

**2022-2023**



# Annual Report

**Charity  
Number  
1187671**



# Stroke is one of the biggest killers in the UK

- Stroke occurs approximately 152,000 times a year in the UK. That is one every three minutes and 27 seconds.
- There are about 1.5 million stroke survivors in the UK.
- In our locality alone, our health board has over 80 stroke admissions per month.
- Stroke is the largest cause of complex disability.
- We want to change how people think about this devastating disease.



We are a leading stroke group charity in the UK  
and we believe in life after stroke

WHAT WE DO,  
MATTERS!

**The aim of Neath Port Talbot Stroke Group is:**  
**To relieve the needs of people who have suffered a stroke, their carers and their family members in Neath Port Talbot by provision of recreation, social and other activities.**

### **Our values**

Our values are central to what we do and how we do it. They drive all of our work but also demonstrate what kind of organisation we want to be in the future.

**Professionalism:** Whatever our role we will all strive to be the best we can be and make sure that we have the knowledge and skills to carry out our roles effectively.

**Innovation:** We are always looking for new ways of doing things and encourage new ideas as they help to make our charity a success. We all have an important role to play in shaping our future so be inspired and share your ideas.

**Passion:** We are all passionate and proud about the cause that we represent and we will take every opportunity to promote our cause to others and improve the lives of people affected by stroke.



# We are run solely by volunteers



We have 16 incredible volunteers that are all attendees of the group. All our volunteers are either stroke survivors or loved ones and carers of stroke survivors.

4 of the volunteers are Trustees of the charity, who undertake the day to day running of the group and organising the activities and events.

Without our volunteers we would be unable to carry out the running of weekly group and events that we hold. Our volunteers are priceless

**"Volunteers are not paid - not because they are worthless, but because they are priceless."**



## Our areas of work

We provide weekly group meetings for anyone in our locality that has been affected by stroke.

We hold a free Warm Space Breakfast Club for all our attendees one hour before weekly group starts.

We enjoy regular social activities in the community such as walks in local green spaces, lunches out and day trips.

Annually we host a World Stroke Day Information Event for our locality.

We run regular fundraising events and activities.

We undertake blood pressure testing for weekly group attendees and during community events to raise stroke awareness.



# Annual Report



## Weekly Group Meetings

Since the return of face to face weekly Wednesday morning meetings, the start of our new financial year in August 2022 has been healthy and prosperous.

We have had an influx of new members who found themselves very isolated and depressed as they suffered their stroke during the Covid period and were left with no support.

Our weekly group meetings are attended by approx. 40-55 stroke survivors, their loved ones and carers.

At weekly group we hold a huge array of activities for our attendees to get involved with. Whether its just a cup of tea or a chat, a quiz, arts and crafts, silly games, talks of interest, information sharing of local services available to our attendees, there is always something to get involved in.



## Social Events & Activities

We finally returned to holding day trips out, lunches, evening meals, a trip away after a long time of inactivity. The purpose in providing these activities is to engage stroke survivors and their loved ones in activities they would no longer feel able to do post stroke. By attending these events with the group a new confidence is found and a new social life for all who get involved.

We have held, Ten Pin Bowling, Lunches at a local pub, a Chinese Evening Meal, Christmas Lunch, King Charles Coronation Celebration, visit to Brecon Zulu Museum, a River Boat Cruise, Christmas Lunch and a visit to Luminate in Margam Park and 3 day trip to Birmingham Christmas markets. All of these events and meals were subsidised by our group finances to make them affordable to our attendees.

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## Income



A huge part of our funding this year is from The National Lottery and Moondance Foundation. Grants provided enable us to subsidise our event cost to attendees. We provide interesting and varied activities at weekly group. Grants help with room hire costs and administration and volunteer costs. We received £21,400 in the form of grants. We also rely on weekly contributions from our attendees in the form of subsidies £5,815.82. We are incredibly grateful to receive many types of donations during the year of which we received £5,225.82

This was the first full year since covid that we have been able to hold fundraising events and activities. We have held Psychic Nights for the general public to attend and a Charity Race Night and a Christmas Hamper Raffle to raise funds. Fundraising activities and events totalled £9,628.72. Our overall annual income was £55,695.57



## Expenses

Running our weekly group includes costs such as, room hire, tea, coffee, breakfast club and activities for attendees to participate in cost £9,927. Legal costs such as insurance, accounting fees, volunteer training costs totaled £1,455.

