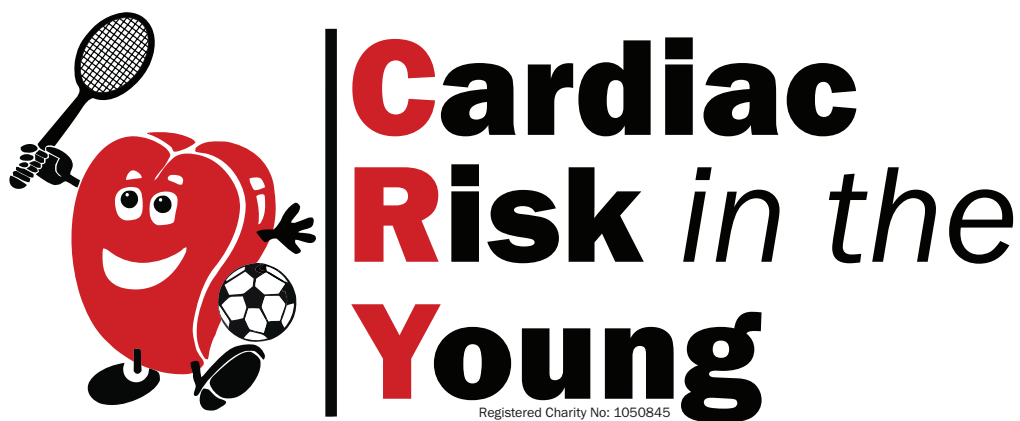


# REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2023





# Financial statements for the year ended 31 May 2023

## Contents

### Report of the Trustees

Executive Summary	1
Legal Structure and Governance	3
Objectives and Activities	5
Achievements and Performance	8
Strategic Report	22
Plans for the Future	26
Statement of Trustees' Responsibilities	27
Independent Auditors' Report	28
Statement of Financial Activities	31
Balance Sheet	32
Cash Flow Statement	33
Notes To The Accounts	34

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# Executive Summary

## Statement from CRY's Chairman – Hugh Mulcahey

This Summary of Cardiac Risk in the Young's Report and Accounts for 2022-2023 should make CRY staff and supporters proud of their achievements over the past year. We can also all be grateful for the remarkable fundraising achievements delivered by CRY's families and friends. Thank you all. This report not only highlights our financial performance but, more importantly, the impact we have had in fulfilling our mission to prevent young sudden cardiac deaths.

Despite recent economic uncertainties, CRY has demonstrated remarkable financial resilience. Our diligent management ensured that CRY's essential programmes and services continued without interruption. The team has gone to great lengths to ensure the impact of every pound invested in our mission has been maximised. 84p in every pound CRY spent this year went towards our aims of raising awareness, supporting families, screening young people and research which is a fantastic achievement (page 22).

The past year has brought both challenges and opportunities. The unwavering dedication of those working for and supporting CRY prevents young sudden cardiac deaths, provides support to affected families, and raises awareness about cardiac conditions. We look forward to the future with hope and determination, knowing that our work is more vital than ever.

I extend my deepest gratitude to our dedicated team, volunteers, supporters, and partners. Together, we can continue to make a significant difference in the lives of young individuals and their families.

## Executive Summary – Dr Steven Cox

Cardiac Risk in the Young is a charitable organisation dedicated to preventing young sudden cardiac deaths through awareness, screening, research, and support. This Executive Summary provides an overview of the organisation's Report and Accounts, offering insight into CRY's financial performance and its impact on the community during the financial year.

During the reporting period, CRY maintained its commitment to financial transparency and accountability. The organisation's total income, which primarily relies on donations and fundraising activities, reached £3,720,504, while the total expenses for the year were £3,416,963. The prudent management of resources has ensured the financial stability and sustainability of CRY's operations.

CRY's mission, to reduce the incidence of young sudden cardiac deaths, remains at the forefront of its activities. The charity's core programmes continued to make a substantial impact on the community during the year. Key achievements and initiatives include:

1. Awareness: Our awareness campaigns in national, regional, and local media as well as across our social media platforms were instrumental in educating communities and raising awareness about the importance of cardiac conditions in young people.
2. Support: CRY provided emotional support and medical support services to affected families who have tragically lost a loved one after a young sudden cardiac death. This crucial aspect of our work underscores our dedication to those in need.
3. Screening: We conducted 27,880 heart screenings, which identified more than 90 young individuals with potentially life threatening cardiac conditions who might otherwise have remained undiagnosed.
4. Research: CRY continued to support cutting-edge research projects aimed at improving our understanding of the causes and prevention of young sudden cardiac deaths, thereby paving the way for innovative diagnostic tools and treatment strategies for young individuals at risk of sudden cardiac arrest.

CRY is committed to expanding its reach and impact. The organisation will focus on the following key strategies:

**Screening:** CRY plans to increase the number of cardiac screenings and awareness campaigns to reach a broader audience, including underserved communities and high-risk individuals. We currently have more than 70,000 young people on a waiting list to be screened and we need more support for research to fund the medical doctors we need to respond to that demand.

1. **Pioneering Research:** CRY will continue to invest in research initiatives, pushing the boundaries of scientific understanding, with an emphasis on collaborating with leading experts to drive innovations in the field of inherited cardiac conditions and young sudden cardiac death.
2. **Support:** CRY will continue to support initiatives to incorporate peer to peer support services within clinical care pathways. This is with the aim of ensuring all families affected by young sudden cardiac deaths are made aware of the support services available to them.
3. **Awareness and Education:** CRY will continue to campaign for policy changes to establish a National Strategy for the Prevention of Young Sudden Cardiac Death and education in schools and communities, ultimately contributing to more young lives being saved.
4. **Financial Sustainability:** We are actively exploring new and innovative fundraising approaches to ensure we have the resources to maintain our life-saving work.

In summary, CRY has maintained its commitment to preventing young sudden cardiac deaths, with a focus on financial accountability, impactful programmes, and a clear vision for the future. The organisation remains dedicated to saving lives and supporting affected individuals and families while driving innovation in the field of cardiac health in young people.



Awareness

Support

Screening

Research



## Legal Structure and Governance

The Trustees present their annual report and audited financial statements of the company for the year ended 31 MAY 2023.

### Reference and Administrative Details

**Company Registration Number:** 3052985

**Registered Charity Number:** 1050845

**Registered Office:** Unit 1140B The Axis Centre, Cleeve Road, Leatherhead, KT22 7RD

**Principal Office:** Unit 1140B The Axis Centre, Cleeve Road, Leatherhead, KT22 7RD

**Bankers:** Lloyds TSB, High Street, Epsom, Surrey, KT19 8AT

**Auditors:** BGM Helmores Ltd, Emperor's Gate, 114a Cromwell Road, Kensington, London, SW7 4AG

**Solicitors:** A J Lutley, Springfield, Rookery Hill, Ashted Park, Ashted, Surrey, KT21 1HY

**Trustees:** Hugh Mulcahey (Chairman)

Dr Tim Bowker (resigned on 21st December 2022)

Louise Brooker-Carey

Peadar O'Donnell

Paul Quartermann

Rebecca Trewinnard

Dr Jayesh Makan

Dr Nicholas Jones (appointed on 13th January 2023)

**Chief Executive:** Dr Steven Cox



## Structure, Governance and Management

### Governing Document

#### Governing Document

Cardiac Risk in the Young was incorporated on 3 May 1995 as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was subsequently registered as a charity with the Charity Commission and is also known by its initials – CRY.

### Appointment of Trustees

The charity or the Trustees may appoint a person who is willing to act to be a Trustee either to fill a casual vacancy or as an additional Trustee. As set out in the Articles of Association the board appoints the chair of the Trustees.

### Trustee induction and training

New Trustees are briefed on their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the Trustee board and decision-making processes, the business plan and recent financial performance of the charity. Their induction involves the meeting of key employees and other Trustees. Trustees are encouraged to attend appropriate external training events.

### Organisation

The board of Trustees administers the charity. The board meets three to four times a year. A Chief Executive is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority for operational matters including development, finance, employment, public relations and fundraising.

### Audit Committee

The Audit Committee is comprised of Hugh Mulcahey (CRY Trustee), Peadar O'Donnell (CRY Trustee), Rebecca Trewinnard (CRY Trustee) and Dr Steven Cox (CRY Chief Executive). The Committee meets at least twice a year. The Committee helps to ensure that sound financial policies and internal controls are in place by providing a formal mechanism for reviewing matters of corporate governance and risk management together with external audits.

### Research Committee

The Research Committee is comprised of Paul Quarterman (CRY Trustee), Hugh Mulcahey (CRY Trustee), Dr Jayesh Makan and Dr Steven Cox (CRY Chief Executive). Dr Tim Bowker is an advisor to the board of Trustees. The Committee oversees CRY's research strategy.

### Communications Committee

The Communications Committee is comprised of Hugh Mulcahey (CRY Trustee), Louise Brooker-Carey (CRY Trustee) and Dr Steven Cox (CRY Chief Executive). The Committee oversees CRY's communication strategy.

### Related parties

Professor Sanjay Sharma, CRY's Consultant Cardiologist, who is based at University of London and St George's Hospital, oversees the CRY research programme plus the clinical aspects of the CRY cardiac screening programme. All services provided by Professor Sharma are on a voluntary basis.

Professor Mary Sheppard, CRY's Expert Cardiac Pathologist, who is based at University of London, oversees the CRY Centre for Cardiac Pathology. Professor Sheppard is part funded by the Pathology research grant to the CRY Centre for Cardiac Pathology.

### Trustee attendance at meetings during the year

Hugh Mulcahey (Chairman)	3 of 4
Dr Tim Bowker	3 of 3 (resigned December 2022)
Louise Brooker-Carey	All
Peadar O'Donnell	3 of 4
Paul Quarterman	3 of 4
Rebecca Trewinnard	2 of 4
Dr Jayesh Makan	3 of 4
Dr Nicholas Jones	1 of 1 (appointed January 2023)

## Objectives and Activities

### Objectives

The objective of the charity is to support affected families and prevent young sudden cardiac deaths through awareness, screening and research.

### Public benefit

CRY is a UK charity that supports families after a bereavement, both clinically and emotionally. CRY supports expert fast-track pathology and fast-track cardiology referral into the NHS to test the family. CRY also provides literature for the public written by leading cardiac experts. CRY offers a unique bereavement support programme.

The screening programme that CRY has developed gives the opportunity to save the young lives of those at risk who are asymptomatic, “fit and healthy”. There is no other charity that offers screening for young people aged 14 to 35 to schools, elite and recreational athletes and communities in the UK. CRY does not discriminate in the service we offer, whether it is an Olympic Gold Medallist or an adolescent in any local community. CRY’s screening programme is not just a service provision; it is also a research programme. CRY offers support to all people affected by cardiac conditions that can cause young sudden cardiac death.

### The charity has two main aims:

1. Saving young lives
2. Helping those affected

The strategies employed to save young lives are:

- raising awareness of cardiac risk in the young
- operating a national cardiac screening programme
- funding medical research into young sudden cardiac death

The strategies employed to help those affected are:

- supporting families after a tragedy
- funding the CRY Centre for Cardiac Pathology
- funding the CRY Centre for Inherited Cardiovascular Conditions & Sports Cardiology
- supporting those diagnosed through our *myheart* Network

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties. The public benefits of the Charity’s activities are outlined under ‘Objectives and Activities’ above.



## 1. Saving young lives

### **Raising awareness of cardiac risk in the young**

Through raising awareness of these conditions, the public, medical and sporting communities will become more alert to the symptoms that can lead to a young sudden cardiac death as well as the potential risks that these conditions have on an asymptomatic population. The public will be aware of courses of action that can help to minimise their risk, including the choice to be screened at one of CRY's screening clinics.

The medical community will be aware of the specialist services that are available to facilitate diagnosing these conditions, as well as how to best manage these patients. The sporting community will be aware of the specialist cardiac services available at the CRY Centre for Sports Cardiology as well the importance of screening athletic populations. CRY also raises awareness within Parliament. It is essential that MPs are well informed of the latest research as well as the implications these findings have on public policy.

### **Operating a national screening programme**

Systematic screening programmes are needed to establish the prevalence of cardiac conditions in the young. The aim of a screening programme is to detect a condition, or its risk factors. Once detected, preventative or therapeutic interventions can be implemented earlier and the disease can be treated when it is less advanced. In the case of cardiac conditions, the aim is to put in place treatments and lifestyle changes that will minimise the risk of a sudden cardiac death. These preventative actions may include medications, surgery or lifestyle changes. In some cases, the condition can be cured with the risk of sudden cardiac death removed. CRY operates screening programmes for the general public (between the age of 14 and 35), sports clubs and teams.

