

CHARITY NUMBER 1159141

THE CLARKE LISTER FEEL GOOD CENTRE

TRUSTEES REPORT AND FINACIAL STATEMENTS

FOR THE YEAR ENDED

3/31/2019

TRUSTEES REPORT AND GENERAL INFORMATION

Management Committee

	Date appointed	Date resigned
Christopher Piercy	November 2014	
Mrs Julie E. Martin	November 2014	
Mrs Michelle L Cooney	November 2014	31 st December 2018
Ms Dawn M Culley	June 2015	

Manager (volunteer)

Mrs Carole Lister

Registered Office

Earl House, Earl Street, Seaham, Co.Durham. SR7 0DH


Bankers

Barclays Bank plc

Leicester

LE87 2BB

This report was approved by the management committee on.....29.1.20.

Mr Christopher Piercy.....

Mrs Julie Martin.....

The Clarke Lister Feel Good Centre

CONTENTS

Management Committee report

Statement of financial Activities

The Clarke Lister Feel Good Centre Seaham

The management committee present their report and accounts for the year end March 31st 2019

BACKGROUND as to how and why the FEEL GOOD CENTRE was formed

In 1996 10 year old Clarke Lister died suddenly and without warning of a brain haemorrhage. His Mother Carole, wanted to know Why or How could someone so young just die, and what causes a brain haemorrhage to happen in the first place. After meeting with neurosurgeons and neurologists in Teesside it was obvious that very little was known as to the cause.

Professor A.D. Mendelow quoted: "There is no doubt that we need to carry out more research in to this problem, which is a common cause of death in our community". Carole quoted "We know we can't bring Clarke back, but if through research a life can be saved then our loss has not been in vain." One year later The Clarke Lister Brain Haemorrhage Foundation a registered charity based in Peterlee was formed.

The primary aim of the Clarke Lister Brain Haemorrhage Foundation (CLBHF) charity is to fund research. In 2004 it funded a PHD studentship for 4yrs at Durham University looking at 'The functional impact of Subarachnoid Haemorrhage on patients and their relatives'. The outcome of this study was hugely successful, in the understanding of the aftercare and needs for individuals in the community. Findings were recorded in the medical journal -Lancet

In the same year Carole and Chris Piercy (CHAIRMAN) lobbied the Primary Care Trust and helped initiate the first District Stroke Nurse post, serving the people of East Durham

In 2009 an agreement from the charity to support an 8 -10 year 'genetic' research study at James Cook University Hospitals took place with the aim of recruiting 200 families. The final recruitment total was 397! During this recruitment researchers revealed that because of this study 2 lives had been saved.

Over the years Carole had been continually approached by people and their families who were living with the after effects of a brain haemorrhage and who were looking for support. The charity was able to provide a range of support services for people who had survived and were affected by a neurological condition, or who had lost a loved one, in the form of: a befriending service via home visits/telephone chats: signposting: and advocacy.

Following monthly support group meetings which started in 2001, the charity opened a weekly luncheon club/drop in 2007 for survivors of stroke and brain haemorrhage, promoting social interaction and independence, hosting activities, benefitting those who have a like for like mental or physical problem, which has helped stimulate and improve their wellbeing.

This worked well and in 2012 the CLBHF found an increasing need and responsibility to its members to grow and expand its services within the community by offering its services daily and not just weekly, it was decided to investigate the possibility of opening a building to expand its services to a wider community. It also agreed to set up the new venture, as a separate charity with complete focus on community support. This would then allow both charities to have their own identification, one for research and one for community support working with their own set of aims and objects.

The Clarke Lister Feel Good Centre

In November 2014 The Clarke Lister Feel Good Centre received charitable status as a CIO.

In December 2014 the charity signed a 30year lease and asset transfer of Earl House in Seaham Co. Durham

Having worked closely with Durham county council and their representatives in the learning and understanding of the principles of managing a centre and acquiring a prefeasibility, evidencing the need, the council approved the asset transfer.

The primary aim for The Clarke Lister Feel Good Centre Earl House Community Centre is to manage and direct the centre for the benefit of all users, providing added value. Also to actively promote full inclusion for all, creating a friendly space where people can socialise, make friends and feel safe. Through exercise, therapy and socialisation the centre will create a place where people will 'feel good' improving their wellbeing.

Since acquiring the building a lot of refurbishment has taken place. In small stages over a period of years, windows /doors and heating has been replaced, a new toilet block has been built, an uplift took place in the main hall including a new floor which was replaced, a new roof /ceiling and electric lights/sockets was also replaced in the entrance hall. The building had an alarm and camera system installed. A massive garden makeover was carried out by local firm Jewson Builders, and secure fencing was erected.

