



**Trustees' report and financial statements  
for the year ended 25<sup>th</sup> January 2018**

**Charity No: 1150517  
Company No: 06070537**



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**L e i c e s t e r**

Leicester Centre for Integrated Living, West End Neighbourhood Centre, Andrewes Street,  
Leicester LE3 5PA (tel: 07804 273230)

email: [strides@wetland.plus.com](mailto:strides@wetland.plus.com); website: [www.stridesleicester.plus.com](http://www.stridesleicester.plus.com)

## **Trustees' Report (incorporating Directors' Report) for Year Ending January 25<sup>th</sup> 2018**

The Trustees/Directors present their report along with the financial statements of Strides! (Leicester), ("the Charity") for the year ended 25th January 2018. The financial statements have been prepared in accordance with the accounting policies set out in note 2 to the financial statements and comply with the Charity's governing document, the Charities Act 2011, the Companies Act 2006 and 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016) ("SORP (FRS 102)").

### **Reference and Administrative Information**

Charity Name:	Strides! (Leicester)
Charity Registration Number:	1140517
Company Number:	06070537
Address of Registered Office:	Leicester Centre for Integrated Living West End Neighbourhood Centre Andrewes Street Leicester LE3 5PA

### **Board of Directors of the Company and Trustees of the Charity**

Mr Bill Blaxter* (Hon Chairperson)	Ms Nettie Jonas*
Ms Gabby Briner	Mr Richard Macardle
Mr David Chase	Mr Brian Moody* (Hon Treasurer)
Ms Alexia Elliott	Ms Sara O'Gorman
Ms Kerry Gray*	Mr Craig Sale
Ms Cathy Airnes*	Ms Kealey Tow
	Ms Doreen Watson*

\* Those marked with an asterisk are also Trustees of the Charity

## **Hon. Secretary and Co-ordinator**

Ms Kerry Gray

## **Hon. Treasurer**

Mr Brian Moody

## **Independent Examiner**

Edward Thomas Peirson and Sons

## **Bankers**

CAF Bank

## **Insurers**

Keegan and Pennykid, April Brokers, Edinburgh

## **Objectives and activities**

### **Purposes and aims**

Our purposes and aims, as set out in the objects contained in the Company's Memorandum of Association are to develop the capacity and skills of people in Leicester and Leicestershire who have suffered, are suffering or are recovering from mental health problems in such a way that they are better able to identify and help meet their needs, to participate fully in society, to gain confidence in their ability to influence decisions that affect them, to confront stigma and to challenge negative perceptions of mental illness.

### **Ensuring our work delivers our aims**

Membership of the group is open to all who feel they will benefit from it. The group is committed to equal opportunities principles. The cost of activities is borne by group funds, and members contribute what they can.

Through regular discussions and assessments of its activities, individually and in groups, involving planning, evaluating and decision-making, the organisation helps to develop positive, proactive thinking, build the confidence and ability of the members to work co-operatively and execute their own programme of activities.

Group discussion and decision-making promotes communication and social skills. Participating in the organisation's programme of events, especially its residential activities, encourages a variety of practical skills. Those involved on

the Boards of Directors and Trustees are trained, formally and informally, in management, organisation, accounting, fund-raising and representing the needs and wishes of the whole group.

Members' individual needs are manifested through regular group discussions and informal contact with staff, Board and other group-members.

Identified needs are fed back, where appropriate, into the planning activity of the group and reflected in the programme planned by and for the membership as a whole. Where needs are of a more personal or confidential nature, they are attended to by the staff or referred to the appropriate support services. Wherever possible, people who spend periods of time in hospital are visited either by other group-members or by members of staff. Networks of peer support are encouraged within the group.

The group's activities are outgoing. They involve travelling by public transport, eating in restaurants, visiting places, interacting with people they meet. Members are encouraged to take part in adult education classes in mainstream centres and engage in voluntary work in the community. The purpose and activity of the group is geared to the possibility that members, when appropriate, will be able to live independently and take part in regular employment.