### **Funding medical research into young sudden cardiac death**

CRY funds medical research through Research Fellowship grants. These grants cover a broad spectrum from fast track screening to pathology after a death. The grants also help to provide specialist knowledge of sports cardiology. The field-gathered data in CRY's screening programme is analysed and reported in peer reviewed journals, providing essential information on the understanding of these conditions.

## 2. Supporting families affected

Following a tragedy in a family where a young person has died suddenly, family members will require support. CRY offers both medical and emotional support.

CRY provides specialist cardiac information written by experts in the field, specifically for families or a non-medical community. Following a young sudden cardiac death, it is important that all first-degree relatives are screened. CRY can help with advising the family about seeing a cardiologist who specialises in these conditions. CRY offers direct medical support via the specialist Centre for Cardiac Pathology and Centre for Inherited Cardiovascular Conditions at St George's.

### **Funding the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology**

CRY supports clinics at St George's Hospital, London. At these clinics, specialist screening is offered to the family after the sudden death of a family member. The family can all be seen together, with most tests completed on the same day to minimise the number of return visits. Expert cardiac screening is vital following the sudden death of a first-degree blood relative. The CRY Centre for Sports Cardiology (CRY CSC) provides a specialist service led by Professor Sharma for expert clinical cardiac diagnoses of elite athletes.

### **Funding the CRY Centre for Cardiac Pathology**

CRY also funds expert cardiac pathology. The importance of correct pathology cannot be overstated as it gives families the opportunity to obtain valid answers about the cause of death and to quantify the risk posed to other family members.

### **Emotional Support**

CRY has a select group of Bereavement Supporters - volunteers who have experienced a similar tragedy themselves and have been trained to help others cope with their traumatic experience. Our Bereavement Supporters have all completed the two-year Counselling Skills and Theory course so that they can support others through their loss. So many people have contacted CRY wondering if there are others who they could talk to who have suffered similar tragedies. CRY offers telephone bereavement support to anyone (aged 18 and over) who has lost a young person to

a sudden cardiac death.

CRY has developed private Facebook groups specifically for bereaved mums, dads, partners, siblings, grandparents, aunts and uncles, and friends, as a place to connect with others who have experienced a similar tragedy, and to create a support network for one another.

CRY also offers other opportunities for bereaved families to come together our annual Heart of London Bridges Walk and our annual Heart of Durham Walk.

CRY has produced a series of grief booklets designed to help families and friends feel less alone after the tragedy of a young sudden cardiac death. Our series of grief booklets includes: 'A Mother's Grief', 'A Partner's Grief', 'A Father's Grief', 'Sibling Grief', 'Coping with Christmas after a Young Sudden Cardiac Death', 'Coping with Anniversaries following a Young Sudden Cardiac Death' and 'A Friend's Grief'.

### **Supporting those diagnosed – myheart Network**

CRY has a support network called myheart for young people who have been diagnosed with cardiac condition. The group was set up after feedback from young people who found that the existing support groups were not effective in helping them deal with issues such as having an ICD fitted or undergoing ablation surgery. The network was developed as a support system that increases effective coping and decreases social isolation for young people who have been diagnosed with a cardiac condition.

We hold two national myheart meetings a year where members are offered 'Question and Answer' sessions with a specialist cardiologist, and the opportunity to share experiences with other young people who have been diagnosed with a cardiac condition. The myheart website contains medical information, personal stories from young people who are living with a cardiac condition, and questions and answers videos with myheart's Consultant Cardiologist, Professor Michael Papadakis. There is also a private myheart Facebook group which is exclusively for people who have been diagnosed with a cardiac condition.

## Achievements and Performance

### **CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Healthcare NHS Trust**

In 1995 St George's was the first hospital in the UK to develop a family screening clinic after CRY's donation of an echocardiogram machine established a specialist clinic in young sudden cardiac death and meant that whole families could be screened together after a tragedy.

The CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's, combines three essential features of CRY's mission to eliminate young (aged 35 and under) sudden cardiac death - offering services for 'affected families', competitive athletes and the general population. The centre provides a 'one stop shop' for young people and 'affected families' who wish to be screened for potentially life-threatening cardiac problems.

The CRY Centre is led by CRY's consultant cardiologist, Professor Sanjay Sharma, who is Professor of Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, London.

It is a unique service where, after a young sudden death, families will be seen shortly after the referral is received. It is a "one stop shop" where all the tests will be conducted on the same day and all family members will be seen together wherever possible (even when travelling from different parts of the country). The Centre is able to provide this service because CRY provides the funding for the doctors and support staff at the centre.

The Centre is also the leading referral centre for elite athletes whose results can often mimic disease and they can easily be misdiagnosed if not seen by an expert cardiologist.

### **CRY Centre for Cardiac Pathology**

The CRY Centre for Cardiac Pathology (CRY CCP) is an international cardiac referral centre and the leading centre in the UK. The centre was established with a donation from the Howard and Sebastian English Memorial Fund. The service is led by Professor Mary Sheppard who is an expert cardiac pathologist, with a team of staff funded by CRY. When a cause of death is 'unascertained' and the person is aged 35 years or under, the centre will provide a free fast-track cardiac diagnostic service. The examination and report from the centre will be completed, on average, within 2 weeks.

When pathology is not referred to this centre, it can take up to 2 years for an expert investigation to be conducted. Expert pathology is essential to help the family understand the cause of death. This information will guide clinical decisions when assessing the first-degree blood relatives. When expert pathology is not conducted, the family could be offered inappropriate clinical tests and there is the potential for false reassurance.

As well as providing a support service for bereaved families, the work conducted at this centre is resulting in ground breaking research to improve our understanding of the causes of young sudden cardiac death. In this financial year, CRY continued to fund the 3 staff that support Professor Sheppard at the centre, these being an administrator and two clinical technicians; as well as a PhD Research fellowship.

### **Cardiac Screening**

This financial year, CRY had 318 screening days and screened 27,880 young people. CRY's mobile screening is fundamental in bringing specialist services to local communities.

CRY holds screening events in local communities across the UK – from the Orkney Islands down to Cornwall, from

the East coast of England to the West coast of Wales and across to Northern Ireland. Tens of thousands of young people are screened every year all around the UK thanks to the dedication of CRY's supporters who enable us to run a National Screening Program.

## ECG screening

ECG screening continues to be the most cost-effective way of testing large numbers of young people. Echocardiogram tests are also conducted on the same day for the few people who may show abnormal or inconclusive ECG results.

After a tragedy a family will often raise funds specifically for screening, working to potentially save the life of someone else's child even though it is too late for them.

The first public event this year was held in Memory of Ben Hammond on the 1st of June followed by the screening in Memory of Jack Thomas on the 11th of June.

- Additional 2 days of screening were funded in Memory of Ben Hammond.
- 12 days of screening were funded in Memory of Daniel Hughes.
- Another 9 days of screening were funded in Memory of Aaron Dixon.
- 7 days of screening were held in Memory of Dan Mason.
- Another 6 days of screening were funded in Memory of Euan Campbell
- 6 days of screening were funded in Memory of Ben Forsyth.
- 4 days of screening were held in Memory of Carli Lansley.
- 4 days of screening were funded in Memory of Lewis Marsh.
- 4 days of screening were funded in Memory of James Murgatroyd.
- 4 days of screening were funded in Memory of Jamie Loncaster.
- 6 days of screening were funded in Memory of Sara Pilkington.
- 5 days of screening were funded in Memory of David Williams.
- 3 days of screening were funded in Memory of Tom Clabburn and Claire Prosser.
- 3 days of screening were funded in Memory of Anthony Fitzgerald.
- 3 days of screening were funded in Memory of Neil Ward.
- 6 joint days of screening were held in Memory of Andrew Murch, Pete McAvoy and Michael Yorston.

Once again there were 4 days of screening on the Isle of Man, where hundreds of people were screened by CRY for the charity Craig's Heartstrong Foundation, which raised money for screening in memory of Craig Lunt.

There were 8 days of screening held in Northern Ireland, 2 in Randalstown, 2 in Co Londonderry and 4 in Newtownabbey.

There have been some new screenings this year in memory of John Pirie, Luke Clayton Rutter, Andrew Key, Hamish Ross, David White, Damien Jewell, Thomas Day, Adam Knapp, Sam Moodey, Madison Campbell, Joseph Kellogg and Olly King.

Repeated 1 day and 2 day screening events were funded in memory of Jack Thomas, Matthew Seymour, Jake Anthony, Lily Webster, Robert Rowan, Charlotte Orwin, Stewart Howard, Scott and Mike Thurlow, Richard Waight, Joseph Leyland, Gary Edwards, Yasmin Caldera, Daniel Blackman, John Millar, David Green, Michael Clarke, Joseph Halliwell, Robert Heyes, Andrew Macleod, Bethany Mycroft, Michael Land, Alex Reid, Christopher and Steven Phillips, Chloe Waddell, Craig Rawlinson, John Marshall, Ryan Tilley, Thomas Hardman, Owen Morris, Philip Standing, Robert Daniel Smith, Thomas Demaine, James Nicholas, Lee Wilson, Ceri Palmer nee Howells, Harry Faulkner, Zoe Teale, Adam Pearmine, Gregg Shoults, Jordan Burndred, Matthew Hesmondhalgh, Ben Daniels, Benjamin Michael Smith, Matthew Dewhirst, Kieran Joyce, George Watson, Andrew Parr, Sam Wright, Emily rose Dunn, Adam Donnelly, Julian Wort, Martyn Luckett, Ashley Goodwin, Nathan Butler, Harry Dubois, Kyle Hancock, Jordan Grant and Stevie Wiggins.

CRY's school screening continues to be an important factor in making these services readily available to young people. This year we screened: Eton College, Emanuel School in London, Aylesbury Grammar School, Hope Valley College, Dame Allans School in Newcastle upon Tyne, Millfield School in Somerset, Tunbridge Wells Grammar School for Boys in Kent, Windsor Boys School, Kingston Grammar School, Cranleigh School, Taunton School, Canford School, Bryanston School, Shiplake College, Tudor Hall School, Nottingham High School, Wellington College and Reed's School.

A number of school and college screening events are being funded by CRY ringfenced Memorial Funds. Screening at Old Swinford Hospital School was funded in Memory of Zoe Teale, Berkhamstead School was funded in Memory of Harry Faulkner, Ravenwood School was funded in memory of Ben Daniels and Cheadle Hulme School in Memory of Aaron Dixon.

Over the year there were 2 days of screening on Orkney Isle in Scotland funded in Memory of Freya Rose Dalrymple and 2 days of screening on Shetland Isle in Scotland funded in Memory of John Pirie.

Tesco Bags of Help Centenary Grant funded 5 screening days across the UK.

### **Screening equipment**

This year we had 1 GE Healthcare Vivid iQ ECHO machine donated in Memory of Ethan Jones.

We also had 2 Philips ECG machines donated; 1 ECG machine in Memory of Thomas Wall and 1 donated by the Assured Guaranty UK in Memory of Tanzid Begh.

### **Cardiac screening at CRY Head Office in Leatherhead**

Regular screening events are taking place at the CRY National Screening Centre / CRY Head Office in Leatherhead. The first screening in this financial year was held on 10th and 11th of July 2022.

A total of 16 screening events were held at the CRY Head Offices in Leatherhead; 5 days were funded in Memory of David Williams, 2 days in Memory of Sara Pilkington, 2 days in Memory of Daniel Hughes, 2 days in Memory of Ethan Jones.

A number of screening days were funded by Trusts: 1 day was funded by the Aubrey Orchard-Lisle Charitable Trust, 1 day by The Lynne and Nigel Ross Charitable Trust and Coral Samuel Charitable Trust, 1 day by the Ingram trust, 1 day by the Hospital Saturday Fund and The Geoff and Fiona Squire Foundation and The Anthony and Elizabeth Mellows Charitable Settlement, The Stanton Ballard Charitable Trust, Chapman Charitable Trust, Pannett Charitable Trust, The Sir Robert Gooch Charitable Trust, W.E.D Charitable Trust and the WO Street Foundation also funded 1 day of screening.

### **Screening in sport**

CRY provides screening for many elite and professional sports teams / clubs which includes a medical questionnaire, resting ECG and consultation with the Cardiologist (this is either one of Professor Sanjay Sharma's Research Fellows or one of CRY's previous fellows who are now consultants). If an echocardiogram is required, this is also performed on the day. Some sports have ECG and echocardiogram as standard.

CRY has provided cardiac screening to the following governing bodies/organisations:

- Gallagher Premiership Rugby for senior / contracted academy players and u18s (all 13 clubs): Bath, Bristol Bears,

Exeter Chiefs, Gloucester, Harlequins, London Irish, Newcastle Falcons, Northampton Saints, Leicester Tigers, Sale Sharks, Saracens, Wasps and Worcester Warriors. These results are then used for players called up to the National Teams e.g., England Rugby, Wales etc. Extra screening days for the u16s players were also held at Harlequins, Yorkshire and Saracens.

