial statements
See note 10 for fund-accounting comparative figures

BRISTOL AFTER STROKE**BALANCE SHEET****AS AT 31 MARCH 2025****Company Number 11814993**

	Note	2025 £	2024 £
Fixed assets			
Tangible assets	11	1,473	1,985
Investments	12	323,887	340,679
		<u>325,360</u>	<u>342,664</u>
Current assets			
Debtors	13	5,116	11,786
Cash at bank and in hand	14	138,933	126,403
		<u>144,049</u>	<u>138,189</u>
Liabilities			
Creditors : amounts falling due within one year	15	(117,876)	(94,931)
Net current assets		<u>26,173</u>	<u>43,258</u>
Net assets		<u><u>351,533</u></u>	<u><u>385,922</u></u>
FUNDS			
Unrestricted funds	17	130,792	171,768
Restricted funds	17	20,741	14,154
Endowment funds	17	200,000	200,000
Total funds		<u><u>351,533</u></u>	<u><u>385,922</u></u>

For the year ended 31 March 2025 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 of its accounts for the year in question 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 special provisions of Part 15 of the Companies Act applicable to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

These financial statements were approved by the Trustees on 9 December 2025 and are signed on their behalf by:

David Exell

D Exell
Trustee/Treasurer

The notes on pages 16 to 25 form part of these financial statements

BRISTOL AFTER STROKE
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Net cash inflow from operating activities	18	(17,203)	62,186
Non-operational cash flows:			
Investing activities			
Investment income		10,231	11,749
Payments for tangible fixed assets		-	(555)
Proceeds from sale of investments		131,994	63,320
Purchase of investments		(112,492)	(84,600)
Net cash from investing activities		29,733	(10,086)
Net cash inflow/(outflow) for the year	19	12,530	52,100

Cashflow Restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 16 to 25 form part of these financial statements

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

1 Accounting policies

Accounting convention

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

The charity is a public benefit entity.

The trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

Income

Income is accounted for as receivable once there is a reasonable certainty of the probable economic benefit from the resource and the amount can be reliably measured. Income from donations is included when these are receivable, except as follows:

- I. When donors specify that donations given to the Charity must be used in future accounting periods, the income is deferred until those periods;
- II. When donors impose conditions which have to be fulfilled before the Charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Income from investments is included when receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of obligation can be measured reliably. Amounts are recorded including any irrecoverable VAT.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Fixed assets were held at cost less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each assets over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance basis
Computer equipment	- 33.33% on reducing balance basis

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any discounts due.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

Taxation

The charity is exempt from corporation tax on its charitable activities.

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

1 Accounting policies (*continued*)

Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The Statement of Financial Activities includes the net gains and losses arising on revaluation and disposals throughout the year.

All gains and losses are taken to the Statement of Financial Activities as they arise.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The permanent endowment fund represents those assets which must be held permanently by the Charity, principally investments.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 Income from: Donations and grants

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £
Donations	70,616	-	-	70,616
Legacies	16,650	-	-	16,650
Grants received	1,253	35,396	-	36,649
Refunded tax	4,218	-	-	4,218
	<u>92,737</u>	<u>35,396</u>	<u>-</u>	<u>128,133</u>
Prior period comparatives	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £
Donations	70,428	2,159	-	72,587
Grants received	4,390	14,310	-	18,700
	<u>74,818</u>	<u>16,469</u>	<u>-</u>	<u>91,287</u>

3 Income from: Charitable activities

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £
Sirona Care and Health	230,843	-	-	230,843
South Gloucestershire Council	73,707	-	-	73,707
University of the West of England	3,000	-	-	3,000
NHS England	2,233	-	-	2,233
University Hospitals Bristol NHS	2,500	-	-	2,500
Subscriptions from Support Groups	10,382	-	-	10,382
Events	2,263	-	-	2,263
	<u>324,928</u>	<u>-</u>	<u>-</u>	<u>324,928</u>
Prior period comparatives	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £
Sirona Care and Health	250,183	-	-	250,183
South Gloucestershire Council	96,828	-	-	96,828
Subscriptions from Support Groups	9,607	-	-	9,607
Events	15,620	-	-	15,620
	<u>372,238</u>	<u>-</u>	<u>-</u>	<u>372,238</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

4 Income from: Investments

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £	Total Funds 2024 £
Interest received	10,231	-	-	10,231	11,749
	<u>10,231</u>	<u>-</u>	<u>-</u>	<u>10,231</u>	<u>11,749</u>

All income from investments in the prior period was unrestricted.

5 Expenditure on: Raising funds

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2025 £
Wages and salaries	27,217	-	-	27,217
Promotion	4,316	-	-	4,316
Investment management fees	3,028	-	-	3,028
	<u>34,561</u>	<u>-</u>	<u>-</u>	<u>34,561</u>

Prior period comparatives

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £
Wages and salaries	28,252	-	-	28,252
Promotion	2,588	-	-	2,588
Investment management fees	2,854	-	-	2,854
	<u>33,694</u>	<u>-</u>	<u>-</u>	<u>33,694</u>

6 Expenditure on: Charitable activities

	Direct Costs £	Support Costs (Note 7) £	Total Funds 2025 £
Support and social groups	75,833	30,921	106,754
Counselling	40,321	16,133	56,454
General information, advice and support	215,238	87,384	302,622
	<u>331,392</u>	<u>134,438</u>	<u>465,830</u>

Prior period comparatives

	Direct Costs £	Support Costs (Note 7) £	Total Funds 2024 £
Support and social groups	69,178	24,113	93,291
Counselling	38,678	13,779	52,457
General information, advice and support	228,002	76,930	304,932
	<u>335,858</u>	<u>114,822</u>	<u>450,680</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

7 Support costs

Support costs are allocated between activities on the basis of usage for all costs except salaries, expenses and allowances which are apportioned on the basis of staff time.

Support costs, included in note 6, are as follows

	Total Funds 2025	Total Funds 2024
	£	£
Salaries, expenses and allowances	57,069	35,984
Other staff and volunteer costs	24,045	19,407
Office expenses	45,525	46,011
Refreshments	1,586	1,857
Room hire	1,897	5,993
Therapy & Transport	210	1,542
Depreciation	512	620
Governance costs (note 8)	3,594	3,408
	134,438	114,822

8 Net income/(expenditure)

This is stated after charging:

	2025	2024
	£	£
Independent examiner's remuneration		
- for independent examination	1,254	1,194
- for accounts preparation	2,340	2,214
Depreciation	512	620
Trustee expenses (2024: 2 trustees reimbursed for training expenses)	-	193
	-	193

Aggregate donations from Trustees, key management personnel, and other related parties were £nil (2024: £1,435).

No Trustee received any remuneration during either the current or prior year.

9 Staff costs and numbers

The aggregate payroll costs were:

	2025	2024
	£	£
Wages & salaries	341,731	325,736
Social security costs	24,512	22,110
Pension contributions	13,392	12,528
	379,635	360,374

No employee received emoluments of more than £60,000.

The average number of employees during the period was 18, (2024: 19) calculated on the basis of average headcount.

The total employment benefits received by key management personnel were £73,706 (2024: £69,643).

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

10 Statement of Financial Activities comparative figures

For the year ended 31 March 2024	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £
Income from:				
Donations and grants	74,818	16,469	-	91,287
Charitable activities	372,238	-	-	372,238
Investments	11,749	-	-	11,749
Total income	458,805	16,469	-	475,274
Expenditure on:				
Raising funds	33,694	-	-	33,694
Charitable activities	413,841	36,839	-	450,680
Total expenditure	447,535	36,839	-	484,374
Net gains on investments	13,924	-	-	13,924
Net (expenditure)/income	25,194	(20,370)	-	4,824
Transfers between funds	(38)	38	-	-
Net movement in funds	25,156	(20,332)	-	4,824
Total funds at start of year	146,612	34,486	200,000	381,098
Total funds at end of year	171,768	14,154	200,000	385,922

11 Tangible fixed assets

	Fixtures and fittings £	Computer equipment £	Total £
Cost			
At 1 April 2024	7,310	20,462	27,772
Additions	-	-	-
At 31 March 2025	7,310	20,462	27,772
Depreciation			
At 1 April 2024	6,917	18,870	25,787
Charge for the period	55	457	512
At 31 March 2025	6,972	19,327	26,299
Net book value			
At 31 March 2025	338	1,135	1,473
At 31 March 2024	393	1,592	1,985

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

12 Investments

At market value	2025	2024
	£	£
Evelyn's Investment Portfolio		
Fixed interest	67,006	45,471
UK Specialist Credit	10,697	20,976
Alternative Investments	5,292	47,385
Multi-Asset	50,866	25,841
Global	124,942	32,734
UK Equities	34,018	50,508
Overseas Equities	31,066	117,764
	<u>323,887</u>	<u>340,679</u>
Movements		
	2025	2024
	£	£
Market value at 1 April	340,679	305,475
Additions	112,492	84,600
Disposals	(131,994)	(63,320)
Net (loss)/gain for the year	2,710	13,924
Market value at 31 March	<u>323,887</u>	<u>340,679</u>
Historical cost of investments as at 31 March	<u>211,530</u>	<u>276,159</u>

13 Debtors

	2025	2024
	£	£
Due in less than one year:		
Accrued income	418	1,786
Tax reclaimable under gift aid	4,698	10,000
	<u>5,116</u>	<u>11,786</u>

14 Cash at bank

	2025	2024
	£	£
Main bank account	120,569	112,755
Short term deposit	100	100
Investment account	18,264	13,548
	<u>138,933</u>	<u>126,403</u>

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals	6,644	7,192
Deferred income	104,211	80,953
Taxation and social security	4,800	4,619
Other creditors	2,221	2,167
	<u>117,876</u>	<u>94,931</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

16 Movement in funds

For the period ended 31 March 2025

	At 1 Apr 2024 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2025 £
Endowment funds					
Capital Funds	200,000	-	-	-	200,000
Restricted funds					
James Tudor Bristol Next Steps	110	-	-	-	110
Co-Op Downend	5,815	-	(21)	-	5,794
Burden Trust - Next Steps	150	4,600	(4,006)	-	744
St Monica's Trust	347	-	-	-	347
One You	56	-	-	-	56
Wessex Water	1,500	-	(1,500)	-	-
Lyra Festival	205	-	(205)	-	-
ASDA	400	-	(346)	-	54
Co-Op	-	500	-	-	500
Grateful Society	-	5,000	(5,000)	-	-
Anchor Trust	3,750	-	(3,750)	-	-
Southern Brooks/Walking netball	810	-	(810)	-	-
Richard Davies CT - Bristol café	1,011	-	(1,011)	-	-
National Lottery	-	19,953	(6,817)	-	13,136
Quartet - Bristol Next Steps	-	4,145	(4,145)	-	-
Semble Grassroots	-	1,198	(1,198)	-	-
	<u>14,154</u>	<u>35,396</u>	<u>(28,809)</u>	<u>-</u>	<u>20,741</u>
Unrestricted funds					
General funds	171,768	430,606	(471,582)	-	130,792
Total funds	<u>385,922</u>	<u>466,002</u>	<u>(500,391)</u>	<u>-</u>	<u>351,533</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

16 Movement in funds (continued)

For the year ended 31 March 2024

	At 2 Apr 2023 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2024 £
Endowment funds					
Capital Funds	200,000	-	-	-	200,000
Restricted funds					
Steps	110	-	-	-	110
Co-Op Downend	5,815	-	-	-	5,815
Burden Trust - Next Steps	303	4,500	(4,653)	-	150
St Monica's Trust	347	-	-	-	347
Grateful society	3,355	-	(3,393)	38	-
One You	56	-	-	-	56
Garfield Weston	15,000	-	(15,000)	-	-
Merchant Venturers	2,000	-	(2,000)	-	-
James Tudor	7,500	-	(7,500)	-	-
Wessex Water	-	2,000	(500)	-	1,500
Lyra Festival	-	485	(280)	-	205
ASDA	-	400	-	-	400
Co-Op	-	1,274	(1,274)	-	-
Anchor Trust	-	5,000	(1,250)	-	3,750
netball	-	810	-	-	810
café	-	2,000	(989)	-	1,011
	<u>34,486</u>	<u>16,469</u>	<u>(36,839)</u>	<u>38</u>	<u>14,154</u>
Unrestricted funds					
General funds	146,612	458,805	(433,611)	(38)	171,768
Total funds	<u>381,098</u>	<u>475,274</u>	<u>(470,450)</u>	<u>-</u>	<u>385,922</u>

Endowment funds

Capital Fund

The restricted Capital Fund of £200,000 was started in 1984 when the Trustees of Dawn James Charitable Foundation agreed to match pound for pound monies raised and set aside by the Bristol Area Stroke Foundation up to a maximum of £100,000. This was achieved in 1992.

Legal advice concluded that this £200,000 should be treated as restricted capital which the charity is not allowed to spend. The capital produces income which the charity is allowed to expend on an unrestricted basis. As can be seen from the Statement of Financial Activities Bristol After Stroke received £10,231 (2024: £11,749) in investment income during the period from investments.

Restricted funds

Gloucestershire Community Foundation funds were to support a volunteer led Gardening Group.

James Tudor Bristol Next Steps fund - these were funds for our physiotherapy course and In reach.

Co-Op Downend – Funds to support work in South Glos and our stroke café.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

16 Movement in funds (continued)

Next Steps Bristol - Funds received to run the Next Steps project, a group exercise programme that is physiotherapy led, supporting the delivery of this programme for Bristol residents.

St Monica's Trust - funds were received to support the costs involved in preparing and circulating the charity's monthly newsletter for service users who couldn't attend groups during COVID-related restrictions.

The Grateful Society - This was funding to support our Stroke café in Bristol.

One You - Funding received to contribute towards the charity's Wellbeing Day.

Garfield Weston - Funding received towards the charity's core costs

Merchant Venturers- Funds received towards volunteering costs.

James Tudor Foundation - Funding received towards counselling costs in Bristol.

Wessex Water - Funds received to support groups in Bristol

Lyra Festival - Funding to support our workshops for and participation in the Lyra Festival

ASDA - Funding for certain activities for the Bristol Stroke Café

Co-Op - Funding towards our counselling service

Anchor Trust - Funding received to support groups in Bristol

Southern Brooks - Funding received to support our Walking Netball Group

Richard Davis Charitable Trust - Funding to support our Bristol Stroke café

National Lottery Fund - Funding received to support the Peer Mentor programme.

Quartet - Bristol Next Steps - Funding received to support the Next Steps Bristol Physiotherapy course.

Semble Grassroots - Funds received to support walking football and netball.

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

17 Analysis of net assets between funds

At 31 March 2025	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Tangible fixed assets	1,473	-	-	1,473
Investments	123,887	-	200,000	323,887
Net current assets	5,432	20,741	-	26,173
	<u>130,792</u>	<u>20,741</u>	<u>200,000</u>	<u>351,533</u>

At 31 March 2024	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Tangible fixed assets	1,985	-	-	1,985
Investments	140,679	-	200,000	340,679
Net current assets	29,104	14,154	-	43,258
	<u>171,768</u>	<u>14,154</u>	<u>200,000</u>	<u>385,922</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

18 Reconciliation of net movement in funds to net cash inflow from operating activities

	2025	2024
	£	£
Statement of Financial Activities: Net movement in funds	(34,389)	4,824
Depreciation	512	620
(Gains) on investments	(2,710)	(13,924)
Dividends from investments	(10,231)	(11,749)
Increase in creditors: current liabilities	22,945	86,409
Decrease / (Increase) in debtors	6,670	(3,994)
Net cash inflow from operating activities	(17,203)	62,186

19 Analysis of changes in cash during the year

	2025	2024	Change
	£	£	£
Cash at bank and in hand	138,933	126,403	12,530
	2024	2023	Change
	£	£	£
Cash at bank and in hand	126,403	74,303	52,100

Document Details

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Accounts



BRISTOL AFTER STROKE
REPORT & FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

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BRISTOL AFTER STROKE
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2024

Registered charity number: 1182124

Registered company number: 11814993

Operating name: Bristol After Stroke

Principal address: The Gatehouse Centre
Hareclive Road
Bristol
BS13 9JN

Trustees/ Directors: M Hill – Chair
D Exell – Treasurer
P Scott
S Sibley retired 21st November 2023
S Hill
S Buddha retired 23st October 2024

J Grafton
P Knowles
C Smethurst
J Tyrrell retired 15th November 2023

Independent examiner: Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
Farleigh Court
Old Weston Road
Flax Bourton
Bristol
BS48 1UR

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Bristol After Stroke is a Charitable company set up on 8th February 2019 with Articles of Association. It was the result of incorporating the Charity Bristol Area Stroke Foundation. These charities have been officially merged on the Charity Commission register of mergers.

Bristol Area Stroke Foundation was set up by a deed of trust dated 14 July 1983 and was an unincorporated charity. In January 2018 the Charity changed its operating name from Bristol Area Stroke Foundation to Bristol After Stroke.

BAS strategy

BAS has an agreed strategy formulated from consultation with our stroke community and volunteers and we are working to a set of strategic priorities which is being regularly reported on to Trustees.

Recruitment and appointment of new trustees

The appointment of new Trustees is by the existing Trustees. Bristol After Stroke has a recruitment process for new Trustees. Prospective new trustees are given a role description of a trustee and the specific role for example Chair or Treasurer. The candidate is then invited to fill in an application form and invited to an interview to assess suitability against the criteria for the role. Once appointed they then go through an induction into the organisation and the responsibilities of the role.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Bristol After Stroke undertakes a risk management process whereby a risk register is drawn up and is reviewed by the Trustees.

