



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.

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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.

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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

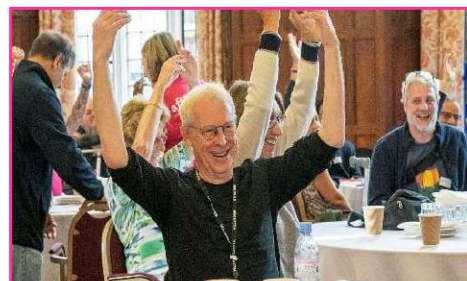
REPORT OF THE TRUSTEES/DIRECTORS

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.

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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.

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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) | - | - |
| | <u>13,587</u> | <u>32,506</u> | <u>(14,621)</u> | <u>8</u> | <u>31,480</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> |

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> |