

STRIDE FORWARD

England & Wales · Charity number 1205940

Details

Status Registered

Legal form CIO

Registered 2023-11-28

Register [View on the Charity Commission register](#)

Contact

Address Summerhay
Venn Ottery Road
Newton Poppleford
Sidmouth
Devon
EX10 0BU

Phone 01395233178

Email info@strideforward.org.uk

Website www.strideforward.org.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE BY:A. PROVIDING OR ASSISTING IN THE PROVISION OF MENTORING PROGRAMMES DESIGNED TO MEET THEIR PERSONAL, SOCIAL AND VOCATIONAL NEEDS. B. UNDERTAKING ACTIVITIES WHICH WILL RAISE GREATER AWARENESS OF THE NEEDS OF SUCH INDIVIDUALS AMONGST RELEVANT MEDICAL, CASE MANAGEMENT, LEGAL AND OTHER APPROPRIATE PROFESSIONALS ENGAGED IN ASSISTING SUCH INDIVIDUALS.FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ILL HEALTH (MENTAL OF PHYSICAL) AND/OR DISABILITY CAUSED BY A LIFE-CHANGING INJURY.

Activities: Stride Forward, is dedicated to establishing mentoring programmes to assist individuals who have suffered life-changing injuries to adjust to a new life, body image and sense of self, to find acceptance, build social support networks, and live a purposeful and fulfilled life.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£46,425	£36,804	-	-

Trustees

Name	Role	Appointed
Holly Margaret King	Chair	2023-05-26
Adam Marchant-Wincott		2023-05-26
Anna Wiseman		2023-05-26
William Latimer-Sayer		2023-12-27

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England & Wales - Charity number 1205940

Accounts

REGISTERED CHARITY NUMBER: 1205940

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025
FOR
STRIDE FORWARD**

Gibson Whitter
Chartered Accountants
and Chartered Tax Advisers
Larch House
Parklands Business Park
Denmead
Hampshire
PO7 6XP

STRIDE FORWARD

REPORT OF THE TRUSTEES FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025

The trustees present their report with the financial statements of the charity for the period 28 November 2023 to 28 February 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: 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) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity's purpose, as set out in the objects contained in the charity's constitution, is to:

- Provide mentoring programmes to those who have suffered from a life-changing injury to meet their personal, social and vocational needs. To support them to engage in meaningful daily activities, be an active, purposeful member of society and achieve their full potential.
- Raise greater awareness of the needs of those who have suffered from a lifechanging injury amongst relevant medical, case management, legal and other appropriate professionals.

Our charity aims to improve the quality of life of those who suffer life-changing injuries and to enable them to have a life filled with joy and purpose. Our aims fully reflect the purposes that the charity was set up to further.

Ensuring Our Work Delivers Our Aims

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aim, objectives and activities remain focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

The Focus of Our Work

Our main objectives for the year have been to build a network of volunteer mentors across a wide variety of sectors and backgrounds to deliver compassionate and transformative mentoring programmes. The strategies we used to meet these objectives:

- Begun working with a wide variety of industry specialists and communities to attract volunteer mentors.
- Delivered trauma-informed training to mentors and provided due diligence in assuring mentors are suitable to work with vulnerable adults.
- Created systems and processes to manage the large administrative burden and matching process.
- Delivered ongoing support to volunteer mentors, both from coaching and mentoring advice and clinical psychology.
- Investigated routes to address some of the barriers to those suffering from lifechanging injuries engaging in mentoring programmes such as difficulty managing life administration and finances.
- Began to pilot career guidance for those young people who have suffered a lifechanging injury and do not know what direction they wish to take. Identifying interests to then find a volunteer mentor in the future.
- Explored community programmes to offer safe environments for those suffering from life-changing injuries to develop confidence, self-esteem and new skills. Events were highly successful but came with a heavy administrative burden. Agreed future focus will be on mentee and mentor community events to build trust and positive relationships.

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REPORT OF THE TRUSTEES FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025

ACHIEVEMENTS AND PERFORMANCE

Achievements

The Charity made 20 volunteer mentor-mentee matches in the period from April 2024 to February 2025:

- 2 Mentors are being processed, either awaiting training or DBS certification.
- 15 Mentor Programmes are active
- 3 Mentor-Mentees are waiting for an introduction due to life challenges for mentees
- 3 Mentees are receiving career guidance
- 5 Mentees waiting for a match with a volunteer mentor

FINANCIAL REVIEW

Financial position

The Charity in its first year has achieved a solid financial position and sufficient funds to sustain its second year of activity. The aim is to now build on this foundation and obtain sustainable funding streams with reserves.

