

# Redway Runners - AGM

17 May 2023 19:30 to 21:00

*Cruck Barn, New Bradwell & via Zoom*

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Redway Runners

## Chair's Comments (Martin Lawrence)

When I start to put together this report, I often think it feels like not too much happened over the last year, then I look back at the list of things we have done as a club and feel a bit in awe of everything we have achieved as a club in the last 12 months.

The year from 1 April 2022 to 31 March 2023 feels like 'The Dust settled from the COVID Years'. It was a chance for us to see what we had changed in the new world. Lots still the same, but in other ways lots has changed.

This is also a time of year where we are working on the renewals of membership and that means a time that get literally hundreds of mails about it, the one thing that comes across is the positivity about the club, even from those who are not renewing, often about how this miss it due to injury or having moved away – guess it is too easy to take what we have for granted.

The club only all happens because so many give up time for free to support in so many ways – but more on that later.

I have tried to list the big things for the club below, with our courses, races/events, trips all being a key part of the club year alongside our 'bread and butter' of holding club runs and on an average week we have over 30 runs a week.

But, a lot of the work goes on behind the scenes to make the club, better for our members and one big example from the last year is the club has heavily invested, both in time and funds, in improving our First Aid provision, from a suggestion at last year's AGM about the club buying a De-Fib, we have not only invested in one, but a fully trained Michelle in leading First Aid courses for the club and the first two courses have been delivered to our run leads, with more planned this year.

Also behind the scenes we have done a lot of work to meet the new England Athletics 'club standards' this has meant us reviewing and implementing a whole host of policies that we work with.

It is an honour that the club has been nominated for three awards last year and we won SportMK 'club of the year' and runners up for the other two, this is great recognition of the club's work.

David Rose has decided not to stand for the Press Officer role for the next year on the club committee, I would like to thank him for all the work he has done for the club.

## Highlights

Some of the many highlight items from last 12 months

### Club Trips

Club trips to:

- Fuengirola and Malaga
- The Hague for Zuiderpark parkrun and races, 53 do the Zuiderpark parkrun, 63 travel
- Warner's Hayling Island, 12 travel
- Krakow club trip to parkrun and Night 10K

### **parkruns**

Road Trips to:

- Banbury parkrun Road Trip, 9 travel
- Houghton Hall parkrun road trip, 46 attend
- Kettering parkrun road trip – 25 travel
- Pocket parkrun Road Trip
- Rushmere parkrun Road Trip – New Year's Day

Special parkruns with

- TUTU day at parkrun (22 Oct 22)
- Big Green Food Bank parkrun

### **Behind the Scenes**

AGM, in person and Zoom, 26 attend

Complete EA Standards

Decathlon Happy Hour evenings

Google Sheet introduced for club run numbers

London Marathon, 2 coaches, at least 45 Redway Runners take part

New Balance race kit launches on-line

Policies page introduced to club website with all policies in one place.

Welfare officers increased to four.

Who racing where web page launched.

Club purchase defib and training items

Club purchase two event shelters

### **Club races/Events**

Beat the Barge – sold out, raises £1,000 for charity.

Furzton Relay – 51 teams enter.

4th Old Money Run and 120 take part

MK24 – 850 laps completed in 24 hours.

Santa Saunter – sold out 200 places.

### **Special Event runs**

Two Charity Breakfasts raise £500 and £450.

Drama run – 63 take part.

First TRI-@-RUN

Green National, Final Furlong, special event run, 56 take part.

Review of the Year run.

Run with the Animals.

Treasure Hunt Run.

### **Courses**

Moving On Up to Marathon course

Beginner's Course

Need For Speed

Move On Up to 10K

Improve Your Running course

Improve Your Running Performance, 4 week Track course

Strength and Agility on track

### **In the News**

BBC Three Counties interview on New Years Eve about last runs of the year

BBC Three Counties radio interview, about club and award

On the BBC News on-line for the Food Bank collection

### **Awards**

Nominated for 'Mayors Award' came runner up

Runners Up Club of the Year, EA South East Volunteer Awards

SportMK Club of the Year Award

### **Helping Charity**

Donated £4,988 for MKAct club charity to 31 March 2022

Voted Willen for 2022/2023

Food Bank Run – collect at club runs, parkruns and Cross Country – delivered 5 cars with food with 1,000 items

### **Training**

First club First Aid training delivered in-house.

Trainer the Trainer First Aid course for MGB so can deliver club training (club paid for course)

Club funded many LiRF and CiRF courses for run leads

### **Socials**

Bistro Live Social

Christmas Party, Brewhouse

Social at Spoon

### **Other**

Cross Country Season - stay in Division 1

### **Redway Runners 100% volunteers**

Redway Runners is completely run by volunteers and the club is only so successful with the support of so many people who all give up their time for free, I would love to list everyone but so many and bound to miss some, but you know if you have helped and if that is you thank you. So, from the committee members, to run leads to event organising groups then so many other people who help in so many ways

It is easy to think with a big club that we have big teams managing and maintaining the club, the truth is that is not the case and often we are desperate for help. If you can help or have an idea for the club please get in touch, just mail [rr@redwayrunners.com](mailto:rr@redwayrunners.com)

## A MASSIVE THANK YOU

### Plans for next year

For the year ahead we have several key things we will be working on in the club as well as delivering 'business as usual' with runs in the club, special event runs and a full programme of club events