- Championship Rugby Union: Doncaster Knights and Coventry RFC both held their own screening days.
- Women's Rugby: RFU women's / England senior team held a screening in their world cup preparation camp. The women's u20s also held a screening at one of their training camps.
- Football: AFC Wimbledon, Arsenal FC Academy, Stockport County FC, Crystal Palace women FC, Reading women FC, London City Lionesses FC. These screenings are a mixture of ECG only or ECG and echocardiogram with some players being funded to have their screenings by the Football Association (FA) or the English Football League (EFL). For any of these screenings the results are reviewed and reported on remotely by an FA approved Cardiologist via their digital results system rather than a CRY Research Fellow. Prof Sanjay Sharma and one of his previous Research Fellows, Prof Aneil Malhotra, are both FA approved Cardiologists to do this.
- Welsh Rugby Union Teams: Scarlets held their own screening day once again, with some players from Ospreys also attending.
- Cricket: England Cricket held a day for one of their disability squads – the visually impaired squad at their national performance centre in Loughborough screened with ECG and ECHO. Essex County Cricket and Worcestershire County Cricket also held screening days at their county grounds.
- Rugby League: Leeds Rhinos Academy and London Broncos continue to hold their own days.
- The Royal Ballet School held a screening day at their lower school in Richmond.
- Olympic sports: British Rowing for their u19s athletes at their trials camp – Holme Pierrepont. British Athletics held two days to screen their athletes from their Olympic and Paralympic squads. British Triathlon held a day at their trials weekend for their academy. GB Hockey held a screening for their development athletes.

CRY have continued to have 5 athlete appointments available at each general screening. This is a way for sports which have very few athletes due for screening to have them seen or if any have missed their club/teams private screening day, rather than paying for a whole screening day/team to come out to their venue. The sports pay per athlete for these appointments, so they are not funded through the memorial fund for the day. Sports / Clubs that have screened their athletes in this way include:

- Premiership Rugby (all clubs).
- Cricket: Sussex County Cricket Club, Blaze Cricket (women's).
- Football: AFC Wimbledon, Arsenal FC Academy, Stockport County FC, Lewes women FC, Blackpool FC.
- Badminton England.
- British Swimming, Para-Swimming and Diving have had all their squads screened this way.
- Team Evolution Alpine Racing.
- RFU professional referees.
- Ealing Trailfinders Rugby (Championship).
- GB Wheelchair Rugby



## Research

### CRY Research Fellows

CRY Research Fellows are trained to have considerable expertise in the athlete's heart, the cardiomyopathies and ion channel diseases – thus expanding the pool of specialist doctors in this complicated field of medicine.

The Research Fellows play an instrumental role in the CRY Inherited Cardiovascular Conditions Clinics within the NHS and with the field work conducted in CRY's screening programme. Each Fellow also pursues a specific area of research.

CRY has funded 5 full-time Research Fellows during all or part of the year.

Two Research Fellows started their grants under the supervision of Professor Sharma and Professor Michael Papadakis in February 2020, Dr Raghav Bhatia and Dr Sarandeep Kaur Marwaha.

Dr Saad Fyyaz started his grant in October 2020 and Dr Nikhil Chatrath started his grant in April 2021, both under the supervision of Professor Sanjay Sharma and Professor Michael Papadakis.

One Research Fellow started their grant under the supervision of Professor Sanjay Sharma and Dr Sabiha Gati, Dr Nirmitha Jayaratne started her grant in November 2022.

CRY is also funding 2 Clinical Fellows during all or part of the year. Dr Eleni Nakou started her fellowship in August 2022 and Dr Emmanouil (Manos) Androulakis started in September 2022.

Dr Gherardo Finocchiaro was also funded by CRY until the end of January 2023.

CRY funds two specialist physiologists, to support research and conduct ECGs, echocardiogram and VO2 max tests at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology.

CRY's screening programme continues to surpass all expectations and has fed into crucial research for the benefit of all involved in this field. CRY was first to identify the upper limits of wall thickness and cavity size in British athletes; CRY is the first organisation in the world to characterise cardiac dimensions in adolescent athletes – knowing how to differentiate pathology from physiology is vital for diagnosis; and the first organisation to characterise ECG changes in athletes in a document that is now the blueprint for the Sports Cardiology Section of the European Society of Cardiology.

Apart from diagnostics and these physiological goals, CRY has also been pivotal in identifying the prevalence of conditions such as hypertrophic cardiomyopathy (HCM) in sportsmen. This includes recently identifying conditions such as long QT as more common than HCM.

CRY's findings are published in reputable peer reviewed journals and CRY's guidelines are now nationally and internationally recognised. The current international cardiac screening guidelines have been based on a Caucasian population in the Veneto region of Italy. CRY's research not only highlights the importance of establishing "normal" cardiac parameters in differing ethnic groups, but it is also guiding international screening recommendations when applied to these groups.

Being part of the CRY screening programme is not only about identifying those at risk through employing the highest level of cardiac expertise. It is about taking part in national research programme.

### The academic papers published in this financial year include:

- **"Cardiac magnetic resonance in patients with ARVC and family members: the potential role of native T1 mapping."** Georgiopoulos G, Zampieri M, Molaro S, et al. *The International Journal of Cardiovascular Imaging*, June 2021.

"This study explored the diagnostic role of myocardial native T1 mapping in patients with ARVC and their first-degree relatives. Thirty ARVC patients (47% males, mean age  $45 \pm 27$  years) and 59 first-degree relatives not meeting diagnostic criteria underwent CMR with native T1 mapping."

- **“Female Sex and Persistent Inequalities in the Care of Patients with Hypertrophic Obstructive Cardiomyopathy: A Call to Action”** Raghav T Bhatia et al. *European Journal Of Preventive Cardiology*. 2022 June 16
- **“Cardiac arrest with successful cardiopulmonary resuscitation and survival induce histologic changes that correlate with survival time and lead to misdiagnosis in sudden arrhythmic death syndrome”** Jose Coelho-Lima et al. *Resuscitation*. 2022 June
- **“Role of the Electrocardiogram in Differentiating Genetically Determined Dilated Cardiomyopathy from Athlete's Heart”** Denise Zaffalon et al. *European journal of clinical investigation*. 2022 July 18.
- **“Of Mouse and Man: Cross-Species Characterization of Hypertensive Cardiac Remodelling”** Susanna T E Cooper et al. *International journal of molecular sciences*. 2022 July 12.
- **Beware the Possible Dangers of Chemsex - Is illicit Drug-Related Sudden Cardiac Death Underestimated? - Reply** Mary N Sheppard. *JAMA cardiology*. 2022 July 27.
- **Mending the broken valentine heart: a case report** Sarandeep Marwaha et al. *European heart journal. Case reports*. 2022 August 5.
- **Sudden cardiac death in cardiomyopathies: acting upon "acceptable" risk in the personalized medicine era** Gherardo Finocchiaro. *Heart failure reviews*. 2022 September
- **Impact of Exercise on Outcomes and Phenotypic Expression in Athletes With Nonobstructive Hypertrophic Cardiomyopathy** Joyee Basu et al. *Journal of the American College of Cardiology*. 2022 October 11.
- **Mitral valve abnormalities in decedents of sudden cardiac death due to hypertrophic cardiomyopathy and idiopathic left ventricular hypertrophy** Raghav T Bhatia et al. *Heart rhythm*. 2022 October.
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- **Exercise prescription in individuals with hypertrophic cardiomyopathy: what clinicians need to know** Sabiha Gati et al. *Heart (British Cardiac Society)*. 2022 November 24
- **Exercise prescription in individuals with hypertrophic cardiomyopathy: what clinicians need to know** Sabiha Gati et al. *Heart (British Cardiac Society)*. 2022 November 24
- **Physical activity and exercise recommendations for patients with valvular heart disease** Nikhil Chatrath et al. *Heart (British Cardiac Society)*. 2022 November 24
- **Fatal Case of Hypertrophic Cardiomyopathy in a Donor Heart: A Case Report** Mark Sexton et al. *Transplantation proceedings*. 2022 November 10.
- **Effect of sex, age and body measurements on heart weight, atrial, ventricular, valvular and sub-epicardial fat measurements of the normal heart** Joseph David Westaby et al. *Cardiovascular Pathology: the official journal of the Society for Cardiovascular Pathology*. 2023 Mar-Apr.
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- **The Role of the Bicuspid Aortic Valve in Sudden Cardiac Death - Findings at Cardiac Autopsy** Nikhil Chatrath et al. *Cardiovascular pathology: the official journal of the Society for Cardiovascular Pathology*. 2023 February 22.
- **Coronary Artery Dissection and Myocardial Infarction With Nonobstructed Coronary Arteries: Insights From a UK Nationwide Autopsy-Based Registry** Giuseppe Ciliberti et al. *Arteriosclerosis Thrombosis, and Vascular Biology*. 2023 February 9.

- **“Sudden arrhythmic death and cardiomyopathy are important causes of sudden cardiac death in the UK: results from a national coronial autopsy database”** Mary N Sheppard et al. *Histopathology*. 2023 February 17.
- **Sudden Cardiac Death Among Adolescents in the United Kingdom** Gherardo Finocchiaro et al. *Journal of the American College of Cardiology*. 2023 March 21.
- **Sport and Exercise in Genotype positive (+) Phenotype negative (-) Individuals. Current Dilemmas and Future Perspectives** Alessia Paldino et al. *European journal of preventive cardiology*. 2023 March 17.
- **Prevalence and diagnostic significance of de-novo 12-lead ECG changes after COVID-19 infection in elite soccer players** Raghav T Bhatia et al. *Heart (British Cardiac Society)*. 2023 March 27.
- **The Effect of Ethnicity on Left Ventricular Adaptation to Exercise** Joyee Basu et al. *European Journal of Preventive Cardiology*. 2023 April 22.
- **Coronary Artery Dissection and Myocardial Infarction With Nonobstructed Coronary Arteries: Insights From a UK Nationwide Autopsy-Based Registry-Brief Report** Giuseppe Ciliberti et al. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 2023 May.
- **An Athlete With Bicuspid Aortic Valve Regurgitation and Left Ventricular Dilatation: A Clinical Conundrum** Nikhil Chatrath et al. *JACC. Case reports*. 2023 May 3.
- **Prevalence and diagnostic significance of de-novo 12-lead ECG changes after COVID-19 infection in elite soccer players** Raghav T Bhatia et al. *Heart (British Cardiac Society)*. 2023 May 26.
- **Fit to a fault? The paradox of coronary artery disease in veteran athletes** Saad Fyyaz et al. *European heart journal*. 2023 May 20.
- **Erratum to: Vascular histopathology and connective tissue ultrastructure in spontaneous coronary artery dissection: pathophysiological and clinical implications** Marios Margaritis et al. *Cardiovascular research*. 2023 May 2.

## Conferences

### CRY International Medical Conference 20 and 21 October 2022

The CRY International Medical Conference was once again held online, as it was in 2020 and 2021. For this latest online conference, we were pleased to welcome audience members from around the world as leading experts in cardiology gave presentations, discussed various case-based scenarios and how to deal with them, and held interactive debates that viewers could engage with.

Some of CRY's doctors - Professor Sanjay Sharma and Professor Michael Papadakis – as well as former CRY Research Fellows Dr Sabiha Gati and Professor Aneil Malhotra, gave excellent talks at the event. Several other experts including Professor Domenico Corrado, Professor Jonathan Drezner and Professor Antonio Pelliccia also presented at the event.

## Core Fundraising Events

**PLEASE NOTE:** The figures detailed below are based on the total amount raised throughout the duration of each event. Due to the process of collecting sponsorship and donations, these final totals raised can often span more than one financial year and so do not reflect the figures that are presented in the audited accounts.

### London 10,000 2021

Due to the pandemic, the 2021 event was cancelled. A virtual equivalent was offered to all participants that had places and funds.

