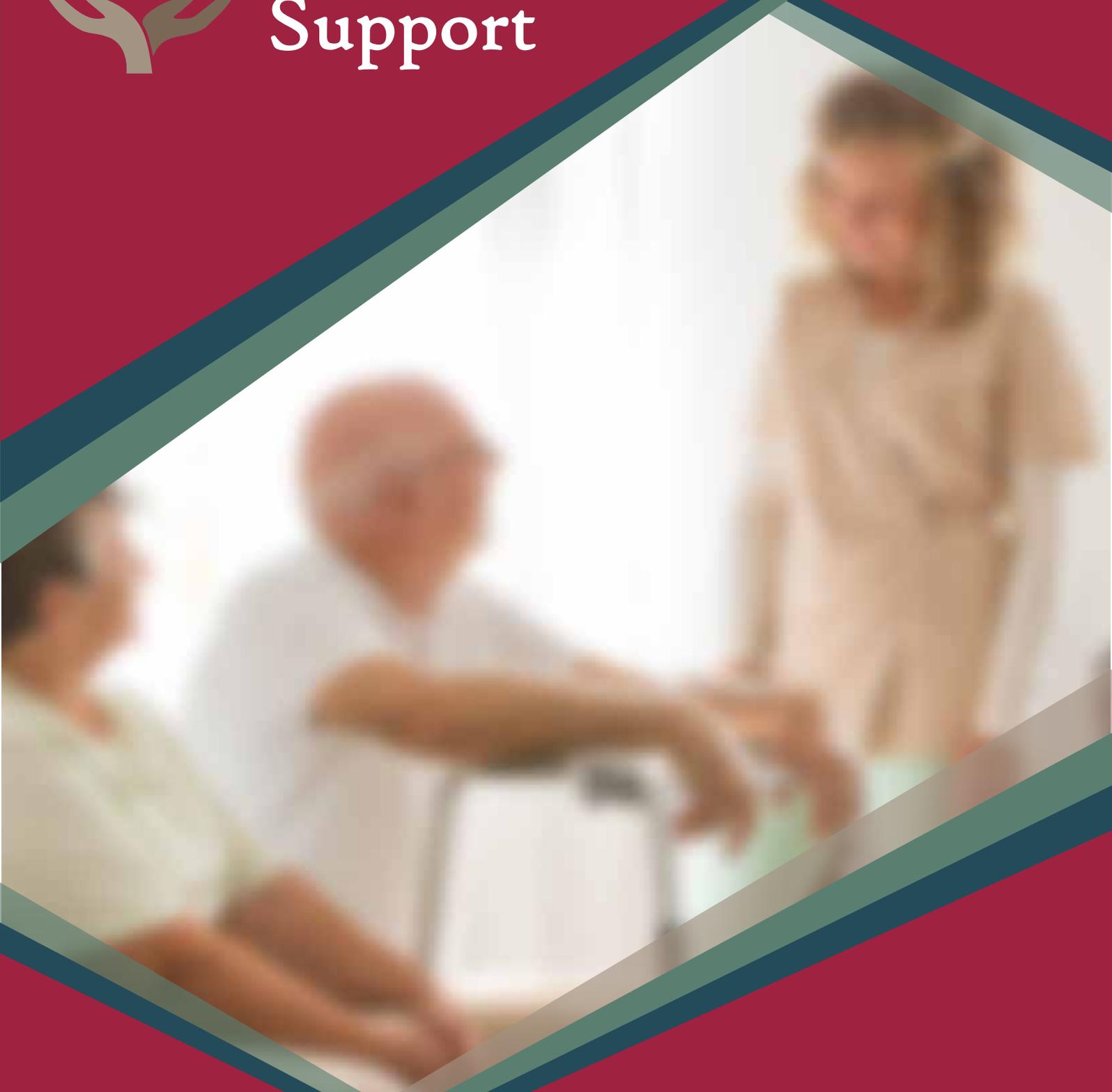




Cork Stroke Support



**Fewer Strokes
and Better Lives
for Stroke Survivors
and their Families**

ANNUAL REPORT

2020

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Chairperson's Report

2020 will be a year we won't forget for along time. A year which saw COVID 19 bring the world to its knees and resulted in Governments across the globe implementing many restrictions. Ireland faced these restrictions also and the guidelines issued by the Government created challenges and difficulties that impacted on the activities of the Cork Stroke Support Group. When we were planning in 2019 for 2020, we never

expected the challenges we faced or the effect it would have on the Cork Stroke Support Group.

This is my first annual report as Chairperson of Cork Stroke Support and the annual report for 2020 gives me an opportunity to look at the challenges we faced and the successes we had despite COVID and the many restrictions we faced. It also gives me an opportunity to acknowledge the hard work and dedication of our amazing committee and the commitment and dedication of our wonderful executive committee.

2020 became a year that we all learned to use and become experts on Zoom, but it was through this technology that we were able to keep in touch with each other and hold regular committee meetings and executive committee meetings to ensure that we could keep working on plans for the future despite pandemic.