The risk register is split into sections such as Governance risks, Operational risks, Financial and Regulatory risks and compliance. The principal risk we are mitigating against is loss of or over reliance on key funding streams – BAS has an organisational strategy that has an objective to diversify funding streams and increase reliability of funding. Relationship building with commissioners is ongoing and we have decided to invest in a marketing role to support with this diversification.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

The results for the year to 31 March 2024 are shown on pages 11 and 12 below; the statement of financial activities ('SOFA') on page 11, supported by the notes, show total income of £475,274 against expenditure of £484,374, a small deficit which is comfortably covered by an increase in the market value of the charity's investments of over £13,000 since 31 March 2023.

Our finances have proved steady over the year despite a difficult environment. We have matched expenditure with income raised as planned. This has been helped by well performing investments and good fundraising efforts by the charity. The fundraising environment remains challenging with some reductions in funding expected in 2024-5. We have however a strong strategy and a fundraising plan to build on events we have begun this year.

The investment portfolio was valued at £354,227 of which £13,548 was cash waiting to be invested. The total funds of £385,922 comprise unrestricted £171,768, restricted £14,154 and endowments £200,000. It can be seen in note 14 on page 19 that the balance in the main bank account totals £112,755 but that £80,953 of that amount was funds received from our main funders in the last days of March but was due at 1st April and is shown in note 15 as deferred income.

Reserves Policy

The Charity's policy is to aim to maintain the level of unrestricted free reserves at an amount above one-third of projected annual unrestricted expenditure which this year was £447,535. At the year end free reserves were £169,783 (unrestricted funds of £171,768 less fixed assets of £1,985) which well exceeds the minimum level required. This policy ensures that the charity has sufficient funds to continue operating in the event of a short-term income shortfall.

We will continue to adhere to our policy with regard to reserve levels, whilst observing the need to maintain our restricted endowment. While we are aware of the Charity Commission's guidance around Reserves, as we are still growing we have no concerns around excess reserves. Our focus is on building adequate reserves to maintain our 1/3 of budget commitment.

OBJECTIVES AND ACTIVITIES

Bristol After Stroke's mission is "supporting people to adjust to life after stroke". We do this by:

- Offering information, guidance and education about stroke and its effects, signposting to other organisations where appropriate.
- Working with individuals after stroke to help them consider the changes they are facing.
- Providing single or multiple home visits according to need from skilled professionals, who are able to give emotional support and encouragement to the person affected by stroke and their family.
- Providing timely access to an accredited counsellor experienced in stroke.

BRISTOL AFTER STROKE
REPORT OF THE TRUSTEES
YEAR ENDED 31 MARCH 2024

- Developing social interaction through a range of groups for those who feel isolated by their stroke.
- Providing stimulating activities at our groups which aid rehabilitation, for example exercise, conversation, gardening and games.

Our Vision is that:

- Everyone who has had a stroke can get the help they need to regain confidence, achieve a level of independence and rebuild a fulfilling life.
- Counselling or psychological support is offered to all people affected by stroke, including their carers, as we recognise that many people need professional emotional or psychological support to adjust to their life after stroke.
- Bristol After Stroke's services make a measurable difference to people's lives after stroke.
- The voice of people affected by stroke is heard so that services are improved, and needs are met.

Our values are:

- Person-centred, high quality services
- Freedom from all discrimination, treating all equally with respect
- Involving our service users and our staff in planning service delivery
- Co-operative working with other organisations to achieve our vision
- Being positive and creative in responding to challenges and opportunities
- Working with integrity and maintaining confidentiality
- Working efficiently with low costs to achieve our vision
- Being innovative in response to need

Public benefit

In planning the charity's objectives for the year, the trustees have considered the Charity Commission's guidance on public benefit.

Achievement and performance:

“all of the support has been excellent particularly having a key worker, the ACT course and counselling service. Also on line talks. I am looking forward to attending a group this year.”

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024



Bristol After Stroke's mission is to help people adapt to life after stroke. A stroke occurs suddenly and without warning and turns people's lives upside down. After initial support from acute services in hospital people often describe returning home as feeling abandoned and looking at a very different life to the one they imagined. Bristol After Stroke over its 40 years have designed services in response to our mission.

Our services include;

- In Reach supporting those in hospital at the initial stages of their stroke journey
- Stroke Key Worker Life After Stroke service offering individual support, advice, six month review and referral
- Counselling and psychological input to support the emotional impact to the individual and families
- Groups and cafes to enable important peer support and advice and information.
- Peer mentor programme
- Courses, we supply a physiotherapy led group exercise programme, psychoeducational course for people who may be experiencing anxiety or low mood and communication workshops for people with aphasia.
- Online monthly information sessions

These services form a pathway for people that support the emotional, social, practical and ongoing rehabilitative needs of people affected by stroke. These in combination aim to support improved quality of life and improved health and wellbeing. During this year we have continued to innovate and grow in response to need.

- **BAS supported nearly 1,400 people** through all our services.
- Our Stroke Key Worker service is embedding well and continues to work well as part of an integrated community stroke service led by Sirona Care and Health. This is one of only a handful of services of this kind in England.
- Referrals in this year were 814 compared to 523 the year before a 56% increase.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

- Our counselling service supported 68 people with counselling and 30 people through our psychoeducational course ACT.
- Our groups supported 188 people and our cafés 130.
- We supported 232 people in hospitals with our In reach service.
- We have 55 active volunteers fulfilling 97 volunteer roles.
- We hosted online education sessions to over 200 people on behalf of the Stroke HIT
- We continued to be part of the Bristol Support Hub and work in partnership with many organisations to achieve our aims.
- We have set up and piloted a new Peer mentor scheme.

Impact

Our services continue to have direct impact on people's lives. Evaluations show our Stroke Key Worker Service is providing important impactful work.

- **94% said that their experience of our service was very good or good.**
- **96% said we supported them to understand their health and stroke better.**
- **96% reported improved confidence about their health and wellbeing.**
- **78% said we had helped them receive other services that were useful to them.**

Our peer support groups show;

- **91 % said we had supported to improve their social network**
- **80% said the group had supported improvement in speech or confidence in speech.**
- **80% said the group had supported them to cope better after stroke.**

We added to our peer support this year with the piloting of a peer mentor service. We did this in partnership with The Peer Partnership (Brigstowe). We recruited 8 peer mentors all people that have had a stroke, trained them in the Peer Partnership's model of mentoring and supported 8 people in the year. We hope to continue this important and impactful work.

Our walking groups continue to prove popular and we have added a walking netball group which complements our walking football offer.

- **All walking group members describe better fitness due to attending**
- **89% report improved balance**
- **84% improved mobility and strength**

One member of walking football said **"it's made me realise that some things I thought were beyond me both physically and mentally are still possible "**.

Our counselling service supports the psychological and emotional impact of stroke and our evaluations showed that 78% of respondents rated that they had "changed for the better" "felt better about themselves "and were "more able to meet the challenges of their life (scores of 4 or 5 out of a rating of 5)". Our Core evaluation scores show movement on average from

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

moderate to mild distress due to our intervention with an average of 6 sessions. One person said;

“[the counsellor] was very relaxed but also professional. I was able to talk about what I wanted to. Having no connection with [the counsellor] outside of counselling made this easy.”

Our Physiotherapy groups run in partnership with UWE Physiotherapy department also continue to show great impact. We found consistent outcomes showing improved knowledge, skills and physical wellbeing.

Lived Experience involvement

Bristol After Stroke is a community of support where stroke affected people are valued and have an essential role in its development. BAS has an active Service User Advisory Group that meets three times a year and feeds back on our service development. The Chair of the group attends the Trustee board meetings as a lived experience representative. We regularly inform and engage stroke affected people of how they can take part in consultations and research. We are part of the Stroke HIT (Bristol Health Partners) and are involved in collaborative effort to include people with lived experience developments locally.

Partnerships and Funding

Bristol After Stroke has also been successful developing partnerships and raising funds. We are extremely grateful to all our donors large and small who enable us to reach the people we do and support our mission. We continue to have a good partnership with integrated Care Board (previously CCG), Sirona Health and Care and South Gloucestershire Council whose funding enables us to continue to innovate and provide essential services to people in Bristol and South Gloucestershire.

We have had a great year with individual fundraising this year and are so grateful to everyone who did a challenge for us or made a donation. We were incredibly proud of our first Charity walk at Eastville Park which raised nearly £9,000, our treasurer who at the age of 82 took on a cycle challenge from Lands End to John O’Groats raising approximately £10,000. Bristol and Clifton Golf club also held a very successful golf day for us raising nearly £12,000. Other highlights include a bowls club charity day, plant sales, quiz nights, half marathons, walking challenges, bike rides and collections.

We are also pleased to be continuing relationships with many trusts, clubs, societies and companies in the area who support us. Funders included Garfield Weston, The James Tudor Foundation, Grateful Society, The Burden Trust, Southern Brookes, the Merchant Venturers, Quartet Community Foundation, Wesport, Wessex Water, The Anchor Society and others.

These fundraising efforts not only raise funding, but they also raise awareness and as a result of these efforts and others we have been on local radio regularly throughout the year. Without all these funders, our many regular givers and those that choose to leave us legacies, the Charity could not offer much needed support to so many people.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024



Statement from our Chair of Trustees– Michael Hill

During the year ending March 2024, we have been busy focusing on our colleagues and our Service Users and ways to sustain our organisation.

Over recent years, we have expanded our services to support many more clients than at any time in our history. This year we have helped some 1,400 people with a range of activity – one to one support, Physiotherapy, Counselling, Group activities, Walking football and Netball, Aphasia support and initial and six-month assessments. In our 41st year, we have never been busier!

In addition, we have established new initiatives to widen our reach and access new funds. Our first “Walk with us” Charity Walk took place in September 2023 and nearly 90 people took part. It was an uplifting and emotional day as a number of those that participated were stroke-affected and walking a mile was a huge achievement – their own personal marathon. Many of those participating raised funds by sponsorship and the new venture was a success, with plans in place to repeat the event in 2024.

However, the concerns around high inflation and the cost challenge has been ever-present and we remain conscious about maintaining tight control of our finances and continuing to look for funding opportunities in a very difficult climate. I am extremely proud of the fact that we have once again managed to balance our finances while delivering our most ambitious program of services and keeping a happy and stable workforce.

And that’s my final thought. I am delighted to work with the staff and volunteers of Bristol After Stroke and remain extremely humbled by the work they do. A phenomenal team led by an inspirational CEO, they go the extra mile to help people in often very difficult circumstances, both emotionally and physically. It’s often very challenging and I want to record my appreciation of each and every one of them, whether on the front-line helping clients, in the background enabling those people to do what they do best, or volunteering to support the operation. These people are gold. Thank you.

Please help us if you can. Donate, volunteer, support or even become a trustee. This small charity dreams big. Help us do even more in the future to make life easier for Stroke Sufferers across Bristol and South Gloucestershire. Thank you.

BRISTOL AFTER STROKE
REPORT OF THE TRUSTEES
YEAR ENDED 31 MARCH 2024

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (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 income and expenditure 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.
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed/constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on..... and signed on its behalf by:

M Hill - Trustee

BRISTOL AFTER STROKE

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2024

Independent examiner's report to the trustees of Bristol After Stroke ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua N Kingston BSc., ACA
Burton Sweet Chartered Accountants
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date.....

BRISTOL AFTER STROKE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £	Total Funds 2023 £
Income from:						
Donations and grants	2	74,818	16,469	-	91,287	127,960
Charitable activities	3	372,238	-	-	372,238	318,754
Investments	4	11,749	-	-	11,749	11,472
Total income		<u>458,805</u>	<u>16,469</u>	<u>-</u>	<u>475,274</u>	<u>458,186</u>
Expenditure on:						
Raising funds	5	33,694	-	-	33,694	26,219
Charitable activities	6	413,841	36,839	-	450,680	396,588
Charitable expenditure		<u>447,535</u>	<u>36,839</u>	<u>-</u>	<u>484,374</u>	<u>422,807</u>
Net gains/(losses) on investments	12	13,924	-	-	13,924	(24,230)
Net income/(expenditure)		<u>25,194</u>	<u>(20,370)</u>	<u>-</u>	<u>4,824</u>	<u>11,149</u>
Transfers between funds	16	(38)	38	-	-	-
Net movement in funds		<u>25,156</u>	<u>(20,332)</u>	<u>-</u>	<u>4,824</u>	<u>11,149</u>
Total funds at start of period	16	146,612	34,486	200,000	381,098	369,949
Total funds at end of period	16	<u>171,768</u>	<u>14,154</u>	<u>200,000</u>	<u>385,922</u>	<u>381,098</u>

The Charity has no recognised gains or losses other than the results for the period as set out above.

All activities of the charity are classed as continuing.

The notes on pages 14 to 23 form part of these financial statements
See note 10 for fund-accounting comparative figures

BRISTOL AFTER STROKE

BALANCE SHEET

AS AT 31 MARCH 2024

Company Number 11814993

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	1,985	2,050
Investments	12	340,679	305,475
		<u>342,664</u>	<u>307,525</u>
Current assets			
Debtors	13	11,786	7,792
Cash at bank and in hand	14	126,403	74,303
		<u>138,189</u>	<u>82,095</u>
Liabilities			
Creditors : amounts falling due within one year	15	(94,931)	(8,522)
Net current assets		<u>43,258</u>	<u>73,573</u>
Net assets		<u>385,922</u>	<u>381,098</u>
FUNDS			
Unrestricted funds	17	171,768	146,612
Restricted funds	17	14,154	34,486
Endowment funds	17	200,000	200,000
Total funds		<u>385,922</u>	<u>381,098</u>

For the year ended 31 March 2024 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 of its accounts for the year in question 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 special provisions of Part 15 of the Companies Act applicable to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

These financial statements were approved by the Trustees on and are signed on their behalf by:

D Exell
Trustee/Treasurer

The notes on pages 14 to 23 form part of these financial statements

BRISTOL AFTER STROKE
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Net cash inflow from operating activities	18	62,186	18,988
Non-operational cash flows:			
Investing activities			
Investment income		11,749	11,472
Payments for tangible fixed assets		(555)	(1,487)
Proceeds from sale of investments		63,320	71,787
Purchase of investments		(84,600)	(49,383)
Net cash from investing activities		(10,086)	32,389
Net cash inflow/(outflow) for the year	19	<u>52,100</u>	<u>51,377</u>

Cashflow Restrictions

Charity law prohibits the use of net cash inflows on any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for

The notes on pages 14 to 23 form part of these financial statements

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

1 Accounting policies

Accounting convention

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

The charity is a public benefit entity.

The trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

Income

Income is accounted for as receivable once there is a reasonable certainty of the probable economic benefit from the resource and the amount can be reliably measured. Income from donations is included when these are receivable, except as follows:

- I. When donors specify that donations given to the Charity must be used in future accounting periods, the income is deferred until those periods;
- II. When donors impose conditions which have to be fulfilled before the Charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Income from investments is included when receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of obligation can be measured reliably. Amounts are recorded including any irrecoverable VAT.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Fixed assets were held at cost less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each assets over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance basis
Computer equipment	- 33.33% on reducing balance basis

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any discounts due.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1 Accounting policies (*continued*)

Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The Statement of Financial Activities includes the net gains and losses arising on revaluation and disposals throughout the year.

All gains and losses are taken to the Statement of Financial Activities as they arise.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

The permanent endowment fund represents those assets which must be held permanently by the Charity, principally investments.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 Income from: Donations and grants

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2024
	£	£	£	£
Donations	70,428	2,159	-	72,587
Grants received	4,390	14,310	-	18,700
	<u>74,818</u>	<u>16,469</u>	<u>-</u>	<u>91,287</u>
Prior period comparatives	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2023
	£	£	£	£
Donations	74,590	-	-	74,590
Refunded tax	2,500	-	-	2,500
Grants received	10,500	40,370	-	50,870
	<u>87,590</u>	<u>40,370</u>	<u>-</u>	<u>127,960</u>

3 Income from: Charitable activities

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2024
	£	£	£	£
Sirona Care and Health	250,183	-	-	250,183
South Gloucestershire Council	96,828	-	-	96,828
Subscriptions from Support Groups	9,607	-	-	9,607
Events	15,620	-	-	15,620
	<u>372,238</u>	<u>-</u>	<u>-</u>	<u>372,238</u>
Prior period comparatives	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2023
	£	£	£	£
Bristol Clinical Commissioning Group	21,463	-	-	21,463
Sirona Care and Health	196,848	-	-	196,848
South Gloucestershire Council	94,137	-	-	94,137
Subscriptions from Support Groups	6,306	-	-	6,306
	<u>318,754</u>	<u>-</u>	<u>-</u>	<u>318,754</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

4 Income from: Investments

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £	Total Funds 2023 £
Interest received	11,749	-	-	11,749	11,472
	<u>11,749</u>	<u>-</u>	<u>-</u>	<u>11,749</u>	<u>11,472</u>

All income from investments in the prior period was unrestricted.

5 Expenditure on: Raising funds

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2024 £
Wages and salaries	28,252	-	-	28,252
Promotion	2,588	-	-	2,588
Investment management fees	2,854	-	-	2,854
	<u>33,694</u>	<u>-</u>	<u>-</u>	<u>33,694</u>

Prior period comparatives

	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2023 £
Wages and salaries	20,512	-	-	20,512
Promotion	2,847	-	-	2,847
Investment management fees	2,860	-	-	2,860
	<u>26,219</u>	<u>-</u>	<u>-</u>	<u>26,219</u>

6 Expenditure on: Charitable activities

	Direct Costs £	Support Costs (Note 7) £	Total Funds 2024 £
Support and social groups	69,178	24,113	93,291
Counselling	38,678	13,779	52,457
General information, advice and support	228,002	76,930	304,932
	<u>335,858</u>	<u>114,822</u>	<u>450,680</u>

Prior period comparatives

	Direct Costs £	Support Costs (Note 7) £	Total Funds 2024 £
Support and social groups	56,040	19,420	75,460
Counselling	31,592	11,243	42,835
General information, advice and support	206,743	71,550	278,293
	<u>294,375</u>	<u>102,213</u>	<u>396,588</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

7 Support costs

Support costs are allocated between activities on the basis of usage for all costs except salaries, expenses and allowances which are apportioned on the basis of staff time.