This year our expenses for IT and printing was increased as we had a new website built for the groups needs. Attendees wanting to go on trips and activities were paying for the tickets predominantly by cash. This was becoming a huge responsibility to our trustees. Having a new website enables our event tickets to be sold online. Our website allows us to take payments and export guest lists at the push of a button easing up our Trustees time at group to support attendees in other ways. Our annual spend was £4,326.

Our biggest expense this year was the provision of free or subsidised activities. These included Ten Pin Bowling, free, lunches, day trips. Or annual expense for these was £15,503.73. Overall our annual expenditure was £37,664.93.



## Neath Port Talbot Stroke Group

2022/2023

## Income And Expenditure Account for the Year Ended

Income	
Subs	5815.82
Fundraising Events	5379.12
Fundraising Activities	1656
Donations	5225.82
Raffles	2593.6
Grants	4922.33
Restricted Grants	21400
F&B Costs recovered	3475.62
Event Cost Takings	2419.26
Misc	0
Savings Transferred	2808
Total	55695.57

Expenses	
Hall Hire	3160
Milk/Fruit Tea coffee	1898.08
Weekly Group costs	4610.27
Printing Postage Stationary	1142.08
IT Media Zoom	3183.92
Events cost	3875.14
F&B Recovered	2204.87
Daytime Activities Cost	7661.01
Free Lunches Etc	1762.71
Gift & Raffles	3251.02
Fundraising Costs	595.08
Legalities	248.77
Accountant Fee	324
Savings withdrawal	2605
Training Volunteer Costs	883.5
Breakfast Club	259.48
	37664.93

Excess income over expenditure	18030.64
Balance Sheet	
Current Assets	
Debtors (prepayment)	0
Debtors (Ads & Sponsors)	0
Bank	46192.62
Cash	681.8
	46874.42

Current Liabilities

Creditors	0
	46874.42

Funds

Balance	0
Transfer funds from Gen acc.	0
Excess of income over expenses	18030.64
	18030.64



**NEATH PORT TALBOT STROKE GROUP**

**Company Limited by Guarantee**

**Unaudited Financial Statements**

**31 July 2022**

**GORDON DOWN & COMPANY LIMITED**

Accountants & Business Advisors

144 Walter Road,

Swansea SA1 5RW

and

13 Cathedral Road,

Cardiff CF11 9HA

# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

Financial Statements

Year ended 31 July 2022

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# NEATH PORT TALBOT STROKE GROUP

## Company Limited by Guarantee

## Trustees' Annual Report (Incorporating the Director's Report)

### Year ended 31 July 2022

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 July 2022.

#### Reference and administrative details

Registered charity name	NEATH PORT TALBOT STROKE GROUP
Charity registration number	1187671
Company registration number	CE020500
Principal office and registered office	33 New Road Cilfrew Neath SA10 8LL

#### The trustees

E Day  
P Thompson  
h Gammond  
M Casagrande

#### Accountants

Gordon Down & Company Limited  
Accountants & Business Advisors  
144 Walter Road,  
Swansea SA1 5RW  
and  
13 Cathedral Road,  
Cardiff CF11 9HA

#### Structure, governance and management

The charity is operated under the rules of its CIO Association adopted 30/01/20

Trustees are voted in at a committee meeting and agree to serve and adopt all ppolicies.

#### Objectives and activities

The objects of the CIO are to relieve the needs of people who have suffered a stroke, their carers and their family members in Neath Port Talbot by provision of recreation, social and other activities in the interests of social welfare.

#### Achievements and performance

Provision of social activities for our attendants to participate in. These are at our weekly group meetings and further social activities such as day trips or evening events



# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 July 2022

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## Financial review

{e20}The charity's policy on reserves

We keep a reserve of three expenses in case we need them. The reserves can always be topped up if we have sufficient funds in our current account.

## Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 23 February 2023 and signed on behalf of the board of trustees by:

E Day  
Trustee

# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

## Statement of Financial Activities (including income and expenditure account)

Year ended 31 July 2022

		Unrestricted funds	2022 Restricted funds	Total funds	2021 Total funds
	Note	£	£	£	£
<b>Income and endowments</b>					
Donations and legacies	5	6,786	–	6,786	19,934
Charitable activities	6	3,421	–	3,421	615
Other trading activities	7	3,170	–	3,170	–
<b>Total income</b>		<u>13,377</u>	<u>–</u>	<u>13,377</u>	<u>20,549</u>
<b>Expenditure</b>					
Expenditure on charitable activities	8,9	18,153	786	18,939	13,066
<b>Total expenditure</b>		<u>18,153</u>	<u>786</u>	<u>18,939</u>	<u>13,066</u>
<b>Net (expenditure)/income and net movement in funds</b>		<u>(4,776)</u>	<u>(786)</u>	<u>(5,562)</u>	<u>7,483</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		33,955	786	34,741	27,258
<b>Total funds carried forward</b>		<u>29,179</u>	<u>–</u>	<u>29,179</u>	<u>34,741</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 5 to 10 form part of these financial statements.

# NEATH PORT TALBOT STROKE GROUP

## Company Limited by Guarantee

### Statement of Financial Position

31 July 2022

	Note	2022 £	2021 £
<b>Current assets</b>			
Cash at bank and in hand		29,179	34,741
<b>Net current assets</b>		29,179	34,741
<b>Total assets less current liabilities</b>		29,179	34,741
<b>Funds of the charity</b>			
Restricted funds		—	786
Unrestricted funds		29,179	33,955
<b>Total charity funds</b>	<b>12</b>	29,179	34,741

For the year ending 31 July 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 23 February 2023, and are signed on behalf of the board by:

E Day  
Trustee

The notes on pages 5 to 10 form part of these financial statements.



# NEATH PORT TALBOT STROKE GROUP

## Company Limited by Guarantee

## Notes to the Financial Statements

Year ended 31 July 2022

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### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 33 New Road, Cilfrew, Neath, SA10 8LL.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

There are no material uncertainties about the charity's ability to continue.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# NEATH PORT TALBOT STROKE GROUP

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 July 2022

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#### 3. Accounting policies *(continued)*

##### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- 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.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

##### Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

# NEATH PORT TALBOT STROKE GROUP

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 July 2022

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#### 3. Accounting policies *(continued)*

##### Financial instruments *(continued)*

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

#### 4. Limited by guarantee

The Charity company is limited by guarantee.

#### 5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	6,155	—	6,155

# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 July 2022

## 5. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Grants</b>			
Grants receivable	631	—	631
Grants receivable restricted	—	—	—
	<u>6,786</u>	<u>—</u>	<u>6,786</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<b>Donations</b>			
Donations	4,556	—	4,556
<b>Grants</b>			
Grants receivable	1,526	—	1,526
Grants receivable restricted	—	13,852	13,852
	<u>6,082</u>	<u>13,852</u>	<u>19,934</u>

## 6. Charitable activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Food & sweepstake etc recovered	2,158	2,158	615	615
Raffles	726	726	—	—
Fundraising events	455	455	—	—
Fundraising activities	60	60	—	—
Lockdown expenses refunded	22	22	—	—
	<u>3,421</u>	<u>3,421</u>	<u>615</u>	<u>615</u>

## 7. Other trading activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Subscriptions	<u>3,170</u>	<u>3,170</u>	<u>—</u>	<u>—</u>

# NEATH PORT TALBOT STROKE GROUP

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 July 2022

#### 8. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Activity type 1	18,153	786	18,939
Support costs	—	—	—
	<u>18,153</u>	<u>786</u>	<u>18,939</u>

  

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Activity type 1	—	12,742	12,742
Support costs	—	324	324
	<u>—</u>	<u>13,066</u>	<u>13,066</u>

