

Annual Report

"Sharing my art has opened doors to conversations and connections"

Financial Year April 25 to March 26

**Presented at the AGM
21st October 2026**



South and East Birmingham Stroke Clubs

**Reaside Community Centre, 17 Ormond Rd, Rubery, Rednal,
Birmingham B45 0JD**



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www.southandeastbirminghamstrokeclubs.co.uk



ABOUT US

South and East Birmingham Stroke Clubs provide a welcoming, accessible place for stroke survivors, people who have had a TIA, and their families and carers to meet, socialise, and receive support. The South club meet every Wednesday from 10am to 12 noon at Reaside Community Centre. The East Club meet every Tuesday from 10am to 12 noon at St. Giles Church, Sheldon. The club was established in 2008 by Lesley Pattenson and has been chaired by Donna Belk since 2018. The clubs are run entirely by volunteers and receive no statutory funding. Our aim is to improve wellbeing through friendship, information, gentle activity, creativity, entertainment, and shared experience.

What do we offer:

- Social activities: games, quizzes, talks, reminiscence, and opportunities to build friendships.
- Gentle exercise, relaxation, singing, karaoke, arts and crafts, gardening, Tai Chi, Qi Gong, and percussion.
- Information: talks, Q&A sessions, and individual support from statutory and third-sector organisations.
- Health-related support: including regular blood pressure checks and talks on topics such as nutrition, fire safety, and personal safety.
- Entertainment: celebrations, trips out, ten-pin bowling, visits to places of interest, and pub lunches.

Practical information

Both buildings are fully accessible and have ample parking. Members pay £3 per week, which includes refreshments and entry into the weekly raffle. Some external trips may involve an additional charge, although some are covered or subsidised. Members can book Ring and Ride for transport to and from the club or through the club transport for an extra charge of £5 return journey.

We are part of the Midlands Stroke Association's network of stroke clubs.

Chair's Report for South Birmingham Stroke Club

April 2025 to March 2026

Thank you all for attending today's AGM. It has been another busy and productive year for South and East Birmingham Stroke Clubs, with continued activity across membership, transport, funding, the Arts4Stroke project, volunteering, and weekly club sessions.

Membership

Attendance at South Birmingham Stroke Club in Northfield remains between 13 and 20 members each week. We were pleased to welcome several new members during the year. If everyone in our full membership attended regularly, weekly attendance would be around 40 to 45 people. However, some members prefer to attend occasionally, which means numbers vary from week to week.

Attendance at East Birmingham Stroke Club in Sheldon remained steady at around 10 people each week.

Referrals from the Stroke Association have been very limited for both groups. We are, however, seeing more people find us through Connect to Support, word of mouth, social workers, physiotherapists, and third-sector agencies.

Transport

We have successfully used the minibus that we hire on a Wednesday. Overall, it is working well, we do sometimes have a very empty bus, with members having to go to appointments etc. The £2.50 each way does not cover the costs of hiring the bus and the club is subsidising the costs.

Some members still use Ring and Ride for accessibility reasons to date we have a few incidents with the Ring & Ride bus not coming on time causing a delay in locking up the building. Ring & Ride seem to be slightly improving since the new tender was introduced. Overall, we are doing well, and it is a success so far. Thank you to KGB Logistics and Ian who safely drives our members to and from club on Wednesdays.

Funding and Donations

We have received approximately £6,000 in unrestricted donations from the Blues Supporters Club and from a charity that was closing after many years and wished to donate its remaining funds to local organisations.

We have also received restricted funding for the Arts4Stroke project, including £9,800 from Edgbaston NNS and Northfield NNS, and £9,000 from Yardley NNS. £6000 in this year's account and £3000 paid in April 26.

We have not yet secured additional funding for the current year. Ideally, future funding applications should overlap to help avoid gaps in support.

Activities

Arts4Stroke Project

The Arts4Stroke project has been a major highlight of the year. The work produced by members from both the South and East groups has been outstanding, including artwork, stories, and poems. The South Birmingham element of the project formally finished at the end of April but continued into May as part of Stroke Awareness Month, including a successful month-long exhibition at the QE Hospital Birmingham. The Yardley section of the project received funding later and finished September 2026. The finale was an exhibition, book launch, and summer fete at St Giles Church on 12th September 2026. Following the Birmingham Disability Festival, several organisations expressed interest in having a table at the event. A video has also been created with Chris Richardson, our professional arts therapist, and we hope this can be shared with different organisations for display at their venues. The book, which includes members' artwork, stories, and poems, was launched at the summer fete as a keepsake for members and volunteers.