Activities take place from time to time to promote public understanding of how mental health problems affect the everyday lives of the people concerned, and to celebrate the achievements of people disadvantaged by mental illness. Examples of these activities have been the publication of an occasional newsletter, and the keeping and disseminating of photographic records.

## **The focus of our work**

Our main objectives continue to be providing a safe, supportive environment for our members in which they can build the confidence to communicate, take decisions and gain greater independence. We will continue to encourage activities directed towards better mental and physical health. We will do this by developing a stimulating programme of activity in Leicester; by focusing on physical activity and diet; by organising at least two residential events per year when funding permits; by making contacts with other, similar groups, in Leicester or other towns and cities; by running regular small-group Confidence Building sessions; by supporting individuals through a difficult period in which there are changes in the benefits system. This year we have also begun to work with young people in a pilot project in Wigston.

The Trustees confirm that they have complied with their duty to have due regard to the guidance published by the Charity Commission on public benefit when reviewing the Charity's aims and objectives, in planning future activities and in setting the grant making policy for the year.

## **Achievements and performance**

### **How our activity will deliver public benefit**

#### **General**

In general terms, the contribution by Strides! to Public Benefit is reflected in its way of working and its main activities, which are educational and developmental, designed to encourage people to acquire new mental, manual and self-sufficiency skills, also to build confidence, gain independence and make decisions.

**Example:** The Strides! programme, discussed and chosen by the group, encompasses a wide variety of activities: country walking, swimming, and a variety of other forms of light, physical exercise; visits to monuments, places of worship, museums, country houses; creative activities such as craft work, painting, poetry, drumming, role-play; discussions on social, political and health issues; cooking, healthy eating and diet and many more. With few exceptions, everybody takes part.

Team-work and mutual support is encouraged at all times. People understand each other's difficulties and disabilities and provide help, understanding and a listening ear when needed. This form of support extends well beyond the weekly meetings of the group. People meet each other socially, and, when the need occurs, visit each other in hospital.

There is no time limit placed on people's attendance at Strides! In many cases, therefore, they have known each other for a long time, and, since many of its members are isolated, marginalised people, the group takes on the role of a family and place of refuge.

When funding permits, Strides! organises up to three residential events each year, in self-catering centres, where people live in close contact for three days at a time. These are widely seen as some of the organisation's best work. Members get to know each other and the staff well, cook, clean, organise and carry out activities in close collaboration. Discussion and evaluation, as a group and with individuals, are an important part of these experiences.

#### **User-led**

Strides! is a user-led group. The planning and management of the group is carried out by the members. They believe that this leads to greater empowerment, enhanced self-esteem, and, consequently, to more active and effective citizenship.

**Example:** 50 per cent of the Board of Directors and Trustees consists of people who are or have been service-users. They are people who are now acting in responsible positions as managers and voluntary workers. In some cases they

are individuals who have also 'moved on' to paid employment, but wish to maintain their links with the group. The progress towards recovery shown by many Strides! members is evidence of public benefit.

The group has no 'book of rules', but issues of importance, especially those which concern relations with other people and questions of rights and responsibilities are regularly discussed within the group. This often takes the form of talking in small groups about specific case-studies, familiar to the members. The outcomes are then shared with the rest of the group.

The organisation's policies, for instance on risk assessment, equal opportunities, health and safety, are debated in full by the members before they are adopted as official group policies.

Individual 'recovery' is at the root of the group's working, but it does not stop there. It leads to public responsibility and citizenship as well.

## **Health and well-being**

Much of Strides! activity focuses on the promotion of mental health and well-being among vulnerable people suffering from mental ill-health and/or the effects, social, financial and economic, of a period of mental illness.

**Example:** Exercise and diet are a regular ingredient in the Strides! programme.

This year saw the continuation of a regular Healthy Choices session involving light exercise and discussion about diet, life-style and well-being.

