

TAKE HEART SUPPORT GROUP

England & Wales · Charity number 1035468

Details

Other names	TAKE HEART, TAKE HEART MIDDLESBROUGH, TAKE HEART SUPPORT GROUP
Status	Registered
Legal form	Other
Registered	1994-03-23
Register	View on the Charity Commission register

Contact

Address	Langdon Square Community Centre 1 Langdon Square Coulby Newham Middlesbrough Cleveland TS8 0TF
Phone	07514 656130
Email	chair@thsg.org.uk
Website	www.thsg.org.uk

Activities

Objects: The Aim of THSG is to promote the preservation and protection of health and relieve the needs of persons who have suffered from or had medical treatment for any form of cardiovascular disease, or those individuals considered by a medical practitioner to be at risk from a form of cardiovascular disease, and their carers, family or friends, who are living in Middlesbrough or Redcar & Cleveland or the areas surrounding these Unitary Authorities and to promote the preservation and protection of their health.

Activities: Support services to those who suffer from heart related illness including heart attack, stroke, heart failure, heart surgery etc. We hold weekly supervised exercise and relaxation classes and we endeavour to supply practical support and encouragement.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** REDCAR AND CLEVELAND HARTLEPOOL MIDDLESBROUGH STOCKTON-ON-TEES
- Middlesbrough
- North Yorkshire
- Redcar And Cleveland
- Stockton-on-tees

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£24,157	£29,637	-	-
2024-10-31	£26,479	£32,031	-	-
2023-10-31	£29,248	£32,832	-	-
2022-10-31	£22,085	£32,678	-	-
2021-10-31	£1,863	£4,917	-	-

Trustees

Name	Role	Appointed
Keith Watson	Chair	2023-11-13
David Anthony Cummins		2026-03-09
Elaine Hartley		
Irene Raine		2021-08-23
Patricia Teresa Howes		2021-10-11

TAKE HEART SUPPORT GROUP

England & Wales - Charity number 1035468

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 11	Year 2023		Day 31	Month 10	Year 2024

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Section A Reference and administration details

Charity name	Take Heart Support Group
Other names charity is known by	Take Heart
Registered charity number (if any)	1035468
Charity's principal address	Langdon Square Community Centre
	Coulby Newham
	Middlesbrough
	Postcode TS8 0TF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Keith Watson	Chair		Members
2	PT Howes	Treasurer		Members
3	DC Moore			Members
4	I Raine	Tutor Liaison		Members
5	E Hartley	Secretary		Members
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Elected by members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The Aim of THSG is to promote the preservation and protection of health and relieve the needs of persons who have suffered from or had medical treatment for any form of cardiovascular disease, or those individuals considered by a medical practitioner to be at risk from a form of cardiovascular disease, and their carers, family or friends, who are living in Middlesbrough or Redcar & Cleveland or the areas surrounding these Unitary Authorities

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our activities include

- 1) BACPR Level 4 Exercise classes run by qualified tutors, that help us to regain our fitness and rebuild our confidence in our physical abilities.
- 2) Relaxation sessions that help to counter stress and anxiety that might otherwise affect our relationships and lifestyles.
- 3) Social events that encourage members to share both their worries and their experiences

We believe that

- 1) With the right care and support we can all lead full and active lives we might even be healthier and happier than before our illness.
- 2) Its not just about exercise classes and relaxation: we are all helped by the group support, discovering that others face much the same challenges as us.
- 3) For some of us, its just about getting out and seeing new friends

Additional details of objectives and activities (Optional information)

Objectives – to secure candidates to finance and upskill as BACPR tutors. We have 2 tutors retired due to family commitments this year and spent considerable time advertising, networking and interviewing to secure cover for the classes involved.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

We were hoping for a lottery grant but were unsuccessful..
We have moved from having 7 to 4 years reserve funds, if we continue to achieve the same income and expenditure rate
We have continued to network and formed links with Tees Millions, RCDVA (through Local Lottery)

Section E

Financial review

Brief statement of the charity's policy on reserves

No policy

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Primary source of funds is class fees
Primary expenditure is Tutor fees and Hall hire

Section F

Other optional information

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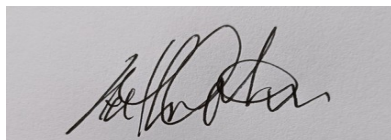
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Keith Watson

Position (eg Secretary, Chair, etc)

