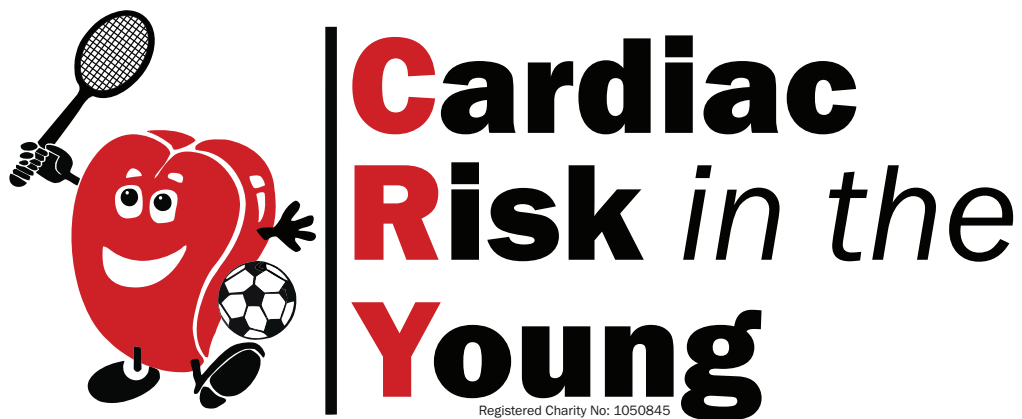


REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2024



Financial statements for the year ended 31 May 2024

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Executive Summary



Statement from CRY's Chairman

Hugh Mulcahey

This year was pivotal for CRY. Over 2023-2024 we screened 26,658 young people across 300 screening days, achieved record income, and strengthened our financial reserves. As the demand for CRY's screening services continues to grow, we are expanding our program to reach more young people by increasing the number of CRY doctors and exploring additional ways to broaden our services.

Our research efforts, led by Professors Sanjay Sharma, Michael Papadakis, and Mary Sheppard, have resulted in numerous publications that have significantly advanced the understanding of cardiac conditions in young people. The evidence and insights gained from this research are shaping clinical practice in this specialised field of cardiology.

This year, we supported more newly bereaved families than ever before. Whilst this highlights the urgent need for CRY's support services in the face of the devastating impact of young sudden cardiac death on families, friends, and communities, it also reassuring that awareness of CRY is growing. More families in need are finding CRY and reaching out to us for support.



Executive Summary

Dr Steven Cox

The 2023-2024 period has been a year of significant achievement for Cardiac Risk in the Young (CRY). We have continued our mission to save young lives through cardiac screening, research, and support for families affected by inherited cardiac conditions and young sudden cardiac death.

Screening Milestones

Over the past year, CRY has screened 26,658 young people across 300 screening days. These efforts have been critical in identifying those at risk and providing early interventions. We remain dedicated to making cardiac screening accessible across the UK, giving young people and their families vital knowledge and peace of mind. One challenge we face is the increasing demand for CRY's screening services, with over 80,000 young people registered on our waiting list as of June 2024—a number that continues to grow. To expand our reach, we recognise the need to recruit and train more CRY doctors. This, along with research to streamline our processes, will be essential for scaling our screening efforts in the years to come.



Financial Growth

CRY's financial position has strengthened significantly, with our free reserves increasing from £37,489 last year to £291,237. This ensures stability for future initiatives. We also achieved our highest-ever income, reaching £4,287,670 (up from £3,720,504 last year), thanks to the dedication of our supporters, donors, and partners. These funds will enable us to continue expanding our screening programs and research efforts, while investing in the training of additional doctors to further our mission.

Research Excellence

This year has also been a standout for our contributions to medical research. Numerous publications were produced under the leadership of our esteemed experts—Professors Sanjay Sharma, Michael Papadakis, and Mary Sheppard—alongside an expanding network of cardiologists and clinicians supporting CRY’s mission. Among these is the paper “Sudden Arrhythmic Death and Cardiomyopathy Are Important Causes of Sudden Cardiac Death in the UK: Results from a National Coronial Autopsy Database,” the largest dataset of its kind globally, with an evaluation of 7,456 hearts. Another key paper, “Prevalence and Clinical Significance of Electrocardiographic Complete Right Bundle Branch Block in Young Individuals,” is the first from a screening audit of over 100,000 young people. These groundbreaking studies, among others, continue to shape our understanding of cardiac risk in young people, influencing clinical practice and improving outcomes. Publishing 32 articles in leading international medical journals this year demonstrates our ongoing commitment to advancing knowledge and improving outcomes related to young sudden cardiac death. This underscores CRY’s role as a leader in the field, continually pushing the boundaries of research and enhancing our diagnostic and management capabilities. Each publication not only adds to the global medical community’s understanding but also reinforces the importance of CRY’s work in protecting young lives.



Supporting Bereaved Families

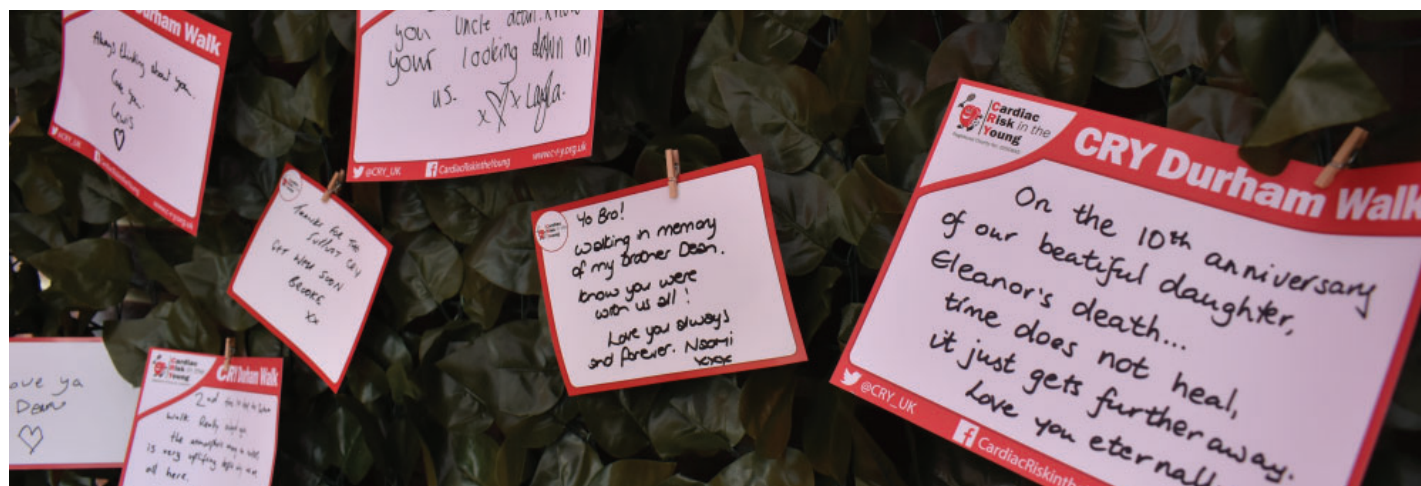
This year saw a rise in first-contact calls from newly bereaved families, marking the highest number ever recorded. This highlights the crucial need for our bereavement support services. CRY remains committed to offering compassionate support during these difficult times through our specialist bereavement peer-to-peer support program.

Ongoing Challenges

Although this year marked the first time the charity raised over £4 million since its founding in 1995, fundraising remains challenging, with many worthy causes needing support. A significant number of CRY’s fundraisers focus on supporting screening which enables CRY to run a national screening programme throughout the UK. In order to expand and respond to the high demand for our screening services we will require more funding for research fellows. This calls for an increase in core funding or donations specifically designated for research. The launch of the Financial Times partnership (www.c-r-y.org.uk/ft) is a step towards demonstrating the value of CRY’s services to potential corporate donors, trusts, and individuals with the capacity to make significant contributions. By advancing our research, we can extend our services to more young people and save even more lives.