Support costs, included in note 6, are as follows

	Total Funds 2024	Total Funds 2023
	£	£
Salaries, expenses and allowances	35,984	31,738
Other staff and volunteer costs	19,407	14,565
Office expenses	46,011	44,711
Refreshments	1,857	1,783
Room hire	5,993	5,309
Therapy & Transport	1,542	664
Depreciation	620	563
Governance costs (note 8)	3,408	2,880
	<u>114,822</u>	<u>102,213</u>

8 Net income/(expenditure)

This is stated after charging:

	2024	2023
	£	£
Independent examiner's remuneration		
- for independent examination - current year	2,214	2,400
- prior year	1,194	480
Depreciation	563	563
Trustee expenses (2 trustees reimbursed for training expenses)	193	193
	<u>5,064</u>	<u>3,636</u>

Aggregate donations from Trustees, key management personnel, and other related parties were £1,435 (2023: £785).

No Trustee received any remuneration during either the current or prior year.

9 Staff costs and numbers

The aggregate payroll costs were:

	2024	2023
	£	£
Wages & salaries	325,736	287,960
Social security costs	22,110	19,625
Pension contributions	12,528	10,012
	<u>360,374</u>	<u>317,597</u>

No employee received emoluments of more than £60,000.

The average number of employees during the period was 19, (2023: 18) calculated on the basis of average headcount.

The total employment benefits received by key management personnel were £69,643 (2023: £64,388).

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

10 Statement of Financial Activities comparative figures

For the year ended 31 March 2023

Income from:

Donations and grants

Charitable activities

Investments

Total income

Expenditure on:

Raising funds

Charitable activities

Total expenditure

Net gains on investments

Net (expenditure)/income

Transfers between funds

Net movement in funds

Total funds at start of year

Total funds at end of year

Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2023 £
87,590	40,370	-	127,960
318,754	-	-	318,754
11,472	-	-	11,472
417,816	40,370	-	458,186
26,219	-	-	26,219
359,097	37,491	-	396,588
385,316	37,491	-	422,807
(24,230)	-	-	(24,230)
8,270	2,879	-	11,149
(127)	127	-	-
8,143	3,006	-	11,149
138,469	31,480	200,000	369,949
146,612	34,486	200,000	381,098

11 Tangible fixed assets

Cost

At 1 April 2023

Additions

At 31 March 2024

Depreciation

At 1 April 2023

Charge for the period

At 31 March 2024

Net book value

At 31 March 2024

At 31 March 2023

Fixtures and fittings £	Computer equipment £	Total £
7,310	19,907	27,217
-	555	555
7,310	20,462	27,772
6,853	18,314	25,167
64	556	620
6,917	18,870	25,787
393	1,592	1,985
457	1,593	2,050

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

12 Investments

At market value	2024 £	2023 £
Smith & Williamson Investment Portfolio		
Fixed interest	45,471	21,728
UK Specialist Credit	20,976	18,469
Alternative Investments	47,385	59,888
Multi-Asset	25,841	31,995
Global	32,734	25,641
UK Equities	50,508	54,321
Overseas Equities	117,764	93,433
	<u>340,679</u>	<u>305,475</u>
Movements		
	2024 £	2023 £
Market value at 1 April	305,475	352,109
Additions	84,600	49,383
Disposals	(63,320)	(71,787)
Net (loss)/gain for the year	13,924	(24,230)
Market value at 31 March	<u>340,679</u>	<u>305,475</u>
Historical cost of investments as at 31 March	<u>276,159</u>	<u>254,928</u>

13 Debtors

	2024 £	2023 £
Due in less than one year:		
Accrued income	1,786	4,292
Tax reclaimable under gift aid	10,000	3,500
	<u>11,786</u>	<u>7,792</u>

14 Cash at bank

	2024 £	2023 £
Main bank account	112,755	37,917
Short term deposit	100	100
Investment account	13,548	36,286
	<u>126,403</u>	<u>74,303</u>

15 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals	7,192	4,659
Deferred income	80,953	-
Taxation and social security	4,619	3,863
Other creditors	2,167	-
	<u>94,931</u>	<u>8,522</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

16 Movement in funds

For the period ended 31 March 2024

	At 1 Apr 2023 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2024 £
Endowment funds					
Capital Funds	200,000	-	-	-	200,000
Restricted funds					
James Tudor Bristol Next Steps	110	-	-	-	110
Co-Op Downend	5,815	-	-	-	5,815
Burden Trust - Next Steps	303	4,500	(4,653)	-	150
St Monica's Trust	347	-	-	-	347
Grateful society	3,355	-	(3,393)	38	-
One You	56	-	-	-	56
Garfield Weston	15,000	-	(15,000)	-	-
Merchant Venturers	2,000	-	(2,000)	-	-
James Tudor	7,500	-	(7,500)	-	-
Wessex Water	-	2,000	(500)	-	1,500
Lyra Festival	-	485	(280)	-	205
ASDA	-	400	-	-	400
Co-Op	-	1,274	(1,274)	-	-
Anchor Trust	-	5,000	(1,250)	-	3,750
Southern Brooks/Walking	-	810	-	-	810
Richard Davies CT - Bristol	-	2,000	(989)	-	1,011
	34,486	16,469	(36,839)	38	14,154
Unrestricted funds					
General funds	146,612	458,805	(433,611)	(38)	171,768
Total funds	381,098	475,274	(470,450)	-	385,922

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

16 Movement in funds (continued)

For the year ended 31 March 2023

	At 1 Apr 2022	Income & Gains	Expenditure & Losses	Transfers	At 31 Mar 2023
	£	£	£	£	£
Endowment funds					
Capital Funds	200,000	-	-	-	200,000
Restricted funds					
S Glos Area grant-Group Work	1,500	-	(1,500)	-	-
Gloucester Community	711	-	(901)	190	-
James Tudor Bristol Next Steps	110	-	-	-	110
Co-Op Downend	5,815	-	-	-	5,815
Burden Trust - Next Steps	4,320	-	(4,017)	-	303
Magic Little Grants	10	-	-	(10)	-
Wellbeing Day	62	-	-	(62)	-
St Monica's Trust	347	-	-	-	347
Quartet Wesleyan Foundation	4,430	-	(4,439)	9	-
Grateful Society	1,480	7,500	(5,625)	-	3,355
Sport England	9,095	-	(9,095)	-	-
Three Societies	3,600	-	(3,600)	-	-
One You	-	870	(814)	-	56
Garfield Weston	-	20,000	(5,000)	-	15,000
Merchant Venturers	-	2,000	-	-	2,000
James Tudor	-	10,000	(2,500)	-	7,500
	<u>31,480</u>	<u>40,370</u>	<u>(37,491)</u>	<u>127</u>	<u>34,486</u>
Unrestricted funds					
General funds	138,469	417,816	(409,546)	(127)	146,612
Total funds	<u>369,949</u>	<u>458,186</u>	<u>(447,037)</u>	<u>-</u>	<u>381,098</u>

Endowment funds

Capital Fund

The restricted Capital Fund of £200,000 was started in 1984 when the Trustees of Dawn James Charitable Foundation agreed to match pound for pound monies raised and set aside by the Bristol Area Stroke Foundation up to a maximum of £100,000. This was achieved in 1992.

Legal advice concluded that this £200,000 should be treated as restricted capital which the charity is not allowed to spend. The capital produces income which the charity is allowed to expend on an unrestricted basis. As can be seen from the Statement of Financial Activities Bristol After Stroke received £11,749 (2023: £11,472) in investment income during the period from investments.

Restricted funds

Gloucestershire Community Foundation funds were to support a volunteer led Gardening Group.

James Tudor Bristol Next Steps fund - these were funds for our physiotherapy course and In reach.

Co-Op Downend – Funds to support work in South Glos and our stroke café.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

16 Movement in funds (continued)

Next Steps Bristol - Funds received to run the Next Steps project, a group exercise programme that is physiotherapy led, supporting the delivery of this programme for Bristol residents.

Magic Little Grants - This was to support a poetry project for our aphasia group.

Wellbeing day funds were received to cover expenses of the Charity's wellbeing day.

St Monica's Trust - funds were received to support the costs involved in preparing and circulating the charity's monthly newsletter for service users who couldn't attend groups during COVID-related restrictions.

Three Societies Counselling (Grateful Society/ Anchor/ Dolphin)- This was funding received to support the continuation of telephone counselling and the delivery of an online version of the Action After Stroke Course.

The Grateful Society - This was funding to support our Stroke café in Bristol.

Quartet Wesleyan Foundation - This funding was to support extra telephone counselling to support us reaching more people in a period of high demand.

South Glos Area Grant - Group Work . This was to support group work in South Gloucestershire.

Sport England - This funding supported BAS to develop videos that would support Next Steps participants to follow extra exercise support at home.

Three Societies (John James / Anchor/ Dolphin) - This was funding to support telephone groups set up due to COVID. The telephone groups were a joint project between BAS and other members of the Bristol support hub.

One You - Funding received to contribute towards the charity's Wellbeing Day.

Garfield Weston - Funding received towards the charity's core costs

Merchant Venturers- Funds received towards volunteering costs.

James Tudor Foundation - Funding received towards counselling costs in Bristol.

Wessex Water - Funds received to support groups in Bristol

Lyra Festival - Funding to support our workshops for and participation in the Lyra Festival

ASDA - Funding for certain activities for the Bristol Stroke Café

Co-Op - Funding towards our counselling service

Anchor Trust - Funding received to support groups in Bristol

Southern Brooks - Funding received to support our Walking Netball Group

Richard Davis Charitable Trust - Funding to support our Bristol Stroke café

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

17 Analysis of net assets between funds

At 31 March 2024	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Tangible fixed assets	1,985	-	-	1,985
Investments	140,679	-	200,000	340,679
Net current assets	29,104	14,154	-	43,258
	<u>171,768</u>	<u>14,154</u>	<u>200,000</u>	<u>385,922</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

17 Analysis of net assets between funds (continued)

At 31 March 2023	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Tangible fixed assets	2,050	-	-	2,050
Investments	105,475	-	200,000	305,475
Net current assets	39,087	34,486	-	73,573
	<u>146,612</u>	<u>34,486</u>	<u>200,000</u>	<u>381,098</u>

18 Reconciliation of net movement in funds to net cash inflow from operating activities

	2024 £	2023 £
Statement of Financial Activities: Net movement in funds	4,824	11,149
Depreciation	620	563
(Gains)/losses on investments	(13,924)	24,230
Dividends from investments	(11,749)	(11,472)
Increase/(decrease) in creditors: current liabilities	86,409	(1,154)
(Increase) / decrease in debtors	(3,994)	(4,328)
Net cash inflow from operating activities	<u>62,186</u>	<u>18,988</u>

19 Analysis of changes in cash during the year

	2024 £	2023 £	Change £
Cash at bank and in hand	<u>126,403</u>	<u>74,303</u>	<u>52,100</u>
	2023 £	2022 £	Change £
Cash at bank and in hand	<u>74,303</u>	<u>22,926</u>	<u>51,377</u>

Accounts



BRISTOL AFTER STROKE
REPORT & FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

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BRISTOL AFTER STROKE
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2023

Registered charity number: 1182124
Registered company number: 11814993

Principal address: The Gatehouse Centre
Hareclive Road
Bristol
BS13 9JN

Trustees/ Directors: M Hill – Chair
D Exell – Treasurer
P Scott
C Wallace retired 19th May 2022
S Sibley
J Tyrrell resigned 21st March 2023
S Hill
S Buddha
J Grafton
P Knowles appointed 15th November 2022
C Smethurst appointed 21st March 2023

Independent examiner: Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
Farleigh Court
Old Weston Road
Flax Bourton
Bristol
BS48 1UR

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

The Trustees present their report with the financial statements of the charity for the year ended 31 March 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Bristol After Stroke is a charitable company set up on 8th February 2019 with Articles of Association. It is the result of incorporating the charity Bristol Area Stroke Foundation. These charities have been officially merged on the Charity Commission register of mergers. Bristol Area Stroke Foundation was set up by a deed of trust dated 14 July 1983 and was an unincorporated charity. In January 2018 the Charity changed its operating name from Bristol Area Stroke Foundation to Bristol After Stroke.

Bristol After Stroke, The Gatehouse Centre, Hareclive Rd, Bristol BS13 9JN
Company number – 11814993, Charity number – 1182124

Recruitment and appointment of new Trustees

The appointment of new Trustees is by the existing Trustees. Bristol After Stroke has a recruitment process for new Trustees. Prospective new Trustees are given a role description of a Trustee and the specific role (for example Chair or Treasurer). The candidate is then invited to fill in an application form and invited to an interview to assess suitability against the criteria for the role. Once appointed they then go through an induction into the organisation and the responsibilities of the role.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Bristol After Stroke undertakes a risk management process whereby a risk register is drawn up and is reviewed by the Trustees.

The risk register is split into sections such as Governance risks, Operational risks, Financial and Regulatory risks and compliance. The principal risks we are mitigating against are issues such as;

1. Loss of or over reliance on key funding streams – BAS has an organisational strategy that has an objective to diversify funding streams and increase reliability of funding. BAS has secured a new contract from the NHS which is coming through Sirona Care and Health CIC which came into effect in April 2022. This is long term funding.
2. The organisation has grown over the last financial year. With growth comes some risk both financial but also operational. Staff taken on over the year have embedded well and the new contract has started well with the service meeting contract requirements. These risks are noted in our risk register.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

The results for the year to 31 March 2023 are shown on pages 11 and 12 below; the statement of financial activities ('SOFA') on page 11, supported by detailed notes, shows total income of £458,186 and expenditure of £422,807, a healthy surplus which after a reduction in stock market values of £24,230 still leaves a net surplus of £11,149, leaving total funds at the end of the financial year of £381,098. These funds are shown as unrestricted £146,612, restricted £34,486, and endowment £200,000. The movements and descriptions of these funds are shown in note 15 on pages 19 and 20. These funds are held mostly at Stockbrokers Evelyn, (formerly Smith & Williamson), of £305,475 (note 12 on page 18) and comprise investments primarily in marketable securities; at 31 March 2023 there was also 'cash' with stockbrokers waiting to be invested of £36,286, also £100 with COIF, and a balance at Barclays Bank of £37,917, giving a total of £74,303 shown in the Balance Sheet.

Reserves Policy

The Charity's policy is to maintain the level of unrestricted free reserves at an amount above one-third of projected annual unrestricted expenditure which this year was £385,316. At the year end, free reserves were £144,562, (Unrestricted funds of £146,612 less Fixed Assets of £2,050) which exceeds the minimum level required. This policy ensures that the charity has sufficient funds to continue operating in the event of a short-term income shortfall.

We will continue to adhere to our policy with regard to reserve levels, whilst observing the need to maintain our restricted endowment. While we are aware of the Charity Commission's guidance around Reserves, as we are still growing we have no concerns around excess reserves. Our focus is on building adequate reserves to maintain our 1/3 of budget commitment.

BAS has restricted capital of £200,000, shown as an endowment fund in our balance sheet. In principle, this amount is not available to fund the normal activities of the charity, however, would be available in extremis i.e. in the event of the charity being wound up and are therefore included in the reserves of the charity.

OBJECTIVES AND ACTIVITIES

Bristol After Stroke's mission is "supporting people to adjust to life after stroke". We do this by:

- Offering information, guidance and education about stroke and its effects, signposting to other organisations where appropriate.
- Working with individuals after stroke to help them consider the changes they are facing.
- Providing single or multiple home visits according to need from skilled professionals, who are able to give emotional support and encouragement to the person affected by stroke and their family.
- Providing free access to an accredited counsellor experienced in stroke.
- Developing social interaction through a range of groups for those who feel isolated by their stroke.
- Providing stimulating activities at our groups which aid rehabilitation, for example exercise, conversation, gardening and games.

Our Vision is that:

- Everyone who has had a stroke can get the help they need to regain confidence, achieve a level of independence and rebuild a fulfilling life.
- Counselling or psychological support is offered to all people affected by stroke, including their carers, as we recognise that many people need professional emotional or psychological support to adjust to their life after stroke.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

- Bristol After Stroke's services make a measurable difference to people's lives after stroke.
- The voice of people affected by stroke is heard so that services are improved, and needs are met.

Our values are:

- Person-centred, high-quality services
- Freedom from all discrimination, treating all equally with respect
- Involving our service users and our staff in planning service delivery
- Co-operative working with other organisations to achieve our vision
- Being positive and creative in responding to challenges and opportunities
- Working with integrity and maintaining confidentiality
- Working efficiently with low costs to achieve our vision
- Being innovative in response to need

Achievements and performance:

"I couldn't ask for any better support, any questions or worries I just rang my Key Worker, it was like have a friend holding your hand as I was very scared."

Bristol After Stroke's mission is to help people adapt to life after stroke. A stroke occurs suddenly and without warning and turns people's lives upside down. After initial support from acute services in hospital people often describe returning home as feeling abandoned and looking at a very different life to the one they imagined. Bristol After Stroke over its 40 years have designed services in response to our mission.

