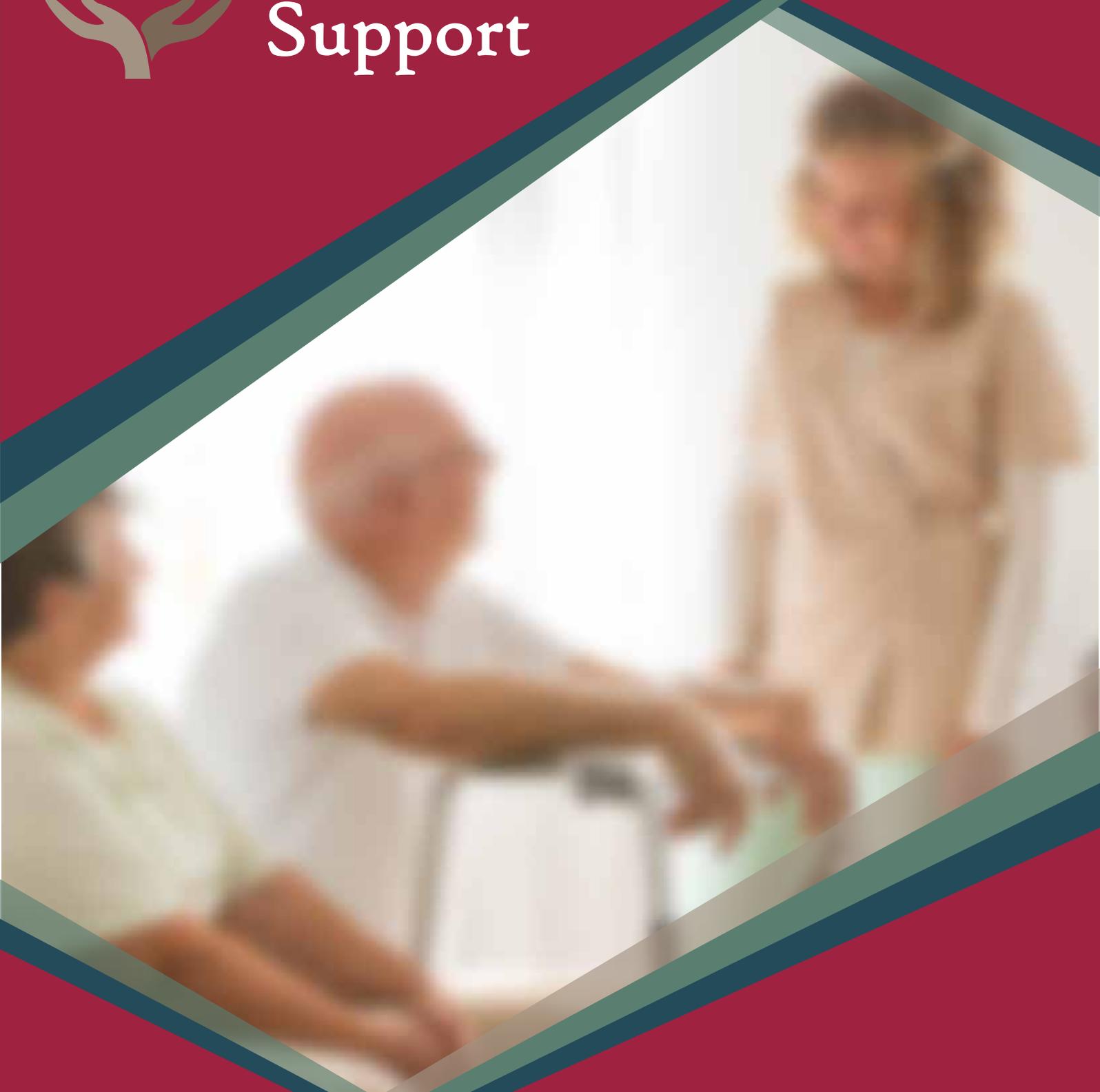




Cork Stroke Support



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

ANNUAL REPORT

2021

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Chairperson's Report

It is my pleasure to present to you on behalf of the management committee our annual report for 2021. If 2020 was a year we would never forget for all the wrong reasons, 2021 was a year that we will never forget for all the right reasons. It was a year which in which history was created for Cork Stroke Support and our members. It was a year that brought out the best in everyone across the community and allowed us to continue to build and increase our services and activity.

Even though the pandemic continued to challenge us in the early part of the year, I have to acknowledge the work of our wonderful management committee who worked tirelessly to ensure that we stayed operational as we continued to try and achieve our strategic priorities for Cork Stroke Support.

One of our strategic priorities was to find a permanent home for Cork Stroke support and the first quarter of the year was spent searching for a premises that would be suitable for our needs and development. On the 1st of June 2021 we signed a 10 year lease on a premises in Blackrock. Part one of this priority was achieved, now we had to make it fit for purpose. Local businesses, volunteers and supporters rallied and helped us turn the building into a warm, soothing welcoming home.