Looking Ahead

The accomplishments of this year have laid a solid foundation for CRY’s future. As we move forward, our focus remains on expanding our reach, deepening our research, and supporting families affected by inherited cardiac conditions and young sudden cardiac death. By increasing the number of CRY doctors, we aim to reach more young people with our life-saving screenings. Together, we will continue to drive awareness, deliver vital screenings, fund transformative research projects, and offer hope to families across the UK.



Legal Structure and Governance

The Trustees present their annual report and audited financial statements of the company for the year ended 31 MAY 2024.

Reference and Administrative Details

Company Registration Number: 3052985

Registered Charity Numbers: 1050845 & SC052581

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

Trustees: Hugh Mulcahey (Chairman)

Louise Brooker-Carey

James Brown (appointed on 14th December 2023)

Monique Choudhuri (appointed on 14th December 2023)

Peadar O'Donnell (resigned on 26th September 2024)

Dr Nicholas Jones

Dr Jayesh Makan

Paul Quartermann

Rebecca Trewinnard (resigned on 26th September 2024)

Chief Executive: Dr Steven Cox

Structure, Governance and Management

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. CRY was registered with the Scottish Charity Regulator on June 1st 2023.

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 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) (resigned on 26th September 2024), Rebecca Trewinnard (CRY Trustee) (resigned on 26th September 2024), James Brown (CRY Trustee) (appointed 26th September 2024), Paul Quarterman (CRY Trustee) (appointed 22nd May 2024) and Dr Steven Cox (CRY Chief Executive). The Committee meets at least four times 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). 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

Professors Sanjay Sharma and Michael Papadakis, CRY's Consultant Cardiologists, who are based at University of London and St George's Hospital, oversee the CRY research programme plus the clinical aspects of the CRY cardiac screening programme. All services provided by Professor Sharma and Professor Papadakis 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.

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 ages 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 referred to Inherited Cardiac Conditions specialists for clinical testing. 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 Hospital, London.

Funding the CRY Centre for Inherited Cardiovascular Conditions

CRY supports NHS clinics at St George's Hospital. At these clinics, specialist screening is offered to the family (first degree blood relatives) after the sudden death of a family member. The family can all be seen together, usually with all the tests required 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.

Funding the CRY Centre for Sports Cardiology

The CRY Centre for Sports Cardiology (CRY CSC), led by Professor Sharma, provides expert cardiac diagnosis for elite athletes. Due to the unique heart physiology of athletes, distinguishing between a healthy athletic heart and underlying conditions can be challenging. The Centre specializes in accurately interpreting these differences.

As a leader in research, CRY CSC studies how exercise affects the heart, particularly in young people, refining screening guidelines and advising safe exercise for those with conditions. This expertise allows young people with heart conditions to receive tailored advice, helping many continue sports safely while preserving their physical and mental well-being.

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 understand what caused the death as well as assisting in informing the correct clinical pathway for first degree blood relatives, helping to quantify the risk posed to other family members.

Emotional Support

CRY has a select group of 30 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 at 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.



CRY supporters at the CRY Heart of London Bridges Walk 2023

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 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. As a 'one stop shop', 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 there.

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 groundbreaking 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

The CRY screening programme aims to detect underlying heart conditions in young people aged 14 to 35, helping to prevent sudden cardiac death. It involves a simple, non-invasive process, including a health questionnaire, electrocardiogram (ECG), and sometimes an echocardiogram if needed. These tests can identify conditions that may increase the risk of cardiac issues during exercise or everyday life. The screenings are typically conducted at community events, schools, universities, sports clubs, and CRY's national screening centre, providing vital early detection and peace of mind to young people and their families.

This financial year, CRY had 300 screening days and screened 26,658 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. This year we held 202 screening days in England, 11 days in Wales, 9 days in Northern Ireland and 29 days in Scotland - 8 of which were in the Scottish Isles (Orkney 4, Shetland 2, Isle of Lewis 2).

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.

First public events this year were held in memory of Jack Thomas on the 3rd and 4th of June in Wales, and in memory of John Pirie on the 3rd and 4th of June in Shetland (Scottish Isles).

- 16 days of screening were funded in memory of Aaron Dixon
- 10 days of screening were funded in memory of Daniel Hughes
- 8 days of screening were held in memory of Carli Lansley
- 6 days of screening were funded in memory of Ben Hammond
- 6 days of screening were funded in memory of Matthew Dewhirst
- 4 days of screening were funded in memory of Ben Forsyth
- 4 days of screening were funded in memory of Freya Rose Dalrymple
- 4 days of screening were funded in memory of Harry Dubois
- 4 days of screening were funded in memory of Jamie Loncaster
- 4 days of screening were funded in memory of Lewis Marsh
- 3 days of screening were funded in memory of Harry Faulkner
- 3 days of screening were funded in memory of Anthony Fitzgerald
- 3 days of screening were funded in memory of Richard Brember
- 3 days of screening were funded in memory of Scott Cowan

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 have been some first screenings this year in memory of

- Scott Cowan
- Ella Bury

- Ashley Trigg
- Clayton Olson
- Callum Staple-Hughes
- Miriam Lee
- Dylan Howells
- Mia Jennings
- David Hill
- Tom Petley
- Aiden Joyce
- and through the Young Windy Screening Fund

Many families hold screening days each year (1 or 2) and this year we had events held in memory of Adam Green (2), Adam Lewis (2), Adam Rowbottom (1), Alden Price (2), Amy Osborne (2), Andrew Key (2), Andrew Macleod (2), Andrew Oliver (1), Benjamin Michael Smith (1), Bethany Mycroft (1), Bruce Cousins (1), Charlie Craig (1), Charlotte Adams (1), Christopher and Steven Phillips (1), Daniel Blackman (1), Dean Mason (2), Duncan Phillips (1), Euan Campbell (2), Harry Dubois (2), Jack Boulton (2), Jack Thomas (2), Jake Anthony Pickford (1), James Nicholas (1), James Patterson (2), John Millar (1), John Pirie (2), Jonathan Hayman (2), Jordan Burndred (1), Josh Merrick (2), Kieran Joyce (2), Kyle Hancock (1), Lily Webster (2), Luke Rutter (1), Madison Campbell (1), Martyn Luckett (2), Matthew Hesmondhalgh (2), Michael Land (1), Nathan Butler (2), Neil Ward (2), Oliver Griffin (1), Olly King (1), Owen Morris (2), Pardeep Nagra (1), Paul Sheridan (1), Richard Waight (1), Robert Daniel Smith (2), Robert Rowan (2), Ryan Tilley (1), Sam Wright (2), Sara Pilkington (2), Stevie Wiggins (1), Stuart Cutler (1), Thomas Day (1), Tom Clabburn and Claire Prosser (1), Zoe Teale (1), Graeme Blekinsop (2).

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, Royal Grammar School Guildford, John Hampden Grammar School, Sir John Lawes School Harpenden, Sir Henry Floyd Grammar School, Chislehurst and Sidcup Grammar School, Holyrood Secondary School, Culford School Suffolk, Sedbergh School Cumbria, Millfield School, Canford School, Aylesbury Grammar School, Sherborne School, Malvern College, Prince William School Northamptonshire, Surbiton High School, Tonbridge School, Belfast High School, Hope Valley College, Shiplake College, Nottingham High School and Bishop's Stortford College.

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 and Cheadle Hulme School in memory of Aaron Dixon.

This year 3 days of screening were funded by the Tesco Bags of Help Centenary Grant.