#### 9. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Total funds 2022 £	Total fund 2021 £
Activity type 1	18,939	18,939	12,742
Governance costs	—	—	324
	<u>18,939</u>	<u>18,939</u>	<u>13,066</u>

#### 10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

2022	2021
£	£

The average head count of employees during the year was Nil (2021: Nil).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

#### 11. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.



# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 July 2022

## 12. Analysis of charitable funds

### Unrestricted funds

	At 1 August 2021	Income	Expenditure	At 31 July 2022
	£	£	£	£
General funds	33,955	13,377	(18,153)	29,179

	At 1 August 2020	Income	Expenditure	At 31 July 2021
	£	£	£	£
General funds	27,258	6,697	—	33,955

### Restricted funds

	At 1 August 2021	Income	Expenditure	At 31 July 2022
	£	£	£	£
Restricted Fund 1 - desc in a/cs	786	—	(786)	—

	At 1 August 2020	Income	Expenditure	At 31 July 2021
	£	£	£	£
Restricted Fund 1 - desc in a/cs	—	13,852	(13,066)	786

## 13. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Current assets	29,179	—	29,179

	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£
Current assets	33,955	786	34,741

# **NEATH PORT TALBOT STROKE GROUP**

**Company Limited by Guarantee**

**Management Information**

**Year ended 31 July 2022**

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**The following pages do not form part of the financial statements.**

# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

## Detailed Statement of Financial Activities

Year ended 31 July 2022

	2022 £	2021 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations	6,155	4,556
Grants receivable	631	1,526
Grants receivable restricted	—	13,852
	<u>6,786</u>	<u>19,934</u>
<b>Charitable activities</b>		
Food & sweepstake etc recovered	2,158	615
Raffles	726	—
Fundraising events	455	—
Fundraising activities	60	—
Lockdown expenses refunded	22	—
	<u>3,421</u>	<u>615</u>
<b>Other trading activities</b>		
Subscriptions	<u>3,170</u>	<u>—</u>
<b>Total income</b>	<u>13,377</u>	<u>20,549</u>
<b>Expenditure</b>		
<b>Expenditure on charitable activities</b>		
Rent	3,756	145
Rates and water	1,200	—
Light and heat	738	—
Repairs and maintenance	—	270
Insurance	—	116
Other establishment	—	1,063
Motor vehicle expenses	552	—
Other motor/travel costs	313	—
Legal and professional fees	958	324
Telephone	4,363	1,438
Other office costs	630	853
F & B ticket costs etc	2,284	307
Gifts and raffles	4,028	17
Fundraising	117	116
Lockdown expenses	—	8,417
	<u>18,939</u>	<u>13,066</u>
<b>Total expenditure</b>	<u>18,939</u>	<u>13,066</u>

# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

Detailed Statement of Financial Activities *(continued)*

Year ended 31 July 2022

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	2022 £	2021 £
Net (expenditure)/income	<u>(5,562)</u>	<u>7,483</u>

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# NEATH PORT TALBOT STROKE GROUP

Company Limited by Guarantee

## Notes to the Detailed Statement of Financial Activities

Year ended 31 July 2022

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	2022 £	2021 £
<b>Expenditure on charitable activities</b>		
<b>Activity type 1</b>		
<b><i>Activities undertaken directly</i></b>		
Rent & running costs	3,756	145
Milk fruit etc	1,200	—
Free lunches etc	738	—
Repairs & maintenance	—	270
Insurance	—	116
Computer equipment	—	1,063
Event cost	552	—
Daytime activity costs	313	—
legal and professional fees	958	—
Group costs/zoom	4,363	1,438
Printing postage and stationery	630	853
F & B ticket costs etc	2,284	307
Gifts and raffles	4,028	17
Fundraising	117	116
Lockdown expenses	—	8,417
	<u>18,939</u>	<u>12,742</u>
<b>Governance costs</b>		
Governance costs - accountancy fees	—	324
	<u>—</u>	<u>324</u>
<b>Expenditure on charitable activities</b>	<u>18,939</u>	<u>13,066</u>

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