Other Activities

- Tai Chi
- Gardening
- Boccia
- Hoy
- Dominoes
- Christmas party/daytrips

In addition to Arts4Stroke, members have continued to enjoy a wide range of activities. Although sessions do not always run exactly to plan, we usually offer a varied and enjoyable mix of opportunities for those who wish to participate.

Volunteers

We have again welcomed students from Birmingham City University's Speech and Language Therapy programme. This provides students with valuable opportunities to develop social interaction skills with people with disabilities, and the experience supports their studies and professional development.

This year, we said goodbye to Sue, our much-loved longstanding volunteer, who felt the time was right to step back from volunteering and spend more time with her grandchildren. We miss her very much and send her our warmest wishes.

This has been an extremely busy year for the committee. I would especially like to thank Carole for all her hard work on the Arts4Stroke project. (see project report) Many thanks also to paid sessional workers Spoz, Chris, and volunteer Lesley for their valuable support and contribution to the Arts4Stroke project.

I would also like to thank all the volunteers who support the clubs every week, often stepping in wherever needed to ensure that members are welcomed, supported, and able to enjoy the sessions. Your contribution is greatly appreciated.

We now look forward to continuing this work and building on these achievements in 2026/27.

Donna Belk - Chair



Treasurer's Report: April 2025 – March 2026

I would like to introduce myself to you all, I am Chris some of you know me fairly well and others not so much. I was voted in as the Treasurer last year and I would like to give you a brief summary of the accounts from 2025 – 2026.

The accounts are healthy for that period as we had a fairly substantial amount of funding from the city, through Northfield NNS, Edgbaston NNS and Yardley NNS, for the Arts4Stroke project.

As you have all read on the accounts page you can see the costs for each individual section.

It does look like we have spent an awful lot of money on activities and sessional workers, this is through the project funding so should not be a concern as a lot of the expenditure is for the Arts4Stroke Project.

Refreshments are our biggest general spend with the costs of products increasing, although Donna and Janet are very good at finding a bargain in those respects.

We have also received some donations this year, those were predominately for the East Group as the donations were from that geographical area, however Donna made it clear to those donors that we are one group as a whole and they were happy for any publications to state just the East, but the money could be used to support the clubs as a whole.

My first year as treasurer has been a welcoming experience, I have been able to convey my 38.5 years of knowledge from previously being the treasurer at Allens Cross Community Association and having previously worked with Donna in a similar capacity, we talk from the same page. I am more old school with accounts, mainly in a book and all handwritten, so Donna, John and Rose have shown me their way of entering information into the paper side of the accounts, and we are starting to iron any kinks out as we go forward.

Many thanks for making me so welcome as a member of the committee and I look forward to continuing in 2026 as your Treasurer.

Please see the Receipts & Payments statement externally verified by Sally Bateman.

Christine Gregory - Treasurer

SOUTH & EAST BIRMINGHAM STROKE CLUB

Receipts & Payments

for period 1st April 2025 to 31st March 2026

Receipts	Total	Core	South	East	Total
Northfield NNS	500.00	500.00			500.00
South	9800.00		9800.00		9800.00
East	6000.00			6000.00	6000.00
Warm Welcome	1000.00	1000.00			1000.00
Donation East	1118.50	1118.50			1118.50
Miscellaneous	1091.86	1091.86			1091.86
Bank Interest	4.21	4.21			
OSC	5000.00	5000.00			5000.00
Merchandise	83.00	83.00			83.00
Meal	702.00	702.00			702.00
Membership/Subscription	3334.90	3334.90			3334.90
Total Receipts	28634.47	12834.47	9800.00	6000.00	28630.26

Payments		Core	South	East	Total
Refreshments	928.29	928.29			928.29
Activities	1930.27	1713.60			1713.60
Rent	2930.00		1550.00	1380.00	2930.00
Sessional	4992.42		1771.63	3220.79	4992.42
Volunteer Expenses	817.78	85.93	276.85	455.00	817.78
Materials/Supplies	1390.66	96.00	877.03	417.63	1390.66
Art Display	299.83		149.92	149.91	299.83
Office costs	427.89	230.00	168.59	29.30	427.89
Transport	1964.49		1026.12	938.37	1964.49
Printing/Promotion	771.13	75.00	585.13	111.00	771.13
Admin/Vol costs	1656.68	1656.68			1656.68
Transport (K.B.G. Logistics)	3250.00	3250.00			3250.00
Adrian Flux (Mini Bus Insurance)	2000.00	2000.00			2000.00
Trips	865.40	865.40			865.40
Bank Charges	68.65	68.65			68.65