4 days of screening in Northwest were funded by Mather Family Charitable Trust (2) and The D J Sidebottom / Glasdon Charitable Programme (2).

2 screening days were funded by Ben Aldred myheart Fund.

Screening equipment

This year we had 2 Philips ECG machines donated; 1 ECG machine in memory of Kayleigh Griffiths and 1 donated by the Assured Guaranty UK in memory of Lee Payne.

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 8th and 9th of July 2023.

A total of 13 screening events were held at the CRY Head Offices in Leatherhead; 4 days were funded in memory of Daniel Hughes, 2 days in memory of Ashley Trigg, 1 day in memory of Oliver Hewitt.

5 days of screening were held part funded by Memorial Funds and Trusts; 2 days were funded by Matthew Kamis Memorial Fund and W O Street Charitable Foundation, 1 day by Andrew Gard Memorial Fund and Edith Murphy Foundation, 1 day by Andrew Gard Memorial Fund and Aubrey Orchard-Lisle Trust, 1 day by Andrew Gard Memorial Fund and Next, 1 day by Oliver Marsden Memorial Fund and The Grace Trust.

And 2 days of screening were funded by The Jan and Catherine Nasmyth Charitable Foundation & the Louis Nicholas Residuary Charitable Trust.

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 / Clinical 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 10 clubs): Bath, Bristol Bears, Exeter Chiefs, Gloucester, Harlequins, Newcastle Falcons, Northampton Saints, Leicester Tigers, Sale Sharks and Saracens. 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 Sale Sharks. The RFU academies that held private screening days were RFU Midlands Academy, RFU South Academy and Yorkshire Academy.
- Championship Rugby Union: Doncaster Knights, Coventry RFC, Cambridge RFC, Ealing Trailfinders RFC and Caldy RFC held their own screening days.
- RFU: England Rugby held a couple of screening days in preparation for the Rugby World Cup.
- Welsh Rugby Union (WRU) held a screening for the men's squad pre- Rugby World Cup and also an extra day for the Women's squad and u20s players.
- Other Rugby: Henley RFC held a screening day at their venue.
- Football: AFC Wimbledon, Arsenal FC Academy, 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. Professor Sanjay Sharma and Professor Aneil Malhotra are both FA approved Cardiologists to do this.
- Cricket: Leicestershire County Cricket and Sussex County Cricket held a screening day at their county grounds.
- Rugby League: Leeds Rhinos Academy held their annual screening at Headingley Stadium.
- The Royal Ballet School held a screening day at their lower school in Richmond.
- The English National Ballet held a screening at their venue in East London which was funded via a CRY memorial fund (Aaron Dixon MF).
- INEOS cycling held their pre-season screening across two dates. This screening includes ECG and Echocardiogram as standard, with new signings also undergoing an exercise ECG.
- 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.

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).
- RFU: Professional referees, England Women's Team.

- Olympic: British Weightlifting, GB Hockey, British Athletics, British Swimming/Para-swimming, British Diving, Artistic Swimming, GB Surfing, Paratriathlon, British Canoeing, British Gymnastics, GB Climbing.
- Cricket: Sussex County Cricket, Blaze Cricket (women's)
- Lawn Tennis Association book their athletes for an echocardiogram in this way.
- Rugby League: London Broncos
- Royal Ballet School

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 6 full-time Research Fellows during all or part of the year.

Two Research Fellows started their grants under the supervision of Professors Sanjay Sharma and Michael Papadakis in 2020, Dr Sarandeep Kaur Marwaha started in February and Dr Saad Fyyaz started his grant in October.

Dr Nikhil Chatrath started his grant in April 2021 under the supervision of Professors Sanjay Sharma and Michael Papadakis.

Another two Research Fellows started their grants under the supervision of Professors Sanjay Sharma and Michael Papadakis in 2023, Dr Daniel Abioye joined in September and Dr Khalda Halim in October.

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 3 Clinical Fellows for part of the year. Dr Eleni Nakou started her fellowship in August 2022 and Dr Emmanouil (Manos) Androulakis started in September 2022 and Dr Daniel Tardo started his fellowship in March 2023.

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:

- **“Sudden Cardiac Death During Exercise in Young Individuals with Hypertrophic Cardiomyopathy”** Gherardo Finocchiaro et al. *JACC Clinical Electrophysiology*. 2023 Jun
- **“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 Jun
- **“The role of the bicuspid aortic valve in sudden cardiac death-findings at cardiac autopsy”** Nikhil Chatrath et al. *Cardiovascular Pathology*. 2023 Jul-Aug
- **“Fit to a fault? The paradox of coronary artery disease in veteran athletes”** Saad Fyyaz et al. *European Heart Journal*. 2023 Jul 7
- **“Myocarditis and Sudden Cardiac Death in the Community: Clinical and Pathological Insights From a National Registry in the United Kingdom”** Raghav T Bhatia et al. *Circulation. Arrhythmia and electrophysiology*. 2023 Aug 11
- **“Ethnic and sex-related differences at presentation in apical hypertrophic cardiomyopathy: An observational cross-sectional study”** Shafik Khoury et al. *International Journal of Cardiology*. 2023 Aug 11
- **“Aortic Valve Endocarditis: Comparing clinical outcomes in bicuspid versus tricuspid aortic valves”** Nikhil Chatrath et al. *European Journal of Preventive Cardiology*. 2023 Aug 8
- **“Seasonal variation of cardiac structure and function in the elite rugby football league athlete”** Lynsey Forsythe et al. *Echo research and practice*. 2023 Oct 11
- **“Potential Diagnostic Role for a Combined Postmortem DNA and RNA Sequencing for Brugada Syndrome”** Carlos Bueno-Beti et al. *Circulation. Genomic and precision medicine*. 2023 Oct 5
- **“Mechanisms of adaptation to high intensity exercise in hypertrophic cardiomyopathy”** J Basu et al. *European Heart Journal, Volume 44, Issue Supplement_2*, 2023 Nov
- **“Comparing clinical outcomes in bicuspid versus trileaflet aortic valve endocarditis”** N Chatrath et al. *European Heart Journal, Volume 44, Issue Supplement_2*, 2023 Nov
- **“Submaximal in addition to peak stress echocardiogram differentiates pathological LV dilatation from physiological dilatation and could help facilitate early heart failure diagnosis”** S Marwaha et al. *European Heart Journal, Volume 44, Issue Supplement_2*, 2023 Nov
- **“Fragmented QRS complexes in veteran athletes”** S Fyyaz et al. *European Heart Journal, Volume 44, Issue Supplement_2*, 2023 Nov
- **“The aortic root in young adults”** N Chatrath et al. *European Heart Journal, Volume 44, Issue Supplement_2*, 2023 Nov
- **“The effect of ethnicity on left ventricular adaptation to exercise”** Joyee Basu et al. *European journal of preventive cardiology*. 2023 Nov 9
- **“Aortic regurgitation in athletes: the challenges of echocardiographic interpretation”** Nikhil Chatrath et al. *Echo research and practice*. 2023 Dec 13
- **“Sudden Cardiac Death in Young Athletes: JACC State-of-the-Art Review”** Gherardo Finocchiaro et al. *Journal of the American College of Cardiology*. 2024 Jan 16
- **“Seasonal Variation in Sudden Cardiac Death: Insights from a Large United Kingdom Registry”** Ioannis Panayiotides et al. *Hellenic Journal of Cardiology*. 2024 Jan 19