### CRY Heart of London Bridges Walk 2022

The 16th CRY Heart of London Bridges Walk took place on Sunday 26th June 2022. It was our first year back in Southwark Park after the pandemic. We decided that we would continue to offer the walk as a virtual event, known as My Walk For CRY, so as many of our supporters as possible could take part. 826 people registered to participate, with 741 walkers registered for Southwark Park and 85 supporters registered to take part in their own version of the walk in their local communities. £24,922.22 was raised in total. As well as having the physical message wall in the park, we replaced the CRY website homepage for 24 hours with all the photos and messages we received so that those visiting the CRY website would see them. The home page was also displayed on a big screen in the park. Speeches were made by CRY Patron, Phil Packer MBE and Dr Steven Cox. A minute silence was observed before the walkers set-off at 11am. See the full write-up here – [www.c-r-y.org.uk/cry-returns-to-london-for-2022/](http://www.c-r-y.org.uk/cry-returns-to-london-for-2022/)

### AJ Bell Great North Run 2022

The 2022 event went ahead without Covid restrictions for the first time since the pandemic. It was a fantastic day, with the weather holding out for decent conditions to take part in, despite the terrible forecast! 37 CRY runners took part in the event raising £18,323.70. See the full write-up here - [www.c-r-y.org.uk/great-north-run-write-up-2022/](http://www.c-r-y.org.uk/great-north-run-write-up-2022/)

### CRY Heart of Durham Walk 2022

The 13th CRY Heart of Durham Walk took place on Sunday 18th September 2022, at Durham Amateur Rowing Club, walking through the city centre. We decided that we would continue to offer the walk as a virtual event, known as My Walk For CRY, so as many of our supporters as possible could take part. We had a total of 139 supporters register to take part in the event; 132 joining us in Durham and 7 supporters registering to walk in their local area, raising a total of £5,375.01. The Durham Walk homepage turned into the digital message wall on the day. See the full write-up here – [www.c-r-y.org.uk/durhamwalk-write-up-2022/](http://www.c-r-y.org.uk/durhamwalk-write-up-2022/)

### Royal Parks Half Marathon 2022

The Royal Parks Half Marathon is London's original half marathon. Over 12,000 runners took part in the 2022 event on Sunday 9th October. 8 CRY Runners took part in the event raising £4,601.00 to date.

### 12-A-Week Challenge 2022

On Saturday 19th of November 2022, 74 participants started to clock up the miles by walking, running, horse riding, swimming, hiking, cycling, and jogging. The 12 A Week Challenge took place during Raising Awareness Week which ran from 19th November – 27th November 2022. Each of the 12 miles completed represented the 12 young sudden cardiac deaths that happen every week. A total of £14,260.00 has been raised to date, by all 74 participants. See the full write-up here - [www.c-r-y.org.uk/12-a-week-challenge-write-up-2022/](http://www.c-r-y.org.uk/12-a-week-challenge-write-up-2022/)

### CRY Great Cake Bake 2022

The 11th CRY Great Cake Bake took place on Friday 25th November 2022, as part of CRY's Raising Awareness Week. 34 supporters registered to take part raising a total of £9,970.65. A digital pack was sent to those taking part, including 6

recipes donated by CRY Staff member. We were lucky enough to have the support of three bakers who have appeared on the Great British Bake Off. Chigs Parmar, Freya Cox and Valerie Stones formed a fantastic panel of judges for this year's competitions. See the full write-up here - <https://www.c-r-y.org.uk/cry-great-cake-bake-write-up-2022/>

## **TCS London Marathon 2022**

The 2022 event was postponed due to the pandemic and was moved to October 2nd 2022. A total of 40,643 participants completed the 2022 TCS London Marathon on the streets of the capital. 60 CRY runners took part and raised £172,744.85. See the full write-up here - [www.c-r-y.org.uk/marathon-write-up-2022/](http://www.c-r-y.org.uk/marathon-write-up-2022/)

## **London Landmarks Half Marathon 2023**

17,266 runners took to the capital wearing charity colours in what was the biggest ever London Landmarks Half Marathon, both in terms of runners and the amount of money raised since the event started. The enthusiastic CRY cheering team spurred on our CRY London Landmarks team with cowbells and megaphones! 38 CRY runners took part raising £39,440 to date. See the full write-up here - [www.c-r-y.org.uk/london-landmarks-half-marathon-write-up-2023/](http://www.c-r-y.org.uk/london-landmarks-half-marathon-write-up-2023/)

## **TCS London Marathon 2023**

This year the event was moved back to the original date in April for the first time since the pandemic. More than 48,000 people finished the TCS London Marathon, defying wet conditions to make the 2023 edition the biggest ever in the event's history. 102 CRY runners took part raising £249,931.26. See the full write-up here - [www.c-r-y.org.uk/london-marathon-event-write-up-2023/](http://www.c-r-y.org.uk/london-marathon-event-write-up-2023/)

## **RideLondon-Essex 2023**

More than 20,000 riders enjoyed amazing conditions as they took on three Ford RideLondon-Essex mass-participation rides, many fundraising for charity at an event that's been dubbed 'the London Marathon on wheels'. 15 CRY riders took part raising £16,627. See the full write-up here - [www.c-r-y.org.uk/ride-london-event-write-up-2023/](http://www.c-r-y.org.uk/ride-london-event-write-up-2023/)

## **Trust Donations**

In this financial year CRY received 86 donations from Charitable Trusts and Foundations totalling £282,238. In total £58,500 went towards Memorial Funds, £102,958 was ringfenced for certain projects/items and £120,780 went to core funding.

## **Support**

### **Telephone Bereavement Support**

CRY has a network of 26 Bereavement Supporters who have themselves been affected by a young sudden cardiac death and have since completed a two-year counselling skills and theory course so that they can offer individual telephone support to other people following a tragedy. No matter how much professional support is offered, sometimes just talking to someone "who has been through a similar experience" helps the most. In the period 1st June 2022 to 31st May 2023, CRY's Bereavement Supporters accepted 43 new referrals from bereaved families. This included bereaved mums, dads, siblings, partners and grandparents.

### **Private Bereavement Support Facebook Groups**

CRY has private Facebook groups specifically for bereaved mums, dads, siblings, partners, friends, grandparents, aunts and uncles, and a group for all family and friends. The groups are private communities for people who are in touch with CRY to connect, share their feelings and experiences with others who have experienced the loss of a young person, and be part a network of support for one another.



At the end of May 2023, there were the following number of people in each group:

Mums – 193, Dads – 34, Siblings – 126, Partners – 115, Friends – 20, Family & Friends – 80, Aunts & Uncles – 18, Grandparents – 4.

### **Support resources**

CRY's information pack for bereaved families is available in both digital and print format so that we can respond to bereaved families' requests for information without delay. CRY provides emotional support literature and medical information written specifically for bereaved families, free of charge upon request by any bereaved family member.

### **myheart Network meetings**

The myheart network meetings are informal meetings for young people aged 18-35 who have been diagnosed with life-threatening cardiac conditions. Members have the opportunity to spend time in a group, sharing experiences and asking questions informally of an expert consultant cardiologist.

### **National myheart meeting October 2022**

4 young people registered to attend the October meeting, held via Zoom. CRY myheart cardiologist, Dr Sabiha Gati, offered the opportunity for those attending to informally discuss any medical queries.

### **National myheart meeting May 2023**

9 young people registered to attend the Spring 2023 myheart meeting, held at Friends' House in Euston, London. The session was led by CRY Research Fellow, Dr Raghav Bhatia.

### **myheart Network Newsletter**

The myheart annual newsletter, containing the latest news from the myheart network, personal stories from young people living with a cardiac condition and articles written by myheart's Consultant Cardiologist and CRY's Research Fellows, was distributed to cardiac units in hospitals across the UK to enable more young patients to find out about the support available.

## **Raising Awareness**

### **Comment on the collapse of footballer Christian Eriksen June 13, 2022**

The sudden collapse of Danish midfielder Christian Eriksen at the 2021 Euros is another terrible reminder of the horrendous impact cardiac conditions have on so many young people every day in the UK and across the world. CRY Chief Executive Dr Steven Cox gave a full statement on the incident and CRY's work to save young lives, while Professor Sanjay Sharma spoke with various news outlets following Eriksen's collapse to offer his expertise on the situation and explain how cases like this can be responded to or prevented to begin with.

### **Sunrise Radio interview with Surinder Singh 2nd June 2022**

This interview was aired on Sunrise Radio's morning show with Shabnam Sahi raising awareness of CRY's flagship event, the CRY Heart of London Bridges Walk, and why supporters participate each year. Surinder Singh and his niece Sandesh talked about CRY's bereavement support, their participation in the walk since 2012 in memory of Surinder's brother, Sukhwinder, what it means to them and the importance of raising awareness of CRY's work.

### **CRY's 16th Heart of London Bridges Walk 25th June 2022**

Over the last two years, many CRY events have gone virtual due to the pandemic. This has included the CRY Heart of London Bridges Walk, with supporters completing walks in their local communities around the country rather than gathering together as normal.

On 26 June 2022, we were so pleased to be able to return to London for the 16th anniversary of this special event.

The 5-mile route went past many of London's iconic landmarks, including Tower Bridge, the Tower of London, The Gherkin, St Paul's Cathedral, Shakespeare's Globe, and The Shard. We also introduced a new quiz to test our walkers along the route with some London trivia.

A total of 709 walkers came to take part.



**CRY Ambassador Ivan Thomas takes on Ironman Challenge** 10th July 2022

Former Kent cricketer and CRY Ambassador Ivan Thomas took part in an ironman competition to raise money for CRY. The ironman event starts with a 3.9km (2.4 miles) swim in Lake Thun, Switzerland, followed by a 180.2km (112 miles) cycle through the Alps before finishing off with a marathon.

**2022 Great North Run** 11th September 2022

38 Runners participated in the GNR to raise awareness and funds for CRY. The event has now returned to its normal busy and vibrant atmosphere.

**CRY Heart of Durham Walk** 18th September 2022

We were pleased to join 132 of our supporters on Sunday 18th September for the 13th CRY Heart of Durham Walk. Participants started to set off from the rowing club and walk along the river, toward the city centre. Soon, there was a sea of CRY T-shirts visible to passers-by.

**Heart of West London Partnership Launches** 3rd October 2022

The Heart of West London partnership is a group of organisations working together to change the game for heart health.

The partnership is made up of Brentford FC, Brentford FC Community Sports Trust, Royal Brompton and Harefield Hospitals Charity, Cardiac Risk in the Young (CRY), Resuscitation Council UK, Pablo London and A-K-A Day.

Together the partnership hopes to raise awareness of game-changing research, drive forward our knowledge of cardiovascular disease to discover more effective treatments, and drive education and training within our local communities.

**TCS London Marathon** 2nd October 2022

Sunday October 2nd 2022 marked the second year that the marathon was to go ahead in October. CRY volunteers were based out on the route at miles 12 and 23 to spur our charity heroes on. This year was the first time CRY were based at the Meet and Greet. It was lovely to see how many runners, along with their families and friends, came to see us to share their experiences from the day. We were delighted to have 57 runners take part on behalf of CRY, raising both vital funds and awareness.

**CRY's Raising Awareness Week** 19th – 27th November 2022

We were thrilled to see so many supporters get involved with CRY's 2022 Raising Awareness Week. We brought back the 12-A-Week Challenge, where supporters aim to complete 12 miles by either walking, running, cycling or swimming, and 74 people took part. Along with the CRY Great Cake Bake and everyone's different efforts to raise awareness, it was another successful week.

**CRY Consultant Cardiologist Professor Sanjay Sharma interviewed on Sunrise Radio to launch CRY's raising awareness week** 21st November 2022

CRY's consultant cardiologist Professor Sanjay Sharma joined Shabnam Sahi on Sunrise Radio's morning programme to launch Raising Awareness Week 2022. Sanjay talked about his work with CRY over the last 25 years, why he decided to specialise in heart conditions affecting young people, the importance of CRY's screening programme; and his own fundraising efforts taking on 10k runs and half marathons in aid of CRY. Thank you to our charity partners at Sunrise Radio for their efforts in raising awareness on-air throughout Raising Awareness Week.

**CRY launches social media campaign – "Why Do I Support CRY"** 1st February 2023

During Heart Month 2023, CRY launched 'why do I support CRY?'. The campaign aimed to personify and tell the stories behind CRY.

We asked our supporters to send in their reasons for supporting CRY so we could share across our social media what CRY means to so many. The campaign was met with hundreds of responses, many sharing deeply personal stories of the impact of Young Sudden Cardiac Death (YSCD) and our cardiac screening programme.

**TCS London Marathon** 23rd April 2023

Sunday 23rd April 2023 marked the London Marathon's return to its usual spot in the annual calendar of events, having been postponed and moved to October for the last few years due to the pandemic. We were delighted to have had 102 runners take part on behalf of CRY, raising both vital funds and awareness.

### **RideLondon-Essex 100 28th May 2023**

15 cyclists participated on Sunday 28th May on behalf of CRY, taking on what is known as the world's greatest festival of cycling, the RideLondon-Essex 100. There was a CRY cheering station near the end of the 100-mile course, with CRY staff and volunteers making as much noise as possible with their CRY cowbells, whistles and clap bangers to cheer for the CRY cyclists and help spur them on to the finish line.