Total Payments	24293.49	10969.55	6405.27	6702.00	24076.82
Balance on Year	4340.98	1864.92	3394.73	-702.00	
Balance @ Bank 01/04/2025	3100.00				
Balance Petty Cash 01/04/2025	350.00				
Balance 2nd Account	5119.78				
Balance c/f 31/03/2026	12910.76				

Bank Balance	7588.46
Petty Cash	198.31
Bank Balance 2nd Account	5123.99
Balance c/f 31/03/2026	12910.76

I have checked the cash book and bank statements of the South and East Birmingham Stroke Club for the period 1st April 2025 to 31st March 2026 and to the best of my knowledge the above Receipts and Payments Account forms a true record of their financial activity.


 Sally Bateman
 79 Witherford Way
 Selly Oak
 Birmingham B29 4AN

15th September 2026

These accounts were reviewed and agreed by the committee
 on 16th September 2026

SECRETARY'S REPORT, INCLUDING ARTS4STROKE PROJECT REPORT

Reporting period: April 2025 to March 2026

Overview

This report marks my eighteenth year as Secretary of South and East Birmingham Stroke Clubs, having joined Lesley's team in 2008. It has been an exceptionally busy and productive year, particularly because of the Arts4Stroke project. At times, the level of commitment required was comparable to returning to work, with at least 20 hours each week dedicated to the project. This was in addition to karaoke sessions, providing music for the Christmas party, assisting at the South club on Wednesdays, occasionally supporting the East club on Tuesdays with karaoke, maintaining the members' database, completing photo permission forms, and carrying out general administrative and secretarial duties and updating the main club's website and making it more accessible.

Funding and Project Coordination

Early in 2025, Donna and I attended NNS meetings with Jess and Bev to discuss future funding opportunities. I subsequently completed and submitted the NNS funding applications. Once funding had been secured, project work began in earnest. This included organising projects steering group meetings, preparing meeting notes, and following up agreed actions. I also worked with Lesley Pattenson to secure exhibition space at the QE Hospital, consulting with Karl Stevens from the QE Hospital communications team. Further exhibition opportunities were arranged through Northfield Arts Forum and the Birmingham Disability Festival. I also secured a free stall at the Bournville Festival, although we were unable to attend because of the elevated temperatures.

Preparing Artwork, Stories, and Display Materials

A huge thank you goes out to all the club members who produced a piece of art, a poem, or a story individually or with other members. Working towards an exhibition of your work with Chris, Spoz or Lesley may have been challenging work at times, but I hope you feel proud of everything you have done to raise the awareness of stroke. As each piece of artwork was produced by members, I catalogued all the artwork, collected the artist's story for each art piece, photographed the art for use on the website and in the book, and typed and printed the museum labels, stories, poems, and display information required for the exhibitions. My printer has certainly been well used throughout the project.

Lesley, who supported several art sessions as a volunteer amateur artist, also curated the artwork so that it was ready for professional framing. Her contribution significantly enhanced the quality and presentation of the exhibition. I would like to record my sincere thanks to Lesley for her support, particularly as she continued to contribute while in pain awaiting back surgery and during her subsequent recovery.

Design, Framing, and Exhibition Preparation

I used my graphic design skills to create the Arts4Stroke launch posters and two display banners, arranging for them to be professionally printed by Northfield Print, once the committee and members had agreed. Considerable preparation was also required for the exhibition itself. Working with Donna and Lesley, we researched and ordered the materials needed, including art boards, tablecloths, leaflet holders, a hanging display stand, and cloth for the glass cabinet displays. We used local suppliers where possible, including the Scrap Store. Together with Donna, Lesley, and members, we arranged the display boards with artwork, stories, and supporting information ready for framing. Each week, I took the boards to Joe Brannan at Cofton Collections for professional framing. I would like to thank Joe, who charged only for materials and not for his labour, saving the club more than £300. His family had experienced stroke, so he wanted to support the clubs. I would also like to thank Paul Taylor, manager of Reaside Community Centre for lending his screens to mount the art display boards, this meant that we did not need to purchase screens. He generously allowed us to store the art display items in his storeroom at no extra cost.