- **“Yield of Molecular Autopsy in Sudden Cardiac Death in Athletes. Data from a Large Registry in the United Kingdom”** Gherardo Finocchiaro et al. *Europace*. 2024 Jan 30
- **“The autopsy is still valuable: National registries and promoting autopsy after sudden cardiac death”** Mary N Sheppard. *Heart Rhythm*. 2024 Jan 25
- **“Insights into malignant mitral valve degenerative disease from a sudden cardiac death cohort highlighting significant measurement differences from normal”** Joseph Westaby et al. *Histopathology*. 2024 Jan 17
- **“Coronary artery anomalies and the role of echocardiography in pre-participation screening of athletes: a practical guide”** Raghav T Bhatia et al. *Echo research and practice*. 2024 Feb 22
- **“Allometric scaling for left ventricular mass and geometry in male and female athletes of mixed and endurance sports”** David Oxborough et al. *Echo research and practice*. 2024 Feb 14
- **“A new dawn of managing cardiovascular risk in obesity: the importance of combining lifestyle intervention and medication”** Martin Halle, Michael Papadakis. *European heart journal*. 2024 Feb 16.
- **“Prevalence and Clinical Significance of Electrocardiographic Complete Right Bundle Branch Block in Young Individuals”** Hamish MacLachlan et al. *European journal of preventive cardiology*. 2024 Feb 27
- **“Aortic valve endocarditis: comparing clinical outcomes in bicuspid versus tricuspid aortic valves”** Nikhil Chatrath et al. *European Journal of Preventive Cardiology*. 2024 Mar 27
- **“Mitral annular disjunction: a ubiquitous finding with or without mitral valvar prolapse”** Robert H Anderson et al. *Heart (British Cardiac Society)*. 2024 Mar 12
- **“Sudden cardiac death with morphologically normal heart: always do toxicology”** Davide Radaelli et al. *Journal of clinical pathology*. 2024 Mar 18
- **“The Role for Ambulatory ECG monitoring in the Diagnosis and Prognostication of Brugada Syndrome: A sub-study of the Rare Arrhythmia Syndrome Evaluation ...”** C Scrocco et al. *Europace: European pacing ...*, 2024 April
- **“Ethnicity and Sudden Cardiac Death in Athletes: Insights from a Large United Kingdom Registry”** Gherardo Finocchiaro et al. *European Journal of Preventive Cardiology*. 2024 Apr 18
- **“Type 1 Brugada Pattern May Be Provoked by Ajmaline in Some Healthy Subjects: Results From a Clinical Trial”** Bode Ensam et al. *Circulation*. 2024 May 21

Conferences

CRY International Medical Conference 20 October 2023

On October 20th, CRY’s Annual Medical Conference returned to an in-person format at The Curve Lecture Theatre, St George’s, University of London. Organised by Professor Michael Papadakis, the event featured 12 presentations highlighting significant research on young sudden cardiac death (YSCD).

The conference began with introductions from Professors Michael Papadakis and Bernard Prendergast, followed by Professor Mary Sheppard’s update on the CRY Centre of Cardiac Pathology. The day was divided into four sessions, with the first two covering topics like cardiac screening and managing athletes with disease. These sessions included presentations from leading cardiologists and researchers, addressing issues such as safe exercise levels for individuals with hypertrophic cardiomyopathy (HCM) and ventricular arrhythmias in athletes.

In the afternoon, two interactive case sessions focused on “Catch 22s in Cardiomyopathies and Structural Disease,” featuring esteemed panellists including Professors Sanjay Sharma, Elijah Behr, and Domenico Corrado. Professor Corrado highlighted the success of mandatory cardiac screening in Italy, showing an 89% reduction in death rates since its implementation.

A notable presentation by Dr. Raghav Bhatia examined the incidence and causes of YSCD, sparking significant discussion. CRY's CEO, Dr. Steven Cox, praised the event for its impactful turnout and the high calibre of expertise shared, emphasising the importance of research in preventing young sudden cardiac deaths.

The conference also highlighted the role of CRY's Research Fellow program in training the next generation of cardiologists, with many former fellows presenting their research. Dr. Cox extended gratitude to the Cleveland Clinic for its sponsorship and support, encouraging stakeholders to view the presentations online. The event underscored CRY's commitment to research and innovation in the field of cardiac health.

All presentations from the conference can be viewed here:

www.c-r-y.org.uk/cry-international-conference/conference-talk-videos/#2023

Royal Society of Medicine Conference 2023 July 20

In partnership with the Royal Society of Medicine, and held at its prestigious Central London headquarters, CRY was invited to host a conference, spearheaded by Professor Mary Sheppard.

The event provided the opportunity for delegates, both in person and remotely, to explore the prevention of young sudden cardiac death; a better understanding of the underlying causes; and how best to manage a safe yet unrestricted lifestyle for those diagnosed with a condition. Videos from the conference can be viewed here: www.c-r-y.org.uk/medicine-and-me-young-sudden-cardiac-death-2/

The European Society of Cardiology 2023 August 27

The European Society of Cardiology (ESC) Congress 2023 was held in Amsterdam from August 25 to August 28, 2023. The event was attended by more than 24,000 cardiovascular professionals from around the world, with many more attending to watch the presentations online.

Being selected to speak at ESC is highly important. It provides visibility and recognition among leading experts in cardiology and enhances the scientific impact of CRY's work. The conference is a prestigious platform that highlights the significance of CRY's work in the prevention of young sudden cardiac death.

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.

CRY Heart of London Bridges Walk 2023

The 17th CRY Heart of London Bridges Walk took place on Sunday 25th June 2023, in Southwark Park. We have continued to offer a virtual option for the walk known as My Walk For CRY, so that our supporters who are unable to join us in London are still able to feel part of the day. In total 948 people registered to participate, with 869 walkers registered for Southwark Park and 79 supporters registered to take part in their own version of the walk in their local communities. £34,829.88 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 where we had 152 photos and/or messages displayed. Speeches were made by Professor Sanjay Sharma 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/bridges-walk-2023-write-up/

AJ Bell Great North Run 2023

The 2023 event was a huge success with events getting back to a more 'normal' feel. It was a fantastic day, though the weather started off lovely and quickly turned into torrential rain! Despite this, 45 CRY runners took part in the event raising £26,992. See the full write-up here - www.c-r-y.org.uk/great-north-run-write-up-2023/.

CRY Heart of Durham Walk 2023

The 14th CRY Heart of Durham Walk took place on Sunday 1st October 2023, 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 202 supporters register to take part in the event; 198 joining us in Durham and 4 supporters registering to walk in their local area, raising a total of

£3,985. The Durham Walk homepage turned into the digital message wall on the day, where we had 10 photos and/or messages submitted. See the full write-up here – www.c-r-y.org.uk/durham-walk-write-up-2023/

Royal Parks Half Marathon 2023

The Royal Parks Half Marathon is London's original half marathon. Over 16,000 runners took part in the 2023 event on Sunday 8th October. 14 CRY Runners took part in the event raising £12,248.00 to date.

12-A-Week Challenge 2023

On Saturday the 25th of November 2023, 150 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 25th November- 3rd December 2023. Each of the 12 miles / activities completed represented the 12 young sudden cardiac deaths that happen every week in the UK. This years' event utilised Facebook's fundraising capability to increase the reach of the challenge in an aid to raise awareness of CRY's key stat of 12 A Week. A total of £16,750 has been raised to date, by all 150 participants. See the full write-up here - www.c-r-y.org.uk/12-a-week-challenge-2023-write-up/

CRY Great Cake Bake 2023

On 1st of December the CRY Great Cake Bake was held as part of Raising Awareness Week. An amazing total of £9,662.89 was raised in 2023 by 44 supporters who baked for the event. It has been wonderful to see people's homes and offices decorated with the CRY logo and tables laid with cakes and skilled creations! It is clear how much effort and hard work went into the designs. All the cakes looked very delicious! Thank you to the Avenue Cookery School, the Cookery School at Little Portland Street and Oppo for providing prizes for our winners. We also thank Sugar & Crumbs, Baking with Granny, Erren's Kitchen and Easy Peasy Foodie for kindly donating their creative recipes. See full write up here: www.c-r-y.org.uk/cry-great-cake-bake-2023-write-up/

London Landmarks Half Marathon 2024

18,500 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! 35 CRY runners took part raising £36,803.98 to date. See the full write-up here - www.c-r-y.org.uk/london-landmarks-write-up-2024/

TCS London Marathon 2024

This year was a record-breaking year for both LME and CRY. More than 500,000 people applied for the public ballot and more than 65,000 people finished the TCS London Marathon. On the CRY front, 118 CRY runners took part raising a current total of £317,802.04. See the full write-up here - www.c-r-y.org.uk/london-marathon-write-up-2024/.

