

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

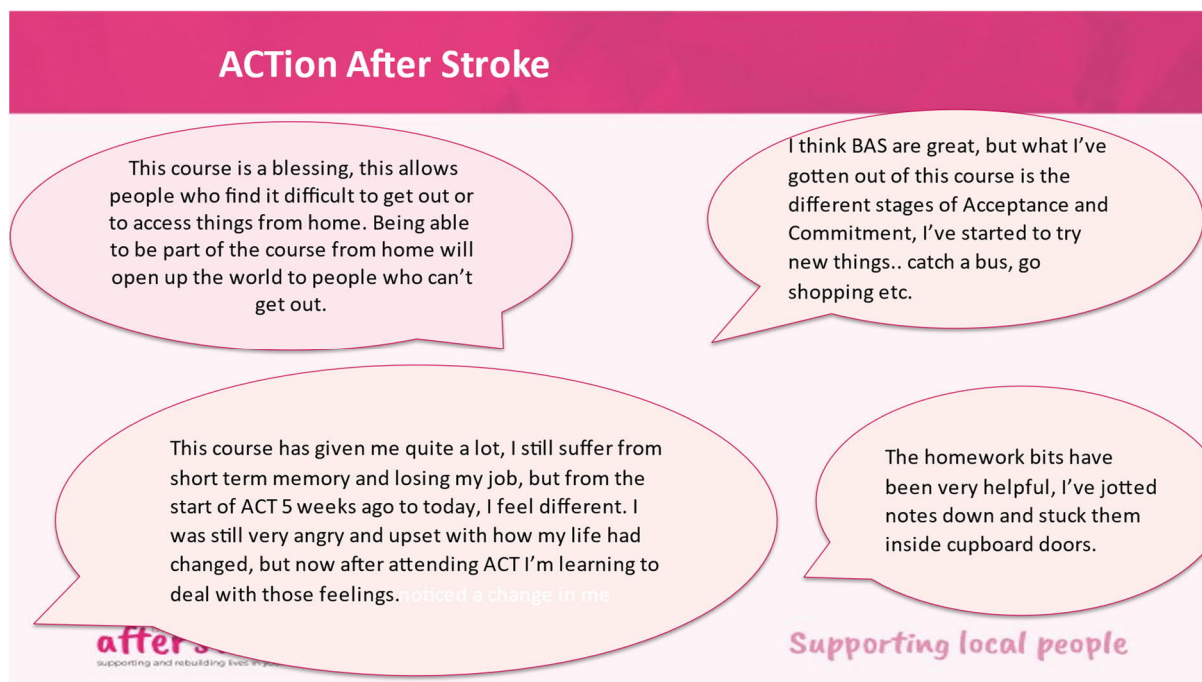
Supporting local people

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

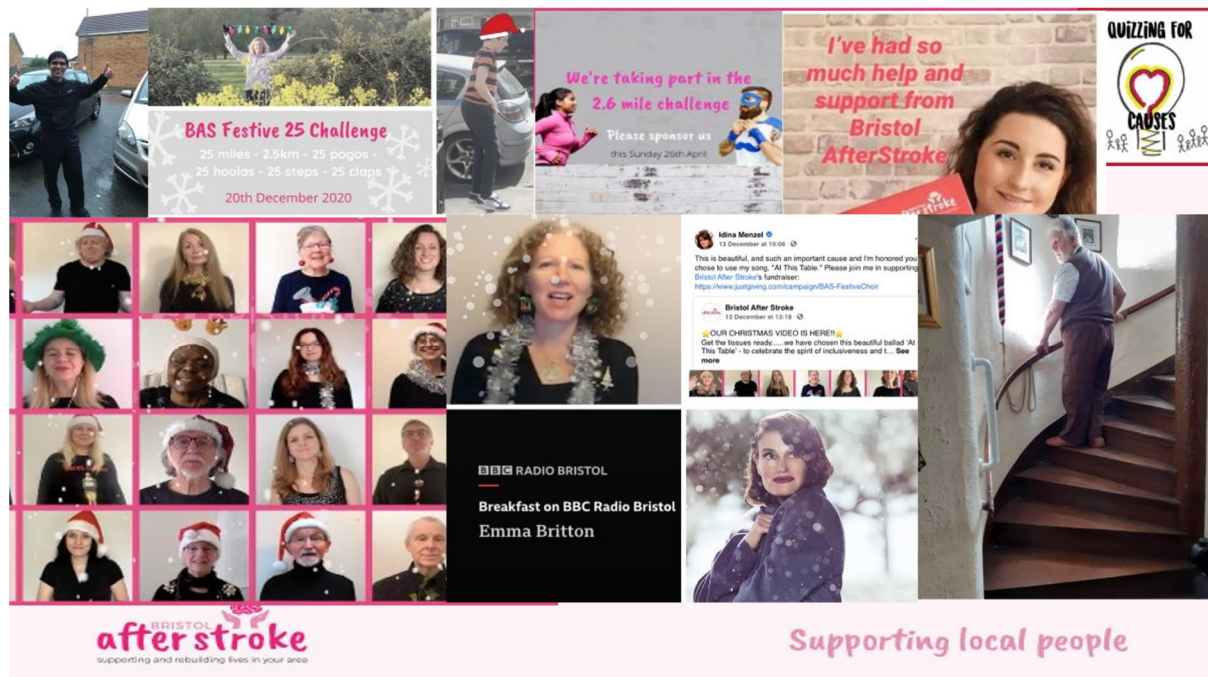
Bristol After Stroke has also been successful developing partnerships and raising funds. We are extremely grateful to all our donors large and small who enable us to reach the people we do and support our mission. We continue to have a good partnership with BNSSG Clinical Commissioning Group and South 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
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

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
YEAR ENDED 31 MARCH 2021

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
YEAR ENDED 31 MARCH 2021

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
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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
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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
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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
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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	
	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>

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