## **Social Media**

CRY is continuously broadening its online presence through popular social media platforms such as Facebook, Twitter, Instagram, and TikTok. Our efforts in expanding these networks and seamlessly integrating them into our existing social media strategy are expected to yield significant growth in our audience engagement.

To maintain an edge in our social media endeavours, CRY leverages the power of SproutSocial, a comprehensive social media management software. This platform grants us access to in-depth analytics, allowing us to closely monitor the performance and impact of our messages.

As part of our proactive awareness-raising initiative, CRY uses multimedia content. We now create captivating graphics, infographics, and engaging short videos in-house. By incorporating these visually appealing elements into our posts, we aim to captivate our followers and stand out amidst the vast sea of social media content.

### **CRY on Twitter**

Over the year, CRY had 535 new followers, an increase of 0.9% on the main Twitter account @CRY\_UK ([www.twitter.com/CRY\\_UK](https://www.twitter.com/CRY_UK)), making a total of 18,766 followers as of May 2023. Tweets have covered a variety of topics, including promoting upcoming screening days; highlighting research publications as they go to press; announcing new Patrons; thanking supporters and promoting CRY fundraising events and launching new videos.

### **myheart on Twitter**

CRY's Twitter account for the myheart support network has gained 46 followers an increase of 10.2% making a total of 496 followers. Tweets have covered subjects such as information on support meetings, news about the members attending events/ sharing their stories, conditions and advice. With the increase of videos filmed with Professor Michael Papadakis there has been an increase in engagement with myheart members.

### **CRY on Facebook**

Over the year, there were 1990 new 'likes', an increase of 5.3% on the CRY Facebook page ([www.facebook.com/CardiacRiskintheYoung](https://www.facebook.com/CardiacRiskintheYoung)), making a total of 38,650 'likes' as of May 2023. Posts on Facebook allow CRY to give more detail about upcoming screening days, research publications and CRY fundraising events.

### **myheart on Facebook**

Over the year, there were 7 new pages likes, an increase of 1.7% for the myheart page on Facebook, which has increased the total number of 'likes' to 1004.

### **CRY on Instagram**

CRY gained 737 followers, an increase of 10.6% on Instagram ([www.instagram.com/cardiacriskintheyoung](https://www.instagram.com/cardiacriskintheyoung)), the total number of followers is now 9,310. The account was setup to show the 'positives' of CRY's work and add more engagement with our fundraisers. Using the hashtag #cardiacriskintheyoung, we have created a feed of pictures onto the homepage of the CRY website, showing what our supporters are up to with fundraising, raising awareness and, more recently, screenings. The CRY account shares images from CRY and supporter events with an aim to raise awareness and thank our supporters. Thanking our supporters is crucial to keep them engaged with CRY and for CRY to engage with our younger supporters. There have been over 2,000 images posted this year with #cardiacriskintheyoung (these are a mixture of supporter and CRY posted images).

### **CRY's YouTube Channel**

CRY has continued to expand its library of videos to raise awareness of young sudden cardiac death; support those living with conditions; and offer a catalogue of talks from the CRY conference. There were over 36,289 new views on the range of videos. There has also been an increase in subscribers with the new total being 2,070 an increase of 22%.

### myheart's YouTube Channel

CRY's myheart YouTube channel is dedicated to support videos and has had over 12,630 new views and increased in subscribers to 160. The increase on views is up compared to last year.

### CRY Websites

Total number of visitors to the main CRY website was 264,037 visitors.

Total number of visitors to the myheart website was 7,925 visitors.

Total number of visitors to sads.org.uk website was 33,324 visitors.

Total number of visitors to testmyheart.org.uk website was 178,784 visitors.

### CRY in the Media

Raising Awareness is one of the most important aspects of CRY's work. Awareness that young people can die of undiagnosed cardiac conditions and that this is one of the most common causes of death in young people with. 12 fit and healthy young people are dying every week in UK from undiagnosed heart conditions. It is also important to raise awareness of the signs and symptoms to look out for as well as the genetic implications of inherited cardiac conditions. CRY want every young person to have the opportunity to have their heart tested so it also important to raise awareness of CRY's screening programme for any young person between the age of 14 and 35 who wants to have their heart tested.

Through awareness, social media, media interviews, newspaper and magazine articles bereaved families find out about CRY, enabling us to offer them the medical (pathology and cardiology) and emotional support they need following such a devastating tragedy.

There were 1056 articles on CRY published in print media, including 31 articles in national newspapers. Below is a selection of national newspaper articles throughout the year.

Month	Total Articles	National/magazine articles
June 2022	374	<ul style="list-style-type: none"><li><b>The Times.</b> "Why women and men need to exercise differently" – News article about CRY research and the difference extreme exercise has depending on someone's sex. – Similar Articles appeared in the Daily Express, Daily Mail and Telegraph Magazine</li></ul>
July	35	
August	22	<ul style="list-style-type: none"><li><b>Sunday Mirror.</b> "My 'healthy' son dropped dead at 31 at his computer - he died so we could live" – Article from the perspective of Gary Anderson's mum following his death in 2020.</li></ul>
September	25	
October	80	
November	29	
December	22	
January 2023	61	

Month	Total Articles	National/magazine articles
February	87	<ul style="list-style-type: none"> <li><b>Daily Express.</b> “A Place In The Sun's Jasmine Harman shares husband's devastating video” – Part of the Why Do I support CRY campaign for Heart Month, A Place In The Sun star Jasmine Harman has opened up about heartbreak at home, after sharing her husband's heartbreaking video detailing the sudden death of his sister. This article also appeared in the <b>Sunday Mirror</b> and <b>The Sun</b></li> </ul>
March	276	<ul style="list-style-type: none"> <li><b>The Times.</b> “Call for routine scans after aide died playing rugby” – Family article about the death of David Hill and aide to the political parties in Scotland.</li> <li><b>Daily Mail.</b> “Businessman completes 3,000-mile Atlantic rowing challenge for cardiac charity” – Row for Amy. Andrew Osborne, from Rutland, finished his voyage in Antigua, more than 11 weeks after setting out from the Canary Islands in January. Rowing the entire distance solo in memory of his daughter Amy and raising over £160,000</li> </ul>
April	28	
May 2022	17	<ul style="list-style-type: none"> <li><b>The Sun.</b> “TRAGIC END Doctors said my healthy 25-year-old brother's heart palpitations were anxiety – the next day our parents found him dead” – Ben Peters, 25, died hours after being discharged from hospital, where doctors diagnosed him with anxiety - but his family discovered he had a catastrophic haemorrhage within his heart</li> </ul>

## Fundraising Regulator Requirements

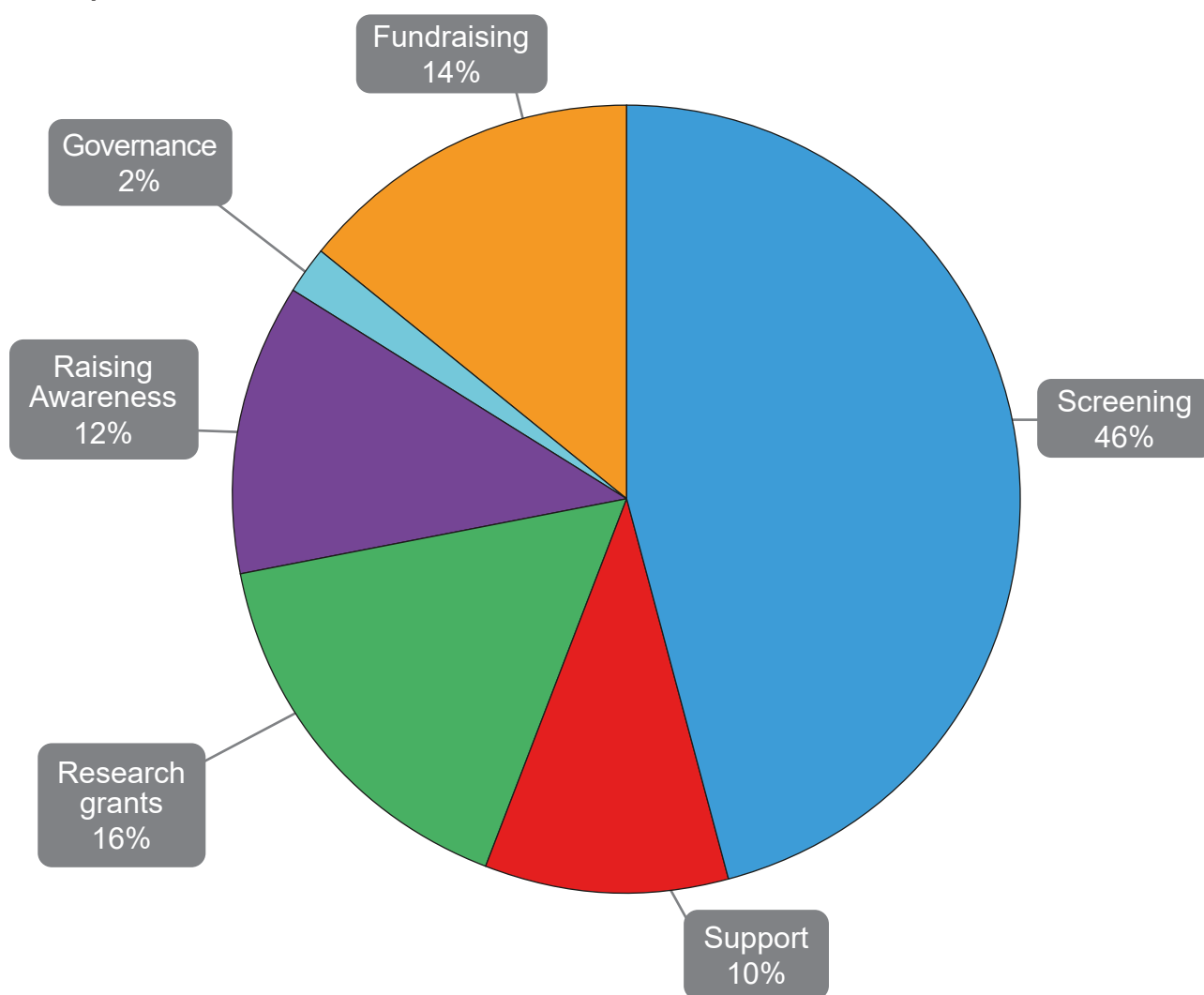
As members of the Fundraising Regulator, CRY is committed to having a complaints procedure in place. During the period of this annual report, we received no fundraising complaints.

# Strategic Report

## Financial Review

During the year, the funds received by the charity increased from £2.85 million to £3.72 million. Expenditure increased from £3.09 million to £3.42 million. The table below “How CRY spends donations 2022-23” highlights the percentage of expenditure by each of the key areas of CRY’s operations. These are screening, research, raising awareness, support (of affected families and young people with inherited cardiac conditions), as well as fundraising and governance costs. The full breakdown of figures are shown on page 31

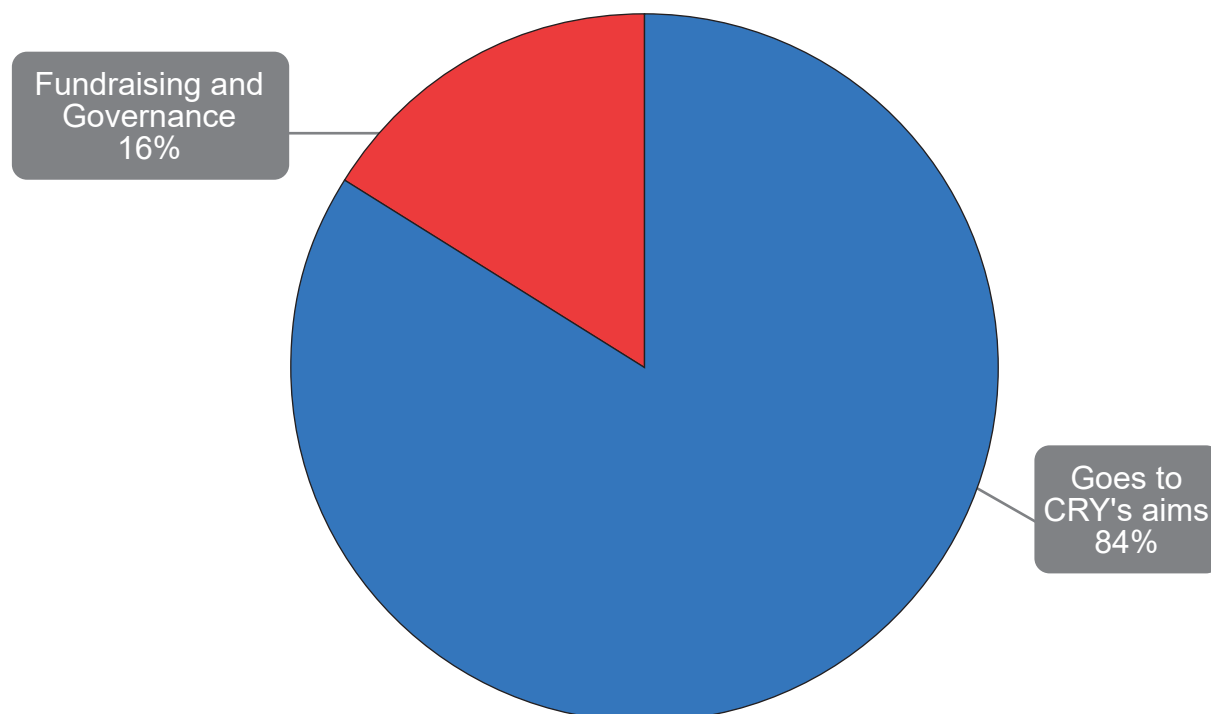
### How CRY Spends Donations 2022-23



Expenditure spent on research grants has decreased from 20% last year to 16% this year. This is largely due to a temporary reduction in research grants following the impact of covid. Research grants provide the funding for the CRY doctors who are essential to the CRY screening programme. To mitigate this shortage of CRY doctors, as the charity returns to pre-covid levels of screening, we have had to identify external clinical support for the programme. Clinical fellows and previously funded CRY doctors have helped us to meet the high screening demand. The cost of these doctors has been attributed to screening costs, rather than research costs. Consequently, research costs have fallen and screening costs have risen from 38% of total expenditure last year to 46% this year.