There has also been a youth project involving Strides! members and students at a local school who are experiencing problems with mental health. This project has also been funded by the Big Lottery Awards for All fund.

Walks in the country and in local parks form a regular part of the programme. The walking group continued to meet once a week in all weathers.

Visits to a leisure centre are arranged from time to time, where members can swim, play badminton and table tennis. Doing this as a group encourages more people to take part than would otherwise do so.

The social aspect is always emphasised. Activities are accompanied by talk, and usually end up in a tea-shop or pub.

Members are supported by staff and volunteers on an individual basis when the need arises. This can be when they are hospitalised, experience a recurrence of their illness, have personal, perhaps family problems, or maybe have to fill in benefits forms and go for interviews or medicals. Time spent in this way

demonstrably helps avoid longer-term problems and difficulties. Often apparent crises can be resolved by timely support and discussion. There is evident public benefit in this approach.

### **Equal opportunities**

The membership group is drawn from all parts of the City of Leicester, and from the County of Leicestershire. There are no restrictions as to who may become members. In practice many are referred by hospitals, social care workers or other educational institutions. Some join because of information passed by word of mouth. Some self-refer.

Members may attend whenever they wish and for as long as they wish. There is always an 'open door'.

There is no membership fee, though most members make a small voluntary contribution at each attendance, which goes into the group's fund.

**Example:** The Strides! membership already encompasses people with many differing forms of mental distress and disability and encourages all to work together, support each other and enjoy each other's company. All the members of the group are diagnosed as 'disabled' in one way or another.

There is a wide spectrum of ages, from the youngest, currently, who is 24, to the oldest, who is over 65. This is undoubtedly a benefit rather than a challenge.

There is about an equal proportion of men and women and roughly 20% from minority ethnic groups.

People who cannot afford to make the weekly contribution are supported by the group's funds. The organisation tries not to penalise anyone on financial grounds.

No-one is prevented from joining in if they wish to do so. There are no membership criteria apart from people's own judgement that the group can benefit them in some way. People sometimes come, then leave, then come back again, maybe several times. Members of staff strive to keep in touch with ex-members as far as they can and follow them up as they take new paths.

### **Public health**

It is sometimes estimated that around 25% of the population of this country is suffering or has at one time or another suffered from mental ill-health. The work of this group therefore, in however small a way, makes a contribution to public health and so to the general public benefit.



It has also been argued that the existence of groups like Strides! helps prevent further hospitalisation and so saves public expenditure.

Everything that the organisation does is targeted at recovery and, it is hoped, at reintegration into society: family, community, work.

Strides! works with many people who have experienced long-term distress and disability, who have experienced discrimination and isolation. The fact that some at least of its members are now able to participate, to take decisions, act independently – and to laugh – is its principal claim to be acting to the public benefit. It is a bonus that some have also managed to move on to other things.

## **Financial review**

Total incoming resources for the year amounted to £19,017, compared to £21,956 in the previous year. Of this sum, £2,706 related to members subs, voluntary donations and fundraising activities, all of which were unrestricted, with the balance of £16,311 coming from grants, all of which were restricted for specific purposes.

Expenditure for the year was £23,505. As in previous years, the main costs were employee salaries and hiring rooms to run the events the charity provides.

Net expenditure for the year was £4,488, this has been met out of reserves brought forward, which, as a consequence, have reduced to £16,123. The trustees believe that the current level of funds is sufficient and appropriate for the needs of the charity going forward.

## **Structure, governance and management**

The organisation is a Charitable Company Limited by Guarantee, incorporated on 26 January 2007 and registered as a Charity on 22 February 2011. The Company was established under a Memorandum of Association which established the objects and powers of the Charitable Company and is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Six of the Directors of the Company are also Charity Trustees for purposes of charity law. One-third of the Directors of the Company retire at each Annual General Meeting. Retiring Directors may be re-appointed. Those designated as Charity Trustees are appointed or re-appointed by the Directors of the Company subsequent to each Annual General Meeting.

