

**WOKING STROKEABILITY – APPLICATION FOR FINANCIAL ASSISTANCE**

<b>Executive Summary</b>	
<p>Woking Strokeability is a small Charity set up to assist stroke survivors and help their carers. The purpose of Woking Strokeability is to provide support, aerobic and aqua aerobic exercise with qualified instructors and social events for stroke survivors and their carers.</p> <p>The Group has applied for revenue funding of £1,000 in the coming financial year to cover the costs of providing transport for Members of the Charity.</p> <p>In view of the excellent service provided by the Charity to people within the Borough who have suffered strokes, along with their carers, through the provision of weekly aerobic exercise and social activities, it is recommended that a grant of £1,000 be awarded for the coming year. The funding is to be used to offer free transport to members travelling to and from exercise sessions at either the Leisure Centre of the pool at Woking Homes.</p> <p>In considering the application, it is noted that the Group does not currently have a reserves policy. It is therefore proposed that the Group is advised to work with the Council’s Community Development Team to establish a Reserves Policy for the Organisation.</p>	

<b>Recommendations</b>	
The Executive is requested to:	<b>RESOLVE That</b> a grant of £1,000 be awarded for 2020/21 towards the costs of offering free transport to members travelling to and from exercise sessions at either the Leisure Centre of the pool at Woking Homes.
Reason for Decision	Woking Strokeability provides a valued service to stroke sufferers through its exercise and aqua aerobics sessions held in the community.
Legal Authority	S19 (Misc. Provisions) Local Government Act 1976
Conditions	<p><b>Accounts.</b> The Organisation must submit accounts for the year in which the grant is awarded, including an income and expenditure account and balance sheet. Please note that accounts for other years may also be required.</p> <p><b>Monitoring Information.</b> The Organisation must submit quarterly monitoring information as a measure of its achievements. Failure to provide details will jeopardise the award. E-mail requests will be sent to the applicant on a quarterly basis.</p> <p><b>Publicity.</b> Where possible, the Organisation is required to publicise the support received from Woking Borough Council, including on websites and literature / leaflets produced.</p> <p><b>Payments.</b> Unless exceptional circumstances exist all invoices must be received quarterly with monitoring information for the previous quarter.</p> <p><b>Payment Period.</b> Final quarter claims must be made by the second</p>

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	<p>week in April. Unclaimed awards will not be available at a later date unless exceptional circumstances can be demonstrated to the Council before the end of the award year.</p> <p><b>Joint Working.</b> WBC expects the Organisation to engage positively on health and wellbeing multi-agency joint work affecting Woking. Groups which refuse may place their Council support at risk, e.g. grant, concessionary rent and other assistance.</p> <p><b>Homelessness Reduction Act 2017.</b> Following the introduction of new legislation from April 2018, the Council expects the support of partner agencies in identifying people at risk of homelessness as early as possible to maximise the opportunities to prevent such. Partner agencies / organisations are expected to be engaged in joint working arrangements to assist in finding suitable housing and support solutions, and where appropriate to undertake and respond to the new 'duty to refer'. Groups which do not support this new legislation and way of working positively may put their Council support at risk.</p> <p><b>Reserves Policy.</b> The Group is advised to work with the Council's Community Development Team to establish a Reserves Policy for the Organisation.</p>
Performance Indicators	<p><b>Users.</b> The Organisation to provide a breakdown of the users.</p> <p><b>Activities.</b> The Organisation to provide details of activities and events held.</p> <p><b>Publicity.</b> The Organisation to advise how the Council's support has been publicised.</p>
Future Support	<p>The financial pressure on the Council's budgets is expected to continue in the coming years and accordingly the overall level of support available in future years may be reduced. The applicant is therefore to be advised that the award of funding for 2020/21 does not imply that a similar application in 2021/22 would be supported. In particular, it is emphasised that the Council is unlikely to be in a position to award any sums above the 2020/21 levels.</p> <p>In view of this, the applicant is to be advised to ensure that contingency plans for the Group's operations for 2021/22 have been drawn up in the event that the Council is unable to continue its support beyond April 2021. All applicants are strongly recommended to pursue alternative sources of funding and are encouraged to approach Woking Borough Council's Community Support Team for advice and support.</p>

**The Executive has authority to determine the above recommendations.**

### Background Papers:

2020/21 Application Form.

