



**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**

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**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 19<sup>th</sup> May 2022  
S Sibley  
J Tyrrell  
S Hill  
S Buddha      appointed 29<sup>th</sup> November 2021  
J Grafton  
P Knowles      appointed 15<sup>th</sup> 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**

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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 8<sup>th</sup> 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**

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#### **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

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#### 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**

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- 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**

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#### **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**

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#### **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**

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**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**

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#### **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 £
<b>Income from:</b>					
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
<b>Total income</b>		<b>172,670</b>	<b>32,506</b>	<b>205,176</b>	<b>177,225</b>
<b>Expenditure on:</b>					
Raising funds	6	20,007	-	20,007	24,653
Charitable activities	7	246,780	14,621	261,401	208,100
<b>Charitable expenditure</b>		<b>266,787</b>	<b>14,621</b>	<b>281,408</b>	<b>232,753</b>
Net gains/(losses) on investments	14	17,299	-	17,299	62,343
<b>Net income/(expenditure)</b>		<b>(76,818)</b>	<b>17,885</b>	<b>(58,933)</b>	<b>6,815</b>
<b>Transfers between funds</b>	17	<b>(8)</b>	<b>8</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>(76,826)</b>	<b>17,893</b>	<b>(58,933)</b>	<b>6,815</b>
<b>Total funds at start of period</b>	17	<b>215,295</b>	<b>213,587</b>	<b>428,882</b>	<b>422,067</b>
<b>Total funds at end of period</b>	17	<b>138,469</b>	<b>231,480</b>	<b>369,949</b>	<b>428,882</b>

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

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#### 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**

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**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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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>
<b>Prior period comparatives</b>	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

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**3 Income from: Charitable activities**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2022</b>	<b>Total Funds 2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2022</b>	<b>Total Funds 2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Direct Costs</b>	<b>Support Costs (Note 8)</b>	<b>Total Funds 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**

	<b>Direct Costs</b>	<b>Support Costs (Note 8)</b>	<b>Total Funds 2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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**  
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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:

	<b>Total Funds 2022 £</b>	<b>Total Funds 2021 £</b>
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
	<b>88,936</b>	<b>54,881</b>

**9 Governance costs**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2022 £</b>	<b>Total Funds 2021 £</b>
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	-
	<b>7,149</b>	<b>-</b>	<b>7,149</b>	<b>4,065</b>

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:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
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:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
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**  
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**12 Statement of Financial Activities comparative figures**

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

**BRISTOL AFTER STROKE**  
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**13 Tangible fixed assets**

	<b>Fixtures and fittings £</b>	<b>Computer equipment £</b>	<b>Total £</b>
<b>Cost</b>			
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>
<b>Depreciation</b>			
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>
<b>Net book value</b>			
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	<b>2022 £</b>	<b>2021 £</b>
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	<b>2022 £</b>	<b>2021 £</b>
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**  
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**15 Debtors**

	2022 £	2021 £
<b>Due in less than one year:</b>		
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>
<b>Unrestricted funds</b>					
General funds	215,295	189,969	(266,787)	(8)	138,469
<b>Total funds</b>	<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**  
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**17 Movement in funds (continued)**

**For the year ended 31 March 2021**

	<b>At 31 Mar 2020 £</b>	<b>Income &amp; Gains £</b>	<b>Expenditure &amp; Losses £</b>	<b>Transfers £</b>	<b>At 31 Mar 2021 £</b>
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>
<b>Unrestricted funds</b>					
General funds	206,467	219,397	(210,549)	(20)	215,295
<b>Total funds</b>	<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**  
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**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**

<b>At 31 March 2022</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
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>
<b>At 31 March 2021</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
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**  
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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:

	£
<b>Net Assets:</b>	
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>
<b>Funds:</b>	
Unrestricted funds	20
Restricted funds	216,589
	<u>216,609</u>

**20 Analysis of principal SoFA components for the current accounting period**

	<b>Bristol Area Stroke Foundation</b>	<b>Bristol After Stroke</b>	
	<b>2 months to 31 May 2020</b>	<b>10 months to 31 March 2021</b>	<b>Total Funds 2021</b>
	£	£	£
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>