I am proud to say that despite the pandemic and the challenges it brought, we were able to continue working and planning for the future of Cork Stroke Support and early in 2020 we began the process of putting together our 5 year strategic plan. It gave us an opportunity to look at the positioning and branding of the Cork Stroke Support Group. We rebranded as Cork Stroke Support and reviewed our vision and mission. Our vision is "Fewer Strokes and Better Lives for Stroke Survivors and their families" and our mission is "We will provide support, encouragement, information, exercise and enabling activities for stroke survivors and their families and represent and respond to their needs". We examined our core aims and objectives and drew up our core values and it is these values that kept us focussed during 2020 and will continue to keep us focussed and underpin everything we do.

Financially, the pandemic also took its toll on our ability to fundraise and like all charities in Ireland, raising much needed funds was extremely difficult. However, despite this, we are truly grateful to the volunteers and funders who came up with alternative ways of raising funds for us during 2020. We are indebted to our community of volunteers who helped us throughout 2020. I would also like to acknowledge and thank the many donors who donated to Cork Stroke Support during 2020. Your donations are very appreciated and we are thankful for your help. We were also delighted to receive grant aid from the HSE Lotto and Pobal during 2020.

I must acknowledge the work of my fellow committee and executive committee members who have given of their time so generously. They have worked tirelessly in a voluntary capacity during 2020 to ensure the continued success of Cork Stroke Support. We will continue to advocate for stroke survivors and their families, we will continue to ensure that Cork Stroke Support will be a member centric organisation and we will position ourselves to be a driving force, with a great team and source of information, solutions and innovative responses to achieving a better way for stroke survivors and their families.

2020 has been devastating for us all, but particularly for stroke survivors and their families, but it also showed how resilient and positive our members are and it is the resilience and enthusiastic engagement that motivates us to continue and expand. I look forward with hope to 2021 and beyond and by working together going forward, we will become that driving force, we will be stronger, we will be better and we will build a future with Fewer Stroke and Better Lives for Stroke Survivors and their families.

Dan Cronin
Chairperson

Charity Information

Cork Stroke Support

Registered Address:

Unit 3B Oak House, Riverview Business Park, Besboro Road, Blackrock. T12 A9YX.

Revenue Registered Charity Number: CHY 20796

Registered Charity Number: 20082772

Management Committee:

Mr Dan Cronin	CSS Chair
Ms Anita Ryan	Vice Chair
Ms Carmel Kilcommons	Secretary
Mr Cormac Harte	Treasurer
Dr Mary J. Foley	Programme Co-ordinator
Mr Michael Smithers	Committee
Ms Eileen Hourigan	Committee
Ms Maureen Johnson	Committee (Education Lead)
Mr John Cronin	Committee (Fundraising Lead)
Ms Ann Desmond	Committee (Advocacy Lead)
Ms Aisling Doyle	Committee
Ms Liz O'Sullivan	Committee
Mr Liam Kelleher	Committee
Ms Ann Flahive	Committee
Ms Ger Hodnett	Committee
Dr Irene Hartigan	Committee (Research Lead)

Independent Auditors & Accountant:

Whelan Accountancy, Kinvara House, Dublin Hill, Cork.

Bankers:

Allied Irish Bank PLC.

Our Vision, Mission and Values

Our Vision:

Fewer Strokes and Better Lives
for Stroke Survivors and their Families

Our Mission:

We will provide support, encouragement, information, exercise and enabling activities for stroke survivors and their families, and represent and respond to their needs.

Our Values:

The true foundation for success lies in an organisations culture and our values keep us focused and underpin everything that we do.



Compassion



Respect



Enablement



Supportive



Person Centred Care



Collaboration



Trust



Learning and Education

Our Strategic Priorities

PRIORITY 1

**Cork Stroke Support
Positioning & Collaboration**

PRIORITY 2

**Dedicated Premises for
Cork Stroke Support**

PRIORITY 3

**Increase Range of Stroke Support
Activities**

PRIORITY 4

Education and Information

PRIORITY 5

**Employ Coordinator
for Cork Stroke Support**

Our Membership

Due to covid restrictions in 2020, and our inability to facilitate indoor group sessions, we did not actively collect the annual membership fee. Our membership continues to grow despite the Pandemic. Our membership is just over 100 members. There are 84 members who receive weekly text messages and who are on our mailing list for the CSS quarterly newsletter 'Stroke Guardian'. There are 28 participants on a CSS members whatsapp group which maintains social contact, raises spirits and reduces isolation. Others use facebook as a means of communication.

New queries from stroke survivors and relatives continue to come into our stroke support phone. Our volunteer nurse facilitator Carmel and the team offer support, address information needs and signpost services. We recognize that It has been particularly difficult for everyone during covid visiting restrictions. We send best wishes to those who are in hospital or residential care settings with limited access to visitors.

Unfortunately, some of our dear friends passed away in 2020 without the send-off that we would like to have given them. We have fond memories of Michael Horgan, Harry McAuliffe, Terry Wainright, Dudley O'Driscoll and Anthony Holten. Anthony was our award-winning stroke champion and his words of wisdom will continue to influence CSS activities and underpin our person-centred, enabling philosophy. May they rest in peace and guide us from above.