Chair

Date 19.01.2025

TREASURERS MONTHLY REPORT 2023/2024

	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	RUNNING TOTAL	YTD
INCOME FROM														
Class Fees	1235.10	850.00	2055.00	875.00	1495.00	1075.00	1150.00	1630.00	1200.00	1875.00	1435.00	1515.00	16390.10	£11,254.27
Annual memberships	10.00	0.00	440.00	390.00	230.00	20.00	0.00	15.00	0.00	10.00	0.00	0.00	1115.00	
Grants and Charities	400.00	1250.00	275.00	0.00	0.00	0.00	0.00	1350.00	1628.00	0.00	150.00	0.00	5053.00	
Fundraising	0.00	0.00	145.00	21.00	45.10	21.00	0.00	110.00	303.50	21.72	0.00	0.00	667.32	
Donations	1066.80	0.00	0.00	520.00	300.00	329.00	0.00	270.00	1.50	400.00	0.00	0.00	2887.30	
Raffles	0.00	0.00	0.00	64.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64.00	
Branded goods	1.50	0.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.50	
Unmarked	0.00												0.00	
TOTAL INCOME	2713.40	2100.00	2915.00	1872.00	2070.10	1445.00	1150.00	3375.00	3133.00	2306.72	1585.00	1515.00	26180.22	£26,180.22
EXPENDITURE DUE TO														
TUTOR Fees	-400.00	-4650.00	-750.00	-150.00	-3650.00	-300.00	-500.00	-368.00	-3950.00	-450.00	-200.00	-3150.00	-18518.00	
Annual Retainer	0.00	0.00	-825.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-825.00	
Monthly Admin	-200.00	-200.00	-150.00	-150.00	-150.00	0.00	-150.00	-150.00	-150.00	-150.00	-150.00	-150.00	-1750.00	
Quarterly admin	0.00	0.00	-150.00	0.00	0.00	-52.00	0.00	0.00	-150.00	0.00	0.00	-150.00	-502.00	
TUTOR INSURANCE & ACCREDITATION	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-157.00	0.00	0.00	-157.00	
HALL HIRE	-376.50	-1438.50	-387.00	-646.50	-1013.20	0.00	-497.25	-549.35	-1219.33	-64.00	-428.00	-1174.75	-7794.38	
Other	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-100.00	-39.99	0.00	-139.99	
Printing	-75.00	0.00	-1.60	0.00	-4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-80.60	
EQUIPMENT PURCHASE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-806.55	0.00	0.00	-806.55	
EQUIPMENT MAINTENANCE	-7.00	0.00	0.00	0.00	-460.00	0.00	0.00	-43.06	-29.99	-60.00	0.00	0.00	-600.05	
Teatime	-101.72	-323.55	-82.68	-18.93	-47.78	-2.70	-56.49	-8.74	-59.00	-156.97	0.00	0.00	-858.56	
TOTAL EXPENDITURE	-1160.22	-6612.05	-2346.28	-965.43	-5324.98	-354.70	-1203.74	-1119.15	-5558.32	-1944.52	-817.99	-4624.75	-32032.13	-£32,032.13
INCOME MINUS EXPENDITURE	1553.18	-4512.05	568.72	906.57	-3254.88	1090.30	-53.74	2255.85	-2425.32	362.20	767.01	-3109.75	-8581.91	-£5,851.91
CURRENT ACC BALANCE BROUGHT FORWARD	11254.27	12807.45	8295.40	8864.12	9770.69	6515.81	7606.11	7552.37	9808.22	7382.90	7745.10	8512.11	11254.27	£11,254.27
BALANCE + INCOME - EXPENDITURE	12807.45	8295.40	8864.12	9770.69	6515.81	7606.11	7552.37	9808.22	7382.90	7745.10	8512.11	9402.36	£5,402.36	
RESERVE ACCOUNT BROUGHT FORWARD	20510.66	20335.10	20558.76	20585.71	20609.43	20632.35	20659.40	20684.84	20707.85	20735.00	20759.71	20785.28	20510.66	£299.36
RESERVE ACCOUNT INTEREST	24.44	23.66	26.95	23.72	22.92	27.05	25.44	23.01	27.15	24.71	25.57	24.74	299.36	Interest
RESERVE ACCOUNT TOTALS	20535.10	20558.76	20585.71	20609.43	20632.35	20659.40	20684.84	20707.85	20735.00	20759.71	20785.28	20810.02	20810.02	£20,810.02
Total funds	33342.55	28854.16	29449.83	30380.12	27148.16	28265.51	28237.21	30516.07	28117.90	28504.81	29297.39	26212.38	26212.38	£26,212.38
Restricted funds														
East Cl Good Neighbours													£151.00	Printing/advertising
Teeside Relief in Sickness													£1,250.00	New tutor training/Marske class
ECGN													£500.00	to promote volunteering
Tees Millions													£978.00	
Unrestricted Funds													£2,879.00	Tutor costs East Cleveland +£670 training
													£23,333.38	
Outstanding payments relating to 2023-24 paid 2024-25														
Tutor costs	£1,600.00													
Hall hire	£658.00													