- Implement the 'Brighter Redway Runners' with the new colour green.
- Review and improve Beginner's courses.
- Provide further First Aid training to run leaders and key helpers.
- Launch the new Podcasts.
- Introduce Redway Runners news stories.
- Migration to Love Admin V2 seems to finally getting close.
- Deliver a full programme of Races and Events.
- Green World Map

### What our members said

We asked our members about the last year with the club this is what they said:

Michelle Bella

*It was the starting point to finding myself again doing what I loved.*

Marion

*I would like to thank everyone at RR for making me feel so welcome to your club. I joined the beginner's session over a year ago and have continued to run whenever I can - there's always a session to go to, and being able to run with such an inclusive group has made such a difference to my life. Everyone goes out of their way to offer encouragement and support and it is super friendly. I have made a new group of friends and there is always one or two familiar faces at the sessions.*

*I wanted to write to say a big thank you too each and every one of you.*

Helen Riddy

*I know the club relies on volunteers, but I said recently that the club is like a safety net.*

*Our running mojo has been well and truly lost and we have planned to go to so many of the club runs since January but only actually made two in the last few weeks.*

*Knowing the club is there and that it's so welcoming and inclusive is like having a good friend that you may see all the time, or can only pick up with when life allows, but you know they are there and will always have your back.*

*Thank you, Martin, and everyone involved in giving us that.*

Redway Runners



## The Year in review

### April 2022

Pocket parkrun Road Trip

First TRI-@-RUN

Krakow club trip to parkrun and Night 10K

Who racing where web page launched

### May 2022

MK Marathon weekend 384 Redway Runners finish (Rocket, Half, and full marathon)

Welfare officers increased to four

Beginner's groups start (x6)

Improvers courses start (x3)

Decathlon Open Evening

AGM, in person and Zoom, 26 attend.

Constitution changes agreed.

Charity raised £4,988 for MKAct and elected Willen for 2022/2023

Club UK Trip Warner's Hayling Island, 12 travel.

Club trip Fuengirola or Malaga announced.

Houghton Hall parkrun road trip, 46 attend.

### June 2022

Green National, Final Furlong, special event run, 56 take part.

MK24 – 850 laps completed in 24 hours.

Greensands Ridge Relay, two teams, Jen wins first solo lady.

Autumn Moving On Up to Marathon course launched and starts.

Beat the Barge Launched

New Balance Race kit website launched.

Willen Hospice meeting, club charity of the year partnership

Race Number Magnets added to club store.

Trainer the Trainer First Aid course for MGB so can deliver club training (club funded)

Club purchase two event shelters

Club purchase defib and training items

Pop Up shop – Clothing sale – uncollected kit

## July 2022

Newport Pagnell Carnival 5K, 83 take part.

Furztön Relay – 51 team enter.

New Balance race kit launches on-line.

Graduation for beginners and Improvers

Kettering parkrun road trip – 25 travel.

Policies page introduced to club website.

## August 2022

Beat the Barge – sold out, raises £1,000 for charity.

Charity Breakfast raises £500.

New 6789 run starts.

TRI-@-RUN – 22 take part.

Old Money run launched.

Special Event run – Newport – Charity coffee morning, with Deputy Mayor and civil War society

## September 2022

Google Sheet introduced for club run numbers.

Strength and Agility on track, 6-week course starts with 37 week one

Beginners, Need For Speed, Improve Your running and Move On Up to 10K courses all start.

Held 4<sup>th</sup> Old Money Run and 120 take part.

Banbury parkrun Road Trip, 9 travel.

Charity Breakfast run raises £400 for club charity.

Helen Wiggins and Andy Riddy wedding

## October 2022

London Marathon, 2 coaches, 45 Redway Runners take part, probably more.

Decathlon Happy Hour evening

Wellness day stand at OU.

Cross Country season starts, Oxford 29 take part.

Drama run – 63 take part.

TUTU day at parkrun (22 Oct 22)

Announce club trip 'The Hague'.

Free Salt Sticks for members

Nominated for club of the year with EA.

Club trip Fuengirola and Malaga

## **November 2022**

Launch Move On Up to Marathon Spring 2023

Club Trip part 2 – Malaga Half Marathon

Cross Country race 2

Graduation parkrun – Beginners, Need for Speed and Improve your running.

Dirt Half Challenge, 2<sup>nd</sup> team award, 49 Redway Runners finish.

Cyprus Challenge – 9 take part.

Runners Up Club of the Year, EA South East Volunteer Awards

## **December 2022**

BBC Three Counties radio interview, about club and award

SportMK Club of the Year Award

Cross Country match 3

London Marathon Draw, Ship Ashore and Facebook live, 4 club places.

MK Winter half 136 take part

Christmas Party, Brewhouse

Run with the Animals

Santa Saunter – sold out 200 places.

BBD Three Counties interview last run of the year.

Full Timetable for Xmas and New Year

Review of the Year run.

## **January 2023**

Rushmere parkrun Road Trip – New Year's Day

Launch of 'Every Run Counts' Redway Runners one of 17 clubs for Pre-launch

Need For Speed Starts

Improve Your Running course starts.

Six Beginners groups start.

Complete EA Standards

Decathlon Open Evening

Launch Gdansk club Autumn club trip.

## February 2023

First club First Aid training delivered in-house.

Explore another New Balance order window.

Nominated for 'Mayors Award' runner up.