Funding streams have included grants that have not required established accounting evidence and support new charities such as the National Lottery Grants for All. Sponsorship from legal firms working in personal injury and medical negligence have provided a proportion of the funding and restricted funds specifically for the promotion of the charity work have been donated by a prosthetic and orthotic company.

Our future plans for financial sustainability include building a wider base of interested companies that can provide volunteer mentors and funding as part of their key performance indicators for corporate social responsibility. With a first period of accounts we can apply for a greater number of grant schemes.

Total income for the reporting period was £41,301, which is reasonable with the first reporting period of the charity. Total expenditure was £43,915, however, this included initial set up of the charity of around £13,000.

Overall, the charity made a deficit of £2,614.

Reserves policy

The charity aimed to establish general reserves of £2,000 for the 2024-25 financial year. However, due to some funding being received in advance and therefore deferred into future periods and the initial set up costs of the charity this has not been achieved.

The charity continues its fundraising effort and manages its finances carefully to ensure financial stability in the future.

Going concern

The charity has net current liabilities at the balance sheet date. This is principally due to amounts owed to a trustee of £15,500, who has agreed not to seek repayment until the charity has sufficient cashflows to do so. On this basis the trustees have prepared the financial statements on the going concern basis.

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**REPORT OF THE TRUSTEES
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document and is a Charitable Incorporated Organisation (CIO) registered on 28 November 2023.

As part of establishing the charity in its first year, contractors were used initially in setting up the charity and providing mentoring programme management. For sustainability, the charity has employed a part-time programme and business development manager. Time and resources have been used to set up a CRM platform to improve the management and running of the mentoring programmes and to reduce the administrative burden as the number of mentoring programmes grows.

The management team includes a volunteer CEO and a part-time programme and business development manager. The plan is to fund a part-time CEO role.

Policies have been written and agreed to cover six main areas:

1. Governance and Leadership
2. Operational
3. Employment and HR
4. Fundraising and Financial Management
5. Programmes and Participant
6. IT and Communications.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1205940

Principal address

Summerhay
Venn Ottery Road
Newton Poppleford
Sidmouth
Devon
EX10 0BU

Trustees

Holly Margaret King (appointed 28.11.23)
Anna Wiseman (appointed 28.11.23)
Adam Charles Marchant-Wincott (appointed 28.11.23)
William Laurence Latimer-Sayer (appointed 28.11.23)
Annabel Mary Taylor-Ross (appointed 28.11.23)
(Resigned 26.03.26)

Independent Examiner

Gibson Whitter
Chartered Accountants
and Chartered Tax Advisers
Larch House
Parklands Business Park
Denmead
Hampshire
PO7 6XP

31 March 2026

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



.....
Holly Margaret King - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
STRIDE FORWARD**

Independent examiner's report to the trustees of Stride Forward

I report to the charity trustees on my examination of the accounts of Stride Forward (the Trust) for the period 28 November 2023 to 28 February 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Gavin Whitter

Gibson Whitter
Chartered Accountants
and Chartered Tax Advisers
Larch House
Parklands Business Park
Denmead
Hampshire
PO7 6XP

Date: 31/5/26

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**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025**

	Notes	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	2	10,936	10,000	20,936
Charitable activities	3			
Support for individuals who have suffered life-changing injury		5,000	15,365	20,365
Total		<u>15,936</u>	<u>25,365</u>	<u>41,301</u>
EXPENDITURE ON				
Charitable activities	4			
Support for individuals who have suffered life-changing injury		23,825	20,090	43,915
NET INCOME/(EXPENDITURE)		<u>(7,889)</u>	<u>5,275</u>	<u>(2,614)</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>(7,889)</u></u>	<u><u>5,275</u></u>	<u><u>(2,614)</u></u>

The notes form part of these financial statements

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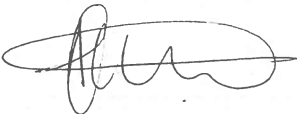
**BALANCE SHEET
28 FEBRUARY 2025**

	Notes	Unrestricted fund £	Restricted funds £	Total funds £
CURRENT ASSETS				
Cash at bank		10,311	11,672	21,983
CREDITORS				
Amounts falling due within one year	9	(18,200)	(6,397)	(24,597)
NET CURRENT ASSETS/(LIABILITIES)		<u>(7,889)</u>	<u>5,275</u>	<u>(2,614)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		(7,889)	5,275	(2,614)
NET ASSETS		<u>(7,889)</u>	<u>5,275</u>	<u>(2,614)</u>
FUNDS				
Unrestricted funds	11			(7,889)
Restricted funds				<u>5,275</u>
TOTAL FUNDS				<u>(2,614)</u>

The financial statements were approved and authorised for issue by the Board of Trustees and authorised for issue on31. March.2026..... and were signed on its behalf by:



.....
Holly Margaret King - Trustee



.....
Adam Charles Marchant-Wincott - Trustee

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NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: 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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The charity has net current liabilities at the balance sheet date. This is principally due to amounts owed to a trustee of £15,500, who has agreed not to seek repayment until the charity has sufficient cashflows to do so. On this basis the trustees have prepared the financial statements on the going concern basis.