CRY continues to spend a high proportion of its funds to directly meet its charitable objectives. 84% of CRY's expenditure went to screening, research, awareness and support, and just 16% going to fundraising costs and governance.

#### Total amount going to CRY's aims 2022-23



#### Reserves policy

The Trustees have established the level of reserves that the charity ought to have.

Unrestricted funds are needed to:

- cover support and management costs;
- provide funds which can be designated to specific projects to enable these projects to be undertaken at short notice;
- achieve a liquid reserve to provide cover for further capital expenditure.

The Trustees consider it prudent that unrestricted reserves should be sufficient to cover 6 months Support and Management Costs. The Trustees have set the required level of free reserves for the above matters at £350,000. Free reserves increased from a negative £302,000 at 31st May 2022 to a positive £37,489 at 31st May 2023. Covid had a significant impact on the free reserves and, whilst there has been a significant improvement in the free reserves during the year, the current level of free reserves is still below the level set out by the Trustees. The budgets over the next 12 months predict a further improvement in CRY's free reserves.

In 2020, a plan was put in place to arrange a Coronavirus Business Interruption Loan (CBIL) to ensure CRY would maintain sufficient cash reserves going forward and this is recognised in the accounts in note 11 on page 42. This loan was borrowed against the value of CRY's office which was purchased in 2013 and was valued at £990,000 just prior to the loan being approved. The level of reserves is monitored and reviewed by the Trustees throughout the year. In October 2021 CRY fixed the interest of the loan at 2.44% for the full duration of the loan. Interest earned on our deposits currently more than covers this cost.

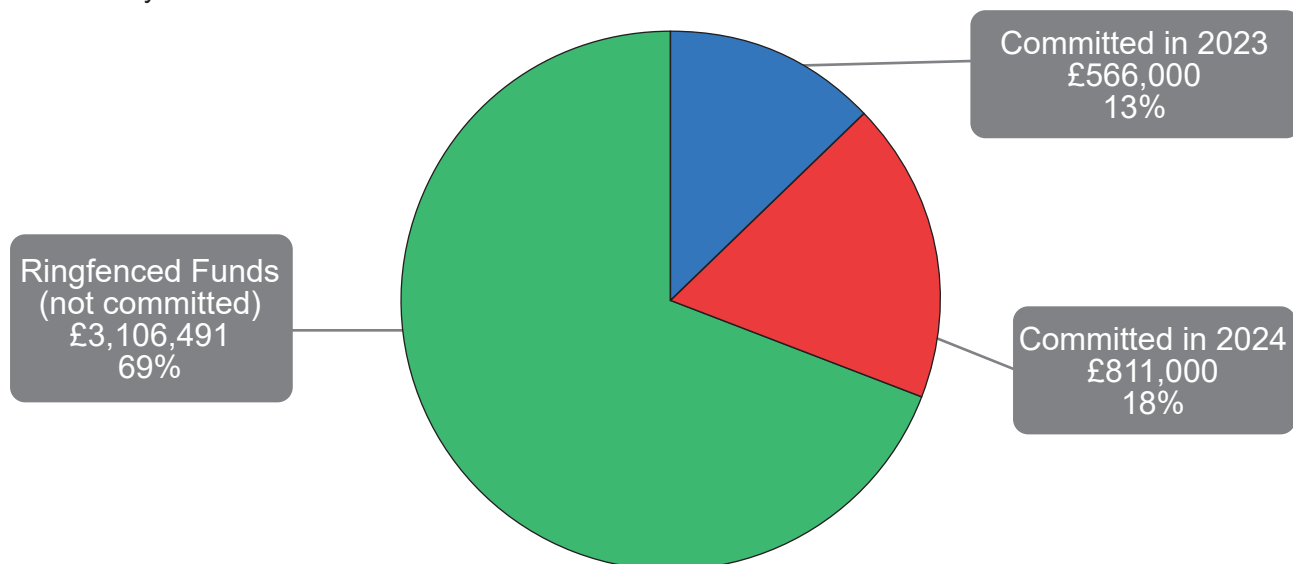
#### An explanation of CRY's reserves and Ringfenced Funds

A significant proportion of CRY's reserve funds are "ringfenced" and must be used for specific projects. The majority of these funds are raised by families who have suffered a tragedy from young sudden cardiac death, in order to take forward a screening programme in their community in memory of their child, sibling or partner. Once the family has



reached the appropriate sum, CRY supports them in taking forward one or more screening events. £4.48 million is now ringfenced for CRY families who specifically request that it is spent on screening. CRY has significant ringfenced funds which provide the funding required for the screening programme going forward for the next 3 years.

By June 1st 2023, £1.377 million of the £4.48 million ringfenced had already been committed to screening events which had been booked in 2023 and 2024. The ringfenced funds which are currently not committed will be allocated to events over the next 3 years.



CRY cannot use these funds for other activities such as bereavement support, raising awareness and research. CRY encourages families to use the funds that are ringfenced, and funding their own screening programme in memory of their relative is important to many bereaved families. It is essential that CRY offers families the ability to raise funds safe in the knowledge that the funds can be dedicated to screening in the very community that raised the money.

### Investment Policy

The Trustees have considered the most appropriate investment policy for funds and have decided that interest bearing accounts with clearing banks effectively meet their requirements to generate income and meet operational contingencies.

## Risk Management

The Trustees have a risk management strategy, which comprises:

- a review of the risks the charity may face which is conducted at each board meeting;
- the establishment of systems and procedures to mitigate those risks identified;
- the implementation of procedures designed to minimise any potential impact on the charity should those risks materialise.

The major risks are considered to be those that would prevent CRY from carrying out its charitable objects permanently. The Trustees have identified the following as possible risks that the charity faces: impact of economic climate; failure to govern effectively; major fraud or financial mismanagement. The risks are regularly reviewed by the main board.

## **Achievements and Performance**

Our achievements and performance are discussed in detail on pages 9 to 23 of this report.

## **Going Concern**

The Trustees have reviewed the budget for the next 12 months and consider the charity has adequate resources to continue for the foreseeable future.

## **Related Parties**

None of the Trustees received remuneration or other benefits for their work for the charity. Any transactions between the charity and the Trustees or senior management or related parties must be disclosed to the board. In the current year no such related party transactions were reported.

## Plans for the Future

- 1.** To continue funding the CRY Centre for Cardiac Pathology at St George's Hospital:
  - raise awareness of the importance of pathology in the role of young sudden cardiac death
  - continue development as the leading service in this field
  - continue funding coroner referrals to expert cardiac pathologist, Professor Mary Sheppard.
- 2.** To continue funding the Research Fellows, the specialist physiologist and the maintenance of the machinery that is used at the CRY Centre for Sports Cardiology at St George's Hospital and maintaining the current service, where a fast-track cardiac screening service is available to elite athletes.
- 3.** To develop CRY's programme of cardiac screening and research:
  - continue the expansion of the infrastructure of the CRY ECG screening service
  - enable young people in local communities to access cardiac screening
  - continue the provision and development of the most proficient screening service to elite athletes in the UK
- 4.** To expand the number of Research Fellowship grants, which will enable CRY to:
  - increase the number of screening events CRY can hold
  - increase number of referrals that can be managed at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology
  - increase CRY's contribution to research in the area of young sudden cardiac death, through:
    - o published abstracts and posters
    - o published articles in peer reviewed journals
    - o presentations at international conferences
- 5.** To develop CRY's counselling support programme through:
  - training programmes for bereavement supporters
  - support services we offer to families after both a bereavement and a diagnosis
  - developing a library of books and online resources to support families after a tragedy
  - supporting initiatives to incorporate peer to peer support services within clinical care pathways.
- 6.** To raise awareness of cardiac risk in the young:
  - CRY will continue to make people aware of cardiac risk in the young and what can be done to prevent a tragedy
  - CRY will continue to drive forward and expand the impact of our Raising Awareness Week. Through an improved representative structure and increased volunteer base this event will continue to generate awareness of these conditions in local communities throughout the country
- 7.** To campaign to establish a national strategy for the prevention of young sudden cardiac death.

## Statement of Trustees Responsibilities

The Trustees (who are also directors of Cardiac Risk in the Young for the purposes of company law) are responsible for preparing the Trustees' Report (including the Strategic Report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare the financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

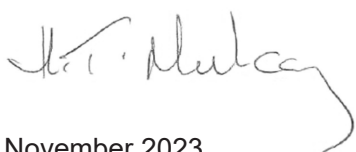
The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

### Auditors

A resolution will be proposed at the Annual General Meeting that BGM Helmores Limited be re-appointed as auditors to the charity for the ensuring year.

By order of the Board

Trustee:



Date: 22nd November 2023

# Independent Auditors' Report

## Opinion

We have audited the financial statements of Cardiac Risk in the Young for the year ended 31 May 2023 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as of 31 May 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

## Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report

## Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

## Opinion on other matter prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report and the strategic report prepared

for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the directors' report and the strategic report included within the trustees' report have been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report or the strategic report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

### **Responsibilities of Trustees**

As explained more fully in the Trustees' Responsibilities Statement set out on page 28, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

### **Auditor's responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities)

This description forms part of our auditor's report.

### **Extent to which the audit was considered capable of detecting irregularities, including fraud**

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and addressing risks of material misstatement in respect of irregularities, including fraud and non-



compliance with laws and regulations, our procedures included the following:

We obtained an understanding of laws and regulations that affect the company, focusing on those that had a direct effect on the financial statements or that had a fundamental effect on its operations. Key laws and regulations that we identified included the Companies Act 2006, Charities SORP (FRS 102). We also compliance with other laws and legislation which may not have a direct impact on the financial statements but whose compliance is paramount to the charitable company such as General Data Protection Regulation (GDPR), employment and health and safety legislation.

We enquired of the trustees and the Audit Committee, reviewed trustees' and Audit Committee meeting minutes for evidence of non-compliance with relevant laws and regulations. We also reviewed controls the trustees have in place to ensure compliance.

We gained an understanding of the controls that the trustees have in place to prevent and detect fraud. We enquired of the directors about any incidences of fraud that had taken place during the accounting period.

The risk of fraud and non-compliance with laws and regulations and fraud was discussed within the audit team and tests were planned and performed to address these risks. We identified the potential for fraud in the following areas: accounting estimates principally in respect of research grants, income recognition, related parties outside normal course of business, management override of controls, misappropriation of cash and other assets and compliance with debt covenants.

We reviewed financial statements disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above.

We enquired of the trustees about actual and potential litigation and claims.

We performed analytical procedures to identify any unusual or unexpected relationships that might indicate risks of material misstatement due to fraud.

In addressing the risk of fraud due to management override of internal controls we tested the appropriateness of journal entries and assessed whether the judgements made in making accounting estimates were indicative of a potential bias.

Due to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. For example, as with any audit, there remained a higher risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing fraud or non-compliance with laws and regulations and cannot be expected to detect all fraud and non-compliance with laws and regulations.

### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Paul Davis FCA (Senior Statutory Auditor)  
for and on behalf of BGM Helmores Limited

Chartered Accountants and Statutory Auditors  
114a Cromwell Road, London, SW7 4AG

Date: 27th November 2023

## Statement of Financial Activities

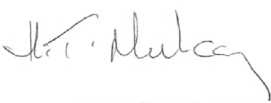
	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
<b>INCOMING RESOURCES</b>							
Donations and Legacies	2	1,765,034	1,390,460	3,155,494	1,549,084	938,112	2,487,196
Investment Income		66,615	-	66,615	6,197	-	6,197
Screening		498,395	-	498,395	300,090	-	300,090
Other Income Received	3	-	-	-	59,104	-	59,104
<b>TOTAL INCOMING RESOURCES</b>		<b>2,330,044</b>	<b>1,390,460</b>	<b>3,720,504</b>	<b>1,914,475</b>	<b>938,112</b>	<b>2,852,587</b>
<b>RESOURCES EXPENDED</b>							
Raising Funds		482,045	-	482,045	441,453	-	441,453
<b>Charitable Activities</b>							
Screening		443,206	1,133,394	1,576,600	501,149	659,691	1,160,840
Family support		321,566	-	321,566	285,793	-	285,793
Research Grants	4	305,504	249,070	554,574	530,432	97,935	628,367
Awareness & PR		404,484	-	404,484	484,950	-	484,950
		<b>1,474,760</b>	<b>1,382,464</b>	<b>2,857,224</b>	<b>1,802,324</b>	<b>757,626</b>	<b>2,559,950</b>
Other Expenditure		77,694	-	77,694	86,650	-	86,650
<b>TOTAL RESOURCES EXPENDED</b>	5	<b>2,034,499</b>	<b>1,382,464</b>	<b>3,416,963</b>	<b>2,330,427</b>	<b>757,626</b>	<b>3,088,053</b>
<b>Net Incoming / (Outgoing) Resources</b>		<b>295,545</b>	<b>7,996</b>	<b>303,541</b>	<b>(415,952)</b>	<b>180,486</b>	<b>(235,466)</b>
Transfers between funds		28,000	(28,000)	-	-	-	-
Net Movement in Funds for the Year		323,545	(20,004)	303,541	(415,952)	180,486	(235,466)
Total funds brought forward at 1 June 2022		328,498	4,503,495	4,831,993	744,450	4,323,009	5,067,459
Total funds carried forward at 31 May 2023		652,043	4,483,491	5,135,534	328,498	4,503,495	4,831,993

There are no recognised gains or losses other than disclosed above. All results derive from continuing operations.

## Balance Sheet at 31 MAY 2023

		2023 £	2023 £	2022 £	2022 £
<b>Fixed assets</b>					
Tangible assets	7		614,554		630,733
<b>Current assets</b>					
Debtors	8	275,367		249,507	
Cash at bank and in hand	9	5,807,522		6,019,142	
		<u>6,082,889</u>		<u>6,268,649</u>	
<b>Creditors: Amounts falling due within one year</b>	10	<u>1,088,451</u>		<u>1,403,931</u>	
<b>Net current assets</b>			<u>4,994,438</u>		<u>4,864,718</u>
<b>Total assets less current liabilities</b>			5,608,992		5,495,451
<b>Creditors: Amounts falling due greater than one year</b>	11		473,458		663,458
<b>Net assets</b>	13		<u>5,135,534</u>		<u>4,831,993</u>
<b>The funds of the charity:</b>					
Unrestricted funds:	14		652,043		328,498
Restricted funds	14		4,483,491		4,503,495
<b>Total Charity Funds</b>			<u>5,135,534</u>		<u>4,831,993</u>

The financial statements on pages 33 to 47 were approved by the Board of Trustees on 22nd November 2023 and signed on its behalf by:

Hugh Mulcahey  - Trustee

Rebecca Trewinnard  - Trustee

Date: 22nd November 2023

# Cash Flow Statement

	Notes	2023 £	2022 £
<b>Net cash provided by operating activities</b>	1	<u>(192,296)</u>	<u>253,090</u>
<b>Cash flows from investing activities:</b>			
Interest from investments		21,341	3,919
Purchase of plant and equipment		(40,664)	(579)
<b>Net cash used in investing activities</b>		<u>(19,323)</u>	<u>3,340</u>
<b>Change in cash and cash equivalents in the reporting period</b>		(211,619)	(249,750)
<b>Cash and cash equivalents at the beginning of the reporting period</b>		6,019,142	6,268,892
<b>Cash and cash equivalents at the end of the reporting period</b>	2	<u>5,807,523</u>	<u>6,019,142</u>

## 1. Reconciliation of net incoming resources to net cash inflow from operating activities

	2023 £	2022 £
Net incoming/(outgoing) resources for reporting period	303,541	(235,466)
Interest from investments	(21,341)	(3,919)
Depreciation charges	56,839	65,843
Movement in debtors	(25,860)	(128,002)
Movement in creditors	(505,476)	48,454
<b>Net cash provided by operating activities</b>	<u>(192,296)</u>	<u>(253,090)</u>

## 2. Analysis of cash and cash equivalents

	2022 £	2022 £
Cash at Bank	5,807,523	6,019,142
	<u>5,807,523</u>	<u>6,019,142</u>

# Notes to the Accounts

## 1. Accounting Policies

### 1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK (FRS 102) (Effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Cardiac Risk in the Young ('CRY') meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

### 1.2 Legal status of the Charity

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

### 1.3 Incoming resources

Screening fees income are accounted for on a receivable basis.

Donations are accounted for on a receivable basis as soon as they are capable of accurate financial measurement and includes any taxation recoverable under Gift Aid. Gifts in kind are included in the Statement of Financial Activities at their gross value to the charity.

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated items have been met, the receipt of economic benefit from the use by the charity of the items probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

Donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

Donated fixed assets are taken to income at the value to the charity with the other entry being capitalised in fixed assets.

Legacies receivable are considered on a case by case basis and recognised as the earlier of the date on which: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. If the legacy is in the form of an asset other than cash or an asset listed on a recognised stock exchange, recognition is subject to the value of the asset being able to be reliably measured and title to the asset has passed to the charity. Where legacies have been notified to the or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

## 1.4 Tangible Fixed Assets

Tangible fixed Assets are initially measured at cost net of depreciation and impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis- assets held under finance leases are depreciated in the same way as owned assets:

Leasehold Property	2%
Equipment	25%
Motor vehicles	20%

It is the charity's policy not to capitalise fixed assets costing below £500.

The gains or loss arising on disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is credited or charged to profit or loss.

At each reporting period end date, CRY reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash-generating unit to which the asset belongs.

## 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis under the following activity headings:

### Fundraising

Costs incurred in financing fundraising activities including allocated staff costs and support costs.

### Screening

These include all costs associated with the screening of individuals including the salary cost of time spent by employees, travel, subsistence and depreciation of related fixed assets.

### Family Support

Costs incurred in undertaking Family Support including allocated staff costs and support costs.

### Awareness and PR

This includes all costs for the purpose of promoting the charity's activities and increasing awareness in the public.

### Research

The costs include research fellows, research assistants, donated equipment and related research expenses.

### Governance

Includes staff time and expenses for time spent in connection with trustees meetings, plus the cost of audit and professional fees. Salary costs are charged in accordance with time spent.

### Support costs

Costs incurred directly in support of expenditure on the objects of the charity and include functions such as Human Resources and Information Technology. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

### Stationery and brochures

Costs incurred in respect of stationery and brochures are written off as incurred.



### 1.6 Debtors

Trade and other debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

### 1.7 Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

### 1.8 Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

### 1.9 Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

### 1.10 Employee Benefit

The costs of short-term employee benefits are recognised as a liability and an expense.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### 1.11 Pensions

In line with recent changes in pension legislation CRY has enrolled eligible employees into an auto-enrolment pension scheme. The basic contributions for the scheme are 3%(2% April 2019) of pensionable earnings by CRY and 5% (5% April 2021) by the employees. Pension costs are charged to the Statement of Financial Activities as incurred. There were £6,679 (2022: £7,168 ) of outstanding contributions at the year end.

### 1.12 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases.

Assets held under finance leases are recognised as assets at the lower of the assets fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the balance sheet as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to the profit and loss account so as to produce a constant periodic rate of interest on the remaining balance of the liability.

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

### 1.13 Funds held by the charity are either:

**Unrestricted funds** – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

**Designated funds** – these are funds which have been designated by the trustees for research projects.

**Restricted funds** – these are funds that can only be used for particular restricted purposes within the charity's objects.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

#### **1.14 Going Concern**

After producing a budget for 12 months from the date of signing the accounts, the trustees have reasonable expectations that the charity has adequate resources to continue acting as a going concern and has thus adopted this basis in preparing the accounts.

#### **1.15 Significant areas of estimation and judgement**

The preparation of the financial statements requires judgements, estimations and assumptions to be made which affect the reported values of assets, liabilities, income and expenditure. The nature of such could result in actual outcomes differing from expectation. Management has applied judgement in the follow material area:

– Research grants are recognised in full by the charity as soon as the criteria for a constructive obligation has been met, payment is probable, can be measured reliably and there are no conditions attached which limit its recognition.

Estimation of the useful economic life of buildings, equipment and motor vehicles.

The allocation of staff costs to the charitable activities based on an estimate of time spent.

## 2. Donations and Legacies

	2023 £	2022 £
<b>Donations</b>		
Gifts	2,742,605	2,362,202
Legacies	286,120	8,967
Trusts	120,279	101,807
Sponsorship	6,490	14,220
	<u>3,155,494</u>	<u>2,487,196</u>

## 3. Other Income Received

Furlough grant receivable	-	51,645
Other government grants	-	7,459
	<u>-</u>	<u>59,104</u>

## 4. Research

	2023 £	2022 £
Research costs		
Medical Research - Professor Sharma - St George's, University of London	132,462	328,997
Cardiac Pathology and Coroners' Referral Research	166,687	231,938
Medical Research - Professor Papadakis - St George's, University of London	212,115	66,488
Medical Research - Liverpool John Moores	1,321	944
Medical Research - Dr Gati	41,989	-
See note 12	<u>554,574</u>	<u>628,367</u>

Please see the trustees report page 43 for further information in respect of provisions for research grants.

## 5. Total resources expended

	Direct Staff Costs £	Other Direct Costs £	Support & Management Costs £	Total 2023 £
Screening	897,023	441,471	238,105	1,576,599
Family Support	216,798	30,214	74,554	321,566
Awareness & PR	167,494	144,876	92,114	404,484
Governance	13,765	-	63,929	77,694
Research (Note 4)	-	554,574	-	554,574
Fundraising	219,306	96,707	166,032	482,045
	<u>1,514,386</u>	<u>1,267,842</u>	<u>634,734</u>	<u>3,416,962</u>

Prior year analysis

	Direct Staff Costs £	Other Direct Costs £	Support & Management Cost £	Total 2022 £
Screening	674,350	340,319	146,171	1,160,840
Family Support	220,687	8,060	57,046	285,793
Awareness & PR	201,858	128,114	154,978	484,950
Governance	12,481	-	74,169	86,650
Research (Note 4)	-	628,367	-	628,367
Fundraising	249,821	83,110	109,162	441,453
	<u>1,359,197</u>	<u>1,187,970</u>	<u>541,526</u>	<u>3,088,053</u>

**5.Total resources expended - continued**

	2023 £	2022 £
<b>Support and Management Costs</b>		
Staff Costs (not included in direct staff costs above)	261,078	223,173
Rent & Rates	7,774	8,072
Heat, Light & Power	6,438	5,170
Motor Expenses	7,937	11,837
Travelling	561	186
Printing, Stationery and Telephone	27,916	20,656
Postage and carriage	31,971	22,244
Computer Expenses	101,551	61,178
Professional Fees	6,832	21,439
Auditors Remuneration	23,820	21,600
Insurance	45,018	36,687
Maintenance	25,813	16,619
Bad Debts	-	-
General Expenses	1,741	1,542
Bank charges and Interest	29,445	25,280
Depreciation	56,839	65,843
Profit on disposal of fixed assets	-	-
	<u>634,734</u>	<u>541,526</u>

Support Costs allocated to activities	Screening	Family support	Awareness & PR	Fundraising	Governance	Total 2023
	£	£	£	£	£	£
Premises	2,406	581	7,489	2,170	1,563	14,209
General Office	88,188	15,836	148,453	48,144	48,483	349,104
Management	12,078	9,304	7,156	13,763	1,597	43,898
Finance	42,011	30,068	13,310	63,626	24,117	173,132
Information Technology	463	452	1,179	441	195	2,730
Human Resources	15,400	8,852	14,188	10,946	2,275	51,661
Total	160,546	65,093	191,775	139,090	78,230	634,734

Prior year analysis

Support Costs allocated to activities	Screening	Family support	Awareness & PR	Fundraising	Governance	Total
	£	£	£	£	£	£
Premises	2,426	539	6,839	1,980	1,461	13,245
General Office	91,189	12,098	121,748	36,690	36,534	298,259
Management	7,624	6,013	3,800	11,816	1,415	30,668
Finance	34,815	30,497	9,986	48,260	22,532	146,090
Information Technology	826	817	1,421	808	184	4,056
Human Resources	9,291	7,082	11,184	9,608	12,043	49,208
Total	146,171	57,046	154,978	109,162	74,169	541,526

Costs were allocated on the basis of staff time other than premises and general office costs which were allocated on a usage basis.