Donna and her daughter Ellie were also busy preparing the knitted river for display and printing members' T-shirts for the exhibitions. Their contribution also formed an important part of the overall project preparation.

Promotion and Public Engagement

I prepared and distributed the press release to as many relevant contacts as possible. I also delivered two presentations about the Arts4Stroke project: one to community groups at a Northfield Network community lunch, and another to approximately 250 QE Hospital staff in a lecture theatre setting. In addition, I supported John with uploading the majority of the artwork, stories, and poems to the Arts4Stroke website and kept it up to date, it can still be accessed online now.

I would like to thank Jess, Bev, Sandra, Faraza, and other NNS staff for their full support throughout the project. The QE Hospital provided excellent press coverage, and the project was also mentioned by Edgbaston MP Preet Gill. We also promoted the project widely through social media and posters displayed in the community.

QE Hospital Exhibition

Thanks to Karl Stevens, Associate Director of Communications and Engagement at University Hospitals Birmingham NHS Foundation Trust, for providing us with an excellent exhibition space for the members artwork.

Donna, Lesley, Brennan, Ellie, and I spent several hours setting up the display at the QE Hospital on Sunday 3rd May. Thanks are extended to Ian, who drove the bus loaded with exhibition items to and from the QE Hospital.

The exhibition remained in place for a full month. Every week, I checked the display and leaflets, and I was pleased to meet visitors who had come to view the exhibition, including hospital staff who expressed an interest in purchasing some of the artwork. Many of our members also visited the exhibitions and saw their artwork on public display giving them a sense achievement which they shared with family members.

Although the project required a significant amount of time and effort, it was highly worthwhile. It helped raise awareness of stroke, increased the profile of the stroke clubs, and gave members the opportunity to see their artwork, poems, and stories presented publicly. The pride shown by members was very moving, and we received excellent feedback from visitors to the QE Hospital. The project also helped strengthen relationships with healthcare professionals and supported greater understanding of stroke survivors' experiences beyond the clinical setting.

The Stroke Association provided the official stroke information/booklets to provide to exhibition visitors, thank you to Chris Manson who organised and delivered the boxes of leaflets along with 'Make May Purple' giveaways.

Further Exhibitions and Book Production

The exhibition was also displayed at Northfield Arts Forum for two days in June, where it attracted many local visitors and received incredibly positive feedback.

Thank you to Karen Major, who supported us with setting up the exhibition at Northfield Arts Forum. Thanks, are also extended to GJ Sing from ARA Logistics, who came to the rescue with a van to move the equipment as the bus was not available. This was followed by an exhibition at the Birmingham Disability Festival on 4th July, which was well received by visitors, many of whom had disabilities.

Richard Parker, Mayor of the West Midlands, was at the exhibition, special thanks to Nabila Shanaz and her team for working with me to provide an exhibition space for the Arts4Stroke exhibition.

The final exhibition at St. Giles Church, marking the Arts4Stroke anthology production was a momentous success thanks to Donna who planned this event and all the volunteers who supported her. Spoz provided his music with guest singer Betsy Harmony, visitors enjoyed the stalls and the positive atmosphere.

Finally, during July/August, I spent several hours working with Gez from the 'Word Association' to ensure that all poems, stories, and photographs of artwork required for the book production were provided in the correct format and I supported Gez to get the book production ready for the members. This book is a momentum for everyone as a keepsake of the ARTS4STROKE project and the members' and volunteers' hard work. The cover of the book was designed by Sheila Dawson, one of our very talented members. Thanks to Lesley Pattenson for taking time to proofread the book and to Gez for his patience and understanding.

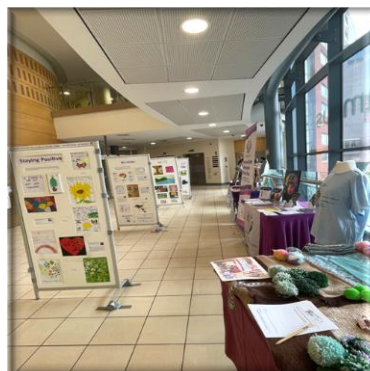
Use of Funding

Funding from both NNS projects enabled room hire for both clubs to be covered and contributed towards other core costs e.g., purchasing tables and a projector. This resulted in a considerable saving for the club, as these costs would usually have been met through membership fees and other unrestricted funding. We have also boosted our arts resources which we can use in future club sessions.

Congratulations to all the members involved, sadly after 19 years of being secretary I am not standing again for the role but wish the club all the best for the future. I will take away some wonderful memories from two decades.