Income

Voluntary income including donations, gifts and legacies and grants that provide core funding or are of a general nature are recognised where there is entitlement, receipt is probable and the amount can be measured with sufficient reliability. Such income is only deferred when:

- the donor specifies that the grant or donation must only be used in future accounting periods; or
- the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific conditions is recognised as earned (as the related goods and services are provided). Grant income included in this category provides funding to support activities and is recognised where there is entitlement, receipt is probable and the amount can be measured with sufficient reliability. Such income is only deferred when:

- the donor specifies that the grant or donation must only be used in future accounting periods; or
- the donor has imposed conditions which must be met before the charity has unconditional entitlement.

Volunteers and donated services

The value of services provided by volunteers is not incorporated into these financial statements.

Where goods or services are provided to the charity as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements at an estimate based on the value of the contribution to the charity.

Expenditure

Expenditure is recognised when a liability is incurred. Contractual arrangements are recognised as goods or services are supplied.

- Raising funds expenditure are those costs incurred in attracting voluntary income.
- Charitable activities include expenditure associated with providing services to the charity's beneficiaries and include both the direct costs and support costs relating to those activities.
- Support costs, including governance costs and central functions have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Irrecoverable VAT

All resources expended are classified under activity headings that aggregate all costs related to the category. Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025**

1. ACCOUNTING POLICIES - continued

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. DONATIONS AND LEGACIES

	£
Donations	20,936
	<u>20,936</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	£
Grants	Support for individuals who have suffered life-changing injury	20,365
		<u>20,365</u>

Grants received, included in the above, are as follows:

	£
National Lottery	15,365
Douglas Bader Foundation	5,000
	<u>20,365</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5) £	Support costs (see note 6) £	Totals £
Support for individuals who have suffered life-changing injury	25,545	18,370	43,915
	<u>25,545</u>	<u>18,370</u>	<u>43,915</u>

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025**

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	£
Staff costs	7,791
Subcontractors	12,905
Video production	4,849
	<u>25,545</u>

6. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Support for individuals who have suffered life-changing injury	<u>2,717</u>	<u>15,653</u>	<u>18,370</u>

Support costs, included in the above, are as follows:

Management

	Support for individuals who have suffered life-changing injury £
IT Services	2,703
Travel expenses	14
	<u>2,717</u>

Governance costs

	Support for individuals who have suffered life-changing injury £
Legal fees and professional fees	12,953
Independent examiners fee	2,700
	<u>15,653</u>

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025**

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 28 February 2025.

Trustees' expenses

There were no trustees' expenses paid for the period ended 28 February 2025.

8. STAFF COSTS

Wages and salaries	£ 7,791
	<u>7,791</u>

The average monthly number of employees during the period was as follows:

Direct charitable	<u>1</u>
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No employees received emoluments in excess of £60,000.

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Taxation and social security	£ 1,762
Other creditors	22,835
	<u>24,597</u>

Deferred income

Deferred income comprises grant received for future financial periods.

	28.2.25
	£
Balance brought forward	-
Amount release to incoming resources	-
Amount deferred in the year	4,635
	<u>4,635</u>
Balance carried forward	<u>4,635</u>

10. LOANS

An analysis of the maturity of loans is given below:

	£
Amounts falling due within one year on demand:	
Other loans	15,500
	<u>15,500</u>

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 28 NOVEMBER 2023 TO 28 FEBRUARY 2025**

11. MOVEMENT IN FUNDS

	Net movement in funds £	At 28.2.25 £
Unrestricted funds		
General fund	(7,889)	(7,889)
Restricted funds		
Film production	5,275	5,275
TOTAL FUNDS	<u>(2,614)</u>	<u>(2,614)</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	15,936	(23,825)	(7,889)
Restricted funds			
National Lottery fund	15,365	(15,365)	-
Film production	10,000	(4,725)	5,275
	<u>25,365</u>	<u>(20,090)</u>	<u>5,275</u>
TOTAL FUNDS	<u>41,301</u>	<u>(43,915)</u>	<u>(2,614)</u>

National Lottery fund - Funding to support the first two- years of the charity's proof of concept.

Film production - Funding received from Proactive Prosthetics for creation of a video reel to promote Stride Forward's work and impact.

12. RELATED PARTY DISCLOSURES

During the year a Trustee made an interest free loan of £15,500 to the charity to be repaid when the charity has the funds.