Food Bank Run – collect at club runs, parkruns and Cross Country – delivered 5 cars with food with 1,000 items

On the BBC News on-line for the Food Bank collection

Social at Spoons

Big Green Food Bank parkrun

Treasure Hunt Run

## March 2023

Improve Your Running Performance, new 4-week course on the Track

Club Trip 'The Hague' for Zuiderpark parkrun and races, 53 do the Zuiderpark parkrun, 63 travel.

Start Podcast planning

Renewals start

Beginners Graduation

Need for Speed Morning of the PBs

Improve Your Running Graduation

New Saturday morning Intervals run.

Launch two May 2023 beginner's courses.

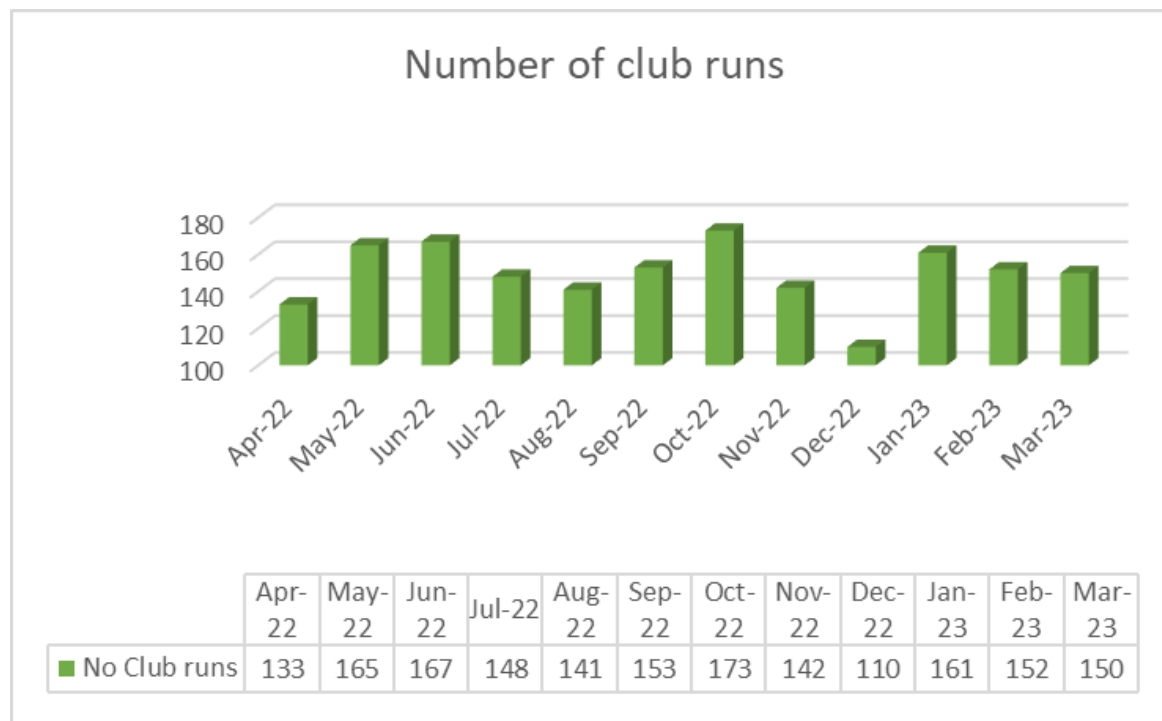
Bistro Live Social

## Facts and Figures

Some key statistics of the year

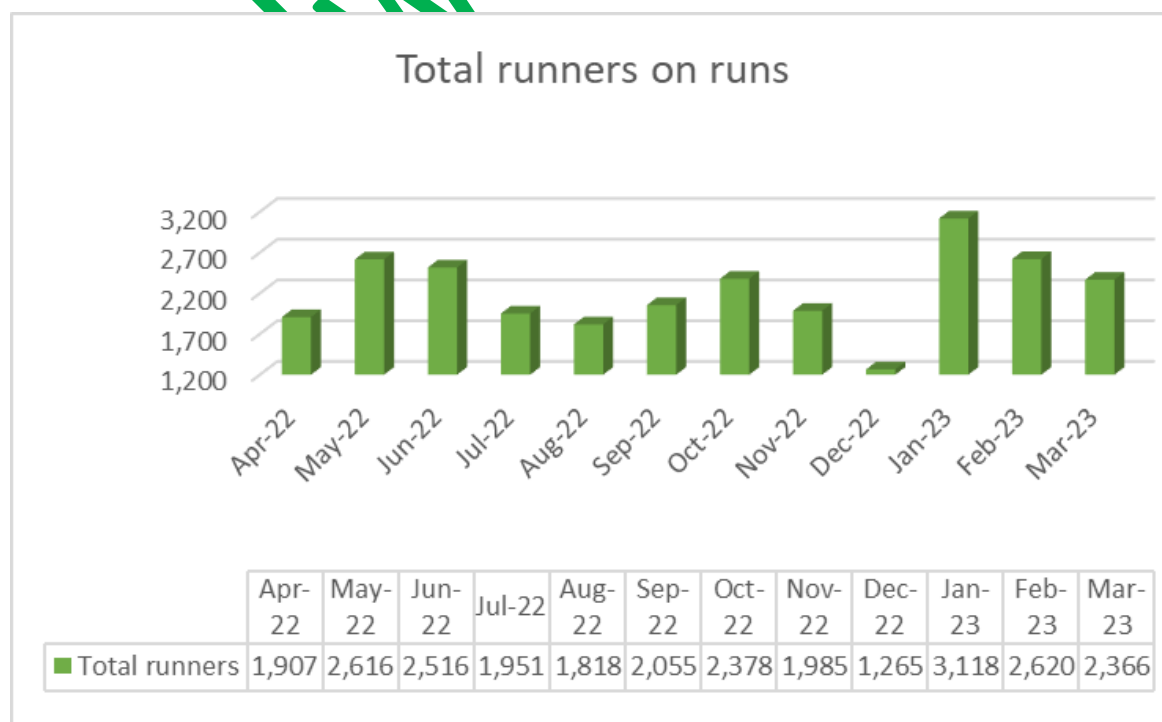
### Number of Club Runs

Over the year we held 1,795 club runs.