Our services include;

- In Reach supporting those in hospital at the initial stages of their stroke journey
- Stroke Key Worker Life After Stroke service offering individual support, advice, six month review and referral
- Counselling and psychological input to support the emotional impact to the individual and families
- Groups and cafes to enable important peer support and advice and information.
- Courses, we supply a physiotherapy led group exercise programme, psychoeducational course for people who may be experiencing anxiety or low mood and communication workshops for people with aphasia.

These services form a pathway for people that support the emotional, social, practical and ongoing rehabilitative needs of people affected by stroke. These in combination aim to support improved quality of life and improved health and wellbeing.

During this year we have continued to innovate and grow in response to need. From April 2022 to March 2023:

- **BAS supported over 1000 people** through all our services
- We have set up a pioneering new Stroke Key Worker service that offers six-monthly reviews. This is with health funding from Sirona. This service is integrated into the community stroke services that Sirona provide.
- We have taken on 7 new members of staff to support with this new work.
- Referrals in this year were approx. 500 compared to 250 the year before.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

- We received extra funding from South Gloucestershire to provide 3 face to face aphasia groups.
- We coproduced a new aphasia course for stroke affected people and their carers.
- Our counselling service supported 67 people with counselling and 31 people through our psychoeducational course ACT.
- Our groups supported 148 people and our café's 150.
- We have 58 active volunteers fulfilling 93 volunteer roles.
- Hosted online education sessions to over 100 people on behalf of the Stroke HIT
- We continued to be part of the Bristol Support Hub and work in partnership with many organisations to achieve our aims.

Impact

We undertake surveys and seek feedback on our services throughout the year to ensure we understand the impact of our work.

Overall evaluation of our services at the end of last year demonstrate that our services improve health and wellbeing, reduce social isolation, and improve quality of life.

Initial evaluations of our six month review service were;

- 100% said that the service was good or very good
- 96% valued the opportunity to discuss their needs and concerns
- 80% said it improved their ability to help themselves
- 76% said it improved their understanding of services

"Just being aware of the help you can offer if needed, reduced my levels of anxiety. The fact that someone came immediately after my discharge from hospital was so reassuring. .. BAS has been wonderful in signposting me to available help if I.. I take great pleasure in promoting your services to others in any way I can!"

After Counselling

- 100% Feel more able to face challenges in their life
- 91% felt they had changed for the better

*data for year 2022

"[The counsellor] is brilliant and BAS is too, knowing support is there is invaluable and has given me much hope and comfort in dark moments. "

"Before I didn't really believe in counselling, didn't think it would help, so now I have changed my mind."

Our groups and courses continue to support people with their recovery and help rebuild lives in a multitude of ways. After coming on our Action After Stroke group, one commented; **"I'm going to work with the belief that 'I'm going to improve and have a good life' or another said 'I'm going to do/try something 'new' because of the stroke (not just in spite of it.)"**

BRISTOL AFTER STROKE

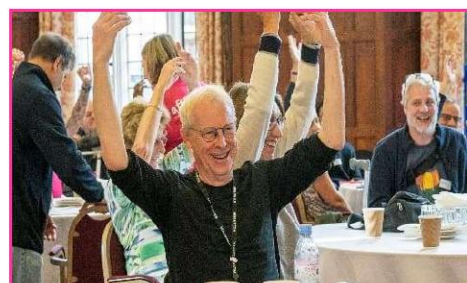
REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

One volunteer took the time to tell us **“What a stellar group today. Every so often I come away from a BAS group buzzing, thinking that the group really helped some people, today was one of those days. I really think that [clients A, B, C] came away from that meeting in a far better frame of mind than when they joined. It’s days like today that make volunteering so worthwhile!**”



Our Physiotherapy groups run in partnership with UWE Physiotherapy department also continue to show great impact. These groups also have an educational element with a variety of topics discussed such as fatigue, neuroplasticity, driving after stroke and getting around, managing medication, diet, goal setting and what’s next. This alongside the physio led exercise makes this a unique offer, ensuring people understand their health condition and therefore better manage both their physical and emotional recovery after stroke. We have also added in exercise videos that people can use at home supporting improved engagement and motivation. Our evaluations find consistent outcomes showing improved knowledge, skills and physical wellbeing. 82% said it had improved their physical wellbeing but the impact has lasting effect one commented that as a result they **“continue to be motivated and continue the exercises as I have seen improvements to meet my goals”**



BAS Volunteers being interviewed by Adrian Chiles, BAS Wellbeing day

BAS strategy

BAS has achieved so much over the last few years. We are going into a new strategy period, and we consulted at the end of the year with staff, volunteers and people with lived experience about our 5 year plan for BAS.

Service user involvement

Bristol After Stroke has an active Service User Advisory Group that meets three times a year and feeds back on our service development. The Chair of the group attends the Trustee board meetings as the service user representative. Service users involvement in BAS but also wider projects such as research, the Stroke Hit locally and involvement in consultations are a key activity ensuring the voice of stroke affected people is heard.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

Partnerships and Funding

Bristol After Stroke has also been successful developing partnerships and raising funds. We are extremely grateful to all our donors large and small who enable us to reach the people we do and support our mission. We continue to have a good partnership with integrated Care Board (previously CCG), Sirona Health and Care and South Gloucestershire Council whose funding enables us to continue to innovate and provide essential services to people in Bristol and South Gloucestershire.

We have had a great year with individual fundraising this year and are so grateful to everyone who did a challenge for us or made a donation. Highlights from 2023 include epic bike rides from Biarritz to Bristol, Half Marathons, 100km walks around the Isle of Wight, Caribbean evenings, rugby matches, Asda collections and a challenge to reach twice the height of Everest on a Versaclimber in just 10 hours.



We are also pleased to be continuing relationships with many trusts, clubs, societies and companies in the area who support us. Funders included Garfield Weston, The James Tudor Foundation, Grateful Society, The Burden Trust, John James Bristol foundation, Southern Brookes, the Merchant Venturers, Quartet Community Foundation, The Gloucester Community Foundation.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

These fundraising efforts not only raise funding, but they also raise awareness and as a result of these efforts and others we have been on local radio regularly throughout the year. Without all these funders, our many regular givers and those that choose to leave us legacies, the Charity could not offer much needed support to so many people.

Statement from our Chair of Trustees– Michael Hill



Bristol After Stroke has been busy. During 2022/2023, we have begun a new operating rhythm, and seen a huge and expected increase in our number of referrals as the new Stroke Pathway became fully operational.

Now, all Stroke survivors in Bristol and South Gloucestershire are automatically given contact points in BAS and in each case, an initial and a six-month review takes place. A tailored plan is arrived at to help the client setting their goals and track progress. While this service is funded as part of the NHS contract, we were awarded in 2021, the knock-on effects on our voluntary services have been considerable. We are operating near our capacity and trying to deliver excellent standards of support and care. Despite this, I've never been prouder of the service that we are providing.

Our larger team is resourceful and flexible, and responsive to client needs and new innovations. We have built further on our Aphasia support, while moving to a mixed model of online and face to face support. Our cafes and meetings are at record levels and demand for our counselling service is at an all-time high. But we have responded and even appointed an extra colleague to help more people. The feedback on our client surveys remains very positive and our staff morale remains strong. It's a fantastic team and I applaud their work.

Financially, we have had a successful year, raising sufficient to build our services in line with demand as described in the CEO report. We have to be immensely grateful to our funders, trusts, South Gloucestershire Council and of course our valiant individual fund raisers. If it wasn't for the extra length that our volunteers and fundraisers went to, we couldn't help hundreds of people whose lives are disturbed by the effects of strokes. These people are our heroes, and I am grateful to everyone who raised money to help us thrive. We need you again in 23/24 – please keep us in your thoughts and plans.

We are well set for the future, with appropriate reserves and a strong fundraising plan. We also are looking to appoint a Marketing Officer to help us tell our story more effectively and create an environment, an ecosystem around us, that will encourage more financial support for the future. But we can never take our position for granted and continue to seek new ways to ensure the future is more certain for 2024.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2023

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also directors of Bristol After Stroke for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Accepted Accounting Practice).

Company law 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 charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of Trustees on 21 November 2023 and signed on its behalf by:



.....
M Hill - Chair of Trustees

BRISTOL AFTER STROKE

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2023

Independent examiner's report to the trustees of Bristol After Stroke ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston BSc ACA
Burton Sweet Chartered Accountants
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR



Date: 21 November 2023

BRISTOL AFTER STROKE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2023 £	Total Funds 2022 £
Income from:						
Donations and legacies	2	87,590	40,370	-	127,960	84,541
Charitable activities	3	318,754	-	-	318,754	109,618
Investments	4	11,472	-	-	11,472	11,017
Total income		<u>417,816</u>	<u>40,370</u>	<u>-</u>	<u>458,186</u>	<u>205,176</u>
Expenditure on:						
Raising funds	5	26,219	-		26,219	20,007
Charitable activities	6	359,097	37,491		396,588	261,401
Charitable expenditure		<u>385,316</u>	<u>37,491</u>	<u>-</u>	<u>422,807</u>	<u>281,408</u>
Net gains/(losses) on investments	12	(24,230)	-	-	(24,230)	17,299
Net income/(expenditure)		<u>8,270</u>	<u>2,879</u>	<u>-</u>	<u>11,149</u>	<u>(58,933)</u>
Transfers between funds	15	(127)	127		-	-
Net movement in funds		<u>8,143</u>	<u>3,006</u>	<u>-</u>	<u>11,149</u>	<u>(58,933)</u>
Total funds at start of period	15	138,469	31,480	200,000	369,949	428,882
Total funds at end of period	15	<u>146,612</u>	<u>34,486</u>	<u>200,000</u>	<u>381,098</u>	<u>369,949</u>

The Charity has no recognised gains or losses other than the results for the period as set out above.

All activities of the charity are classed as continuing.

The notes on pages 13 to 21 form part of these financial statements
See note 10 for fund-accounting comparative figures

BRISTOL AFTER STROKE

BALANCE SHEET

AS AT 31 MARCH 2023

Company Number 11814993

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	2,050	1,126
Investments	12	305,475	352,109
		<u>307,525</u>	<u>353,235</u>
Current assets			
Debtors	13	7,792	3,464
Cash at bank and in hand		74,303	22,926
		<u>82,095</u>	<u>26,390</u>
Liabilities			
Creditors : amounts falling due within one year	14	(8,522)	(9,676)
Net current assets		<u>73,573</u>	<u>16,714</u>
Net assets		<u>381,098</u>	<u>369,949</u>
FUNDS			
Unrestricted funds	16	146,612	138,469
Restricted funds	16	34,486	31,480
Endowment funds	16	200,000	200,000
Total funds		<u>381,098</u>	<u>369,949</u>

For the year ended 31 March 2023 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 of its accounts for the year in question 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 special provisions of Part 15 of the Companies Act applicable to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

These financial statements were approved by the Trustees on 21 November 2023 and are signed on their behalf by:

David Exell

D Exell
Trustee/Treasurer

The notes on pages 13 to 21 form part of these financial statements

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1 Accounting policies

Accounting convention

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

The charity is a public benefit entity.

The trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

Income

Income is accounted for as receivable once there is a reasonable certainty of the probable economic benefit from the resource and the amount can be reliably measured. Income from donations is included when these are receivable, except as follows:

- I. When donors specify that donations given to the Charity must be used in future accounting periods, the income is deferred until those periods;
- II. When donors impose conditions which have to be fulfilled before the Charity becomes entitled to use such income, the income is deferred until the pre-conditions have been met.

Income from investments is included when receivable.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of obligation can be measured reliably. Amounts are recorded including any irrecoverable VAT.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Fixed assets were held at cost less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each assets over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance basis
Computer equipment	- 33.33% on reducing balance basis

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any discounts due.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

1 Accounting policies (*continued*)

Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The Statement of Financial Activities includes the net gains and losses arising on revaluation and disposals throughout the year.

All gains and losses are taken to the Statement of Financial Activities as they arise.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 Income from: Donations and legacies

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2023
	£	£	£	£
Donations	74,590	-	-	74,590
Refunded tax	2,500	-	-	2,500
Grants received	10,500	40,370	-	50,870
	<u>87,590</u>	<u>40,370</u>	<u>-</u>	<u>127,960</u>
Prior period comparatives	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2022
	£	£	£	£
Donations	45,299	-	-	45,299
Refunded tax	4,236	-	-	4,236
Grants received	2,500	32,506	-	35,006
	<u>52,035</u>	<u>32,506</u>	<u>-</u>	<u>84,541</u>

3 Income from: Charitable activities

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2023
	£	£	£	£
Bristol Clinical Commissioning Group	21,463	-	-	21,463
Sirona Care and Health	196,848	-	-	196,848
South Gloucestershire Council	94,137	-	-	94,137
Subscriptions from Support Groups	6,306	-	-	6,306
	<u>318,754</u>	<u>-</u>	<u>-</u>	<u>318,754</u>
Prior period comparatives	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2022
	£	£	£	£
Bristol Clinical Commissioning Group	42,437	-	-	42,437
South Gloucestershire Council	66,876	-	-	66,876
Subscriptions from Support Groups	305	-	-	305
	<u>109,618</u>	<u>-</u>	<u>-</u>	<u>109,618</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

4 Income from: Investments

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£	£
Interest received	11,472	-	-	11,472	11,017
	<u>11,472</u>	<u>-</u>	<u>-</u>	<u>11,472</u>	<u>11,017</u>

All income from investments in the prior period was unrestricted.

5 Expenditure on: Raising funds

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2023
	£	£	£	£
Wages and salaries	20,512	-	-	20,512
Promotion	2,847	-	-	2,847
Investment management fees	2,860	-	-	2,860
	<u>26,219</u>	<u>-</u>	<u>-</u>	<u>26,219</u>

Prior period comparatives

	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds 2022
	£	£	£	£
Wages and salaries	15,205	-	-	15,205
Promotion	1,260	-	-	1,260
Investment management fees	3,542	-	-	3,542
	<u>20,007</u>	<u>-</u>	<u>-</u>	<u>20,007</u>

6 Expenditure on: Charitable activities

	Direct Costs	Support Costs (Note 7)	Total Funds 2023
	£	£	£
Support and social groups	56,040	19,420	75,460
Counselling	31,592	11,243	42,835
General information, advice and support	206,743	71,550	278,293
	<u>294,375</u>	<u>102,213</u>	<u>396,588</u>

Prior period comparatives

	Direct Costs	Support Costs (Note 7)	Total Funds 2022
	£	£	£
Support and social groups	45,942	24,013	69,955
Counselling	27,113	14,230	41,343
General information, advice and support	99,410	50,693	150,103
	<u>172,465</u>	<u>88,936</u>	<u>261,401</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

7 Support costs

Support costs are allocated between activities on the basis of usage for all costs except salaries, expenses and allowances which are apportioned on the basis of staff time.

Support costs, included in note , are as follows:

	Total Funds	Total Funds
	2023	2022
	£	£
Salaries, expenses and allowances	31,738	32,358
Other staff and volunteer costs	14,565	15,518
Office expenses	44,711	31,721
Refreshments	1,783	70
Room hire	5,309	818
Therapy & Transport	664	790
Legal and professional fees	-	167
Depreciation	563	345
Governance costs	2,880	7,149
	<u>102,213</u>	<u>88,936</u>

8 Net income/(expenditure)

This is stated after charging:

	2023	2022
	£	£
Independent examiner's remuneration		
- for independent examiner - current year	2400	2,400
- prior year	480	-
- for other services	-	1,177
Depreciation	563	345
Trustee expenses (2 trustees reimbursed for training expenses)	193	-
	<u>3175</u>	<u>3922</u>

Aggregate donations from Trustees, key management personnel, and other related parties were £785 (2022: £886).

No Trustee received any remuneration during either the current or prior year."

9 Staff costs and numbers

The aggregate payroll costs were:

	2023	2022
	£	£
Wages & salaries	287,960	188,999
Social security costs	19,625	12,387
Pension contributions	10,012	6,187
Redundancy payments	-	1,891
	<u>317,597</u>	<u>209,464</u>

No employee received emoluments of more than £60,000.

The average number of employees during the period was 18, (2022: 12) calculated on the basis of average headcount.

The total employment benefits received by key management personnel were £64,388 (2022: £49,541).