All members of the Board of Directors give their time voluntarily and receive no benefits from the Charity. Any expenses reclaimed from the Charity are set out in the accounts.

The nature of the Charity's work focuses on the needs of people who have experienced problems with mental health. The Board of Trustees ensures that the needs of such people are reflected in the composition of the Board. At present half of the Board members are people drawn from this constituency. Other members of the Board are drawn from fields such as housing, education and counselling.

## **Trustee induction and training**

New Trustees are usually drawn from the membership of the group and are therefore familiar with the aims and practices of the organisation. Those Trustees who are drawn from the membership of the group meet regularly, outwith the main meetings of the Board, to study documents, familiarise themselves with financial issues, discuss, informally, questions and decisions which affect the organisation, and become thoroughly cognizant of the nature and responsibilities of Charity Trustees. These meetings are always attended by the Chair, the Project Workers and the Group Co-Ordinator.

## **Risk management**

In consultation with the membership, the group has drawn up an assessment of the main risks which could be encountered during its regular meetings. In addition separate risk assessments exist to cover outside activities, and a separate risk assessment is always drawn up when the group goes on residential trips to other parts of the country. Procedures are in place to ensure the health and safety of staff, and a member of the Board is designated Health and Safety Officer.

The organisation subscribes to the policy outlined in the 'Leicester, Leicestershire and Rutland Multi-Agency Policy and Procedures for the Protection of Vulnerable Adults from Abuse'. All staff and Board members receive training to familiarise them with this document.

One of the organisation's Project Workers has received the training necessary to qualify her as First Aid Officer for the group. Other workers, Board members and volunteers receive First Aid training and updating when possible.

The finances of the organisation are checked on a roughly monthly basis; petty cash is balanced weekly and checked regularly by the Treasurer, who is a qualified accountant.

Insurance for the whole activity and management of the organisation is provided by Keegan and Pennykid Insurance Brokers, Edinburgh.

All paid and voluntary staff and Charity Trustees are checked by the government Disclosure and Barring Service (previously the Criminal Record Bureau).

## **Organisational structure**

There are at present (at the end of the financial year in question) 13 members of the Board of Directors of the Company, of whom 6 are designated Trustees of the Charity. The two overlapping groups meet, formally, at least twice annually. Those drawn from the membership of the group meet, roughly, monthly, together with the group's Co-ordinator and Project Workers.

There are two part time Project Workers and 2 Volunteers who organise the programme for the main Strides! group and one Project Worker continues to Manage the Strides! Youth Group recruitment and activities.

The Co-ordinator's role is to maintain oversight over the whole operation of the Charity, liaise with the membership and the Board, and meet regularly with the Chairperson, the Treasurer and the Project Workers.

## **Links and related organisations**

Strides! works in close collaboration with REMIT, a Community Education project for people with mental health problems run and funded by Leicester City Council. Senior officers within the City Council have positions on the Strides! Board of Directors and Trustees.

The organisation also works in collaboration with Network for Change, a Housing Project for people with mental health problems. The Director of Network for Change is a member of the Strides! Board of Directors.

Over time, more and more informal links have been forged between Strides! and various statutory and non-statutory services, such as the NHS, the National Autistic Society, Social Care, the Probation Service and housing associations.

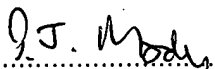
## **Preparation of report**

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

## **Declaration**

I declare, in my capacity of Charity Trustee, that:

- The Trustees have approved the report above; and
- Have authorised me to sign it on their behalf

  
..... Brian Moody - Director  
Dated 2<sup>nd</sup> January 2019

# **Independent Examiner's Report**

## **To the Trustees of Strides! (Leicester)**

I report to the charity trustees on my examination of the financial statements of Strides! (Leicester) for the year ended 25 January 2018, which are set out on pages 11 to 17.

### **Responsibilities and basis of report**

As the charity 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 company'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.