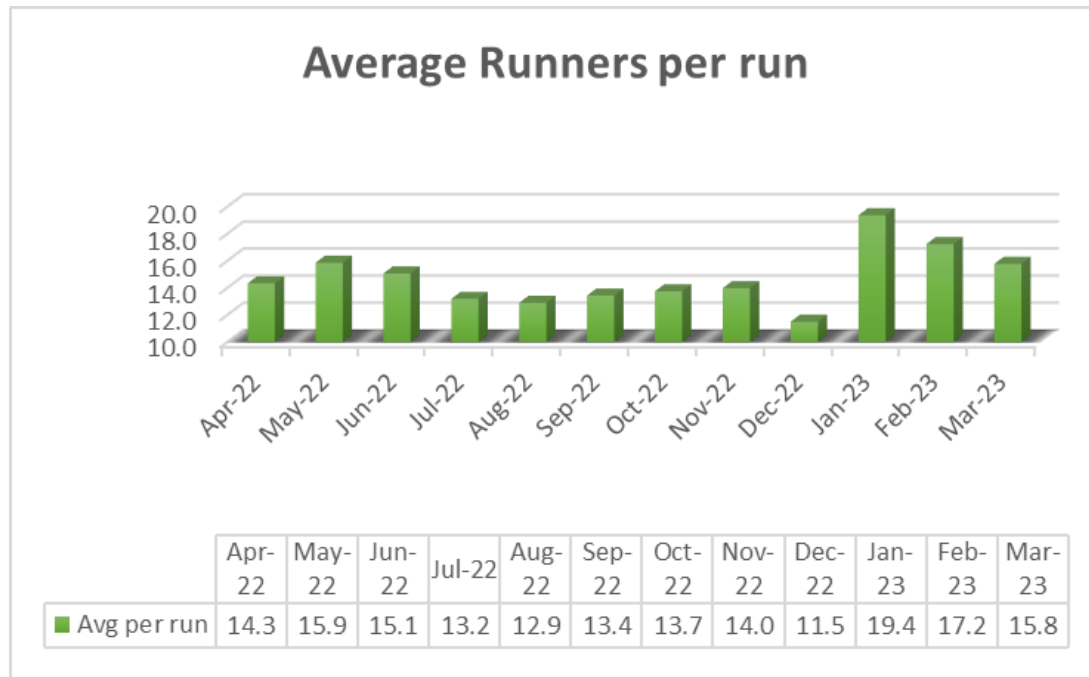


### Number of Runners on runs in the club

On those run we had 26,595 runners



## Average number of runners on runs

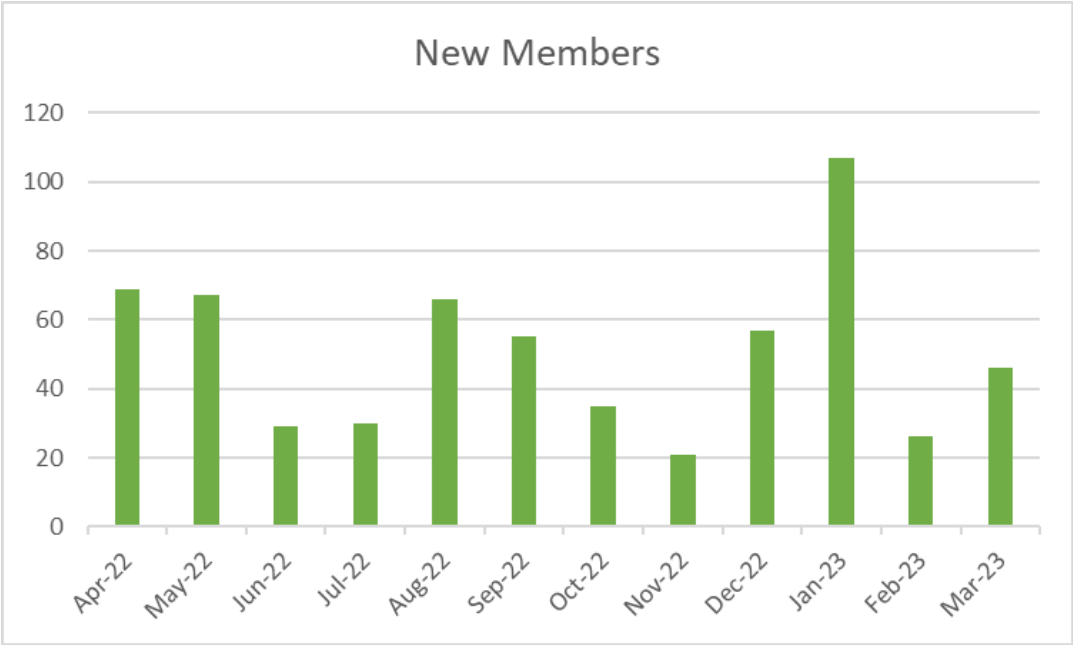


## Maximum number of runners on a run in a