Carole Lowe, Secretary



OUR PEOPLE

Acknowledgements

We are grateful to everyone who contributes their time, skills, and support to South and East Birmingham Stroke Clubs. The clubs rely on the commitment of committee members, volunteers, partner organisations, funders, and supporters who help ensure that our services remain welcoming, safe, professional, and well organised.

Committee: August 2025 to October 2026

Thank you to our committee members, who work behind the scenes to ensure that the clubs are managed responsibly, safely, and in line with legal and governance requirements.

- **Chair: Donna Belk (2018-present)**
- **Vice Chair: John Connelly (2024-present)**
- **Welfare Officer: Stephen Wright (2024- present)**
- **Secretary: Carole Lowe (2008 – 2026)**
- **Treasurer: Christine Gregory (2025-present)**

Additional Committee Members

Dr Sheeba Rose-Williams, Dr Andrew Soundy (co-opted for expertise)

Rose Davies, Pat Andrews, Julie Wood, and Janet Mayo also serve on the committee. Rose and Janet also volunteer at the club each Wednesday, helping with refreshments, subscriptions, and the raffle.

Julie and Pat are committee members with lived experience of stroke, bringing valuable insight to the committee's work. Julie also represents the east club members.

Operational Volunteers

The clubs could not run each week without the dedication of our volunteers, who support activities, events, administration, refreshments, transport arrangements, and the general smooth running of sessions in both South and East Birmingham. We would like to thank Donna Belk, Rose Davies, Janet Mayo, Teresa Jeffs, John Connelly, Carole Lowe, Brennan and Ellie Harrison-Belk, Chris, and Brian Gregory for their continued support at operational level on Tuesdays and Wednesdays.

We also extend our sincere thanks to Sue Glanville, who has retired as a volunteer after supporting the club since it was established. Her contribution over the past 17 years has been greatly valued and is warmly appreciated we wish her all the best for the future, and she will be missed by everyone.

Venues

We would like to thank Reaside Community Centre and St Giles Church, Sheldon, for providing accessible and supportive venues for our clubs. We are especially grateful to Reaside Community Centre for supporting the storage of art materials and for loaning display screens for the Arts4Stroke exhibition.

Partners, Funders, and Supporters

We are grateful to KGB Logistics, Ring and Ride, RS Express, Cofton Collections, the Midlands Stroke Association, the University of Birmingham, Birmingham City University, the Queen Elizabeth Hospital, Northfield and Edgbaston Neighbourhood Networks, Yardley Neighbourhood Network, Northfield Arts Forum and our many funders and donors. Their ongoing support, practical assistance, student volunteering, and funding have helped sustain both clubs.

Thanks to MP Lawrence Turner for his ongoing support for the club.

Thank you to Sally Bateman (External Financial Verifier) for verifying our accounts.



In Loving Memory



Kathleen was one of our older members, through ill health with her Asthma, was unable to manage coming to the group. Kath was funny, cheeky and had a beautiful personality. She loved Brennan, her little friend, as she would call him and loved travelling in the car so she could have a chat with him. She was a treasured member.

Tony was again one of our older members; he was a knowledgeable man and attended with his brother Pete. Tony would enjoy sitting with his circle of friends and discussing whatever was the topic of the day. Tony enjoyed taking part in the activities, especially the talks with Max Keen.



John was a new member of the group, having attended the group he enjoyed playing dominoes and chatting with the other members. John was a lovely man, his family said how much he enjoyed his time at the club. Sadly, he left us, after being ill for a while

In Loving Memory

Leslie "Les" was funny, loved singing, was clever and more importantly Donna was his birth twin. Les had a lovely nature, and his wife Hazel enjoyed spending time together with the rest of the group. Les enjoyed playing dominoes, he was a member who along with his friend John enjoyed their Wednesdays.



Dave passed away suddenly in June 26 - he had a kind soul, a peaceful nature and was again one of the people that enjoyed playing dominoes with his friends. His family conveyed their thanks to the club for all the work we do and that it was a welcome outlet for Dave in recent times.

Colin was a long-standing member of the club. He and his wife Suzette enjoyed the group immensely. During the time Colin spent at club, he would play Dominoes with his friends. Colin is clearly missed by all.



**For many of the members these are sad losses to the club,
Friends we had made pre pandemic and after, these were people
who lightened up Wednesday's and at other times on trips with
laughter and joy.
We will miss you forever.**

www.arts4stroke.org