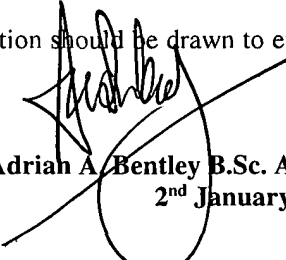
### **Independent examiner's statement – matter of concern identified**

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 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).

In carrying out my examination I noted a lapse in the accounting records regarding the recording of restricted income and expenditure. The circumstances that gave rise to this lapse are described in Note 10 to the financial statements, to which I draw your attention. You have confirmed that this lapse has arisen due to the exceptional circumstances detailed in the note and have assured me that you have implemented procedures to ensure that there is no recurrence of the lapse in future years.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

  
**Adrian A. Bentley B.Sc. A.C.A.**  
**2<sup>nd</sup> January 2019**

Edward Thomas Peirson & Sons  
Chartered Accountants  
21, The Point  
Rockingham Road  
Market Harborough  
Leicestershire  
LE16 7NU

**STRIDES! (LEICESTER)**

(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account)  
FOR THE YEAR ENDED 25 JANUARY 2018**

	Note	Year Ended 25 January 2017					
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Funds	Funds	Funds	Funds	Funds	Funds
		£	£	£	£	£	£
<b>INCOME FROM:</b>							
Members subs., sponsored events and contributions to residential events		999	-	999	713	-	713
Fundraising activities:							
Music Gig		355	-	355	-	-	-
Bring & Buy Sale		-	-	-	20	-	20
Voluntary Donations		1,352	-	1,352	895	-	895
Grants from external funders:							
Allen Lane Foundation		-	-	-	-	4,000	4,000
Carlton Hayes Trust		-	1,898	1,898	-	3,078	3,078
Comic Relief		-	-	-	-	4,976	4,976
Forbes Foundation		-	1,264	1,264	-	1,500	1,500
Freemasons		-	-	-	-	2,000	2,000
Greggs plc		-	-	-	-	1,000	1,000
Leicester, Leicestershire & Rutland Community Foundation		-	2,000	2,000	-	770	770
National Lottery Awards for All		-	8,149	8,149	-	-	-
Yapp Charitable Foundation		-	3,000	3,000	-	3,000	3,000
Interest receivable		-	-	-	4	-	4
<b>Total income</b>		<b>2,706</b>	<b>16,311</b>	<b>19,017</b>	<b>1,632</b>	<b>20,324</b>	<b>21,956</b>
<b>EXPENDITURE ON:</b>							
Employees salaries & on costs		4,022	7,178	11,200	-	13,801	13,801
Staff and office expenses	5	833	481	1,314	-	1,024	1,024
Events programme (inc. room hire)		3,928	5,390	9,318	1,402	9,694	11,096
Exhibition costs		120	-	120	103	-	103
Residential events	6	504	40	544	-	1,437	1,437
Resources		-	-	-	25	-	25
Insurances		-	534	534	-	514	514
Independent Examiner's fees		240	-	240	-	-	-
Other Professional fees		-	-	-	204	700	904
Bank charges		30	-	30	-	-	-
Depreciation		205	-	205	285	-	285
<b>Total expenditure</b>		<b>9,882</b>	<b>13,623</b>	<b>23,505</b>	<b>2,019</b>	<b>27,170</b>	<b>29,189</b>
<b>Net income/(expenditure) for the year</b>		<b>(7,176)</b>	<b>2,688</b>	<b>(4,488)</b>	<b>(387)</b>	<b>(6,846)</b>	<b>(7,233)</b>
<b>Transfers between funds</b>		<b>(567)</b>	<b>567</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net Movement in Funds</b>		<b>(7,743)</b>	<b>3,255</b>	<b>(4,488)</b>	<b>(387)</b>	<b>(6,846)</b>	<b>(7,233)</b>
<b>Reconciliation of funds:</b>							
Balances brought forward		12,759	7,852	20,611	13,146	14,698	27,844
Balances carried forward		5,016	11,107	16,123	12,759	7,852	20,611

All activities relate to continuing operations.