month

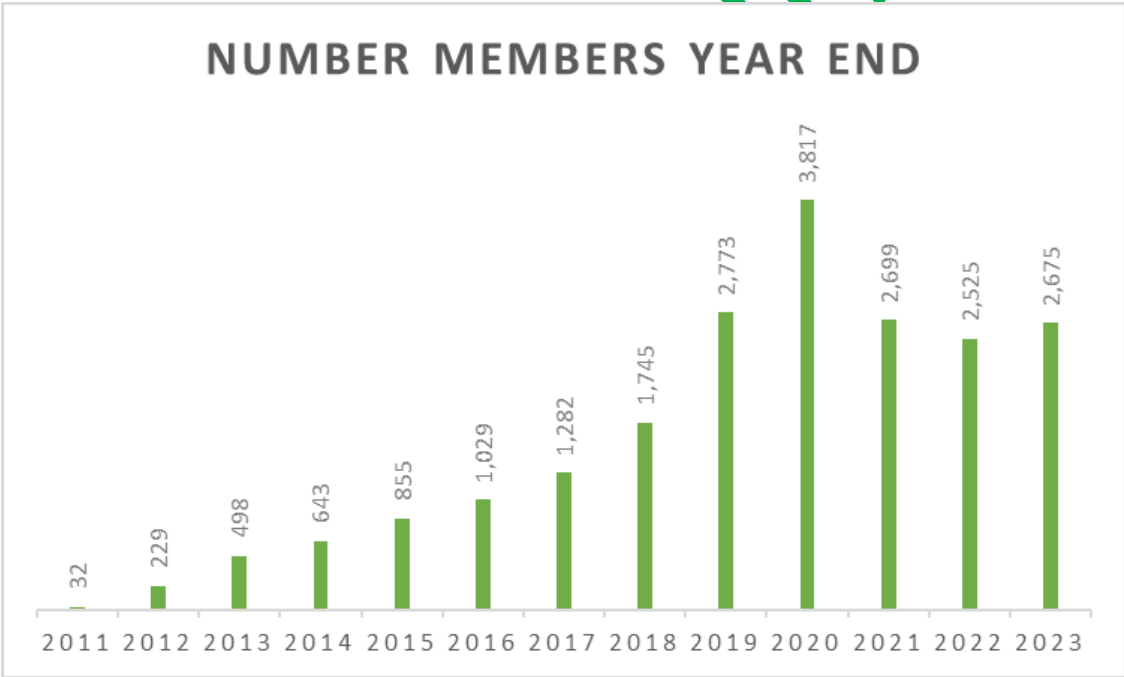


## New members

Membership peaks are usually related to new beginner's courses starting and in January we get an influx

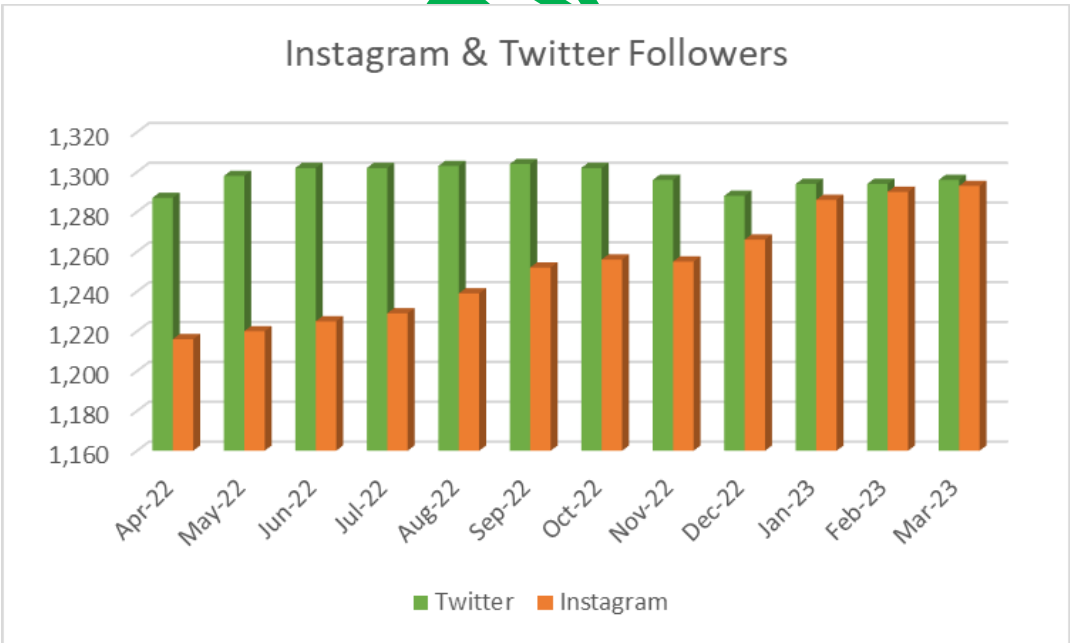
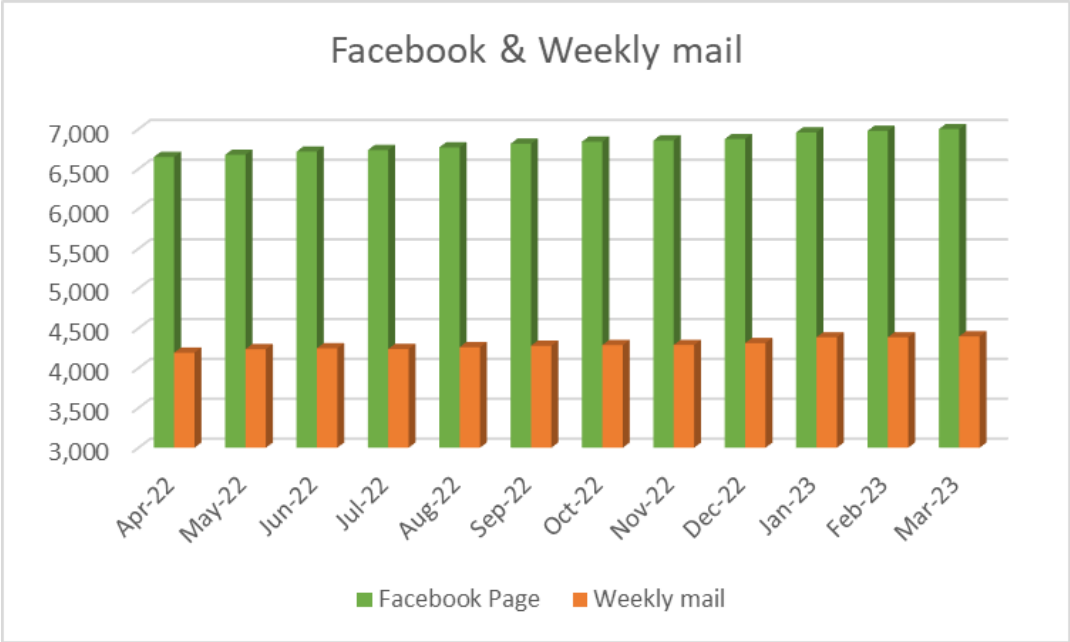