## 6. Staff costs and number of employees

	2023 £	2022 £
Wages and salaries	1,562,907	1,402,197
Social security costs	132,753	110,872
Pension costs	62,935	39,659
Other staff costs (including staff training)	16,869	29,002
	<u>1,775,464</u>	<u>1,581,730</u>
Direct Staff Costs	1,514,386	1,358,557
Support Staff Costs	261,078	223,173
	<u>1,775,464</u>	<u>1,581,730</u>

One employee received a salary in excess of £60,000 in the year to 31 May 2023 (2022: 1).

The charity trustees were not paid or received any other benefits from employment with CRY in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil)

The key management personnel of the charity, comprise the CRY Founder, the Chief Executive Officer and the Director of Screening and Research. The total employee benefits of the key management personnel of the charity were £124,362 (2022:£133,599).

Total employee benefits include : Salary, pension and healthcare.

The average monthly number of employees during the year was:

	2023	2022
Management and administration	6	8
Charitable work	87	68
Total	93	76
The above includes the following part time staff	51	31

Net incoming resources before transfers

This is stated after charging:

	2023 £	2022 £
Depreciation	56,839	65,843
Auditors' remuneration		
For audit services	9,970	9,970
For other services	13,850	11,630

## 7. Tangible fixed assets

	Long Leasehold Property £	Equipment £	Motor Vehicles £	Total £
<b>Cost</b>				
At 1 June 2022	678,201	915,052	99,491	1,692,744
Additions	-	40,660	-	40,660
At 31 May 2023	678,201	955,712	99,491	1,733,404
<b>Depreciation</b>				
At 1 June 2022	121,976	882,955	57,080	1,062,010
Charge for the year	13,488	28,695	14,656	56,839
At 31 May 2023	135,464	911,650	71,736	1,118,850
<b>Net Book Value</b>				
At 31 May 2023	542,737	44,062	27,755	614,554
At 31 May 2022	556,225	32,097	42,410	630,734

All fixed assets are used for charitable purposes.



## 8. Debtors

	2023 £	2022 £
Trade debtors	95,806	24,600
Prepayments	87,591	93,007
Accrued income	91,970	131,900
	<u>275,367</u>	<u>249,507</u>

## 9. Cash at bank and in hand

	2023 £	2022 £
Deposit account	4,847,749	5,061,138
Current account	956,921	955,402
Cash in hand	2,852	2,602
	<u>5,807,522</u>	<u>6,019,142</u>

## 10. Creditors: Amounts falling due within one year

	2023 £	2022 £
Bank loan (Note 11)	189,323	189,323
Trade creditors	44,532	109,002
Other creditors	30,436	34,863
Taxation and social security costs	34,870	19,271
Accruals and deferred income	555,074	616,671
Research (Note 12)	234,216	434,801
	<u>1,088,451</u>	<u>1,403,931</u>

## 11. Creditors: Amounts falling due after one year

	2023 £	2022 £
Bank loan	473,458	663,458
	<u>473,458</u>	<u>663,458</u>

The bank loan is secured by fixed charges over all the charity's leasehold property.

The loan is for a term of 6 years and with monthly instalment repayments having commenced in November 2021, after an initial 12 month capital repayment holiday. The final repayment date is 23 November 2026. Interest accrues at 2.44% per annum on a Fixed Rate.

## 12. Research

	2023 £	2022 £
Provision at 1 June 2022	434,801	407,483
Recognised in statement of financial activities (Note 4)	554,574	628,367
Grant payments in the year	(755,159)	
Provision at 31 May 2023	<u>234,216</u>	<u>434,801</u>

Grant commitment at 31 May 2023			2023	2022	2023	2022
Institution	Activity	Type	Number of grants		Total £	Total £
St George's University of London	Research under Professor Sharma	Fellows	6	8	145,882	326,467
St George's University of London	Research under Professor Sharma	Cardiac Physiologists	2	2	33,334	33,334
Cardiac Pathology and Coroners' Referral Research			2	2	55,000	75,000
<b>Total Grants</b>			<u>10</u>	<u>12</u>	<u>234,216</u>	<u>434,801</u>

See note 16 in respect of further information on these projects

## 13. Analysis of net assets between funds

	Tangible assets £	Net current assets £	Total £
Unrestricted funds	614,554	37,489	652,043
Restricted funds	-	4,483,491	4,483,491
	<u>614,554</u>	<u>4,520,980</u>	<u>5,135,534</u>

## 14. Analysis of Funds

	Balance at 1 June 2022 £	Incoming Funds £	Outgoing Funds £	Transfers Between Funds £	Balance at 31 May 2023 £
Unrestricted funds	328,498	2,330,044	(2,034,499)	28,000	652,043
Restricted funds (Note 16)	4,503,495	1,390,460	(1,382,464)	(28,000)	4,483,491
	<u>4,831,993</u>	<u>3,720,504</u>	<u>(3,416,963)</u>	<u>-</u>	<u>5,135,534</u>

## 15. Research Costs

### Cardiac Pathology Research

After a death, fast track expert pathology is crucial. CRY has designated significant funds to support essential research and fund the expertise required to conduct these investigations at The CRY Centre for Cardiac Pathology (CRYCCP), which is based at St George's Hospital, University of London, Tooting, London. Expert cardiac pathology is essential to help understand the cause of death as well as inform which tests are required for the testing of first degree blood relatives.

### Coroners' Referral

CRY is funding coroners' referrals to The CRY Centre for Cardiac Pathology for young people (aged 35 or under) where the cause of death in the initial pathology is "unascertained". Coroners sometimes do not have the funds to access a service where they can refer complex cases to an expert pathologist. This means that many deaths are simply recorded as unascertained or, incorrectly, such as epilepsy, asthma or drowning. This service allows coroners to refer cases directly and receive a full report of the actual cause of death within 2 weeks.

### St George's, University of London

CRY has funded 8 research fellowship grants during this year. All eight grants are supervised by Professor Sharma and Professor Michael Papadakis. CRY is funding a cardiologist to support and further expand its collaborative research programme with St George's. The fellows under the supervision of Professor Sharma and Professor Papadakis focus on the data obtained in CRY's screening programme and take forward projects relating to Young Sudden Cardiac Death, inherited cardiovascular conditions and sports cardiology. Research Fellowship funding is essential for CRY's screening programme. A research fellow is present at every screening to ensure that all abnormal ECG findings are evaluated immediately with follow-up ECHO (ultrasound of the heart). CRY is also funding a cardiac nurse and two full time physiologists to work at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology. The research fellows, physiologists, and the nurse support Professor Sharma, to provide a specialist service for bereaved families after a tragedy, where all family members can be seen together and have all necessary tests conducted on the same day.

## 17. Restricted Funds

	Balance at 1 June 2022 £	Incoming Funds £	Outgoing Funds £	Transfer to Unrestricted Funds £	Balance at 31 May 2023 £
Restricted					
Memorial Funds	4,442,756	1,259,955	(1,257,001)	(28,000)	4,417,705
Cardiff City Football Club	4,946	-	-	-	4,946
Robert Luff Foundation	20,000	40,000	(40,000)	-	20,000
Aubrey Orchard-Lisle Charitable Trust	-	6,000	(6,000)	-	-
The Geoff and Fiona Squire Foundation	477	-	(477)	-	-
James Tudor Foundation	317	121	-	-	438
The Anthony and Elizabeth Mellows Charitable Settlement	1,000	-	(1,000)	-	-
W.E.D. Charitable Trust	1,500	-	(1,500)	-	-
Wrexham Rugby Club	2,500	-	(2,500)	-	-
Chapman Charitable Trust	1,000	-	(1,000)	-	-
Hobson Charity	-	4,958	(4,958)	-	-
Tesco Bags of Help Grant	15,000	-	(25,000)	-	(10,000)
The Sir Robert Gooch Charitable Trust	1,000	-	(1,000)	-	-
The Pannet Charitable Trust	500	-	(500)	-	-
The Stanton Ballard Charitable Trust	500	-	(500)	-	-
Glasdon Charitable Programme	12,000	-	-	-	12,000
Mather Family Charitable Trust	-	12,000	-	-	12,000
Lynne & Nigel Ross Charitable Trust	-	1,500	(1,500)	-	-
Coral Samuel Charitable Trust	-	4,500	(4,500)	-	-
The Ingram Trust	-	7,500	(7,500)	-	-
Implanted Defib Assoc'n Scotland	-	11,802	(11,802)	-	-
The W O Street Charity	-	3,000	-	-	3,000
ECG Assured Guranty UK Ltd	-	13,600	(5,225)	-	8,375
The Gawthorn Cardiac Trust	-	3,000	(3,000)	-	-
Hospital Sat Fund	-	7,500	(7,500)	-	-
North West Project UKH Foundation	-	5,000	-	-	5,000
Edith Murphy Foundation	-	5,000	-	-	5,000
The Grace Trust	-	3,000	-	-	3,000
Frinton Golf Club	-	2,024	-	-	2,024
	4,503,495	1,390,460	(1,382,464)	(28,000)	4,483,491

## 16. Restricted Funds (continued)

Restricted funds include 319 active funds (2022:295) which have been set up to fund primarily screening events, but also provide funds for research fellows, raising awareness and for the purchase of ECG machines and a screening van.

- The Cardiff City Football Club and the Rhonda Mayoral Fund donations were restricted to provide funding for screening in South Wales.
- Robert Luff Foundation donation was restricted to finance research costs.
- Stanley Grundy Foundation donation was restricted to fund cardiac screening.
- Aubrey Orchard-Lisle donation was restricted to fund cardiac screening.
- The Geoff and Fiona Squire Foundation donation was restricted to fund the purchase of an ECG machine for screenings.
- Carval Foundation donation was restricted to fund the purchase of reading barcode Scanner
- James Tudor Foundation donation was restricted to fund Heart Screening Booklet
- The Anthony and Elizabeth Mellows Charitable Settlement restricted for St George's Centre
- W.E.D. Charitable Trust donation for restricted for St George's Centre
- Brian Shaw Trust donation restricted for St George's Centre
- Wrexham Rugby Club donation were restricted to provide funding for screening in Wales.
- The Rothley Trust donation was restricted to fund Durham Walk leaflet.
- The Edith Florence Spence Memorial Trust donation was restricted to fund cardiac screening.
- Chapman Charitable Trust donation was restricted to fund cardiac screening.
- Wasps Foundation donation was restricted to fund cardiac screening.
- Tesco Bags of Help grant was restricted to fund cardiac screening.
- The Sir Robert Gooch Charitable Trust donation was restricted to fund cardiac screening.
- Pannet Charitable Trusts donation was restricted to fund Cardiac screening in East Sussex
- The Fognal Trust donation was restricted to fund cardiac screening.
- The Stanton Ballard Charitable Trust donation was restricted to fund cardiac screening.
- Glasdon Charitable Programme donation was restricted to fund cardiac screening.
- Mather Family Charitable Trust donation was restricted to fund cardiac screening.
- Lynne & Nigel Ross Charitable Trust donation was restricted to fund cardiac screening.
- Coral Samuel Charitable Trust donation was restricted to fund cardiac screening.
- The Ingram Trust donation was restricted to fund cardiac screening.
- Implanted Defib Assoc'n Scotland donation was restricted to projects in Scotland
- The W O Street Charity donation was restricted to fund cardiac screening.
- ECG Assured Guranty UK Ltd donation was restricted to fund the purchase of an ECG machine for screenings.

- The Gawthorn Cardiac Trust donation was restricted to finance research costs.
- Hospital Sat Fund was restricted to fund cardiac screening.
- North West Project UKH Foundation donation was restricted to fund cardiac screening in the North West of England.
- Edith Murphy Foundation donation was restricted to fund cardiac screening.
- The Grace Trust donation was restricted to fund cardiac screening.
- Frinton Golf Club donation was restricted to fund cardiac screening.

## **18. Contingent liability**

The charity had no contingent liabilities at 31 MAY 2023.

## **19. Taxation**

The charity is considered to pass the tests set out in Sch. 6, para. 1 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Pt. 11, Ch. 3 of the Corporation Tax Act 2010 or s. 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.