The Statement of Financial Activities includes all gains and losses recognised during the year.

The notes on pages 13 to 17 form part of these financial statements

**STRIDES! (LEICESTER)**  
(A company limited by guarantee)  
Company Number 06070537

**BALANCE SHEET AS AT 25 JANUARY 2018**

		2018		2017	
	Notes	£	£	£	£
<b>Fixed Assets</b>					
Tangible Fixed Assets	7		264		469
<b>Current Assets</b>					
Debtors	8	1,215		1,166	
Cash at Bank		17,061		20,576	
Cash in Hand		129		139	
<b>Total Current Assets</b>		18,405		21,881	
<b>Creditors:</b>					
Amounts falling due within one year	9	2,546		1,739	
<b>Net Current Assets</b>			15,859		20,142
<b>Total assets less current liabilities/Net assets</b>			16,123		20,611
<b>Funds:</b>	10				
Unrestricted funds			5,016		12,759
Restricted funds			11,107		7,852
<b>Total funds</b>			16,123		20,611

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 25 January 2018.

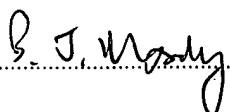
The members have not required the company to obtain an audit of its financial statements for the year ended 25 January 2018 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 2nd January 2019 and were signed on its behalf by:

.......... Brian Moody - Director

The notes on pages 13 to 17 form part of these financial statements

**STRIDES! (LEICESTER)**  
**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 25 JANUARY 2018**

**1. STATUS OF THE COMPANY**

The company is a private company registered in England & Wales and is limited by guarantee. It does not have a share capital but every member of the company is required, in the event of it being wound up while he or she is a member (or within twelve months of their ceasing to be a member), to contribute the sum of £1 towards the debts and liabilities of the charity, which were incurred before they ceased to be a member, and the costs of winding up.

The Memorandum and Articles of Association specify that the company is a non-profit making organisation that shall apply any income that it receives in fulfilling its objectives and it is registered as a charity by the Charity Commissioners for England and Wales. If upon winding up any assets remain after the satisfaction of all debts and liabilities they shall be transferred to some other charitable body or bodies having similar objects to the charity.

**2 PRINCIPAL ACCOUNTING POLICIES**

**(i) Accounting convention and basis of accounting**

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016) ("SORP (FRS 102)"), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) ("FRS 102"), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

The financial statements are prepared under the historical cost convention and on a going concern basis. The trustees consider that there are no material uncertainties which cast doubt on the charity's ability to continue as a going concern. In forming this opinion they have considered the level of funds held and the expected level of income and expenditure in the twelve months from the date of the approval of these financial statements.

**(ii) Incoming resources**

All incoming resources are reported gross of any related expenditure. Such income is recognised in the period: in which the charity is legally entitled to the receipt; after any performance conditions have been met; the amount can be measured with reasonable certainty; and it is probable that the income will be received. Where there are conditions attached to the donation which require a level of performance before entitlement can be obtained then the income is deferred until those conditions are fully met. Any such income which is deferred to a future accounting period is carried forward in the balance sheet within creditors falling due within one year.

The value of services donated by volunteers is not incorporated into these financial statement

**(iii) Resources expended**

All expenditure is accounted for on an accruals basis and is recognised when there is a legal or constructive obligation to pay, it is probable that settlement will be required and the amount of the obligation can be measured reliably. As the charity is not VAT registered the expenditure is stated inclusive of VAT.

**(iv) Tangible fixed assets and depreciation**

Expenditure of a capital nature is capitalised at cost as a fixed asset and depreciation is provided on a straight-line basis so as to write off the cost of the fixed assets, less their estimated residual value, over their anticipated useful economic lives at the following rates:

Computer equipment	-	33.33%
Office equipment	-	20%

**(v) Financial instruments**

All of the charity's financial assets and financial liabilities are of a kind that qualify as basic financial instruments. Such basic financial instruments are initially recognised at transaction value and are subsequently measured at their settlement value.