### Membership Statistics Total Members



Some key indicators like social media, communications

Our social media and communication have all increased again during the year, Weekly mail and Facebook are our key social media communication tools.





## End of year by numbers

Figures in brackets for 31 March 2022

- Paid up club members: 2,924 (2,837)
- Facebook page likes: 7,011 (6,612)
- Weekly mail goes to: 4,398 (4,184)
- parkrunners MK: 3,266 (3,123)
- Twitter followers: 1,296 (1,285)
- Instagram 1,293 (1,202)

## End of Year membership (31/3/23)

### Redway Runners Membership status 31-Mar-23

#### To 31 March 2023

	Paid	Pending	Members	O/S
Standard - £5	2,233	0	2,233	0
Standard with EA - £21.50	399	0	399	0
Standard with 2nd claim - £5	43	0	43	0
<b>Total</b>	<b>2,675</b>	<b>0</b>	<b>2,675</b>	<b>0</b>

#### To 31 March 2024

	Paid	Pending	Members	O/S
Standard - £5	1,400	187	1,587	720
Standard with EA - £21.50	292	30	322	71
Standard with 2nd claim - £5	31	7	38	8
<b>Total</b>	<b>1,723</b>	<b>224</b>	<b>1,947</b>	<b>799</b>

## Club reports

### Club Races and Events

I can't believe that it's been three years since we were prohibited from holding running events. Slowly but surely, we have got back to where we were before Coronavirus with a full diary of events which were attended last year by a good number of participants, although we will be hoping for more and more to come back to every event.

The main 5 events managed to raise a tremendous amount of money for the Club Charity of the year, Willen Hospice, with just over £4,000 added to the total.

Plans are well under way for 2023 starting with

- MK24 on Saturday 17th & Sunday 18th June,
- Furzton Relay on Saturday 8th July,
- Beat the Barge on Saturday 5th August,
- Old Money Run on Sunday 17th September and
- Santa Saunter on Saturday 23rd December

I would like to thank Sam Greenwood, Debbie Dickinson, Daria Croker, Martin Lawrence and their teams of volunteers for organising these fun events, so please support them."

*Steve Scott*

### Under 18s

The U18s group continues to tick along quietly. Numbers are healthy and enough turn up to make the sessions feel very worthwhile. As the older ones leave in favour of different things plenty of 10 yr olds arrive. We continue to be lucky with the behaviour of the children and parents being good throughout. My daughter Daisy is 18 now, she very kindly comes along now to help with the group and will often lead the older ones leaving me and another helper to give our undivided attention to the U13s and below who need closer supervision.

Matt Jarrad has become. regular helper on a Wednesday evening and Andrew Wadsell now takes almost every other Sunday session. Bethan continues to help and is happy to cover absences.

I think it's fair to say that post Covid enthusiasm for much more than just the two running sessions still hasn't returned. But a reasonable number did run at the Festival of Running 5K and half a dozen of the girls managed to attend the Chiltern XCs.

Lately numbers do feel like they are growing, if that continues then I will encourage more of the parents to get involved. Self Declaration forms and LIRF courses may be needed, we have done all of this before, so ought to be fine.

Doug  
U18 's Lead

## Affiliation

### England Athletics

- Only members who pay EA Affiliation as first Claim members with EA
- Fee per runner increased again by England Athletics by £1 to £17.00
- Annual club fee stayed at £150.00
- Number of EA Affiliated runners currently 306.
- EA allocated 4 London Marathon places for the April 2023 event, this was drawn at an open event at the Ship Ashore in December and broadcast live on the clubs Facebook page.