Our Member Activities

2020 was a year none of us will forget. CSSG started the year with so much enthusiasm and planned events to celebrate our 10 year anniversary.

In January we celebrated the annual memorial Mass. In February weekly sessions of Tai Chi, Boccia and Choir practice continued as normal. A very successful and enjoyable table quiz was held in Nemo Rangers GAA hall with over 70 attending the event.

A Gala dinner was planned for November 2020 . Stroke Notes Choir were excited and planning several performances. Unfortunately like every other organisation , CSSG found itself facing into the unknown in March 2020 with all activities coming to a sudden halt.

The resilience of Stroke survivors shone through yet again with a member suggesting setting up a WhatsApp group to keep people in touch with each other and prevent people from feeling isolated and lonely. Committee members identified members living



alone who were cocooning. Essential items were delivered to those living alone.

As restrictions were reduced the outdoor walking group was recommenced. Small groups met in various locations

CSSG committed were aware that the group would need alternative accommodation to hold weekly meeting and we were delighted to avail of the Quaker Prayer centre. Two meeting were held in October but unfortunately, we again had to adhere to Covid guidelines as restrictions were put back in place.

We hosted a Zoom AGM in October which was well attended and it was great to see so many members faces again.

We look forward to a brighter 2021.

Our Fundraising Activities

Like all Charities, 2020 was a difficult year for fundraising, however, we adapted our strategy to allow us to continue to raise funds to help Cork Stroke Support survive. We are extremely fortunate and deeply grateful to our volunteers and donors who helped and supported us.

In February, a very successful table quiz was organised by Pat and Eileen Hourigan and their family. Over 40 tables were filled and the evening raised over €2,100.

In September, John Cronin our Fundraising Lead, undertook to walk 100KM over 5 days to raise funds for Cork Stroke Support and with the help of his brothers, Carmel, Ger and Gloria Kilcommons and Pat McCarthy, he walked just over 100KM and raised over €5,000. A great achievement and it was great to see the members of Cork Stroke Support walking with John on the final day and a special mention to Liam Kelleher who walked the final 6KM with John.



We were extremely grateful to a number of sponsors who donated to us over the year, but we would particularly like to thank the Lions Club who named Cork Stroke Support as one of their nominated Charities for 2020 and we are also very grateful to the Lottery for a grant of €4,000 received during 2020.

F

Facial
drooping

A

Arm
weakness

S

Speech
difficulties

T

Time
to call
emergency
services



Cork Stroke Support

Accounts

for year ended 31st December 2020

Accountants

Whelan Accountancy
Accountants
Kinvara House
Dublin Hill
Cork



Cork Stroke Support

Trading and profit and loss account for the year ended 31 December 2020

	2020		2019	
	€	€	€	€
Income				
Sales		22,272		33,157
Expenses				
One For All Vouchers	50		100	
Equipment Costs	-		800	
Insurance	721		721	
Cards and Tickets	(2)		182	
Catering	281		817	
Flowers	-		138	
Golf Classic	-		218	
Printing, postage and stationery	1,083		195	
Conference Costs	-		168	
Choir and Music Costs	-		170	
Telephone and fax	396		388	
Computer and Website Costs	-		683	
Hydro Therapy	-		1,750	
Yoga	100		150	
Outings	1,224		5,674	
Christmas Party	-		2,626	
Accountancy	500		500	
Bank charges	76		142	
Sundry expenses	(2)		(1)	
Subscriptions	100		165	
		<u>(4,527)</u>		<u>(15,586)</u>
Net profit		<u>17,745</u>		<u>17,571</u>

Cork Stroke Support

Balance sheet as at 31 December 2020

Notes	2020		2019	
	€	€	€	€
Current assets				
Cash at bank and in hand	<u>60,490</u>		<u>42,745</u>	
Current liabilities (note 2)				
Accruals	<u>500</u>		<u>500</u>	
Net current assets		<u>59,990</u>		<u>42,245</u>
Total assets less current liabilities		<u>59,990</u>		<u>42,245</u>
Capital account				
Brought forward at 1 January 2020		42,245		24,674
Profit for the year		<u>17,745</u>		<u>17,571</u>
		<u>59,990</u>		<u>42,245</u>

I approve these accounts and confirm that I have made available all relevant records and information for their preparation.



Dan Cronin
Chairperson

Cork Stroke Support

Notes to the accounts for the year ended 31 December 2020

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention modified when necessary to include the revaluation of certain fixed assets.

1.2. Sales

Sales represents the total invoice value, excluding value added tax, of sales made during the year.

1.3. Leasing

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

2. Current liabilities

	2020	2019
	€	€
Accruals and deferred income	500	500



Cork
Stroke
Support

Cork Stroke Support Centre,
3B, Oak House,
Riverview Business Park,
Bessboro Road,
Blackrock,
Cork.
T12 A9YX