**(vi) Debtors and creditors receivable / payable within one year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

**STRIDES! (LEICESTER)**  
**(A company limited by guarantee)**

**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 25 JANUARY 2018**

**2 PRINCIPAL ACCOUNTING POLICIES (continued)**

- (vii) **Fund accounting** The charity has the following types of funds for which it is responsible and which require separate disclosure.

**Unrestricted funds** comprise those general funds which the Trustees are free to use in accordance with the charity's objects.

**Restricted funds** are funds which have been given to the charity for particular purposes specified by the donor or by the terms of an appeal, within the overall aims of the charity. The donation and any income arising therefrom must be used in accordance with the specified purposes.

A description of the funds in existence in the year is given at Note 10.

**3 TRUSTEES' REMUNERATION & EXPENSES**

None of the Trustees, or any persons connected with them, received any remuneration for their services as trustees in either the year ended 25 January 2018 or in the preceding financial year. During the year four trustees were reimbursed a total of £246 (2017: Three trustee received total reimbursement of £279) for travel expenses incurred on behalf of the charity.

**4 STAFF NUMBERS AND EMOLUMENTS**

	<b>Year Ended 25 January 2018</b>	<b>Year Ended 25 January 2017</b>
The average number of employees in the year was as follows:		
Engaged on charitable activities	2.4	2.7

No person's emoluments exceeded £60,000 per annum and the aggregate amount paid was as follows:

	<b>Year Ended 25 January 2018 £</b>	<b>Year Ended 25 January 2017 £</b>
Salaries	9,463	13,234
Social Security Costs	-	-
Pension contributions	-	-
<b>Total paid by the charity</b>	<b>9,463</b>	<b>13,234</b>

**5 STAFF AND OFFICE EXPENSES**

	<b>Year Ended 25 January 2018 £</b>	<b>Year Ended 25 January 2017 £</b>
Travel expenses	336	139
Food	2	10
Postage and stationery	291	414
Telephone and broadband	610	448
Companies House filing fee	13	13
Miscellaneous	62	-
	<b>1,314</b>	<b>1,024</b>



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**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 25 JANUARY 2018**

**6 RESIDENTIAL EVENTS**

	<b>Year Ended 25 January 2018</b>	<b>Year Ended 25 January 2017</b>
	<b>£</b>	<b>£</b>
Residential event costs relate to trips to:		
Clumber Park	-	641
Gateway Centre, Ashbourne	-	796
Warslow, Staffordshire	544	-
	<u>544</u>	<u>1,437</u>

**7 TANGIBLE FIXED ASSETS**

	<b>Computer Equipment £</b>	<b>Furniture fittings &amp; equipment £</b>	<b>Total £</b>
<b>Cost</b>			
Brought Forward & carried forward	1,444	1,187	2,631
<b>Depreciation</b>			
Brought Forward	1,299	863	2,162
Charge for the Year	126	79	205
Carried Forward	<u>1,425</u>	<u>942</u>	<u>2,367</u>
<b>Net Book Value</b>			
Carried Forward at 25 January 2018	<u>19</u>	<u>245</u>	<u>264</u>
<i>Brought Forward at 26 January 2017</i>	<u>145</u>	<u>324</u>	<u>469</u>

**8 DEBTORS**

	<b>2018 £</b>	<b>2017 £</b>
<b>Prepayments:</b>		
Room hire	66	365
Insurance	316	308
Tenancy deposit	833	493
	<u>1,215</u>	<u>1,166</u>

**9 CREDITORS: Amounts falling due within one year**

	<b>2018 £</b>	<b>2017 £</b>
<b>Accruals:</b>		
Employees salaries & on costs	710	857
Staff and office expenses	112	32
Companies House filing fee	13	13
Room hire	238	144
Other events programme costs	551	25
Independent Examiner's fees	240	-
Petty Cash to be reimbursed	479	479
Taxation and Social Security	203	189
	<u>2,546</u>	<u>1,739</u>