### Association of Running Clubs (ARC) Affiliation

- All members affiliated with ARC.
- Again, negotiated a 10% reduction for the club (saved nearly £200)

(Nigel Shephard)

## Beginners Courses

The beginners' groups started well with 120 booking on the May 22 courses, 100 on the September 2022 courses and 150 on the January 2023 courses. The program is designed to cater to new runners who want to learn the basics of running and improve their fitness levels. We are generally seeing 50% of those graduating at parkrun.

Pre covid our courses were fully booked but post covid that is not happening. It could be that we've already captured all the potential runners in Milton Keynes already, but it appears to be seen generally over sporting occasions that the post covid era is not so well attended.

We have taken the unusual step of reducing the number of courses in the April session and taking the opportunity to re-evaluate the programme and update the emails and website offering in order to revitalise the courses.

Having said that we have a very dedicated set of run leads that are delivering the courses and hopefully providing new members and runners to represent the club. It must be acknowledged at how hard those run leads and helpers have worked to make the courses as successful as they are.

Annette

## Charity of the Year

Pleased to say we have raised £6,938 £4,988 for the club Charity of the Year 'Willen Hospice'

Last year (2021/2022) we raised £4,988 for MKAct.

How this was raised:

	DONATIONS	BEAT THE BARGE	OLD MONEY RUN	PURTON RELAY	MK24	SANTA SAUNTER	CLOTHES RESALE	RAFFLE	QUIZZICAL	BREAKFAST RUNS	TOTAL
											0
Total revenue	£302	£3,415	£1,799	£2,315	£8,294	£1,725	£126	£1,593	£40	£885	£20,493
Total costs	£5	£2,394	£1,304	£2,230	£6,860	£720	£1	£37	£2	£2	£13,556
surplus	£296	£1,020	£495	£85	£1,434	£1,005	£125	£1,556	£38	£883	£6,938
MARGIN %	98.2%	29.9%	27.5%	3.7%	17.3%	58.2%	99.3%	97.7%	95.3%	99.8%	

You can see the club rules for club 'Charity of the Year' at:

<http://www.redwayrunners.com/charity-of-the-year/>

Since we introduced the 'Club Charity of the Year' programme we have now supported 12 charities nominated and elected by members with over **£70,000**, well done and thank you to everyone who has been involved in doing this

## Treasurers Report

### Auditors Notes

The club accounts for last year show we were again active on many fronts.

Subscription fees of over £20,000 are up on the previous year's reflecting the growth in membership to over 2.000.

Charity events, before costs, also generated over £20,000. After expenses the contribution we are able to make to the club charity is an impressive £6,938.

The year saw expenditure of nearly £2,000 in training for club members covering first aid, run leadership and coaching. Investment in club equipment was over £5,000, primarily for first aid supplies and equipment.

The net result for the year was a loss of just under £2,000 compared to a surplus of over £2,000 the previous year. The main reasons for the change were the investments in training and equipment.

The cash situation remained strong at the year-end at £56,000. Bear in mind this is the high point of the year as the bulk of subscriptions for the following year have just been received.

All in all, it's been a successful year and the club is, at least in the medium term, in a secure financial position.

As always, a big thank you to Martin for maintaining clear and accurate records of the year's transactions which makes the job of producing the accounts very straightforward.

regards

Maurice

Redway Runners

## Statement of Income and Expenditure for the Year to 31 March 2023

REDWAY RUNNERS					
STATEMENT OF INCOME AND EXPENDITURE FOR THE 12 MONTHS TO 31 MARCH					
		2022/23		2021/22	
REVENUE		£		£	
	Affiliations & Memberships	20,311		19,340	
	Club Activities	1,899		2,734	
	Grants	100		143	
	Charity Events and Donations	20,494		22,349	
	Clothing & equipment sales	4,972		8,830	
	Other	113		146	
<b>Total revenue</b>		<b>47,888</b>		<b>53,542</b>	
COSTS & EXPENSES					
	Donation Due to Club Charity	6,938		4,989	
	Affiliations & Memberships	9,622		9,738	
	Club activities	4,059		6,457	
	Training	1,865		460	
	Charity events	13,557		17,361	
	Clothing & equipment for resale	4,012		7,567	
	Club equipment	5,141		844	
	Transaction charges	1,378		1,099	
	Administration expenses	3,287		2,799	
<b>Total costs and expenses</b>		<b>£49,858</b>		<b>£51,315</b>	
<b>SURPLUS/(DEFICIT)</b>		<b>-£1,969</b>		<b>£2,227</b>	
BALANCE SHEET					
		31-Mar-23		31-Mar-22	
ASSETS		£		£	
	Cash	56,591		55,503	
	Deposits and prepayments	3,652		639	
	Less: Creditors	-29,294		-23,205	
	<b>Net assets</b>	<b>30,949</b>		<b>32,937</b>	
REPRESENTED BY					
	Surplus b/f	32,938		30,711	
	This year's surplus/(deficit)	-1,969		2,227	
	<b>Total reserves</b>	<b>30,969</b>		<b>32,938</b>	
		-19.62			

## Independent Examiner's Report – on club accounts

### Independent Examiner's Report

I confirm I have examined the accounts of Redway Runners for the year to 31 March 2023.

The examination included a review of the accounting records kept by the club and a comparison of the accounts presented with these records. In my opinion the accounts present a true and fair view of the income and expenditure of the club for the year to 31 March 2023.