Reviewed. WPAV FCA
L PACH

25/12/25

TREASURERS MONTHLY REPORT 2023/2024

	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	RUNNING TOTAL	YTD
INCOME FROM														
Class Fees	1235.10	850.00	2055.00	875.00	1495.00	1075.00	1150.00	1630.00	1200.00	1875.00	1435.00	1515.00	16390.10	£11,254.27
Annual memberships	10.00	0.00	440.00	390.00	230.00	20.00	0.00	15.00	0.00	10.00	0.00	0.00	1115.00	
Grants and Charities	400.00	1250.00	275.00	0.00	0.00	0.00	0.00	1350.00	1628.00	0.00	150.00	0.00	5053.00	
Fundraising	0.00	0.00	145.00	21.00	45.10	21.00	0.00	110.00	303.50	21.72	0.00	0.00	667.32	
Donations	1066.80	0.00	0.00	520.00	300.00	329.00	0.00	270.00	1.50	400.00	0.00	0.00	2887.30	
Raffles	0.00	0.00	0.00	64.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64.00	
Branded goods	1.50	0.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.50	
Unmarked	0.00												0.00	
TOTAL INCOME	2713.40	2100.00	2915.00	1872.00	2070.10	1445.00	1150.00	3375.00	3133.00	2306.72	1585.00	1515.00	26180.22	£26,180.22
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Annual Retainer	0.00	0.00	-825.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-825.00	
Monthly Admin	-200.00	-200.00	-150.00	-150.00	-150.00	0.00	-150.00	-150.00	-150.00	-150.00	-150.00	-150.00	-1750.00	
Quarterly admin	0.00	0.00	-150.00	0.00	0.00	-52.00	0.00	0.00	-150.00	0.00	0.00	-150.00	-502.00	
TUTOR INSURANCE & ACCREDITATION	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-157.00	0.00	0.00	-157.00	
HALL HIRE	-376.50	-1438.50	-387.00	-646.50	-1013.20	0.00	-497.25	-549.35	-1219.33	-64.00	-428.00	-1174.75	-7794.38	
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RESERVE ACCOUNT INTEREST	24.44	23.66	26.95	23.72	22.92	27.05	25.44	23.01	27.15	24.71	25.57	24.74	299.36	Interest
RESERVE ACCOUNT TOTALS	20535.10	20558.76	20585.71	20609.43	20632.35	20659.40	20684.84	20707.85	20735.00	20759.71	20785.28	20810.02	20810.02	£20,810.02
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Unrestricted Funds														£2,879.00
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Tutor costs	£1,600.00													
Hall hire	£658.00													

Reviewed. WPAV FCA

L Poch

25/12/25

TAKE HEART SUPPORT GROUP

England & Wales - Charity number 1035468

Accounts



Trustees' Annual Report for the period

Period start date			Period end date				
From	Day	Month	Year	To	Day	Month	Year
	01	11	2022		31	10	2020

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	DC Moore	Chair		Members
2	PT Howes	Treasurer		Members
3	B Rigby			Members
4	I Raine	Tutor Liaison		Members
5	S Barry			Members
6	E Hartley	Secretary		Members
7				
8				
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17				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	CIO
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Elected by members

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Our activities include

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- 2) Relaxation sessions that help to counter stress and anxiety that might otherwise affect our relationships and lifestyles.
- 3) Social events that encourage members to share both their worries and their experiences

We believe that

- 1) With the right care and support we can all lead full and active lives we might even be healthier and happier than before our illness.
- 2) Its not just about exercise classes and relaxation: we are all helped by the group support, discovering that others face much the same challenges as us.
- 3) So for some of us, its just about getting out and seeing new friends

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

We achieved £6500 in grants.
This has moved us from having 3.5 years of reserve to 7 years if we continue to achieve the same grant rate
We have forged much improved relationships with James Cook University Hospital
We have formed links with other funders (Land of Iron) through East Cleveland Good Neighbours events