History was again made on the 29th October 2021 - World Stroke Day, when The Cork Stroke Support Centre was officially opened by the Lord Mayor of Cork, Cllr. Colm Kelleher, in the presence of our members, colleagues, supporters and stake holders. It was a proud day for myself and the management committee and indeed for all the members of Cork Stroke Support.

During 2021, we undertook a complete rebrand and thanks to our design team we developed our new brand identity. We also undertook a complete overhaul of our website and I wish thank and acknowledge the great work of Susan Foley, Fiona O'Brien, Holly Carey and Kevin Costello.

Our dedicated management committee will continue to develop plans for the future. It was a long road that couldn't have been achieved without the teams of volunteers, the individual and corporate sponsors and our members and their families, who will inform and shape the services we will offer at The Cork Stroke Support Centre into the future.

Another piece of history was created in 2021 when we achieved another of our strategic priorities and hired our first full time employee. Feena McGrath joined our team as Cork Stroke Support Administrator and she has become a major asset to our charity, managing the day to day running of the centre and working with the various committees to plan for the future of Cork Stroke Support.

One of the other major decisions we made during 2021 was to change our set up from an organisation to a company limited by guarantee. We started the process in the last quarter of 2021 and I am delighted to say that we have now a board of directors who have volunteered their time to help us. One of the main roles of the board will be to oversee the governance and strategic plan and to ensure that it is developed in line with the mission, vision, and values of Cork Stroke Support.

I wish to thank and acknowledge the HSE for their support during 2021. In the latter part of the year we put a proposal to develop a Stroke Day Service for Cork and I wish to thank the HSE for their support and funding which will allow us to begin a stroke day service in Cork in the first quarter of 2022.

Finally, I would like to acknowledge and thank our wonderful committee, the amazing volunteers and the fantastic executive committee for your work and dedication to Cork Stroke Support. Your commitment and unfailing energy to the members of Cork Stroke Support is truly appreciated. We look forward to 2022 with hope and excitement.

Dan Cronin
Chairperson

Charity Information

Cork Stroke Support

Registered Address:

Unit 3B Oak House, Riverview Business Park, Besboro Road, Blackrock. T12 AKA4.

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/Clinical Advisor
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)

Ms. Feena McGrath Administrator

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

Our membership continues to grow despite the Pandemic. Our membership is just over 120 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 40 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. The amount of referrals from CUH and CMUH have also increased during 2021. Our volunteer nurse facilitator Carmel and the team offer support, address information needs and signpost services.

We still recognize that It has been particularly difficult for everyone during covid however, during 2021, we were able to increase the amount of activities for our members.



Remembrance Mass

In September , Fr D.J. Ryan, celebrated mass in St Josephs Church, Wilton in memory of CSS members who passed away in the previous 18 months. As they died during covid restrictions, many did not get the send off they deserved. With fondness, we remembered Anthony Holten, Finbarr O'Shea, Dudley O Driscoll, Harry McAuliffe, Terry Wainwright, Michael Horgan and Dermot O Flynn and Philomena Coakley . May they rest in peace.

Thanks to Patricia Kelleher and Michael Smithers who provided the music and singing for the mass. Light refreshments were provided in Wilton Community Centre and it was a joy to see so many members back together again.

Our Member Activities

Covid restrictions dominated much of 2021 and engagement between CSS members was largely by telephone and whatsapp group messages. Carmel was at the end of the CSS phone and kept in touch with the more vulnerable members. CSS quarterly newsletter 'Stroke Guardian' supports our mission which is to 'provide support, encouragement, information and enabling activities for stroke survivors and their families and represent and respond to their needs'.

In May, volunteers and members took advantage of the fine weather to meet outdoors and the Walk group recommenced weekly meetings for walks and mandatory tea/coffee and chats. While some sat on park benches to chat, others got their steps in and used the outdoor gym equipment. Some even burst into song, reminiscing on pre-covid times when stroke notes choir sessions and singalong sessions were a regular occurrence.



Mary J. organised an outing to Blarney Castle Grounds which offers free access to anyone with a disability. The afternoon tea in the Stable Yard Café was a welcome treat and an opportunity to catch up with friends.

In November activities commenced 2 days each week and included tai-chi, yoga, and information sessions from Pharmacist Edel Burton and Occupational Therapist Martina Agar. Covid

numbers increased in December and group activities stopped for a few weeks. Feena put up festive decorations, organised food and musical entertainment to cater for 3 small group parties. A good time was had by all.