Maurice O'Connell CIMA

4 May 2023

Redway Runners

## Charity of the year 2023/2024

Charities nominated by our members are:

- Samuel's Charity
- Guide Dogs
- Thames Valley Air Ambulance
- Scotty's little soldiers
- Age UK
- Different Strokes

Redway Runners



## Samuel's Charity

I would like to nominate Samuel's Charity for the Redway Runners Charity of the year.

This local charity was set up by Martin Leib (who is a Redway Runners member) following the death of his son Samuel in January 2014 from cancer.

Samuel had been through a difficult time with the condition, spending a lot of time in hospital whilst undergoing chemotherapy. But despite this he remained his old self and his one wish was that something should be done to help kids and their families in similar long-term hospital care. Thus Samuel's Charity was born.

This is the charity website: <https://samuelscharity.org.uk/>  
The charity number is 1164034. <https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5007753>

This is a small local charity although they are now hoping to develop it, and as a father of two boys and a grandfather of one boy, the charity is close to my heart, dealing as it does with every parent's worst nightmare. I recently raised £860 (including gift aid) through sponsorship when I ran the London Landmarks Half Marathon on behalf of Samuel's Charity.

The charity does a lot for Milton Keynes Hospital and personally, I think it would dovetail well with the Club support for Willen Hospice.

Please let me know if there's anything I haven't addressed.

Regards

Mike Ainsworth

Redway Runners

## Guide Dogs

reg no 209617

I would like to nominate this charity as my family and I have been involved with the group since we took on our first pup in 2006. We have since puppy raised 14 pups for Guidedogs plus bred 2 litters of pups for them and have just taken on a new girl who will be hopefully be having pups early next year.

We have now been running the Milton Keynes branch for about 10 years we raise funds by doing collections, attending events to sell merchandise and run a tombolla.

As you may be aware we do have a few visually impaired runners in the club and it is great that our club is so inclusive. Each dog costs approximately £50,000 from birth to retirement to be looked after as a pup in a home until they are old enough to go to early training at about 14 months and then advanced training which then leads to them being matched with the client so its around a 2 year process.

I am very passionate about the charity and it would be wonderful to be considered.

Thank you

Regards

Julia & Peter Rodwell

Redway Runners

## Thames Valley Air Ambulance

I would like to nominate the Thames Valley Air Ambulance charity number 1084910 for club charity. I have recently found out that the Air Ambulance charity is not well funded and when an ambulance is used there is a cost of £3900. I've read that the paramedics that attend in the air ambulances are the best of the best.

And they attended for our Pete 💙 only the best for our Pete 💙

Thanks  
Tania Yelland  
-----

Hi please can I nominate the Thames Valley Air Ambulance to be the charity of the year. Their charity number is 1084910.

My reason for nominating is for everything they did for Pete on Sunday. They were with us so quickly and they tried so hard for him.

Thanks  
Jo Wood

Redway Runners

## Scotty's little soldiers

As a paid member of the club I would like to nominate Scotty's little soldiers for the club charity of the year.

Scotty's is a small charity that supports the bereaved children of our fallen armed forces members.

The charity supports in many ways such as bereavement support, funding for school activities, help with driving lessons, fun activities and parties and holidays at their haven lodges.

My husband was a soldier killed on duty in Afghanistan and Scotty's has supported them in so many ways since they were little and through the activities they have made life long friends who are in the same situation as them and miss their mum or dad.

This means that choosing the charity would not only help our forces children nationally but also local to the area as there are a few families in this area.

The charity is a registered charity set up by an army widow herself after seeing the impact the death of her own husband had on her children and the lack of support specifically for children in this difficult situation.

The charities number is 1136854

Please let me know if you need any more information.

Many thanks,

Angela Nicholls

Redway Runners

## Age UK

Hi - please see my nomination for Age UK Milton Keynes.

I hope this format and length is correct . Please let me know if you would like it in a different format or decreased in length.

Thanks and kind regards Jan McMeekan

Redway Runners

## Different Strokes

I would like to nominate Different Strokes as charity of the year.

Different Strokes is a small national charity based in Milton Keynes that provides peer support, resources and information to working age and younger stroke survivors.

Statutory stroke services often assume that all recovery takes place within six months of a stroke but both physical and emotional recovery can carry on for years. Different strokes recognises that stroke survivors and their family members are the experts in stroke recovery and rehabilitation so regularly consult beneficiaries to make sure their services are relevant and personalised.

Some of the services provided by the charity are:

- Weekday online exercise sessions tailored specifically for stroke survivors
- Online 'meet ups' offering a safe space for stroke survivors to talk openly about experiences and feelings post stroke
- Children resource packs to explain what is happening when mum or dad has had a stroke
- Teen and Young Adult Befriending service offering 1:1 support to young stroke survivors aged 16-25
- 35 support and/or exercise groups around the country including a group in Milton Keynes that meets every week for exercise and a chat

Most of the staff, volunteers and trustees are stroke survivors or have a close personal connection to stroke. In the UK over 100,000 people have a stroke or mini-stroke every year. Most people who have a stroke are over 65 but one in four strokes happen in younger people. As a member of staff for the charity I get to see the difference that the charity can make to stroke survivors. I do shed a tear sometimes hearing individual survivors stories but I am privileged to meet and work with some truly amazing people who overcome adversity to reclaim their lives.

Registered Charity in England and Wales 1092168 and Scotland SC044190

Caroline Saunders

**\*\*END REPORT\*\***