



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

Charity Number: 1182124

Company Number: 11814993

BRISTOL AFTER STROKE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

Contents

Reference and Administrative Information	1
Report of the Trustees/ Directors	2
Independent Examiner's Report	11
Statement of Financial Activities	12
Balance Sheet	13
Cash Flow Statement	14
Notes to the Financial Statements	15-24

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

Registered charity number: 1182124
Registered company number: 11814993

Operating name: Bristol After Stroke

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

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

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

BRISTOL AFTER STROKE YEAR ENDED 31 MARCH 2025

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



BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

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

BAS strategy

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

Recruitment and appointment of new trustees

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

Risk management

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

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

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

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

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

Reserves Policy

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

OBJECTIVES AND ACTIVITIES

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

Our services and support include:

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

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

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

Our Vision is that:

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

Our values are:

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

Achievement and performance:

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

Mentee on our peer mentor scheme

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

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

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

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

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

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

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

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

Impact

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

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

Our peer support groups show;

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

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

One Group member said;

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

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

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

One person said;

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

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

Lived Experience involvement

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

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

Volunteering

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

Partnerships and Funding

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

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

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

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

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

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



Statement from our Chair of Trustees– Michael Hill

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

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

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

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

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

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

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

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

BRISTOL AFTER STROKE
YEAR ENDED 31 MARCH 2025

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

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

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

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

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

M Hill - Trustee

Mike Hill
.....

BRISTOL AFTER STROKE

YEAR ENDED 31 MARCH 2025

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

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

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

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

Joshua Kingston

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

Date: ~~9 December 2025~~

BRISTOL AFTER STROKE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2025

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

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

All activities of the charity are classed as continuing.

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

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

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

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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

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

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

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

David Exell

D Exell
Trustee/Treasurer

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

BRISTOL AFTER STROKE
CASH FLOW STATEMENT
YEAR ENDED 31 MARCH 2025

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

Cashflow Restrictions

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

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

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

1 Accounting policies

Accounting convention

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

The charity is a public benefit entity.

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

Income

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

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

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

Income from investments is included when receivable.

Expenditure

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

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

Tangible fixed assets

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

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

Debtors

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

Cash and cash equivalents

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

Creditors

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

Taxation

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

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

1 Accounting policies (*continued*)

Fixed asset investments

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

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

Fund accounting

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

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

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

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

2 Income from: Donations and grants

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

3 Income from: Charitable activities

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

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

4 Income from: Investments

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

All income from investments in the prior period was unrestricted.

5 Expenditure on: Raising funds

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

Prior period comparatives

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

6 Expenditure on: Charitable activities

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

Prior period comparatives

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

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

7 Support costs

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

Support costs, included in note 6, are as follows

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

8 Net income/(expenditure)

This is stated after charging:

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

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

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

9 Staff costs and numbers

The aggregate payroll costs were:

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

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

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

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

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

10 Statement of Financial Activities comparative figures

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

11 Tangible fixed assets

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

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

12 Investments

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

13 Debtors

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

14 Cash at bank

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

15 Creditors: amounts falling due within one year

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

BRISTOL AFTER STROKE

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

16 Movement in funds

For the period ended 31 March 2025

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

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

16 Movement in funds (continued)

For the year ended 31 March 2024

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

Endowment funds

Capital Fund

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

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

Restricted funds

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

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

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

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

16 Movement in funds (continued)

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

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

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

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

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

Merchant Venturers- Funds received towards volunteering costs.

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

Wessex Water - Funds received to support groups in Bristol

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

ASDA - Funding for certain activities for the Bristol Stroke Café

Co-Op - Funding towards our counselling service

Anchor Trust - Funding received to support groups in Bristol

Southern Brooks - Funding received to support our Walking Netball Group

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

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

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

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

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

17 Analysis of net assets between funds

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

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

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

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

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



19 Analysis of changes in cash during the year

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

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