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**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 25 JANUARY 2018**

**10 FUNDS**

	At 26-Jan-16 £	Income £	Expenditure £	At 25-Jan-17 £	Income £	Expenditure £	Transfers £	At 25-Jan-18 £
<b>Unrestricted</b>								
General Fund	13,146	1,632	(2,019)	12,759	2,706	(9,882)	(567)	5,016
<b>Restricted</b>								
Allen Lane Foundation	1,036	4,000	(4,563)	473	-	(473)	-	-
Carlton Hayes Trust	431	3,078	(3,567)	(58)	1,898	(1,840)	-	-
Comic Relief	-	4,976	-	4,976	-	(4,976)	-	-
Forbes Foundation	1,300	1,500	(968)	1,832	1,264	(504)	-	2,592
Freemasons	-	2,000	(1,342)	658	-	(658)	-	-
Greggs plc	-	1,000	-	1,000	-	(582)	-	418
Leicester, Leicestershire & Rutland Community Foundation	-	770	(1,323)	(553)	2,000	(1,246)	-	201
Lloyds TSB Foundation	8,550	-	(9,117)	(567)	-	-	567	-
National Lottery	5,111	-	(4,223)	888	8,149	(2,357)	-	6,680
Yapp Charitable Found.	(1,730)	3,000	(2,067)	(797)	3,000	(987)	-	1,216
	14,698	20,324	(27,170)	7,852	16,311	(13,623)	567	11,107
<b>Total Funds</b>	27,844	21,956	(29,189)	20,611	19,017	(23,505)	-	16,123

**Unrestricted funds** comprise those general funds which the Trustees are free to use in accordance with the charity's objects.

**Restricted funds** are funds which have been given to the charity for particular purposes specified by the donor or by the terms of an appeal, within the overall aims of the charity. The donation and any income arising therefrom must be used in accordance with the specified purposes.

All of the grants received in the year from donors and other grant making bodies, along with the expenditure that has been allocated to them, are included in the table above as restricted funds. The grant applications were made by the former Honorary Secretary and Co-ordinator who was also responsible for maintaining the accounting records. Unfortunately, due a serious illness, he has had to resign from this role and has been too unwell to complete a formal handover to his successor. As a consequence of this, the trustees remain uncertain as to whether:

1. It is appropriate for each of the grants to be regarded as restricted funds, rather than supporting the general activities of the Charity; and
2. Whether the costs allocated to each of the grants properly discharge the restrictions, if any, placed on their use.

Notwithstanding these uncertainties, the Trustees are satisfied that there has been no misappropriation or misapplication of charitable funds and they have taken steps to ensure that no such uncertainties arise in the future.

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**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 25 JANUARY 2018**

**11 ANALYSIS OF NET ASSETS BETWEEN FUNDS**

The net assets at 25 January 2018 are allocated between funds as follows:

	<b>General Fund £</b>	<b>Restricted Funds £</b>	<b>Total £</b>
Tangible Fixed Assets	264	-	264
Debtors	899	316	1,215
Cash at Bank	5,283	11,778	17,061
Cash in Hand	129	-	129
Creditors: Amounts falling due within one year	(1,559)	(987)	(2,546)
	<u>5,016</u>	<u>11,107</u>	<u>16,123</u>

The allocation at 25 January 2017 was as follows:

	<b>General Fund £</b>	<b>Restricted Funds £</b>	<b>Total £</b>
Tangible Fixed Assets	469	-	469
Debtors	-	1,166	1,166
Cash at Bank	12,700	7,876	20,576
Cash in Hand	139	-	139
Creditors: Amounts falling due within one year	(549)	(1,190)	(1,739)
	<u>12,759</u>	<u>7,852</u>	<u>20,611</u>

**12 TRANSACTIONS WITH RELATED PARTIES**

The total amount of donations received in the year from trustees was £180 (2017: £10).

With the exception of the above, there were no transactions with related parties in the year or the preceding financial year.