Outcome

The above refurbishment has meant that our users now have a nice warm and inviting venue, that is safe and good to use.

Negative comments such as;

"eeh we used to wear our mittons and coats at bingo, cos it was freezing."

" I never dared to go to the toilet as they were old and even colder than the main hall, and there was lots of damp".

"It was always dark and dingy and I was frightened in case I fell".

Have been replaced with positive comments such as;

"It's lovely and cosy in here now"

"I don't wait till I get home to go the toilet anymore, as the toilets here are better than at home!"

"I feel safe coming back here again because it's well-lit up outside in inside, and I can see where I'm going "

Since we opened in June 2015 various groups have come and gone, mainly down to the venue not being suitable. Weight Watchers and Yoga, left us in September 2018. This did affect our income but helped us focus our energies on the sessions we had in place.

We have addressed the issues and updated the building, and are now confident in being able to approach more local groups and organisations to consider using our venues for their purpose, thus securing extra income.

ACTIVITY

In May 2018 Carole presented the aims of the charity to the Community Stroke team and to the local Social Services team in Seaham. Over 30 social services personnel and 8 active stroke nurses in the district attended the meetings.

The meetings were a success, and it was agreed by all to come together, yearly and Carole was given a direct contact with each organisation to stay in touch, as and when either party required to speak with one another.

The outcome of these meetings is that 4 new stroke members were referred and now attend a weekly session, 2 new people with Parkinson's were referred via social services, as well as one member who has early onset dementia, are all attending. Our very first Direct Payment was initiated from this outcome. Relationships continue to grow strong

MONDAY FEEL GOOD – session

Not only do we have a 'feel good' day of activity on Monday's at our centre, but we also invite our members to days out. We have a saying in our group, we don't use the word disabled, we quote the phrase "differently abled" proving that everyone has a different ability and each person is an individual. Our Monday Group is going from strength to strength.

Cook

In August 2018 we were able to secure funding for one year for a part time cook. The funding came from the local neighbourhood budget grant. Our aim of this role is to increase our numbers attending the 'Monday feel good session' which is open from 10.30am to 3.00pm

The outcome of the above post was very quickly recognised as an early success, in being able to deliver a breakfast and a 2 course lunch to our growing membership at the club.

Future events and activities

Further 'FEEL GOOD' Sessions to investigate

- Some, targeted to individual groups with neurological conditions
- Other Specific groups with specific session's related to their condition
- Social gatherings and events for all groups to interact and enjoy
- Luncheon clubs, on Wednesdays

'FEEL GOOD' Social and Activity events

- Local events to include:

Outdoor bowling and BBQ's, Craft fairs

Themed Cabaret nights/afternoons.

- Group sessions, walking, exercise, yoga, singing, crafts, Food demonstrations, for all ages/abilities
- Hire of the hall to other local community groups, individual classes or functions

Bingo remains steady, albeit, due to the aging community, the class has suffered a significant number of deaths. The members of bingo have expressed their concern and have asked the centre staff to help work with them on recruiting new membership. Planning sessions to be agreed.

Further funding is being sought to update other areas of the building. This has been decided to be done in small stages with smaller grant applications, as this method has proven to work in our favour.

Volunteer gardeners have committed to cut and mow the gardens fortnightly.

Christmas

Christmas saw parties held, for the bingo users and for those with neurological conditions. These 'dinner' parties were successful, developing and encouraging social interaction, within and between both groups going to parties.

CLAIRVOYANT EVENINGS

We now run 2 a year due to its success.

A number of highly successful ceramic sessions were delivered along with equally successful arts and craft sessions giving the group great enjoyment and stimulus. So popular are these sessions that they have become an integral part of the centres syllabus developing motivation, social interaction and strong friendships.

FUTURE PLANS

- To develop and recruit new Volunteers.
- Signage to be created, and costed
- To continue to advertise the availability of hiring out the main hall for private functions and parties.
- To increase numbers to the existing Monday club and a proposed Wednesday Club, Carole is to canvass local residential homes, and the local community, via telephone, leaflets and local newspapers.

IN SUMMARY

The building still needs to be reconfigured to develop more areas/rooms to be able to increase activity. However now that Phase 1 is complete with the new toilets built, it has freed up space giving us the opportunity to start phase 2 which is to knock down walls and create a long awaited area to house an Assisted Exercise suite.