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

10 Statement of Financial Activities comparative figures

For the year ended 31 March 2022	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds 2022 £
Income from:				
Donations and legacies	52,035	32,506	-	84,541
Charitable activities	109,618	-	-	109,618
Investments	11,017	-	-	11,017
Total income	172,670	32,506	-	205,176
Expenditure on:				
Raising funds	20,007	-	-	20,007
Charitable activities	246,780	14,621	-	261,401
Total expenditure	266,787	14,621	-	281,408
Net gains on investments	17,299	-	-	17,299
Net (expenditure)/income	(76,818)	17,885	-	(58,933)
Transfers between funds	(8)	8	-	-
Net movement in funds	(76,826)	17,893	-	(58,933)
Total funds at start of year	215,295	13,587	200,000	428,882
Total funds at end of year	138,469	31,480	200,000	369,949

11 Tangible fixed assets

	Fixtures and fittings £	Computer equipment £	Total £
Cost			
At 1 April 2022	7,310	18,420	25,730
Additions	-	1,487	1,487
At 31 March 2023	7,310	19,907	27,217
Depreciation			
At 1 April 2022	6,778	17,826	24,604
Charge for the period	75	488	563
At 31 March 2023	6,853	18,314	25,167
Net book value			
At 31 March 2023	457	1,593	2,050
At 31 March 2022	532	594	1,126

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

12 Investments

At market value	2023	2022
	£	£
Smith & Williamson Investment Portfolio		
Fixed interest	21,728	14,169
UK Specialist Credit	18,469	21,931
Overseas Index Linked	-	11,319
Alternative Investments	59,888	73,374
Multi-Asset	31,995	39,385
Global	25,641	19,106
UK Equities	54,321	68,923
Overseas Equities	93,433	103,902
	<u>305,475</u>	<u>352,109</u>
Movements		
	2023	2022
	£	£
Market value at 1 April	352,109	361,536
Additions	49,383	44,110
Disposals	(71,787)	(70,525)
Net (loss)/gain for the year	(24,230)	16,988
Market value at 31 March	<u>305,475</u>	<u>352,109</u>
Net cost of investments as at 31 March	<u>254,928</u>	<u>264,038</u>

13 Debtors

	2023	2022
	£	£
Due in less than one year:		
Accrued income	4,292	1,703
Tax reclaimable under gift aid	3,500	1,761
	<u>7,792</u>	<u>3,464</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals and other creditors	8,522	9,676
	<u>8,522</u>	<u>9,676</u>

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

15 Movement in funds

For the period ended 31 March 2023

	At 1 Apr 2022 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2023 £
Endowment funds					
Capital Funds	200,000	-	-	-	200,000
Restricted funds					
S Glos Area grant-Group Work	1,500	-	(1,500)	-	-
Gloucester Community Foundation	711	-	(901)	190	-
James Tudor Bristol Next Steps	110	-	-	-	110
Co-Op Downend	5,815	-	-	-	5,815
Burden Trust - Next Steps	4,320	-	(4,017)	-	303
Magic Little Grants	10	-	-	(10)	-
Wellbeing Day	62	-	-	(62)	-
St Monica's Trust	347	-	-	-	347
Quartet Wesleyan Foundation	4,430	-	(4,439)	9	-
Grateful Society	1,480	7,500	(5,625)	-	3,355
Sport England	9,095	-	(9,095)	-	-
Three Societies	3,600	-	(3,600)	-	-
One You	-	870	(814)	-	56
Garfield Weston	-	20,000	(5,000)	-	15,000
Merchant Venturers	-	2,000	-	-	2,000
James Tudor	-	10,000	(2,500)	-	7,500
	<u>31,480</u>	<u>40,370</u>	<u>(37,491)</u>	<u>127</u>	<u>34,486</u>
Unrestricted funds					
General funds	138,469	417,816	(409,546)	(127)	146,612
Total funds	<u>369,949</u>	<u>458,186</u>	<u>(447,037)</u>	<u>-</u>	<u>381,098</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

15 Movement in funds (continued)

For the year ended 31 March 2022

	At 1 Apr 2021 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2022 £
Endowment funds					
Capital Funds	200,000	-	-	-	200,000
Restricted funds					
S Glos Area grant-Group Work Foundation	-	1,500	-	-	1,500
S Glos Area Grant- Aphasia	1,219	-	(508)	-	711
James Tudor Bristol Next Steps	-	2,613	(2,620)	7	-
Co-Op Downend	110	-	-	-	110
Burden Trust - Next Steps	6,097	-	(282)	-	5,815
Magic Little Grants	4,663	4,320	(4,664)	1	4,320
Wellbeing Day	10	500	(500)	-	10
St Monica's Trust	62	-	-	-	62
Quartet Wesleyan Foundation	347	-	-	-	347
Grateful Society	-	5,878	(1,448)	-	4,430
Sport England	-	5,000	(3,520)	-	1,480
Three Societies	-	9,095	-	-	9,095
Three Societies Counselling	-	3,600	-	-	3,600
	1,079	-	(1,079)	-	-
	13,587	32,506	(14,621)	8	31,480
Unrestricted funds					
General funds	215,295	189,969	(266,787)	(8)	138,469
Total funds	<u>428,882</u>	<u>222,475</u>	<u>(281,408)</u>	<u>-</u>	<u>369,949</u>

Endowment funds

Capital Fund

The restricted Capital Fund of £200,000 was started in 1984 when the Trustees of Dawn James Charitable Foundation agreed to match pound for pound monies raised and set aside by the Bristol Area Stroke Foundation up to a maximum of £100,000. This was achieved in 1992.

Legal advice concluded that this £200,000 should be treated as restricted capital which the charity is not allowed to spend. The capital produces income which the charity is allowed to expend on an unrestricted basis. As can be seen from the Statement of Financial Activities Bristol After Stroke received £11,472 (2022: £11,017) in investment income during the period from

This has previously been reported as a restricted fund, but has been recharacterised as a permanent endowment fund, which is a more accurate description.

Restricted funds

Gloucestershire Community Foundation funds were to support a volunteer led Gardening Group.

James Tudor Bristol Next Steps fund - these were funds for our Physiotherapy course and In reach.

Co-Op Downend – Funds to support work in South Glos and our stroke café.

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

15 Movement in funds (continued)

Next Steps Bristol - Funds received to run the Next Steps project, a group exercise programme that is physiotherapy led, supporting the delivery of this programme for Bristol residents.

Magic Little Grants - This was to support a poetry project for our aphasia group.

Wellbeing day funds were received to cover expenses of the Charity's wellbeing day.

St Monica's Trust - funds were received to support the costs involved in preparing and circulating the charity's monthly newsletter for service users who couldn't attend groups during COVID-related restrictions.

Three Societies Counselling (Grateful Society/ Anchor/ Dolphin)- This was funding received to support the continuation of telephone counselling and the delivery of an online version of the Action After Stroke Course.

The Grateful Society - This was funding to support our Stroke café in Bristol.

Quartet Wesleyan Foundation - This funding was to support extra telephone counselling to support us reaching more people in a period of high demand.

South Glos Area Grant - Aphasia. This was to support development of our aphasia work.

South Glos Area Grant - Group Work . This was to support group work in South Gloucestershire.

Sport England - This funding supported BAS to develop videos that would support Next Steps participants to follow extra exercise support at home.

Three Societies (John James / Anchor/ Dolphin) - This was funding to support telephone groups set up due to COVID. The telephone groups were a joint project between BAS and other members of the Bristol support hub.

One You - Funding received to contribute towards the charity's Wellbeing Day.

Garfield Weston - Funding received towards the charity's core costs

Merchant Venturers- Funds received towards volunteering costs.

James Tudor Foundation - Funding received towards counselling costs in Bristol.

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

16 Analysis of net assets between funds

At 31 March 2023	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Tangible fixed assets	2,050	-	-	2,050
Investments	105,475	-	200,000	305,475
Net current assets	39,087	34,486	-	73,573
	<u>146,612</u>	<u>34,486</u>	<u>200,000</u>	<u>381,098</u>

At 31 March 2022	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Tangible fixed assets	1,126	-	-	1,126
Investments	152,109	-	200,000	352,109
Net current assets	(14,766)	31,480	-	16,714
	<u>138,469</u>	<u>31,480</u>	<u>200,000</u>	<u>369,949</u>

Accounts



BRISTOL AFTER STROKE
REPORT & FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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BRISTOL AFTER STROKE
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2022

Registered charity number: 1182124
Registered company number: 11814993

Operating name: Bristol After Stroke

Principal address: The Gatehouse Centre
Hareclive Road
Bristol
BS13 9JN

Trustees/ Directors: M Hill – Chair
D Exell – Treasurer
P Scott
C Wallace resigned 19th May 2022
S Sibley
J Tyrrell
S Hill
S Buddha appointed 29th November 2021
J Grafton
P Knowles appointed 15th November 2022

Independent examiner: Joshua Kingston BSc., ACA
Burton Sweet Limited
The Clock Tower
Farleigh Court
Old Weston Road
Flax Bourton
Bristol
BS48 1UR

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2022

The trustees present their report with the financial statements of the charity for the period ended 31 March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Bristol After Stroke is a Charitable company set up on 8th February 2019 with Articles of Association. It is the result of incorporating the Charity Bristol Area Stroke Foundation. These charities have been officially merged on the Charity Commission register of mergers.

Bristol Area Stroke Foundation was set up by a deed of trust dated 14 July 1983 and was an unincorporated charity. In January 2018 the Charity changed its operating name from Bristol Area Stroke Foundation to Bristol After Stroke.

**Bristol After Stroke, The Gatehouse Centre, Hareclive Rd, Bristol BS13 9JN,
Company number – 11814993, Charity number – 1182124**

Recruitment and appointment of new trustees

The appointment of new Trustees is by the existing Trustees. Bristol After Stroke has a recruitment process for new Trustees. Prospective new trustees are given a role description of a trustee and the specific role for example Chair or Treasurer. The candidate is then invited to fill in an application form and invited to an interview to assess suitability against the criteria for the role. Once appointed they then go through an induction into the organisation and the responsibilities of the role.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Bristol After Stroke undertakes a risk management process whereby a risk register is drawn up and is reviewed by the trustees.

The risk register is split into sections such as Governance risks, Operational risks, Financial and Regulatory risks and compliance. The principal risks we are mitigating against are issues such as;

1. Loss of or over reliance on key funding streams – BAS has an organisational strategy that has an objective to diversify funding streams and increase reliability of funding. BAS has secured a new contract from the CCG which came into effect in April 2022. This is long term funding.
2. The organisation is preparing for growth with the prospect of new funding in 2022 - 23. With growth comes some risk both financial but also operationally. We will look forward to recruiting and embedding new staff and supporting existing staff with any changes that a new contract brings.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

Bristol After Stroke set a budget for 2021/ 2022 that acknowledged that we would need to spend reserves to accommodate growth in the following year. This was principally around the taking on of a new contract. We budgeted to draw down £50K and in fact used £60K funds. We are confident that this investment in the charity will prove essential in our development and future financial security.

Bristol After Stroke on 31st March 2022 had an investment portfolio of £352,109 invested primarily in marketable securities. In addition, liquid cash balances of £22,926 were maintained. Investment assets are set against a restricted liability of £200,000 which, while not formally constituted as an endowment, is not intended to be spent. This is in line with an agreement with the original donors. The portfolio is run by an external asset manager – Smith & Williamson against a multi asset class benchmark which is reviewed annually.

The aim is to generate income for charity resources while maintaining the real value of the portfolio over time. The unrestricted fund is available to fund charitable activities in the event of a liquid asset shortfall. In addition, large unrestricted inflows are added to this fund to be drawn down when funds are needed – expected over a four-year cycle.

Reserves Policy

The charity's policy is to maintain the level of free reserves (cash or near substitutes) at an amount above one third of projected annual unrestricted expenditure. This is to ensure the charity has sufficient funds to continue operating in the event of a short-term income shortfall. In addition, the non – restricted part of our investment portfolio can be liquidated if necessary.

At the year end, free reserves including unrestricted investments which can easily be transferred into cash were £137,343. The minimum requirement is £88,929.

OBJECTIVES AND ACTIVITIES

Bristol After Stroke's mission is "supporting people to adjust to life after stroke". We do this by:

- Offering information, guidance and education about stroke and its effects, signposting to other organisations where appropriate.
- Working with individuals after stroke to help them consider the changes they are facing.
- Providing single or multiple home visits according to need from skilled professionals, who are able to give emotional support and encouragement to the person affected by stroke and their family.
- Providing free access to an accredited counsellor experienced in stroke.
- Developing social interaction through a range of groups for those who feel isolated by their stroke.
- Providing stimulating activities at our groups which aid rehabilitation, for example exercise, conversation, gardening and games.

Our Vision is that:

- Everyone who has had a stroke can get the help they need to regain confidence, achieve a level of independence and rebuild a fulfilling life.
- Counselling or psychological support is offered to all people affected by stroke, including their carers, as we recognise that many people need professional emotional or psychological support to adjust to their life after stroke.
- Bristol After Stroke's services make a measurable difference to people's lives after stroke.
- The voice of people affected by stroke is heard so that services are improved, and needs are met.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2022

Our values are:

- Person-centred, high quality services
- Freedom from all discrimination, treating all equally with respect
- Involving our service users and our staff in planning service delivery
- Co-operative working with other organisations to achieve our vision
- Being positive and creative in responding to challenges and opportunities
- Working with integrity and maintaining confidentiality
- Working efficiently with low costs to achieve our vision
- Being innovative in response to need

Achievement and performance:

“I would have been lost without your services, they have made a massive difference to my confidence and outlook on life.”

Bristol After Stroke’s mission is to help people adapt to life after stroke. A stroke occurs suddenly and without warning and turns people’s lives upside down. After initial support from acute services in hospital people often describe returning home as feeling abandoned and looking at a very different life to the one they imagined. Bristol After Stroke over its 39 years have designed services in response to our mission.

Our services include;

- In Reach supporting those in hospital at the initial stages of their stroke journey
- Stroke Coordinator Service offering individual support, advice and referral
- Counselling and psychological input to support the emotional impact to the individual and families
- Groups and cafes to enable important peer support and advice and information.
- Courses, we supply a physiotherapy led group exercise programme and a psychoeducational course for people who may be experiencing anxiety or low mood

These services form a pathway for people that support the emotional, social, practical and ongoing rehabilitative needs of people affected by stroke. These in combination aim to support improved quality of life and improved health and wellbeing.

During this year we have continued to innovate and grow in response to need. From April 2021 to March 2022:

- **BAS supported 850 people** through all our services
- Our Stroke Coordinators continued to support people through various means - telephone, whatsapp, zoom and face to face.
- We received extra funding from the CCG to support with preparations for the new contract and support with increased referrals.
- Stroke coordinators supported 16% more people than in 20/21.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2022

- Our counselling service supported 96 people with counselling and psychological support.
- We developed a series of exercise films to accompany our Next Steps physiotherapy course so people can continue to practise their exercise at home.
- Our groups returned to face to face although we kept some of our online offers such as our zoom aphasia group.
- We have 42 active volunteers fulfilling 77 volunteer roles we also launched our new volunteer strategy.
- We set up a volunteer led walking football group in partnership with Bristol United walking football group
- We continued to be part of the Bristol Support Hub and ran telephone groups with our voluntary sector partners.

Impact

We undertake surveys and seek feedback on our services throughout the year to ensure we understand the impact of our work.

Overall evaluation of our services at the end of last year demonstrate that our services improve health and wellbeing, reduce social isolation, and improve quality of life.

- **67% said Bristol After Stroke has helped them to feel more confident.**
- **79% of people felt our services met their needs**
- **61% reported an improvement in health due to our services**
- **64% felt part of a community of support**

“It is reassuring to see and speak to others who are in the same situation as me having had a stroke.”

“Since I have had the lady, [(Stroke Key Worker)], she has put a smile psychologically on my face, my health & wellbeing is uplifted. Thank you.”

In our 2020/21 post-counselling survey, we asked people to rate between 1 and 5 as to how counselling has supported them to:

- **Feel better about themselves – 100% rated 4 or 5**
- **Helped them in their relationships – 94% rated 4 or 5**
- **Feel more able to face challenges in their life – 100% rated 4 or 5**

“[The counselling that I received] was life changing”

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2022

BAS strategy

Despite the activity of adapting services, BAS has kept focus on its strategy. BAS:

- Completed our aphasia review and we are implementing changes to ensure our services remain accessible and responsive to the needs of people with aphasia.
- Moved into larger premises.
- Completed our volunteer strategy.
- Worked with the Stroke Association, health colleagues, people with lived experience and partners to design a life after stroke key worker service for the region.
- Appointed an operations manager

As we go into 2022 our partnership with the Stroke Association and the future delivery of a stroke key worker service represents a significant achievement. It starts to fulfil our vision that everyone who has had a stroke can get the help they need to regain confidence and rebuild a fulfilling life.

We are proud to be playing a central role in its design and delivery.

Service user involvement

Bristol After Stroke has an active Service User Advisory Group that meets three times a year and feeds back on our service development. The Chair of the group attends the Trustee board meetings as the service user representative. Service users involvement in BAS but also wider projects such as research, the Stroke Hit locally and involvement in consultations are a key activity ensuring the voice of stroke affected people is heard.

Partnerships and Funding

Bristol After Stroke has also been successful developing partnerships and raising funds. We are extremely grateful to all our donors large and small who enable us to reach the people we do and support our mission. We continue to have a good partnership with BNSSG Clinical Commissioning Group and South Gloucestershire Council whose funding enables us to continue to innovate and provide essential services to people in Bristol and South Gloucestershire.

We are also pleased to be continuing relationships with many trusts and companies in the area who support us. Funders included, the National Lottery Sports Council, Lloyd Robinson Family Fund, The Grateful Society, The Burden Trust, Magic Little Grants, Dolphin Society, Anchor Society, John James, Quartet Community Foundation, Richard Davies Charitable Foundation and Howdens.

We also had some wonderful support from donors and societies including The Rotary societies of Bristol and Nailsea and Backwell. Individual fundraisers included Steve Burbage and other group members who joined the Nailsea Rotary Walk, Dr Praveen Kumar who ran a Badminton tournament and David Exell who undertook the Marathon Des Sables!

These fundraising efforts not only raise funding, but they also raise awareness and as a result of these efforts and others we have been on local radio regularly throughout the year. Without all these funders, our many regular givers and those that choose to leave us legacies, the Charity could not offer much needed support to so many people.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES/DIRECTORS

YEAR ENDED 31 MARCH 2022

Statement from our Chair of Trustees– Michael Hill



After now three years in the role as Chair, I had thought that things might begin to settle down in 2022, but that's seemingly not the way of this century. We are living in turbulent times; the country is part way to the end of a stubborn pandemic and we are living in an extraordinary unsettled economic and political environment.

However the charity has more than held its own to bounce back from running virtual-only services, and our groups, physiotherapy courses, counselling and face to face interaction have fully resumed, building attendees as the threat from the virus ebbs away. The frontline team are again providing support to the 100's of Stroke Survivors across Bristol and South Gloucestershire, helping people emerging from hospital to adjust to their new realities. Our client feedback continues to be strong, with 84% rating us Good or Excellent and many compliments paid through our surveys.

We have increased our focus on Aphasia, in line with our strategic plan and to address the increased need. Aphasia is a language disability caused by damage in a specific area of the brain that controls language expression and comprehension. A third of people with stroke experience this and we have begun to provide more support in small groups to give more confidence to people who are struggling.

Beyond our traditional services however, we have embarked on our new journey in partnership with the NHS to provide all hospitalised stroke sufferers in our region with first an initial assessment, then a tailored plan followed by a six-month review. This is a major undertaking for the charity and has meant a large increase in our team, scope and budget. We are thrilled to have recruited a new Operations Manager, Gemma Holden, to manage, motivate and support the new team. Over the next year, the service will come into full effect and our staff will be incredibly busy dealing with potentially over 500 referrals a year for people who need help.

Financially, thanks to our supporters, benefactors, organisations, our heroes in fact, we continue to be confident that, in the turmoil of economic forces affecting us all, we continue to make decisions that are in line with the medium and long term needs of our colleagues and our clients. We are watchful however. I am cautious about further bumps in the road and will continue to keep our budgetary position under close observation and make such decisions as may be needed to preserve the Charity for the future.

With our clients and our colleagues at the forefront of our minds at all times, we continue to make measured progress. We look forward to 2023 in our endeavour to support many more people adapt to life after stroke.

BRISTOL AFTER STROKE
REPORT OF THE TRUSTEES/DIRECTORS
YEAR ENDED 31 MARCH 2022

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (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 income and expenditure 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.
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed/constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 14 December 2022, and signed on its behalf by:

.....

M Hill - Trustee

BRISTOL AFTER STROKE

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2022

Independent examiner's report to the trustees of Bristol After Stroke ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston BSc., ACA
Burton Sweet Limited Chartered Accountants
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

14 December 2022

BRISTOL AFTER STROKE
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Income from:					
Donations and legacies	2	52,035	32,506	84,541	61,751
Charitable activities	3	109,313	-	109,313	105,230
Other trading activities	4	305	-	305	1,081
Investments	5	11,017	-	11,017	9,163
Total income		172,670	32,506	205,176	177,225
Expenditure on:					
Raising funds	6	20,007	-	20,007	24,653
Charitable activities	7	246,780	14,621	261,401	208,100
Charitable expenditure		266,787	14,621	281,408	232,753
Net gains/(losses) on investments	14	17,299	-	17,299	62,343
Net income/(expenditure)		(76,818)	17,885	(58,933)	6,815
Transfers between funds	17	(8)	8	-	-
Net movement in funds		(76,826)	17,893	(58,933)	6,815
Total funds at start of period	17	215,295	213,587	428,882	422,067
Total funds at end of period	17	138,469	231,480	369,949	428,882

The Charity has no recognised gains or losses other than the results for the period as set out above.

All activities of the charity are classed as continuing.

The notes on pages 12 to 23 form part of these financial statements
See note 12 for fund-accounting comparative figures

BRISTOL AFTER STROKE

BALANCE SHEET

AS AT 31 MARCH 2022

Company Number 11814993

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	13	1,126	1,471
Investments	14	352,109	361,536
		<u>353,235</u>	<u>363,007</u>
Current assets			
Debtors	15	3,464	2,285
Cash at bank and in hand		22,926	68,283
		<u>26,390</u>	<u>70,568</u>
Liabilities			
Creditors : amounts falling due within one year	16	(9,676)	(4,693)
Net current assets		<u>16,714</u>	<u>65,875</u>
Net assets		<u>369,949</u>	<u>428,882</u>
FUNDS			
Unrestricted funds	18	138,469	215,295
Restricted funds	18	231,480	213,587
Total funds		<u>369,949</u>	<u>428,882</u>

For the year ended 31 March 2022 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 of its accounts for the year in question 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 special provisions of Part 15 of the Companies Act applicable to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

These financial statements were approved by the Trustees on 14 December 2022 and are signed on their behalf

D Exell
Trustee/Treasurer

The notes on pages 12 to 23 form part of these financial statements

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

1 Accounting policies

Accounting convention

The accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the *Companies Act 2006* and UK Generally Accepted Practice as it applies from 1 January 2019.

The charity is a public benefit entity.

The trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity is entitled to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligations committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of obligation can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Prior to transfer of assets to the new incorporated Charity, fixed assets were held at cost less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each assets over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance basis
Computer equipment	- 33.33% on reducing balance basis

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any discounts due.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

1 Accounting policies (*continued*)

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 Income from: Donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Donations	45,299	-	45,299
Refunded tax	4,236	-	4,236
Grants received	2,500	32,506	35,006
	<u>52,035</u>	<u>32,506</u>	<u>84,541</u>
Prior period comparatives	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Donations	30,848	500	31,348
Refunded tax	2,297	-	2,297
Grants received	8,435	19,671	28,106
	<u>41,580</u>	<u>20,171</u>	<u>61,751</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

3 Income from: Charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Bristol Clinical Commissioning Group	42,437	-	42,437
South Gloucestershire Council	66,876	-	66,876
	<u>109,313</u>	<u>-</u>	<u>109,313</u>

Prior period comparatives

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Bristol Clinical Commissioning Group	29,019	-	29,019
South Gloucestershire Council	76,211	-	76,211
	<u>105,230</u>	<u>-</u>	<u>105,230</u>

4 Income from: Other trading activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Subscriptions from Support Groups	305	-	305	1,081
	<u>305</u>	<u>-</u>	<u>305</u>	<u>1,081</u>

All income from other trading activities in the prior period were unrestricted.

5 Income from: Investments

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Interest received	11,017	-	11,017	9,163
	<u>11,017</u>	<u>-</u>	<u>11,017</u>	<u>9,163</u>

All income from investments in the prior period was unrestricted.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

6 Expenditure on: Raising funds

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Wages and salaries	15,205	-	15,205
Promotion	1,260	-	1,260
Investment management fees	3,542	-	3,542
	<u>20,007</u>	<u>-</u>	<u>20,007</u>

Prior period comparatives

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Wages and salaries	16,124	-	16,124
Promotion	7,171	-	7,171
Investment management fees	1,358	-	1,358
	<u>24,653</u>	<u>-</u>	<u>24,653</u>

7 Expenditure on: Charitable activities

	Direct Costs	Support Costs (Note 8)	Total Funds 2022
	£	£	£
Support and social groups	45,942	24,013	69,955
Counselling	27,113	14,230	41,343
General information, advice and support	99,410	50,693	150,103
	<u>172,465</u>	<u>88,936</u>	<u>261,401</u>

Prior period comparatives

	Direct Costs	Support Costs (Note 8)	Total Funds 2021
	£	£	£
Support and social groups	70,655	25,245	95,900
Counselling	19,428	7,135	26,563
General information, advice and support	63,136	22,501	85,637
	<u>153,219</u>	<u>54,881</u>	<u>208,100</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

8 Support costs

Support costs are allocated between activities on the basis of usage for all costs except salaries, expenses and allowances which are apportioned on the basis of staff time.

Support costs, included in note 7, are as follows:

	Total Funds 2022 £	Total Funds 2021 £
Salaries, expenses and allowances	32,358	12,973
Other staff and volunteer costs	15,518	11,114
Office expenses	31,721	24,526
Refreshments	70	189
Room hire	818	208
Therapy & Transport	790	150
Legal and professional fees	167	1,202
Depreciation	345	454
Governance costs (Note 9)	7,149	4,065
	88,936	54,881

9 Governance costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Independent examiner's fees				
- for independent examination	2,400	-	2,400	2,940
- for independent examination (prior years)	2,358	-	2,358	-
- for other services	1,177	-	1,177	1,125
Legal advice	1,214	-	1,214	-
	7,149	-	7,149	4,065

All Governance costs in the prior period were unrestricted.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

10 Net income/(expenditure)

This is stated after charging:

	2022	2021
	£	£
Independent examiner's remuneration		
- for audit services	2,400	2,940
- for other services	1,177	1,125
Depreciation	345	453
Trustee expenses	-	-
	<u> </u>	<u> </u>

Aggregate donations from Trustees, key management personnel, and other related parties were £886 (2021: £872).

No Trustee has been reimbursed for their out of pocket travel expenses in either the current or prior year. No Trustee received any remuneration during either the current or prior year.

11 Staff costs and numbers

The aggregate payroll costs were:

	2022	2021
	£	£
Wages & salaries	188,999	163,972
Social security costs	12,387	9,643
Pension contributions	6,187	2,734
Redundancy payments	1,891	-
	<u>209,464</u>	<u>176,349</u>

No employee received emoluments of more than £60,000.

The average number of employees during the period was 12, (2021: 13) calculated on the basis of average headcount.

The total employment benefits received by key management personnel were £49,541 (2021: £28,561).

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

12 Statement of Financial Activities comparative figures

For the year ended 31 March 2021	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Income from:			
Donations and legacies	41,580	20,171	61,751
Charitable activities	105,230	-	105,230
Other trading activities	1,081	-	1,081
Investments	9,163	-	9,163
Total income	157,054	20,171	177,225
Expenditure on:			
Raising funds	24,653	-	24,653
Charitable activities	185,896	22,204	208,100
Total expenditure	210,549	22,204	232,753
Net gains/(losses) on investments	62,343	-	62,343
Net income/(expenditure)	8,848	(2,033)	6,815
Transfers between funds	(20)	20	-
Net movement in funds	8,828	(2,013)	6,815
Total funds at start of year	206,467	215,600	422,067
Total funds at end of year	215,295	213,587	428,882

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

13 Tangible fixed assets

	Fixtures and fittings £	Computer equipment £	Total £
Cost			
At 1 April 2021	7,310	18,420	25,730
Additions	-	-	-
At 31 March 2022	<u>7,310</u>	<u>18,420</u>	<u>25,730</u>
Depreciation			
At 1 April 2021	6,689	17,570	24,259
Charge for the period	89	256	345
At 31 March 2022	<u>6,778</u>	<u>17,826</u>	<u>24,604</u>
Net book value			
At 31 March 2022	<u>532</u>	<u>594</u>	<u>1,126</u>
At 31 March 2021	<u>621</u>	<u>850</u>	<u>1,471</u>

14 Investments

At market value	2022 £	2021 £
Smith & Williamson Investment Portfolio		
Fixed interest	14,169	13,297
UK Specialist Credit	21,931	78,017
Overseas Index Linked	11,319	10,349
Alternative Investments	73,374	56,489
Multi-Asset	39,385	31,006
Global	19,106	9,698
UK Equities	68,923	56,123
Overseas Equities	103,902	106,557
	<u>352,109</u>	<u>361,536</u>
Movements	2022 £	2021 £
Market value at 1 April	361,536	301,664
Additions	44,110	61,716
Disposals	(70,525)	(64,187)
Net gain/(loss) for the year	16,988	62,343
Market value at 31 March	<u>352,109</u>	<u>361,536</u>
Net cost of investments as at 31 March	<u>264,038</u>	<u>275,683</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

15 Debtors

	2022 £	2021 £
Due in less than one year:		
Accrued income	1,703	1,285
Tax reclaimable under gift aid	1,761	1,000
	<u>3,464</u>	<u>2,285</u>

16 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and other creditors	9,676	4,693
	<u>9,676</u>	<u>4,693</u>

17 Movement in funds

For the period ended 31 March 2022

	At 1 Apr 2021 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2022 £
Restricted funds					
Restricted Capital Funds	200,000		-	-	200,000
S Glos Area grant-Group Work Gloucester Community Foundation	-	1,500	-	-	1,500
S Glos Area Grant- Aphasia	1,219	-	(508)	-	711
James Tudor Bristol Next Steps	-	2,613	(2,620)	7	-
Co-Op Downend	110	-	-	-	110
Burden Trust - Next Steps	6,097	-	(282)		5,815
Magic Little Grants	4,663	4,320	(4,664)	1	4,320
Wellbeing Day	10	500	(500)	-	10
St Monica's Trust	62	-	-	-	62
Quartet Wesleyan Foundation	347	-	-	-	347
Grateful Society	-	5,878	(1,448)	-	4,430
Sport England	-	5,000	(3,520)	-	1,480
Three Societies	-	9,095	-	-	9,095
Three Societies Counselling	-	3,600	-	-	3,600
	1,079	-	(1,079)	-	-
	<u>213,587</u>	<u>32,506</u>	<u>(14,621)</u>	<u>8</u>	<u>231,480</u>
Unrestricted funds					
General funds	215,295	189,969	(266,787)	(8)	138,469
Total funds	<u>428,882</u>	<u>222,475</u>	<u>(281,408)</u>	<u>-</u>	<u>369,949</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

17 Movement in funds (continued)

For the year ended 31 March 2021

	At 31 Mar 2020 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2021 £
Restricted funds					
Restricted Capital Funds	200,000	-	-	-	200,000
Bristol Older People Funding Alliance	7,575	203	(7,797)	19	-
Gloucester Community Foundation	1,219	-	-	-	1,219
Groundwork Tesco - Aphasia Group	537	773	(1,311)	1	-
James Tudor Bristol Next Steps	110	-	-	-	110
Co-Op Downend	6,097	-	-	-	6,097
Burden Trust - Next Steps	-	5,737	(1,074)	-	4,663
Magic Little Grants	-	500	(490)	-	10
Wellbeing Day	62	-	-	-	62
St Monica's Trust	-	1,000	(653)	-	347
Community fund Nat'l Lottery	-	8,435	(8,435)	-	-
Three Societies Counselling	-	3,523	(2,444)	-	1,079
	<u>215,600</u>	<u>20,171</u>	<u>(22,204)</u>	<u>20</u>	<u>213,587</u>
Unrestricted funds					
General funds	206,467	219,397	(210,549)	(20)	215,295
Total funds	<u>422,067</u>	<u>239,568</u>	<u>(232,753)</u>	<u>-</u>	<u>428,882</u>

Restricted funds

Capital Fund

The restricted Capital Fund of £200,000 was started in 1984 when the Trustees of Dawn James Charitable Foundation agreed to match pound for pound monies raised and set aside by the Bristol Area Stroke Foundation up to a maximum of £100,000. This was achieved in 1992.

Legal advice concludes that this £200,000 should be treated as restricted capital which the charity is not allowed to spend. The capital produces income which the charity is allowed to expend on an unrestricted basis. As can be seen from the Statement of Financial Activities the Bristol Area Stroke Foundation received £11,017 (2021: £9,163) in investment income during the period from investments.

Bristol Older People's Funding Alliance is a volunteering development project.

Gloucestershire Community Foundation funds were to support a volunteer led Gardening Group.

Groundwork Tesco fund was to support our conversation group and aphasia café.

James Tudor Bristol Next Steps fund - these were funds for our Physiotherapy course and In reach.

Co-Op Downend – Funds to support work in South Glos and our stroke café.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

17 Movement in funds (continued)

Next Steps Bristol - Funds received to run the Next Steps project, a group exercise programme that is physiotherapy led, supporting the delivery of this programme for Bristol residents.

Magic Little Grants - This was to support a poetry project for our aphasia group.

Wellbeing day funds were received to cover expenses of the Charity's wellbeing day.

St Monica's Trust - funds were received to support the costs involved in preparing and circulating the charity's monthly newsletter for service users who couldn't attend groups during COVID-related restrictions.

Community Fund National Lottery - funding received to support the continuation of telephone counselling and the delivery of an online version of the Action After Stroke Course.

Three Societies Counselling(Grateful / Anchor/ Dolphin)- This was funding received to support the continuation of telephone counselling and the delivery of an online version of the Action After Stroke Course.

The Grateful Society - This was funding to support our Stroke café in Bristol.

Quartet Wesleyan Foundation - This funding was to support extra telephone counselling to support us reaching more people in a period of high demand.

South Glos Area Grant - Aphasia. This was to support development of our aphasia work.

South Glos Area Grant - Group Work . This was to support group work in South Gloucestershire.

Sport England - This funding supported BAS to develop video's that would support Next Steps participants follow extra exercise support at home.

Three Societies (John James / Anchor/ Dolphin) -This was funding to support telephone groups set up due to COVID. The telephone groups were a joint project between BAS and other members of the Bristol support hub.

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

18 Analysis of net assets between funds

At 31 March 2022	Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	1,126	-	1,126
Investments	152,109	200,000	352,109
Net current assets	(14,766)	31,480	16,714
	<u>138,469</u>	<u>231,480</u>	<u>369,949</u>
At 31 March 2021	Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	1,471	-	1,471
Investments	161,536	200,000	361,536
Net current assets	52,288	13,587	65,875
	<u>215,295</u>	<u>213,587</u>	<u>428,882</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

19 Donation of assets and liabilities

On 31 May 2020 the Trustees moved the trade and assets of the Bristol Area Stroke Foundation registered with the Charity Commission (registration number 287554) to Bristol After Stroke. Bristol After Stroke has the same objectives and the same trustee body as Bristol Area Stroke Foundation and operations continue unchanged as a result of this restructure. Please see the accounting policies and the Trustee's Report for more information.

The carrying values of the assets and funds transferred were:

	£
Net Assets:	
Fixed Assets	1,839
Investments	322,027
Debtors	15,471
Cash at bank and in hand	110,985
Creditors (<1 year)	(12,568)
	<u>437,754</u>
Funds:	
Unrestricted funds	20
Restricted funds	216,589
	<u>216,609</u>

20 Analysis of principal SoFA components for the current accounting period

	Bristol Area Stroke Foundation	Bristol After Stroke	
	2 months to 31 May 2020	10 months to 31 March 2021	Total Funds 2021
	£	£	£
Total income	34,100	143,125	177,225
Total expenditure	36,116	196,637	232,753
Net income/(expenditure)	<u>(2,016)</u>	<u>(53,512)</u>	<u>(55,528)</u>
Other gains/(losses)	23,751	38,592	62,343
Net movement in funds	<u>21,735</u>	<u>(14,920)</u>	<u>6,815</u>
Total funds brought forward	422,067	443,802	422,067
Total funds carried forward	<u>443,802</u>	<u>428,882</u>	<u>428,882</u>

Accounts

BRISTOL AFTER STROKE
REPORT & FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

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BRISTOL AFTER STROKE
REFERENCE & ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2021

Registered charity number: 1182124

Registered company number: 11814993

Operating name: Bristol After Stroke

Principal address: The Gatehouse Centre
Hareclive Road
Bristol
BS13 9JN

Trustees/Directors: M Hill – Chairman
D Exell – Treasurer
P Scott
S Hemmings resigned 17 November 2020
C Wallace
S Sibley
J Tyrrell
S Hill
S Buddha appointed 25 March 2021
J Grafton

Independent examiner: Joshua Kingston BSc ACA
Burton Sweet Limited
The Clock Tower
Farleigh Court
Old Weston Road
Flax Bourton
Bristol
BS48 1UR

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

Bristol After Stroke is a Charitable company set up on 8th February 2019 with Articles of Association. It was set up as a result of Bristol Area Stroke Foundation wishing to incorporate and these accounts show the merging of both charities.

Bristol Area Stroke Foundation was set up by a deed of trust dated 14 July 1983 and was an unincorporated charity. In January 2018 the Charity changed its operating name from Bristol Area Stroke Foundation to Bristol After Stroke.

The Charity began the process of incorporation in 2019 and set up a Charitable Company. This is a company limited by guarantee. The Charity officially transferred assets to the new Charitable company on May 31st, 2020. The details are set out below and the charities will be officially merged on the register of mergers at the Charity Commission.

**Bristol After Stroke, The Gatehouse Centre, Hareclive Rd, Bristol BS5 6AG,
Company number – 11814993, Charity number – 1182124**

Recruitment and appointment of new trustees

The appointment of new Trustees is by the existing Trustees. Bristol After Stroke has a recruitment process for new Trustees. Prospective new trustees are given a role description of a trustee and the specific role for example Chair or Treasurer. The candidate is then invited to fill in an application form and invited to an interview to assess suitability against the criteria for the role. Once appointed they then go through an induction into the organisation and the responsibilities of the role.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Bristol After Stroke undertakes a risk management process whereby a risk register is drawn up and is reviewed by the trustees.

The risk register is split into sections such as Governance risks, Operational risks, Financial and Regulatory risks and compliance. The principal risks we are mitigating against are issues such as;

1. Impact of Covid on service delivery and finances – BAS has proven resilient against the impact of Covid so far, having adapted services to the new environment and has maintained Local Authority and CCG funding however COVID has affected our ability to raise other funds.
2. Loss of or over reliance on key funding streams – BAS has an organisational strategy that has an objective to diversify funding streams and increase reliability of funding. BAS has secured a new contract from the CCG which will come into effect in April 2022.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2021

FINANCIAL REVIEW

Bristol After Stroke on 31st March 2021 had an investment portfolio of £361,536 invested primarily in marketable securities. In addition, liquid cash balances of £68,283 were maintained. Investment assets are set against a restricted liability of £200,000 which, while not formally constituted as an endowment, is not intended to be spent. This is in line with an agreement with the original donors. The portfolio is run by an external asset manager – Smith & Williamson against a multi asset class benchmark which is reviewed annually.

The aim is to generate income for charity resources while maintaining the real value of the portfolio over time. The unrestricted fund is available to fund charitable activities in the event of a liquid asset shortfall. In addition, large unrestricted inflows are added to this fund to be drawn down when funds are needed – expected over a four-year cycle.

Reserves Policy

The charity's policy is to maintain the level of free reserves (cash or near substitutes) at an amount above one third of projected annual unrestricted expenditure. This is to ensure the charity has sufficient funds to continue operating in the event of a short-term income shortfall. In addition, the non – restricted part of our investment portfolio can be liquidated if necessary.

At the year end, free reserves were £52,288 which does not reach the minimum requirement of £70,000. The trustees are confident that the income can be secured to cover this shortfall.

OBJECTIVES AND ACTIVITIES

Bristol After Stroke's mission is "supporting people to adjust to life after stroke". We do this by:

- Offering information, guidance and education about stroke and its effects, signposting to other organisations where appropriate
- Working with individuals after stroke to help them consider the changes they are facing
- Providing single or multiple home visits according to need from skilled professionals, who are able to give emotional support and encouragement to the person affected by stroke and their family
- Providing free access to an accredited counsellor experienced in stroke
- Developing social interaction through a range of groups for those who feel isolated by their stroke
- Providing stimulating activities at our groups which aid rehabilitation, for example exercise, conversation, gardening and games

Our Vision is that:

- Everyone who has had a stroke can get the help they need to re-gain confidence, achieve a level of independence and re-build a fulfilling life
- Counselling or psychological support is offered to all people affected by stroke, including their carers, as we recognise that many people need professional, emotional or psychological support to adjust to their life after stroke
- Bristol After Stroke's services make a measurable difference to people's lives after stroke
- The voice of people affected by stroke is heard so that services are improved and needs are met.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2021

Our values are:

- Person-centred, high-quality services
- Freedom from all discrimination, treating all equally with respect
- Involving our service users and our staff in planning service delivery
- Co-operative working with other organisations to achieve our vision
- Being positive and creative in responding to challenges and opportunities
- Working with integrity and maintaining confidentiality
- Working efficiently with low costs to achieve our vision
- Being innovative in response to need

Achievement and performance:

Bristol After Stroke's mission is to help people adapt to life after stroke. A stroke occurs suddenly and without warning and turns people's lives upside down. After initial support from acute services in hospital people often describe returning home as feeling abandoned and looking at a very different life to the one they imagined. Bristol After Stroke over its 38 years have designed many services in response to our mission.

Our services include;

- In Reach supporting those in hospital at the initial stages of their stroke journey
- Stroke Coordinator Service offering individual support, advice and referral
- Counselling and psychological support to support with the emotional impact to the individual and families
- Groups and cafés to enable important peer support and advice and information
- Courses, we supply a physiotherapy led group exercise programme and a psychoeducational course for people who may be experiencing anxiety or low mood

These services form a pathway for people that support the emotional, social, practical and ongoing rehabilitative needs of people affected by stroke. These in combination aim to support improved quality of life and improved health and wellbeing.

We continue to grow and during this period and had some significant successes. From April 2020 to March 2021:

- **BAS supported 850 people** through all our services
- Our Stroke Coordinators supported people through telephone, whats app and zoom
- Vulnerable clients from caseloads and groups were identified and contacted to ensure that people we knew were not missed
- We received extra funding from the CCG for three months to enable us to receive more referrals
- Stroke coordinators supported 30% more people than during 2019/20
- We provided 50 more counselling sessions than last year and developed a new online version of our Action After Stroke Course
- We produced a promotional video on Action After Stroke course
- Next Steps, our physiotherapy course was adapted for delivery over zoom

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2021

- We set up with the support from Sirona Care and Health a zoom Aphasia group to replace our 6-week face to face conversation group. Due to its success, we just kept it going every other week – offering crucial conversation opportunities to people with Aphasia
- Our online groups supported approx. 100 people
- We produced a monthly newsletter that was sent to over 170 people that would have accessed our groups or cafés
- We recruited new volunteers to support people get online, and created welfare caller roles to call vulnerable people in the community

BAS as mentioned responded to the NHS Clinical Commissioning Group request for it to provide extra support at a time when the stroke teams were needing to discharge patients early and adapt how they offered support and therapy.

The work to adapt to our services and continue to provide essential support to Stroke affected people during this time was a phenomenal achievement, as we did this against a background of staff working from home, home schooling, personal difficulties and being affected by the covid 19 virus. BAS is very proud and appreciative of the commitment shown by staff, volunteers and trustees to adapt to the rapidly changing environment.

Below is a taste of some of the Stroke Coordinator work stroke during this time.

Stroke Coordinator Care

Supported a client who is being blocked by her employers from going back to work. Discussed her rights under the 2010 Equality Act.

I was able to support a client currently in South Bristol Community Hospital to attend our Zoom café from her hospital room!

Set up support for a distraught carer of a client – arranged for Age UK to support her with IT issues, setting up mobile phone contract & getting refund for her cancelled holiday flights.

after stroke
supporting and rebuilding lives in your area

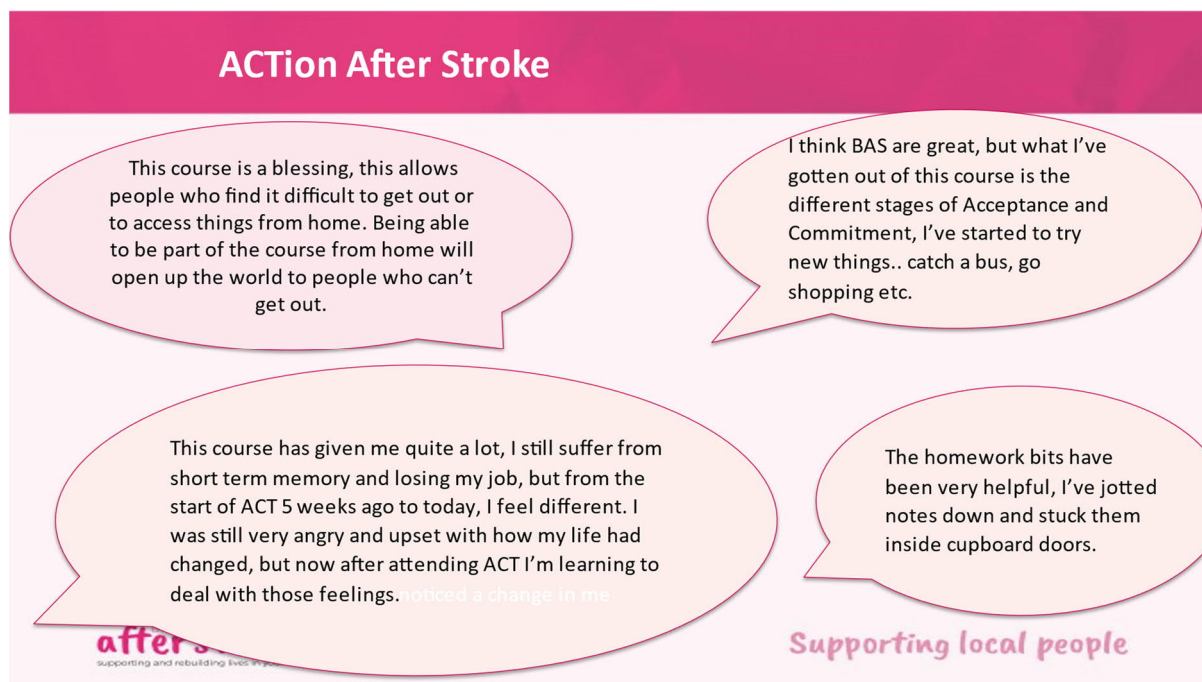
Supporting local people

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2021

Below is some feedback about our Action After Stroke course that we delivered online.



BAS strategy

Despite the activity of adapting services, BAS has kept focus on its strategy. BAS:

- Are undergoing an aphasia review, ensuring our services remain accessible and responsive to the needs of people with aphasia
- incorporated as a charity
- are continuing to look for larger premises
- were able to expand our counselling service due to temporary funds raised from the three societies and the national lottery
- concluded our group review and are implementing key changes to our group work.
- is developing a revised volunteer strategy
- worked with the Stroke Reconfiguration Board to support the redesign of stroke services in the region
- set up a memorandum of understanding with the Stroke Association so that we could work together to design a stroke key worker service, offering a six-month reviews to all stroke affected people
- and the Stroke Association jointly presented to the Stroke reconfiguration board a proposal on the stroke key worker service which was accepted in principle.

This new partnership with the Stroke Association and the future delivery of a stroke key worker service represents a significant achievement. It has long been an ambition of BAS, to ensure that all stroke affected people get access to support and a six-month review and we will be proud to be a central part of its delivery.

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2021

Service user involvement

Bristol After Stroke has an active Service User Advisory Group that meets three times a year and feeds back on our service development. This has continued during lockdown over zoom. The Chair of the group continued to attend the Trustee board meetings as the service user representative. Service users are also on the Healthier Together Stroke Reconfiguration Board which is developing Stroke Care Pathways in our region. We also held 2 volunteer days online, supporting the development of new volunteering roles, and keeping volunteers at the heart of what we do.

Partnerships and Funding

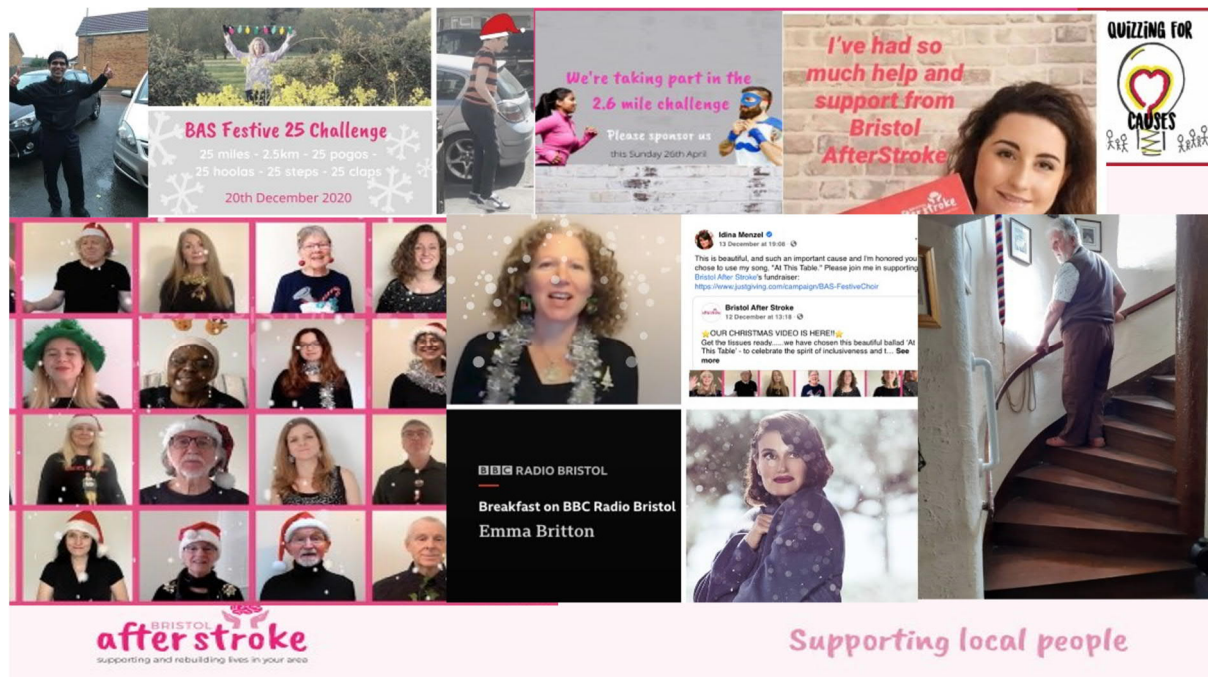
Bristol After Stroke has also been successful developing partnerships and raising funds. We are extremely grateful to all our donors large and small who enable us to reach the people we do and support our mission. We continue to have a good partnership with BNSSG Clinical Commissioning Group and South Gloucestershire Council whose funding enables us to continue to innovate and provide essential services to people in Bristol and South Gloucestershire.

We are also pleased to be continuing relationships with many Trusts in the area who support us. We were grateful to the COVID response funds and were pleased to be beneficiaries from The Anchor, The Dolphin and the Grateful society who responded quickly to us for a request for funding for a telephone counsellor when we were unable to offer face to face support. We then received COVID relief funding from the Community Fund to continue this for six months. The Burden Trust supported our online Next Steps programme. Tesco/Groundwork funding supported the Aphasia online work and the purchase of 3 tablets for people to use. St Monica Trust also funded our monthly newsletter which went out to 170 people.

We have also received support from corporate organisations such as Tesco/Groundwork, Co-op, Waitrose and Howdens.

Considering COVID restrictions we also had some wonderful support from donors and societies. We had donations from the Grateful Society, Rotary club, Quizzing for Causes, Masons Kendleshire Lodge and the Masonic Benevolent Institution. One of our supporters Andy Black wrote a children's book, self-published it and gave BAS the proceeds which raised £1,000. Dr Praveen Kumar who couldn't run his normal Badminton tournament ran 100k for us instead raising £3,000. BAS also ran successful fundraising campaigns one of which was the 2.6 Challenge, another was our Festive 25 Challenge and the other was the creation of an online choir and the recording of At This Table, a song written by Indina Menzel.

BRISTOL AFTER STROKE REPORT OF THE TRUSTEES YEAR ENDED 31 MARCH 2021



These fundraising efforts not only raise funding, but they also raise awareness and as a result of these efforts we have been on local radio regularly throughout the year. Without all these funders, our BAS friends and our many regular individual donors and those that choose to leave us legacies, the Charity could not offer the much-needed support to so many people.

Statement from our Chairman – Michael Hill

My second year as Chairman had seen the nation face some of the greatest challenges for decades. Food and petrol shortages, travel restrictions, continued attention to face coverings and gatherings, so many aspects of our life are so alien that trying to keep life 'ordinary' has been near impossible.

However, the Charity, has survived and thrived. Our services moved again, from purely online to becoming a hybrid model accessible as conditions allowed. Our clients began to need us more strongly as the year continued. Waiting lists began to emerge as pent-up demand caused a surge of need. New referrals began to exceed previous years and our staff came under increasing pressure to help.

Despite that, the staffing has remained stable. The team is growing to match increased need and new appointments have been made with a view to improving the services that we provide. We have fine-tuned our offering focused more tightly to the Stroke Pathway and are well set for the future. We have increased our partnership work and the projects for the future look exciting. We have moved to larger offices to ready us for modest growth. Financially, we continue to need to raise considerable funds to operate but are nevertheless in a strong position thanks to prudent investments in the past and the support of countless supporters and volunteers. But our greatest asset is the staff team, whom I am very proud of indeed. Despite the challenges, they are cheerful, positive and determined. They reach out into the community every day to help scared, vulnerable stroke survivors and help them improve their lives. They are wonderful.

I look forward to what promises to be a highly eventful and exciting year ahead confident that we are making progress supporting the people of Bristol and South Gloucestershire.

BRISTOL AFTER STROKE
REPORT OF THE TRUSTEES
YEAR ENDED 31 MARCH 2021

Statement of Trustees' Responsibilities

The trustees (who are also directors of Bristol After Stroke for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Accepted Accounting Practice).

Company law 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 charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the Board of Trustees on 28 January 2022 and signed on its behalf by:

.....

D Exell – Trustee/Director

BRISTOL AFTER STROKE
INDEPENDENT EXAMINER'S REPORT
YEAR ENDED 31 MARCH 2021

Independent Examiner's report to the trustees of Bristol After Stroke ('the Company')

I report to the trustees on my examination of the accounts of Bristol After Stroke (the Charity) for the period ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston, BSc ACA
Burton Sweet Limited
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 28 January 2022

BRISTOL AFTER STROKE
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income from:					
Donations and legacies	2	41,580	20,171	61,751	140,830
Charitable activities	3	105,230	-	105,230	97,802
Other trading activities	4	1,081	-	1,081	4,160
Investments	5	9,163	-	9,163	11,791
Total income		157,054	20,171	177,225	254,583
Expenditure on:					
Raising funds	6	24,653	-	24,653	17,615
Charitable activities	7	185,896	22,204	208,100	224,356
Charitable expenditure		210,549	22,204	232,753	241,971
Net gains/(losses) on investments	14	62,343	-	62,343	(33,493)
Net income/(expenditure)		8,848	(2,033)	6,815	(20,881)
Transfers between funds	17	(20)	20	-	-
Net movement in funds		8,828	(2,013)	6,815	(20,881)
Total funds at start of period	17	206,467	215,600	422,067	442,948
Total funds at end of period	17	215,295	213,587	428,882	422,067

The Charity has no recognised gains or losses other than the results for the period as set out above.

All activities of the charity are classed as continuing.

The notes on pages 13 to 24 form part of these financial statements
See note 12 for fund-accounting comparative figures

BRISTOL AFTER STROKE

BALANCE SHEET

AS AT 31 MARCH 2021

Company Number 11814993

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	13	1,471	1,924
Investments	14	361,536	301,664
		<u>363,007</u>	<u>303,588</u>
Current assets			
Debtors	15	2,285	13,971
Cash at bank and in hand		68,283	109,528
		<u>70,568</u>	<u>123,499</u>
Liabilities			
Creditors : amounts falling due within one year	16	(4,693)	(5,020)
Net current assets		<u>65,875</u>	<u>118,479</u>
Net assets		<u>428,882</u>	<u>422,067</u>
FUNDS			
Unrestricted funds	18	215,295	206,467
Restricted funds	18	213,587	215,600
Total funds		<u>428,882</u>	<u>422,067</u>

For the year ended 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 of its accounts for the year in question 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 special provisions of Part 15 of the Companies Act applicable to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

These financial statements were approved by the Trustees on 28 January 2022 and are signed on their behalf by:

D Exell
Trustee/Director

The notes on pages 13 to 24 form part of these financial statements

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

1 Accounting policies

Accounting convention

The accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the *Companies Act 2006* and UK Generally Accepted Practice as it applies from 1 January 2019.

The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligations committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of obligation can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

Prior to transfer of assets to the new incorporated Charity, fixed assets were held at cost less accumulated depreciation. Depreciation is provided at the following annual rates in order to write off the cost less estimated residual value of each assets over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance basis
Computer equipment	- 33.33% on reducing balance basis

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any discounts due.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any discounts due.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

1 Accounting policies (*continued*)

Fixed asset investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. The statement of financial activities includes the net gains and losses arising on revaluation and disposals throughout the year.

All gains and losses are taken to the Statement of Financial Activities as they arise. Realised gains and losses on investments are calculated as the difference between sales proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value. Realised and unrealised investment gains and losses are combined in the Statement of Financial Activities.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 Income from: Donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Donations	30,848	500	31,348
Refunded tax	2,297	-	2,297
Grants received	8,435	19,671	28,106
	<u>41,580</u>	<u>20,171</u>	<u>61,751</u>

Prior period comparatives

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Donations	95,212	-	95,212
Refunded tax	14,282	-	14,282
Grants received	14,447	16,889	31,336
	<u>123,941</u>	<u>16,889</u>	<u>140,830</u>

BRISTOL AFTER STROKE
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3 Income from: Charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Bristol Clinical Commissioning Group	29,019	-	29,019
South Gloucestershire Council	76,211	-	76,211
	<u>105,230</u>	<u>-</u>	<u>105,230</u>

Prior period comparatives

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Bristol Clinical Commissioning Group	20,741	850	21,591
South Gloucestershire Council	76,211	-	76,211
	<u>96,952</u>	<u>850</u>	<u>97,802</u>

4 Income from: Other trading activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Subscriptions from Support Groups	1,081	-	1,081	4,160
	<u>1,081</u>	<u>-</u>	<u>1,081</u>	<u>4,160</u>

All income from other trading activities in the prior period were unrestricted.

5 Income from: Investments

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Interest received	9,163	-	9,163	11,791
	<u>9,163</u>	<u>-</u>	<u>9,163</u>	<u>11,791</u>

All income from investments in the prior period were unrestricted.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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6 Expenditure on: Raising funds

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Wages and salaries	16,124	-	16,124
Promotion	7,171	-	7,171
Investment management fees	1,358	-	1,358
	<u>24,653</u>	<u>-</u>	<u>24,653</u>

Prior period comparatives

	Unrestricted Funds	Restricted Funds	Total Funds 2020
	£	£	£
Wages and salaries	16,124	-	16,124
Investment management fees	1,491	-	1,491
	<u>17,615</u>	<u>-</u>	<u>17,615</u>

7 Expenditure on: Charitable activities

	Direct Costs	Support Costs (Note 8)	Total Funds 2021
	£	£	£
Support and social groups	70,655	25,245	95,900
Counselling	19,428	7,135	26,563
General information, advice and support	63,136	22,501	85,637
	<u>153,219</u>	<u>54,881</u>	<u>208,100</u>

Prior period comparatives

	Direct Costs	Support Costs (Note 8)	Total Funds 2020
	£	£	£
Support and social groups	80,761	28,843	109,604
Counselling	19,372	7,064	26,436
General information, advice and support	65,359	22,957	88,316
	<u>165,492</u>	<u>58,864</u>	<u>224,356</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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8 Support costs

Support costs are allocated between activities on the basis of usage for all costs except salaries, expenses and allowances which are apportioned on the basis of staff time.

Support costs, included in note 7, are as follows:

	Total Funds 2021 £	Total Funds 2020 £
Salaries, expenses and allowances	12,973	8,777
Other staff and volunteer costs	11,114	15,834
Office expenses	24,526	21,933
Promotional material	-	1,732
Refreshments	189	1,212
Room hire	208	1,025
Therapy & Transport	150	1,131
Legal and professional fees	1,202	1,805
Depreciation	454	698
Governance costs (Note 9)	4,065	4,717
	<u>54,881</u>	<u>58,864</u>

9 Governance costs

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Independent examiner's fees				
- for independent examination	2,940	-	2,940	2,220
- for other services	1,125	-	1,125	2,113
Legal advice	-	-	-	384
	<u>4,065</u>	<u>-</u>	<u>4,065</u>	<u>4,717</u>

All Governance costs in the prior period were unrestricted.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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10 Net income/(expenditure)

This is stated after charging:

	2021	2020
	£	£
Independent examiner's remuneration		
- for audit services	2,940	2,220
- for other services	1,125	2,113
Depreciation	453	974
Trustee expenses	-	196
	<u> </u>	<u> </u>

Aggregate donations from Trustees, key management personnel, and other related parties were £872 (2020: £2146).

No Trustee has been reimbursed for their out of pocket travel expenses (2020: One totalling £142). No Trustee received any remuneration during the year (2020: Nil).

11 Staff costs and numbers

The aggregate payroll costs were:

	2021	2020
	£	£
Wages & salaries	163,972	159,667
Social security costs	9,643	9,850
Pension contributions	2,734	2,636
	<u>176,349</u>	<u>172,153</u>

No employee received emoluments of more than £60,000.

The average number of employees during the period was 13.3 (2020: 13.3), calculated on the basis of average headcount.

The total employment benefits received by key management personnel were £28,561 (2020: £27,999).

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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12 Statement of Financial Activities comparative figures

For the year ended 31 March 2020	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Income from:			
Donations and legacies	123,941	16,889	140,830
Charitable activities	96,952	850	97,802
Other trading activities	4,160	-	4,160
Investments	11,791	-	11,791
Total income	236,844	17,739	254,583
Expenditure on:			
Raising funds	17,615	-	17,615
Charitable activities	216,741	7,615	224,356
Total expenditure	234,356	7,615	241,971
Net income/(expenditure) for the year	2,488	10,124	12,612
Net gains/(losses) on investments	(33,493)	-	(33,493)
Net movement in funds	(31,005)	10,124	(20,881)
Total funds at start of year	237,472	205,476	442,948
Total funds at end of year	206,467	215,600	422,067

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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13 Tangible fixed assets

	Fixtures and fittings £	Computer equipment £	Total £
Cost			
At 1 April 2020	7,310	18,420	25,730
Additions	-	-	-
At 31 March 2021	<u>7,310</u>	<u>18,420</u>	<u>25,730</u>
Depreciation			
At 1 April 2020	6,587	17,219	23,806
Charge for the period	102	351	453
At 31 March 2021	<u>6,689</u>	<u>17,570</u>	<u>24,259</u>
Net book value			
At 31 March 2021	<u>621</u>	<u>850</u>	<u>1,471</u>
At 31 March 2020	<u>723</u>	<u>1,201</u>	<u>1,924</u>

14 Investments

At market value	2021 £	2020 £
Smith & Williamson Investment Portfolio		
Fixed interest	13,297	46,164
UK Specialist Credit	78,017	12,841
Overseas Index Linked	10,349	10,688
Alternative Investments	56,489	17,883
Multi-Asset	31,006	9,143
Global	9,698	5,329
UK Equities	56,123	81,849
Overseas Equities	106,557	117,767
	<u>361,536</u>	<u>301,664</u>
Movements		
0	2021 £	2020 £
Market value at 1 April	301,664	343,658
Additions	61,716	63,332
Disposals	(64,187)	(71,833)
Net gain/(loss) for the year	62,343	(33,493)
Market value at 31 March	<u>361,536</u>	<u>301,664</u>
Net value of investments as at 31 March	<u>361,536</u>	<u>301,664</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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15 Debtors

	2021 £	2020 £
Due in less than one year:		
Accrued income	1,285	1,471
Tax reclaimable under gift aid	1,000	12,500
	<u>2,285</u>	<u>13,971</u>

16 Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals and other creditors	4,693	5,020
	<u>4,693</u>	<u>5,020</u>

17 Movement in funds

For the period ended 31 March 2021

	At 1 Apr 2020 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2021 £
Restricted funds					
Restricted Capital Funds	200,000	-	-	-	200,000
Bristol Older People Funding Alliance	7,575	203	(7,797)	19	-
Gloucester Community Foundation	1,219	-	-	-	1,219
Groundwork Tesco - Aphasia Group	537	773	(1,311)	1	-
James Tudor Bristol Next	110	-	-	-	110
Burden trust - Next steps	6,097	5,737	(1,074)	-	10,760
Magic Little grants	-	500	(490)	-	10
Wellbeing Day	62	-	-	-	62
St Monica's Trust	-	1,000	(653)	-	347
Community fund Counselling	-	8,435	(8,435)	-	-
Three Societies Counselling	-	3,523	(2,444)	-	1,079
	<u>215,600</u>	<u>20,171</u>	<u>(22,204)</u>	<u>20</u>	<u>213,587</u>
Unrestricted funds					
General funds	206,467	219,397	(210,549)	(20)	215,295
Total funds	<u>422,067</u>	<u>239,568</u>	<u>(232,753)</u>	<u>-</u>	<u>428,882</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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17 Movement in funds (continued)

For the year ended 31 March 2020

	At 1 Apr 2019 £	Income & Gains £	Expenditure & Losses £	Transfers £	At 31 Mar 2020 £
Restricted funds					
Restricted Capital Funds	200,000	-	-	-	200,000
Bristol Older People Funding Alliance	5,476	2,099	-	-	7,575
Gloucester Community Foundation	-	1,219	-	-	1,219
Groundwork Tesco - Aphasia Group	-	537	-	-	537
Groundwork Tesco - Conversation Group	-	2,933	(2,933)	-	-
James Tudor Bristol Next	-	4,788	(4,678)	-	110
Burden trust - Next steps bristol	-	6,097	-	-	6,097
Wellbeing Day	-	66	(4)	-	62
	<u>205,476</u>	<u>17,739</u>	<u>(7,615)</u>	<u>-</u>	<u>215,600</u>
Unrestricted funds					
General funds	237,472	236,844	(267,849)	-	206,467
Total funds	<u>442,948</u>	<u>254,583</u>	<u>(275,464)</u>	<u>-</u>	<u>422,067</u>

Restricted funds

Capital Fund

The restricted Capital Fund of £200,000 was started in 1984 when the Trustees of Dawn James Charitable Foundation agreed to match pound for pound monies raised and set aside by the Bristol Area Stroke Foundation up to a maximum of £100,000. This was achieved in 1992.

Legal advice concludes that £200,000 should be treated as restricted capital which the charity is not allowed to spend. The capital produces income which the charity is allowed to expend on an unrestricted basis. As can be seen from the Statement of Financial Activities the Bristol Area Stroke Foundation received £9,163 (2020: £11,791) in investment income during the period from investments.

Bristol Older People's Funding Alliance is a volunteering development project.

Gloucestershire Community Foundation funds were to support a volunteer led Gardening Group.

Groundwork Tesco fund was to support our conversation group and aphasia café.

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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17 Movement in funds (continued)

James Tudor Bristol Next Steps fund was to provide a goal lead group physiotherapy course for Bristol residents to support with mobility, strength and balance.

Burden Trust - Next Steps Bristol - Funds received to run the Next Steps project, a group physiotherapy project for Bristol residents.

Magic Little grants - funds were received to purchase a video and stand to support marketing and group activities.

Wellbeing day funds were received to cover expenses of the Charity's wellbeing day.

St Monica's Trust - funds were received to support the costs involved in preparing and circulating the charity's monthly newsletter for service users who couldn't attend groups during COVID-related restrictions.

Community fund Counselling - funding received to support the continuation of telephone counselling and the delivery of an online version of the Action After Stroke Course.

Three Societies Counselling -funding received to support the recruitment of a professional telephone counsellor to deliver telephone counselling while face to face options were not available.

Unrestricted funds

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

18 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
At 31 March 2021			
Tangible fixed assets	1,471	-	1,471
Investments	161,536	200,000	361,536
Net current assets	52,288	13,587	65,875
	<u>215,295</u>	<u>213,587</u>	<u>428,882</u>
At 31 March 2020			
Tangible fixed assets	1,924	-	1,924
Investments	101,664	200,000	301,664
Net current assets	102,879	15,600	118,479
	<u>206,467</u>	<u>215,600</u>	<u>422,067</u>

BRISTOL AFTER STROKE
NOTES TO THE FINANCIAL STATEMENTS
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19 Donation of assets and liabilities

On 31 May 2020 the Trustees moved the trade and assets of the Bristol Area Stroke Foundation registered with the Charity Commission (registration number 287554) to Bristol After Stroke. Bristol After Stroke has the same objectives and the same trustee body as Bristol Area Stroke Foundation and operations continue unchanged as a result of this restructure. Please see the accounting policies and the Trustee's Report for more information.

The carrying values of the assets and funds transferred were:

£

Net Assets:

Fixed Assets	1,839
Investments	322,027
Debtors	15,471
Cash at bank and in hand	110,985
Creditors (<1 year)	(12,568)
	<u>437,754</u>

Funds:

Unrestricted funds	20
Restricted funds	216,589
	<u>216,609</u>

20 Analysis of principal SoFA components for the current accounting period

	Bristol Area Stroke Foundation	Bristol After Stroke	Total Funds 2021
	2 months to 31 May 2020	10 months to 31 March 2021	
	£	£	£
Total income	34,100	143,125	177,225
Total expenditure	36,116	196,637	232,753
Net income/(expenditure)	<u>(2,016)</u>	<u>(53,512)</u>	<u>(55,528)</u>
Other gains/(losses)	23,751	38,592	62,343
Net movement in funds	<u>21,735</u>	<u>(14,920)</u>	<u>6,815</u>
Total funds brought forward	422,067	443,802	422,067
Total funds carried forward	<u>443,802</u>	<u>428,882</u>	<u>428,882</u>

The 2020 comparative amounts all relate to Bristol Area Stroke Foundation, and have been disclosed in note 12.