Section E Financial review

Brief statement of the charity's policy on reserves

No policy

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Primary source of funds is class fees
 Primary expenditure is Tutor fees and Hall hire


Section F Other optional information

[Empty box for optional information]

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	DAVID CHARLES MOORE	
Position (eg Secretary, Chair, etc)	CHAIR as of 31st October 23	
Date	19/4/24	

TRASHERS MONTHLY REPORT 8/25/2023

	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	YTD
INCOME FROM														
Class Fees	850.00	1,200.00	2,250.00	1,200.00	1,400.00	1,874.10	1,508.00	1,845.00	801.00	1,800.00	1,887.00	1,717.00	17,225.10	
Annual memberships			880.00	90.00	110.00	10.00	5.00	5.00			5.00	4.00	1,044.00	
Grants and Charities	1500.00		85.00	20.00	400.00	13,161.72	2,500.00	500.00	871.00		601.00	5.00	6,541.72	
Donations		25.00			20.00	3,783.50	330.20	100.00					2,822.80	
Charities		241.70	177.00	10.00	371.47	85.20	20.00				11.00	25,010.00	1,818.81	
Raffles						185.20						3.00	18.20	
Boarded goods					2.00								0.00	
Unreserved													0.00	
TOTAL INCOME	1,900.00	1,776.70	3,227.00	1,910.00	2,602.47	1,908.30	4,279.20	2,050.00	2,002.00	2,000.00	2,006.00	1,991.00	23,975.10	FEJ,026.00
EXPENDITURE DUE TO														
TUTOR fees	-750.00	-320.00	-1,100.00	-1,500.00	-1,500.00	-800.00	-1,250.00	-2,000.00	-2,000.00	-400.00	-1,150.00	-2,750.00	-11,200.00	
Annual teacher	-250.00	-100.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-2,000.00	
Charity Auction	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-2,000.00	
Contest Prizes	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-200.00	-2,000.00	
TUTOR RESERVE & ACCRETION	-400.00	-3,001.00	-1,200.00	-607.80	-533.20	-581.70	-641.50	-641.50	-819.50	-300.00	-702.50	-601.00	-7,440.00	
EXPENSES													0.00	
PRINTING & PHOTOCOPIING													-211.00	
EQUIPMENT PURCHASE													0.00	
EQUIPMENT MAINTENANCE													-570.00	
TRIP fees													-281.17	
TRIP EXPENSES													-29.73	
INCOME TAXES													-2,000.00	
INCOME TAXES EXPENSES													-2,000.00	
CURRENT ACC BALANCE BROUGHT FORWARD	1500.26	1491.46	2,118.76	1457.26	1,315.86	1,315.13	1,242.70	1,201.20	1,100.41	1,100.41	1,200.81	1,200.81	1,200.81	11,254.17
BALANCE + INCOME - EXPENDITURE	1,650.26	2,113.46	2,418.76	1,315.86	1,315.13	1,242.70	1,201.20	1,100.41	1,100.41	1,100.41	1,200.81	1,200.81	1,200.81	11,254.17
RESERVE ACCOUNT BROUGHT FORWARD	2,059.21	2,029.91	2,011.13	2,027.40	2,044.51	2,035.79	2,017.69	2,014.60	2,041.70	2,048.72	2,046.10	2,048.62	2,028.21	
RESERVE ACCOUNT INTEREST	11.67	11.35	14.35	14.03	17.28	15.90	19.79	19.28	21.90	24.31	23.57	16.04	222.45	
RESERVE ACCOUNT TOTALS	2,070.88	2,041.26	2,025.48	2,041.43	2,061.79	2,051.69	2,037.49	2,033.89	2,063.61	2,073.03	2,069.67	2,064.66	2,050.66	
Net Total	3,571.34	3,451.99	3,458.24	3,482.89	3,481.57	3,482.40	3,482.57	3,482.69	3,482.11	3,482.88	3,475.48	3,478.93	3,478.93	
Restricted funds														
Gifts from friends														
East O Good Neighbors														
Tara Valley Community Fund														
From the community														
Unrestricted funds														
Opening balances for year														
Closing balances for year														
Outstanding payments relating to 2022-23														
Year class fees														
Mail fees														

Reviewed
L Pach
6/2/24



Section A Independent Examiner's Report

Report to the trustees/
members of

On accounts for the year
ended Charity no
(if any)

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2023.

Responsibilities and basis of report As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act, or
- the accounts did not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: Date:

Name:

Relevant professional qualification(s) or body (if any):

Address: