



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

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

Contents

Reference and Administrative Information	1
Report of the Trustees/ Directors	2-9
Independent Examiner's Report	10
Statement of Financial Activities	11
Balance Sheet	12
Cash Flow statement	13
Notes to the Financial Statements	14-23

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

Registered charity number: 1182124

Registered company number: 11814993

Operating name: Bristol After Stroke

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

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

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

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

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

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

BAS strategy

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

Recruitment and appointment of new trustees

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

Risk management

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

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

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

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

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

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

Reserves Policy

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

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

OBJECTIVES AND ACTIVITIES

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

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

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

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

Our Vision is that:

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

Our values are:

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

Public benefit

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

Achievement and performance:

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

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024



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

Our services include;

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

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

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

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

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

Impact

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

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

Our peer support groups show;

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

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

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

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

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

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

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024

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

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

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

Lived Experience involvement

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

Partnerships and Funding

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

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

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

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

BRISTOL AFTER STROKE

REPORT OF THE TRUSTEES

YEAR ENDED 31 MARCH 2024



Statement from our Chair of Trustees– Michael Hill

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

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

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

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

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

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

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

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing these financial statements, the trustees are required to:

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

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

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

M Hill - Trustee

BRISTOL AFTER STROKE

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2024

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

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

Date.....

BRISTOL AFTER STROKE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

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

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

All activities of the charity are classed as continuing.

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

BRISTOL AFTER STROKE

BALANCE SHEET

AS AT 31 MARCH 2024

Company Number 11814993

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

For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act applicable to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

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

D Exell
Trustee/Treasurer

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

BRISTOL AFTER STROKE
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2024

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

Cashflow Restrictions

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

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

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

1 Accounting policies

Accounting convention

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

The charity is a public benefit entity.

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

Income

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

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

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

Income from investments is included when receivable.

Expenditure

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

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

Tangible fixed assets

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

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

Debtors

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

Cash and cash equivalents

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

Creditors

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

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1 Accounting policies (*continued*)

Fixed asset investments

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

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

Taxation

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

Fund accounting

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

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

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

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

2 Income from: Donations and grants

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

3 Income from: Charitable activities

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

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

4 Income from: Investments

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

All income from investments in the prior period was unrestricted.

5 Expenditure on: Raising funds

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

Prior period comparatives

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

6 Expenditure on: Charitable activities

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

Prior period comparatives

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

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

7 Support costs

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

Support costs, included in note 6, are as follows

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

8 Net income/(expenditure)

This is stated after charging:

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

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

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

9 Staff costs and numbers

The aggregate payroll costs were:

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

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

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

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

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

10 Statement of Financial Activities comparative figures

For the year ended 31 March 2023

Income from:

Donations and grants

Charitable activities

Investments

Total income

Expenditure on:

Raising funds

Charitable activities

Total expenditure

Net gains on investments

Net (expenditure)/income

Transfers between funds

Net movement in funds

Total funds at start of year

Total funds at end of year

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

11 Tangible fixed assets

Cost

At 1 April 2023

Additions

At 31 March 2024

Depreciation

At 1 April 2023

Charge for the period

At 31 March 2024

Net book value

At 31 March 2024

At 31 March 2023

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

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

12 Investments

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

13 Debtors

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

14 Cash at bank

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

15 Creditors: amounts falling due within one year

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

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

16 Movement in funds

For the period ended 31 March 2024

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

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

16 Movement in funds (continued)

For the year ended 31 March 2023

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

Endowment funds

Capital Fund

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

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

Restricted funds

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

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

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

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

16 Movement in funds (continued)

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

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

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

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

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

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

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

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

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

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

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

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

Merchant Venturers- Funds received towards volunteering costs.

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

Wessex Water - Funds received to support groups in Bristol

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

ASDA - Funding for certain activities for the Bristol Stroke Café

Co-Op - Funding towards our counselling service

Anchor Trust - Funding received to support groups in Bristol

Southern Brooks - Funding received to support our Walking Netball Group

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

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

17 Analysis of net assets between funds

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

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

17 Analysis of net assets between funds (continued)

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

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

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

19 Analysis of changes in cash during the year

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