- Funding needs to be sought for the provision of equipment, and salaries to run the assisted exercise suite. Partnership working with the AAP to assist us, is currently in place
- New Classes need to be increased/encouraged.
- More self- funding activities to take place to encourage new members and the wider community to use the building. To increase its revenue this will be achieved with a planned programme of activity for the whole year.
- Further training sessions are to be attended with staff and volunteers to increase the knowledge of Facebook and social media, as a market place.
- Other training sessions for staff are : safe guarding: food safety: first aid: health and safety in the work place

STAFF

Carole continues to work on secondment at The Feel Good Centre, whilst funding for a development/project manager is being sought, working with the support from the local AAP.

This position of a manager is vital in taking the charity forward. It is recognised that as a sole worker on a project of this size, cannot continue, and therefore it is a key priority to seek the funding based on lessons learned and success so far. The AAP are confident that a funder/s can be found and have said they would work with us in support.

End of year accounts March 2019

The accounts as said have been submitted in January 2020, the 10th month following the anniversary of the charity. These have been noted as late.

Measures have been agreed between the trustees to ensure accounts are not this late again, by allocating extra support to the voluntary centre manager. A meeting has been agreed to discuss the way forward on Monday the 16th February 2020.

Statement of management committee's responsibilities

The management committee are required to prepare financial statements for the year, which give a true and fair state of affairs of the charity and its results for the period. In preparing those financial statements the statements the committee is required to:

- a) Select suitable accounting policies and apply them consistently;
- b) Make judgements and estimates that are reasonable and prudent;
- c) Prepare the financial statements on an ongoing concern basis unless it is inappropriate to assume that the charity will continue in business.

The management committee is responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the charity. They are also responsible for safeguarding the assets of the charity and hence for taking any responsible steps for the prevention and detection of fraud and other regularities.

Approval

This report was approved by the management committee on

29.1.20.....And signed on behalf

Mr Chris Piercy.....*CPiercy*.....Mrs Julie Martin *J Martin*

THE CLARKE LISTER FEEL GOOD CENTRE

BALANCE SHEET

As at 31st March 2019

	2019	2018
Current Assets		
Cash at bank	<u>27057</u>	<u>27917</u>
Total Current Assets	<u>27057</u>	<u>27917</u>
Current Liabilities		
Creditors: Amounts due within one year	500	500
Net current assets		
Total assets less current liabilities	<u>26557</u>	<u>27417</u>
The funds of the charity		
Unrestricted funds brought forward	21417	12980
Excess of income over expenditure for the year	<u>3577</u>	<u>8437</u>
Unrestricted funds carried forward	<u>24994</u>	<u>21417</u>
Restricted funds carried forward	<u>1563</u>	<u>6000</u>
Total Charity funds	<u>26557</u>	<u>27417</u>

THE CLARKE LISTER FEEL GOOD CENTRE

Income and expenditure account

For the year ended March 2019

	Unrestricted	Restricted funds	Total funds 2019	2018
	£	£	£	£
income				
Room Hire	6321		6321	6910
Catering	6077		6077	5279
Fundraising	1846		1846	1567
				0
Grant - rebuild			0	10000
Donations	325		325	3042
Total	14569		14569	26798

Expenditure				
Cleaning	256		256	71
Catering	1702		1702	1561
fundraising	418		418	418
Utilities	2216		2216	2764
Repairs and maintenance - rebuild	3588		3588	2485
Miscellaneous	951		951	0
grant cook spent (c/f 1563)		4437	4437	0
grant rebuild	0		0	10000
printing and stationary	252		252	0
insurance	979		979	500
accountant	500		500	500
Training	130		130	0
Total	10992	4437	15429	18361

excess of income over expenditure

Total	3577	1563	-860	8437
-------	------	------	------	------

NOTES to the accounts for year ended 31st March 2019

Accounting policies

Basis of Preparation of the accounts

The accounts are prepared under the historical cost convention and include the results of the charity's operations which are described in the management committee report and all of which are continuing. The charity has taken advantage of the exemption in Financial Reporting Standard No1 from the requirements to prepare a cash flow statement on the grounds that it qualifies as a small charity.

Income

Voluntary Income and donations are accounted for as being received by the charity. The income from Fund raising ventures is shown gross, with the associated costs included in fundraising costs.

Value Added Tax

Value Added Tax is not recoverable by the charity, however, such VAT is included in the relevant cost in the income and expenditure account.

Fund Raising Costs

Fund raising expenditure comprises incurred in inducing people and organisation to contribute financially to the work of the charity. This includes the cost of advertising for donations and the staging of special fund raising events.

Administration expenditure includes all expenditure not directly to the charitable activity or fund raising venture. This includes costs of branch contributions