CSS activities in 2021 would not be possible without the support of our volunteers Anita Ryan, Anne Mulqueen, Carmel Kilcommons, Ger McCarthy, Ger Hodnett, Eileen Hourigan, Mary Coakley, Mary J. Foley and Sandra Livermore. The recruitment of Feena McGrath as fulltime administrator, makes possible the planning of a 5 day programme of activities in 2022. As always, the interests of stroke survivors and family members will shape what is provided in the centre. Details of CSS activities and organisational structure can be found on the CSS website www.corkstrokesupport.ie. The future for the Cork Stroke Support Centre is very exciting and we are committed to expanding and improving services for those affected by stroke.



Our Fundraising Activities

Like all Charities, 2021 continued to be 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, we ran the first annual Steps for Stroke Challenge and asked our supporters to do 300,000 steps during the month of February. This was very successful and raised over €8,000.

We were delighted that 4 second level students took up the challenge of walking 42km in 6 hours to raise money for Cork Stroke Support. These fantastic girls raised over €2100.

Ciaran Adams undertook a run challenge in March and raised over €1200 and Maureen Johnson organised a "Tea Party" (wasn't really tea!) and raised over €800.



One of the highlights was our Fundraising lead John Cronin doing a sponsored head shave. John raised over €1600 in having his head shaved.

In September we ran our annual "Stroke for Stroke" Golf classic, which is sponsored by The Carbon Group where over 40 teams competed at Mahon Golf Course. The golf classic raised over €6,000 and we would like to thank all the teams and sponsors. We were delighted to receive various grants and donations over the course of the year and we are

truly indebted to volunteers and sponsors. We must also acknowledge the HSE for their support with grant aid during 2021.



Our Official Opening

The official opening of the Cork Stroke Support Centre on the 29th of October World Stroke Day, is the standout memory for all involved. It was officially opened by the Lord Mayor of Cork, Cllr. Colm

Kelleher, in the presence of our members and invited guests. It was a culmination of hard work and dedication from the members, the committee, and volunteers. It was a dream realised by the founding members and all who contributed to its development over 10 years. The excitement on the day was contagious. This was most strongly felt by stroke



survivors and families who were overawed in relation to what had been achieved, a dedicated stroke support premises that would enhance their quality of life and reduce the impact of stroke.

The Cork Stroke Support Centre has formalised a referral pathway from hospital and community services and all new referrals are offered an individual follow-up consultation with nurse. There is now easy access to

professional and peer support activities, education, exercise, counselling, musical entertainment and social engagement for stroke survivors and family members. The newly recruited full-time administrator has a central role in coordinating activities and management of the centre.





Cork Stroke Support

Accounts

for year ended 31st December 2021

Accountants

Whelan Accountancy
Accountants
Kinvara House
Dublin Hill
Cork



Cork Stroke Support Group

Trading and profit and loss account for the year ended 31 December 2021

	2021		2020	
	€	€	€	€
Income				
Sales		137,087		22,272
Expenses				
Wages and salaries	1,500		-	
Staff training	420		-	
One For All Vouchers	206		50	
Rent payable	20,201		-	
Insurance	1,071		721	
Repairs and Maintenance	2,748		-	
Cards and Tickets	-		(2)	
Catering	2,830		281	
Flowers	50		-	
Printing, postage and stationery	3,164		1,083	
Choir and Music Costs	60		-	
Telephone and fax	526		396	
Computer and Website Costs	368		-	
Yoga	-		100	
Outings	-		1,224	
Christmas Party	550		-	
Consultancy fees	500		-	
Accountancy	2,698		500	
Bank charges	406		76	
Sundry expenses	149		(2)	
Subscriptions	-		100	
Depreciation on FF & Equipment	3,934		-	
		<u>(41,381)</u>		<u>(4,527)</u>
Net profit		<u>95,706</u>		<u>17,745</u>

Cork Stroke Support Group

Balance sheet as at 31 December 2021

	Notes	2021		2020	
		€	€	€	€
Fixed assets					
Tangible assets	2		15,736		-
Current assets					
Cash at bank and in hand		143,158		60,490	
Current liabilities (note 3)					
Accruals		3,198		500	
Net current assets			139,960		59,990
Total assets less current liabilities			155,696		59,990
Capital account					
Brought forward at 1 January 2021			59,990		42,245
Profit for the year			95,706		17,745
			155,696		59,990

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 Group
Notes to the accounts
for the year ended 31 December 2021

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. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings
and equipment - 25% Straight Line

2. Tangible assets

	Equipment	Total
	€	€
Cost		
Additions	19,670	19,670
At 31 December 2021	<u>19,670</u>	<u>19,670</u>
Depreciation		
Charge for the year	3,934	3,934
At 31 December 2021	<u>3,934</u>	<u>3,934</u>
Net book values		
At 31 December 2021	<u><u>15,736</u></u>	<u><u>15,736</u></u>

3. Current liabilities

	2021	2020
	€	€
Accruals and deferred income	<u>3,198</u>	<u>500</u>



Cork
Stroke
Support

Cork Stroke Support Centre,
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Riverview Business Park,
Bessboro Road,
Blackrock,
Cork.
T12 AKA4