### Reporting Person:

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### **Contact Person:**

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### **Portfolio Holder:**

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### **Date Published:**

18 February 2020

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<b>1.0 Summary of Application</b>	
1.1 Status and Aims	<p>Founded in November 2003, Woking Strokeability is a club providing aerobic exercise and aqua exercise for stroke survivors and those with similar disabilities such as multiple sclerosis, car accident victims, brain damage, etc. The exercises cater for all ages and are supported by carers. Exercises involve endurance, strength and resistance training as well as co-ordination skills to help promote mobility and flexibility.</p> <p>The Charity provides access to aerobic and aqua aerobic exercise with qualified instructors and social events for all. Included in the aims of the Charity are the restoration of confidence and fitness, helping with getting limbs moving as much as possible. Carers also benefit from the support and benefit from the contact with fellow members.</p>
1.2 Employees	None.
1.3 Volunteers	25. All management of the charity is done by volunteers. In addition, the volunteers assist in the gym and pool, and with transport, fundraising, companions on outings etc. Much of support is carried out by family members.
1.4 Clients/Users	None.
1.5 Members	<p>50, comprising:</p> <p>30 male</p> <p>20 female</p> <p>50 disabled</p> <p>0 ethnic minority</p> <p>44 resident in Woking</p> <p>0 aged 0-5</p> <p>0 aged 5-10</p> <p>0 aged 11-18</p> <p>40 aged 19-65</p> <p>10 aged 65+</p>
1.6 Sum Requested	£1,000 (Revenue)
1.7 Project	<p>Most of members are disabled and do not drive; they require transport to gym and pool sessions; also for outings and other social events. It is not always possible for their family members or carers to fulfil this role and the Charity is seeking to be able to offer financial support for specialist transport or taxis. As all members have individual mobility problems, the applicant feels it is essential that they should be able to participate as fully as possible in therapeutic exercise and social contact without financial constraints.</p>
1.8 Cost breakdown:	The amount requested is based on an average return cost of £25,

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	enabling the Charity to offer funding for 40 journeys per year.
1.9 Community Benefit	<p>The Group's efforts make a significant improvement to the quality of life of those accessing their services by helping to keep their minds and bodies healthy.</p> <p>As many as 10 people could benefit from specialist transport over the year, maybe 40 journeys.</p>

<b>2.0 Financial Background</b>	
2.1 Budget	<p>At the time of the application, the Group held £16,000 in the bank. This equates to one year's expenditure and thus would allow the Group to continue running the charity. Normal annual income covers outgoings. This accrued balance is the result of small annual excesses and intensive fundraising.</p> <p>The Group has submitted a budget for 2020/21 which shows an anticipated income of £15,500 against an anticipated expenditure of £14,500, resulting in an anticipated surplus of £1,000.</p> <p>Anticipated income includes subscriptions (£5,500), donations and fundraising by members (£4,000), other donations (£3,000), and social events (£3,000). Items of expenditure include professional fees (£6,000), venue hire (£4,000), office costs (£1,500), and social events (£3,000).</p>
2.2 Accounts	The Group has submitted accounts for 2017/18 (up to October 2018) which show an income of £18,812 against expenditure of £13,567, resulting in a surplus of £5,245. The sum of £15,305 was carried forward at the end of the 2017/18 year.
2.3 Support over the past five years	The Group has not applied recently for funding from Woking Borough Council. In 2013 the Group sought three year tapered funding of £1,600 in 2014/15, £1,200 in 2015/16 and £800 in 2016/17 to enable fundraising activities to be carried out and to contribute to the weekly exercise and aqua aerobics sessions being held. The application was not supported but the Council agreed to explore with Freedom Leisure whether a discounted rate could be offered to the Group for use of the facilities available.

<b>3.0 Assessment of Application</b>		
3.1 Key Information	<ul style="list-style-type: none"> <li>○ Constitution</li> <li>○ Registered Charity</li> <li>○ VAT Registered</li> <li>○ Equal Opportunities Policy</li> <li>○ Safeguarding Policy</li> <li>○ Reserves Policy</li> <li>○ Quality Mark</li> </ul>	<ul style="list-style-type: none"> <li>Yes</li> <li>Yes</li> <li>No</li> <li>Yes</li> <li>Yes</li> <li>No</li> <li>No</li> </ul>

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	<ul style="list-style-type: none"> <li>○ Other funding sources pursued</li> <li>○ Other support by the Council</li> <li>○ Fundraising</li> <li>○ Two quotes</li> <li>○ Regular monitoring provided previously</li> </ul>	<p>No</p> <p>No</p> <p>Yes</p> <p>N/A</p> <p>N/A</p>
<p>3.2 Consultee Comments</p>	<p><u>Jade Buckingham, Health and Wellbeing Manager</u></p> <p>I am in support of this application as I know that transport can often be a barrier for people accessing a variety of services and with the addition of being effected from having a stroke, getting out and about and accessing beneficial services such as swimming and physical activity sessions that Strokeability provide, specific transport is essential.</p> <p>The Charity is run purely by volunteers and with this additional funding, they can ensure that the service is still available to stroke survivors who benefit greatly from keeping active and being social.</p>	
<p>3.3 Assessment</p>	<p>Woking Strokeability is a group set up to assist stroke survivors and help their carers. The Charity provides aerobic exercise and aqua exercise for stroke survivors and those with similar disabilities such as multiple sclerosis, car accident victims, brain damage, etc. The exercises cater for all ages and involve endurance, strength and resistance training as well as co-ordination skills to help promote mobility and flexibility.</p> <p>The Charity seeks to restore confidence and fitness, helping with getting limbs moving as much as possible. Carers gain support and benefit from the contact with fellow members. As well as therapeutic exercise, the Charity arranges outings and social events such as meals out, sailing and theatre trips.</p> <p>The Charity has the exclusive use of a room at Woking Leisure Centre on a Saturday afternoon for exercise sessions led by a specialist instructor who has experience and training in the rehabilitation of stroke victims. Exercises can be carried out in a wheelchair or sitting down. After a warm up session, members can use the specialist equipment, have personalised directed exercise or make full use of the wide range of standard gym equipment available.</p> <p>On Tuesday mornings, the Charity has the sole use of a heated pool at Woking Homes that goes from approximately 2-5 feet deep. The pool is equipped with a disabled changing room and hoist for those who need help getting into the water. An instructor leads activities in the water and members who need support can be joined by their carer in the water.</p> <p>The Charity has not made any other application for funding in the coming year and does not expect to receive any external funds. However, fundraising activities are undertaken and the Charity has held a race night, coffee/cake morning and bingo night.</p> <p>The social events held by the Charity are self-funding, although on occasion a contribution is made when an individual member has money problems. In the past couple of years, events have included river trips, sailing on the Solent, dinghy sailing at Send, outings to the</p>	

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Woking Beer Festival, and a steam train trip.

Woking Strokeability provides an excellent service to people within the Borough who have suffered strokes, along with their carers, through the provision of weekly aerobic exercise and social activities. The Group is largely self-supporting, maintaining a reasonable level of reserves and covering revenue costs through subscriptions and donations. The funding requested will allow the Charity to offer free transport to members to and from the exercise classes at Woking Leisure Centre and the pool at Woking Homes.

It is recommended that the Group is supported for the coming year, and that a grant of £1,000 is awarded towards the costs of transporting members. The award represents revenue funding and the Group is to be advised that support for 2020/21 does not imply that future applications for support will necessarily be supported.

REPORT ENDS