Trust Donations

In this financial year CRY received 72 donations from Charitable Trusts and Foundations totalling £191,650. In total £45,000 went towards Memorial Funds, £42,500 was ringfenced for certain projects / items and £104,150 went to core funding.

Support

Telephone Bereavement Support

CRY has a network of 30 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 of 1st June 2023 to 31st May 2024, CRY's Bereavement Supporters accepted 38 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 2024, there were the following number of people in each group:

- Mums – 220
- Dads – 41
- Siblings – 137
- Partners – 120
- Friends – 20
- Family & Friends – 86
- Aunts & Uncles – 21
- 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 by experts 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 November 2023

4 young people registered to attend the November 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 March 2024

5 young people registered to attend the Spring 2024 myheart meeting, held at Friends' House in Euston, London. The session was led by CRY doctor, 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

Dr Abbas Zaidi interviewed on Sunrise Radio 2023 June 9

Former CRY Research Fellow Dr Abbas Zaidi joined Shabnam Sahi on Sunrise Radio to talk about his recent successful London Marathon run in March to raise funds and awareness for CRY, and his work with CRY and the role of CRY Research Fellow

Launch of MSP Pledge for a National Strategy for the Prevention of YSCD at Holyrood 2023 October 26

CRY's campaign to establish a National Strategy for the Prevention of Young Sudden Cardiac Deaths was first launched with MPs in England to highlight that much more needs to be done to prevent young sudden deaths. CRY Supporters, Sharon Duncan and Rodger Hill, championed the launch of CRY's MSP Pledge in Scottish Parliament in memory of their son David Hill.

By launching this campaign in Scottish Parliament MSPs are being given an opportunity to show their support and recognition that more needs to be done to save young lives.

Raising Awareness Week 2023 Nov 25-Dec 3

Now into its third year, 150 supporters took part in the 12 A Week Challenge - walking, running, horse riding, swimming, hiking, cycling and jogging 12 miles over the week. Each of the 12 mile activities completed represented the 12 young sudden cardiac deaths that happen every week in the UK.

44 Supporters took part in the CRY Great Cake Bake, which was another successful day with people arranging cake bakes at their homes, schools and workplaces.

Alongside these two staple events, it was inspiring to see so many supporters helping out on social media, sharing, liking and boosting our posts to raise awareness of CRY's important work.

Launch of MS Pledge for a National Strategy for the Prevention of YSCD at Senedd 2023 November 29

The inaugural 'drop in' session for Members of the Senedd as part of the new #MSsupport4CRY campaign took place in November. The session was championed by Cllr. Jane Gebbie in memory of her grandson Justin who died suddenly and tragically from a heart condition in 2019, aged just 19.

The event hosted a panel of speakers, including CRY supporter Dan Mason, Cllr. Jane and Dr Steven Cox, who talked guests through the work that CRY carries out across the UK to help prevent young sudden cardiac death (YSCD) as well as the importance of its cardiac screening programme.

Heart Month / 'Why Do I Support CRY?' Throughout February 2024

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.

The responses had such a positive impact on social media and were a great success during heart month.

New charity partnership between CRY and HMS Agincourt 2024 February 23

A team of submariners from HMS Agincourt made the journey down from Barrow-in-Furness to CRY's HQ in Surrey to officially launch a pioneering fundraising collaboration

The Royal Navy's HMS Agincourt – the last of the Astute class submarines currently being built at the BAE Systems shipyard in Barrow – has named Cardiac Risk in the Young (CRY) as a partner charity. And, to celebrate the news, some of her crew travelled down to meet with CEO, Dr Steven Cox and to learn more about CRY's mission to prevent young sudden cardiac death (YSCD) through screening, awareness, and research.

Social Media

CRY is strategically enhancing its online presence through key social media platforms, including Facebook, Twitter, Instagram, and TikTok. By expanding and integrating these networks into our comprehensive social media strategy, we anticipate significant growth in audience engagement.

To stay at the forefront of our social media efforts, CRY utilises SproutSocial, a robust social media management tool. This software provides detailed analytics, enabling us to meticulously track and evaluate the performance and impact of our communications.

As part of our proactive awareness-raising initiative, CRY produces high-quality multimedia content in-house. This includes captivating graphics, informative infographics, and engaging short videos. By incorporating these visually appealing elements into our posts, we aim to captivate our followers and distinguish ourselves in the crowded social media landscape.

We continue to monitor the use of all social media platforms and to direct our resources towards the most appropriate platforms for our different audiences.

CRY on Twitter/X

CRY's followers over the year fluctuated up and down with a total loss of 2 followers, this is a decrease of 0.01% on the main Twitter account @CRY_UK (X.com/CRY_UK), making a total of 18,771 followers as of May 2024.

myheart on Twitter/X

CRY's Twitter account for the myheart support network has gained 12 followers, an increase of 2.35%, making a total of 522 followers. (X.com/myheart_uk)

CRY on Facebook

Over the year, there were 5,300 new followers, an increase of 13.66% on the CRY Facebook page (facebook.com/CardiacRiskintheYoung), making a total of 44,093 followers as of May 2023. During this period Facebook changed from providing stats on number of 'likes' a page had to the number of profile/pages following pages, this meant the statistics increase in Jan 24 as this now include all those engaging with CRY on Facebook.

myheart on Facebook

Over the year, there were 66 new pages likes, an increase of 6.57% for the myheart page on Facebook, which has increased the total number of followers to 1070.

CRY on Instagram

Over the year CRY gained 1,701 followers, an increase of 18.12% on Instagram (instagram.com/cardiacriskintheyoung), the total number of followers is now 9,310.

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 90,600 new views on the range of videos. There has also been an increase in subscribers with the new total being 2,740 an increase of 17.60%.

myheart's YouTube Channel

CRY's myheart YouTube channel is dedicated to Support videos and has had over 13,720 new views and increased in subscribers to 44. The increase on views is up compared to last year.

CRY on Threads

CRY joined the new social network Threads in January 2024. As of May 31st 2024, CRY has 1,598 followers on the platform. (threads.net/@cardiacriskintheyoung)

CRY on LinkedIn

CRY's LinkedIn company page has gained 1,266 followers, an increase of 50.52%, making a total of 3,772 followers. (uk.linkedin.com/company/cardiac-risk-in-the-young)

CRY on TikTok

Over the year CRY gained 218 followers, an increase of 120% on TikTok (tiktok.com/cry_uk). The total number of followers is now 285. With over 92,320 impressions of our videos.

As we strive to further our mission, we face ongoing challenges in raising awareness at a time when social media is increasingly polarised. A significant challenge is the spread of misinformation, particularly the strong antivax movement, which has contributed to misconceptions about sudden cardiac deaths. We continue to work diligently to provide accurate information, raising awareness of young sudden cardiac death, advocating for the importance of cardiac screenings and the need for research to save young lives.

CRY Websites

- Total number of visitors to the main CRY website was 251,438 visitors.
- Total number of visitors to the myheart website was 9,352 visitors.
- Total number of visitors to sads.org.uk website was 14,904 visitors.
- Total number of visitors to testmyheart.org.uk website was 160,241 visitors.

CRY on Television and Radio

During the year CRY engaged in a range of media activities aimed at raising awareness about the importance of cardiac screening for young people. Notably, CRY continued its partnership with Sunrise Radio, leveraging this platform to reach the British Asian community, a key demographic for their awareness campaigns. The collaboration included

interviews with medical experts like Professor Sanjay Sharma and stories from families affected by sudden cardiac deaths. These efforts emphasised the need for regular cardiac screenings and highlighted the support available through CRY's programs.

The media presence also extended to numerous national and regional television and radio pieces, where CRY representatives provided insights into their research and screening programs, stressing the urgency of early detection of heart conditions in young people. This outreach aimed to educate the public about the risks and the life-saving impact of CRY's screening efforts. These interviews played a crucial role in maintaining public awareness and encouraging participation in CRY's screening initiatives. These interviews throughout the year included:

June 2023

- **ITV News Granada on Ben Peters – June 8:** Dr. Steven Cox joined ITV Granada Reports to discuss the fundraising efforts by the family of Ben Peters, who died in 2022. The interview underscored the impact of these funds on CRY's screening programs and the critical role of screening in preventing similar tragedies.

July 2023

- **BBC Look North reports on Joe Williamson – July 5:** Joe Williamson embarked on a challenge to walk and cycle 2,222 miles, visiting 92 football clubs in 92 days. BBC Look North covered his journey, while ITV also followed his progress. Joe aimed to raise enough money to screen 100 young people. Along the way, he was supported by long-time CRY Representative Elaine Ward, who emphasised the importance of cardiac screenings for young people.
- **CRY Screening Feature on ITV Central – July 14:** Resham and Dalbag Nagra, CRY supporters, appeared on ITV Central during a screening in Wolverhampton, held in memory of their son, Pardeep. Dr. Nikhil Chatrath, a CRY doctor, explained the screening process and the significance of detecting heart conditions early.

August 2023

- **BBC Radio Oxford Interviews CRY Supporter Deb Thompson – August 25:** Deb Thompson spoke on BBC Radio Oxford about a heart screening session held in memory of her late friend's son, Adam Rowbottom. The interview was emotional, as Deb shared her commitment to continuing Ulrike's legacy of advocating for screenings in memory of Adam.
- **CRY Supporter Shirley Wort Nominated for BBC Radio Somerset's 'Make a Difference' Awards – August 27:** Shirley Wort, a dedicated CRY fundraiser for over 20 years, was interviewed by BBC Radio Somerset. She was nominated for the 'Fundraiser of the Year' award, recognising her significant contributions to CRY's efforts over the years, raising thousands for screenings and research.

September 2023

- **ITV Central Interview with CRY Supporter Kulbir Nagra – September 11:** Kulbir Nagra, nominated for a Pride of Britain 'Regional Fundraiser' award, shared his journey with ITV Central. He spoke about the screenings he and his family have supported in memory of his brother, Pardeep Nagra. Their efforts have allowed 1,125 young people to access screenings.
- **CRY Representative Dave Hughes on BBC Radio Stoke – September 16:** Dave Hughes spoke about securing a £130,000 grant from Rolls Royce for cardiac screening. The announcement, highlighted by local media, brought attention to the importance of accessible screening programs. The story was also picked up by the Stoke Sentinel, and BBC Radio Stoke, emphasising the impact of Dave's efforts in memory of his son, Daniel.

October 2023

- **BBC Radio Jersey – October 31:** Steve Cox discussed CRY's work on BBC Radio Jersey after the sudden cardiac death of a 30-year-old local resident. The interview was also featured on the evening TV news, focusing on the importance of cardiac screenings and the ongoing support provided by CRY.

November 2023

- **Channel 4 News Interview with Hilary Nicholls – November 12:** Hilary Nicholls spoke with Cathy Newman about her 21-year-old daughter Clarissa, who died due to an undiagnosed cardiac condition. The interview also featured Professor Mary Sheppard from the CRY Centre for Cardiac Pathology, highlighting the need for more accessible screening services. The story was also reported in The Mirror and The Daily Telegraph.

- **Sunrise Interview with Kulbir Nagra – November 28:** Kulbir Nagra returned to Sunrise Radio during CRY's 'Raising Awareness Week.' He shared his experience as a Pride of Britain nominee and discussed the critical role of screenings in preventing young sudden cardiac death (YSCD).
- **Launch of MSP Pledge at Holyrood in Memory of David Hill – November 9:** Sharon Duncan and Rodger Hill launched the CRY MSP Pledge in Scottish Parliament in memory of their son, David Hill. The campaign aims to create a national strategy for YSCD prevention. The launch was extensively covered, including a feature on ITV Borders.

December 2023

- **Multiple Broadcast Outlets, Including BBC Radio 1 and BBC Asian Network:** Following the collapse of Luton FC Captain Tom Lockyer, Dr. Steven Cox and former CRY Research Fellow Professor Aneil Malhotra appeared on multiple media platforms to discuss the incident and the importance of CRY's screening initiatives.

January 2024

- **ITV News Feature at CRY National Screening Centre – January 22:** A detailed feature on the importance of cardiac screenings was filmed at the CRY National Screening Centre in Leatherhead, in memory of Dan Hughes. The coverage included interviews with Dr. Chris Miles and a young teenager undergoing a screening.
- **ITV North Interviews CRY Supporter Gill Ayling – January 23:** Gill Ayling spoke about her efforts to promote screenings in memory of her son, Nathan. The interview, aired on ITV North's 'Calendar,' included discussions with Dr. Steven Cox and a young woman who benefited from a screening organised through Gill's efforts.
- **CRY Campaigner Hilary Nicholls Tribute in The Telegraph – January 29:** Hilary Nicholls wrote a heartfelt article for The Telegraph about her daughter Clarissa and her advocacy work. The piece aimed to highlight the importance of screening and the efforts of families like hers to raise awareness.

February 2024

- **BBC Radio Cumbria – February 13:** Dave Hughes discussed the new partnership between HMS Agincourt and CRY, developed in memory of his son Daniel. BBC Radio Cumbria covered the launch and highlighted the role of this partnership in increasing awareness of cardiac screening.

March 2024

- **BBC Radio Lancashire and Cumbria – March 2:** Paula and Barry Hesmondhalgh were featured in a special program, marking ten years of screening efforts in memory of their son Matthew. Their dedication has resulted in over 2,300 young people being screened and more than £200,000 raised for CRY.
- **ITV Border Interviews CRY Representatives Rodger and Lesley Hill – March 12:** ITV Borders interviewed Rodger and Lesley Hill on their 320-mile cycle from Edinburgh to Dublin in memory of David Hill. Raising awareness at schools along their journey, with their story receiving coverage in national media as well.
- **'The Importance of Early Cardiac Screening for Young People' on openaccessgovernment.org – March 25:** Dr. Steven Cox published an article urging the UK Government to enhance its approach to specialist cardiac screening for young people, aiming to reduce the incidence of sudden cardiac deaths.

April 2024

- **BBC Online – April 20:** A piece on BBC Online highlighted the ongoing campaign by Hilary Nicholls, just before the London Marathon. It included her reflections on her daughter Clarissa's legacy, with input from her friends Izzy and Jessica, and emphasised the role of community support in raising awareness.
- **STV "Endure" Documentary:** The documentary focused on Ben Forsyth, a talented cyclist and British Youth Champion, whose memory inspired efforts to bring more CRY screenings to Scotland. It showcased the dedication of his family and the wider community in ensuring access to life-saving screenings.

May 2024

- **BBC Radio Sheffield – May 1:** An Interview with Dr Steven Cox raising awareness of CRY's key message that 12 young sudden cardiac deaths every week in the UK
- **BBC Three Counties Radio – May 1:** Dr Steven Cox was interviewed about the importance of ICDs and the fact that cardiac arrests can still occur even after one has been fitted.
- **Daily Mail - May 30:** Dr Steven Cox was asked to provide comment (both written and broadcast) as part of the coverage (over the course of 5 days) relating to the inquest of Manchester dad, Thomas Gibson.

Print media

There were 395 articles on CRY published in print media, including 23 articles in national newspapers.

June 2023 - 24 Articles

- **The Guardian.** “Kathryn Harries obituary” – CRY was mentioned in the obituary of our Patron Kathryn Harries detailing her involvement with the charity and her efforts in helping to establish CRY’s flagship event, the Heart of London Bridges Walk.

July - 42 Articles

August - 35 Articles

September - 20 Articles

October - 17 Articles

- **The Telegraph.** “Man died from rare heart problem after being discharged from hospital” - The article discusses the death of 25-year-old Ben Peters. Following his death, Ben's family has worked with the charity CRY to raise awareness and funds.

November - 40 Articles

- **Sunday Mirror.** “Silent killer 'strikes down 12 healthy young people each week' with sudden death” - The article discusses the tragic death of 20-year-old Clarissa Nicholls, who collapsed and died from an undiagnosed heart condition while hiking in France. Her mother, Hilary Nicholls, is raising awareness about the condition, which experts say kills at least 12 healthy young people each week, urging for mandatory heart screenings for young athletes. The article highlights the importance of early detection and the efforts of the charity CRY to prevent sudden cardiac deaths.
- **The Sun.** “TRAGIC LOSS ‘Fit and healthy’ man, 27, died ‘without warning’ after going for a nap before wedding” - The article discusses the sudden death of 27-year-old Jono Stead from an undiagnosed heart condition, hypertrophic cardiomyopathy (HCM). His parents and sister are raising awareness about hidden heart conditions, highlighting that every week in the UK, 12 seemingly healthy people, under 35, die from such conditions. The charity CRY is emphasised for its efforts in screening young people and funding research to prevent sudden cardiac deaths. A similar article also appeared in **The Express**

December - 21 Articles

- **The Times.** “When my daughter died at only 24, I decided I had to do something” - The article recounts Andrew Osborne's mission to raise awareness and funds for heart screenings in young people after his 24-year-old daughter, Amy, died suddenly from an undiagnosed heart condition. Following Amy's death, Andrew decided to row solo across the Atlantic to support the charity CRY. The journey was both a personal challenge and a tribute to Amy, aiming to prevent similar tragedies by funding heart screenings for young people.

January 2024 - 22 Articles

- **The Mirror.** “Family's horror as 'healthy' young policeman 'went to bed and never woke up’” - The article details the sudden death of 28-year-old Aiden Joyce, a fit and healthy police officer from Tillicoultry, who died in his sleep from an undiagnosed coronary artery anomaly. His family, devastated by the loss, has since partnered with the charity CRY to raise awareness and funds for heart screenings. They have established a memorial fund and are organising screening events to help prevent similar tragedies. A similar article appeared in The Scottish Sun
- **Telegraph.** “I lost my daughter to a cardiac arrest – she was only 20” - The article details Hilary Nicholls' mission for increased heart screening after her 20-year-old daughter, Clarissa, died unexpectedly during a hiking trip. Clarissa, an active Cambridge student and athlete, suffered a fatal cardiac arrest caused by undiagnosed arrhythmogenic cardiomyopathy. Despite an earlier fainting episode, her condition went unrecognised. Hilary, fuelled by grief, is collaborating with CRY to advocate for better screening protocols and raise awareness, hoping to prevent other families from enduring a similar tragedy.

February - 26 Articles

March - 57 Articles

- **The Times.** “Our son died playing rugby. We can’t alter that, but we can change other people’s lives” - The article details Rodger Hill’s efforts to honour his son, David, who tragically died from an undiagnosed heart condition while playing rugby. Following David’s death, Rodger and his family have channelled their grief into raising over £40,000 for CRY, aiming to increase screening and prevent similar tragedies. Rodger, alongside a cycling team, embarked on a 320-mile ride from Murrayfield to Donnybrook, raising awareness and funds. Their ongoing work includes advocating for a national strategy to reduce young sudden cardiac deaths and booking screenings for over 600 people in Dumfries and Galloway.

April - 40 Articles

May - 59 Articles

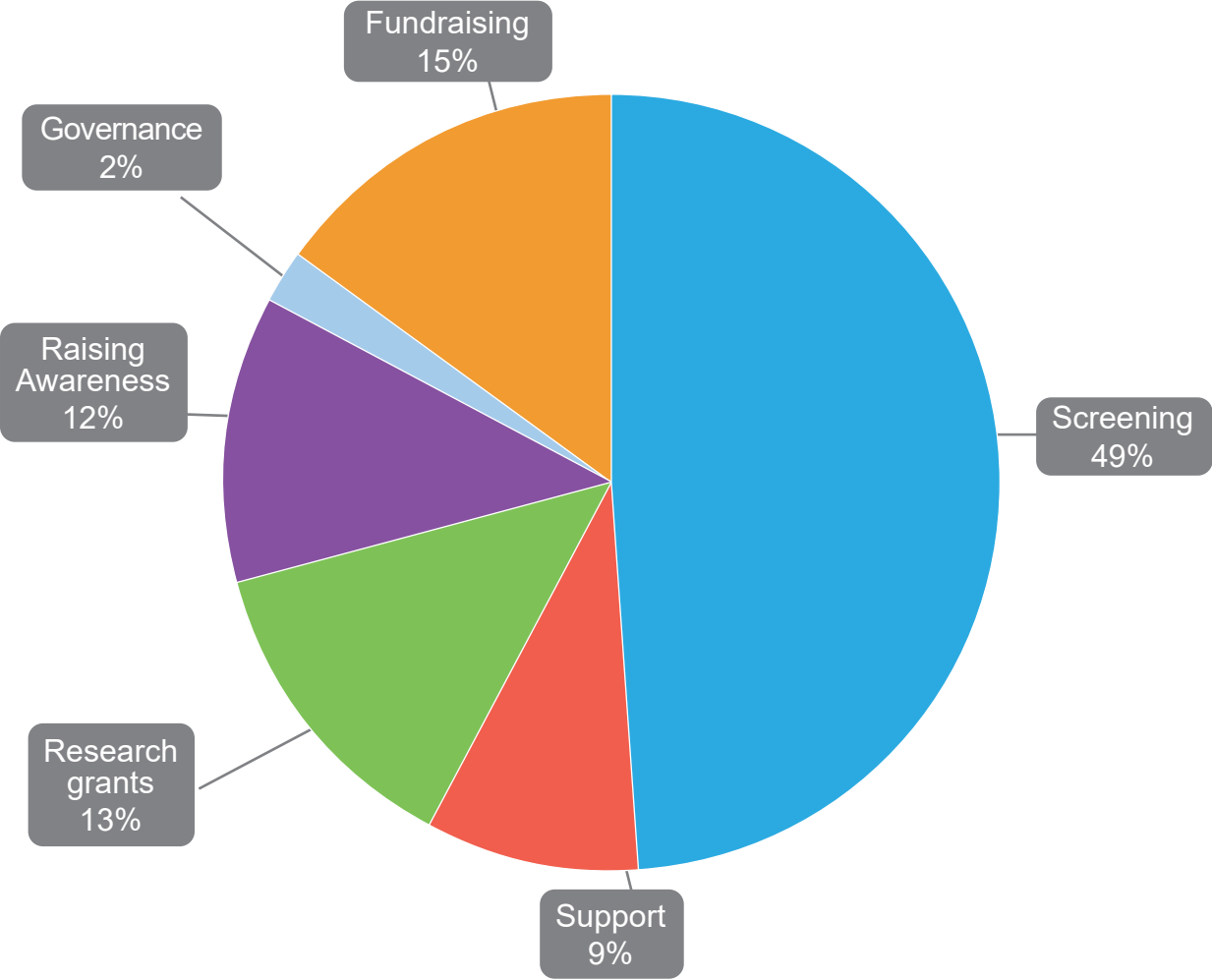
Fundraising Regulator Requirements

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 £3.72 million to £4.29 million. Expenditure increased from £3.42 million to £3.6 million. The table below “How CRY spends donations 2023-24 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 40.

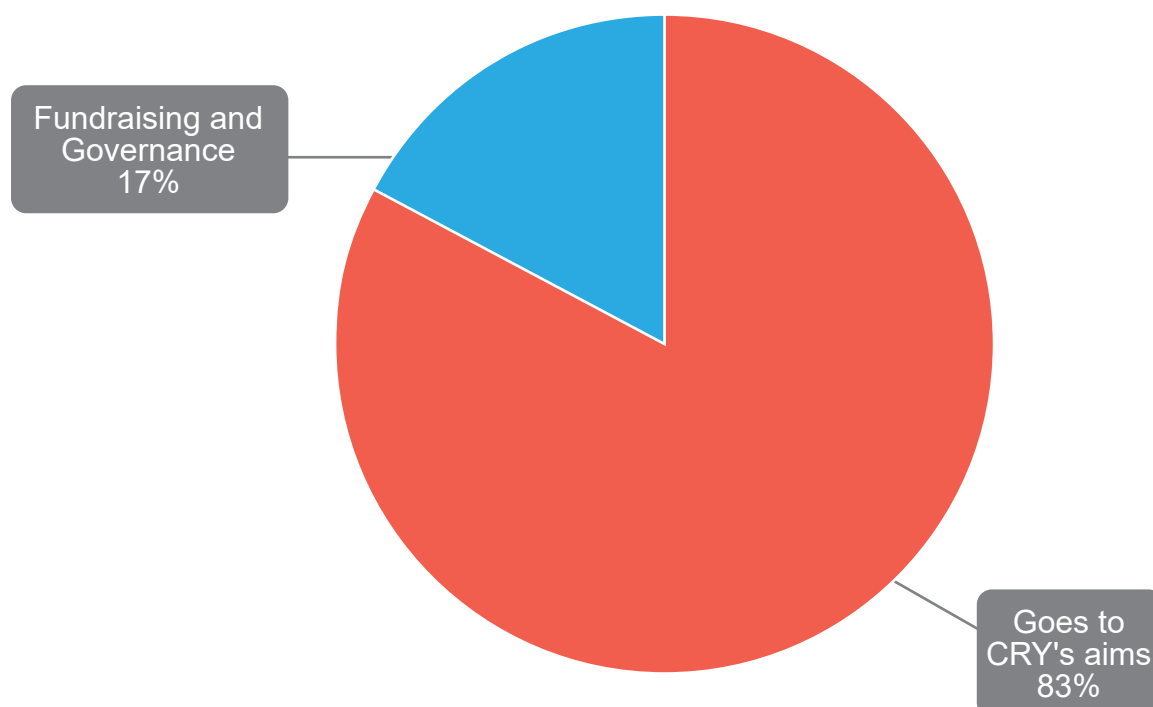


How CRY Spends Donations 2023-24

Expenditure on research grants has decreased from 16% last year to 13% this year. This is largely due to an ongoing 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 funded by research grants, we have been supported by a number of clinical fellows on part time contracts. These clinical fellows have enabled us to meet the high screening demand. The cost of these doctors has been attributed to screening costs, rather than research costs. Consequently, whilst the research costs have fallen, the screening costs have risen from 46% of total expenditure last year to 49% this year.

CRY continues to spend a high proportion of its funds to directly meet its charitable objectives. 83% of CRY’s expenditure went to screening, research, awareness and support, and just 17% going to fundraising costs and governance.

Total amount going to CRY's aims 2023-24



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 £37,489 at 31st May 2023 to £291,237 at 31st May 2024. The Covid-19 pandemic had a significant impact on the free reserves and, whilst there have continued to be significant improvements in the free reserves in the last 2 years, 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 44. 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.

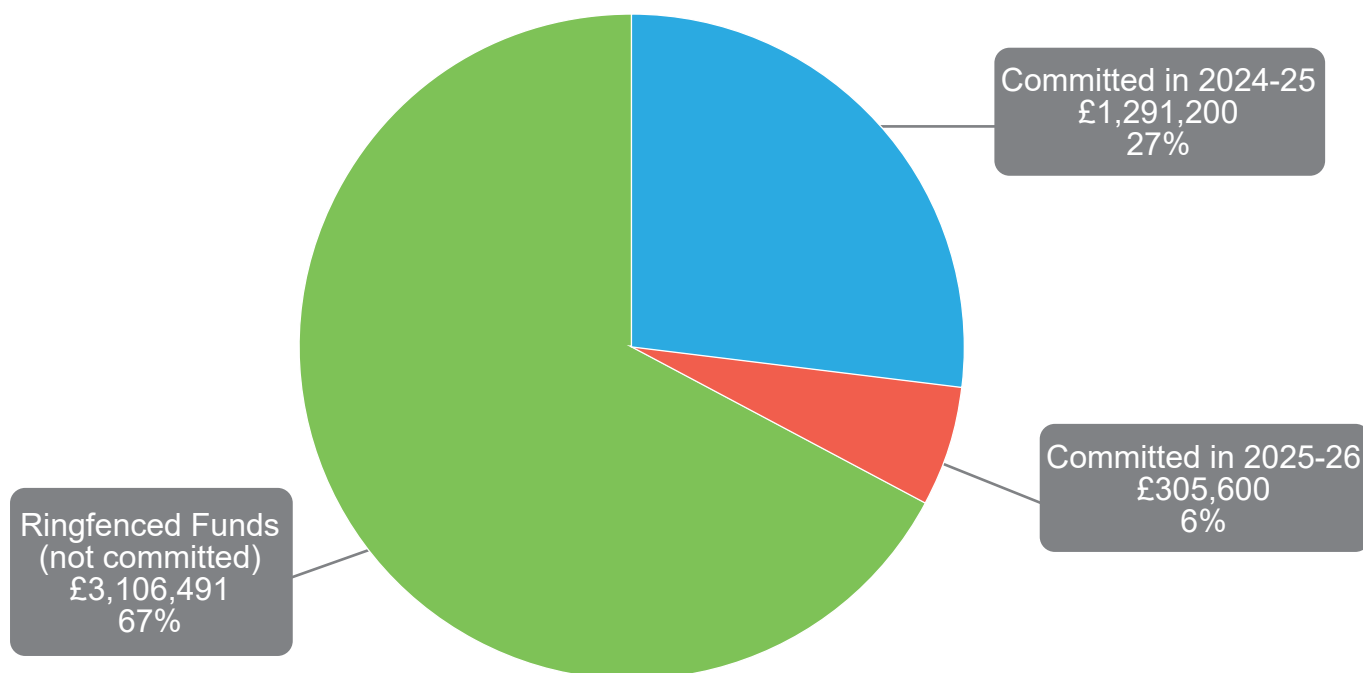
An explanation of CRY's reserves and Ringfenced Funds

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. £4.87 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 2024, £1.597 million of the £4.87 million ringfenced had already been committed to screening events which had been booked in 2024-25 (£1,291,200) and 2025-26 (£305,600). The ringfenced funds which are currently not committed will be allocated to events over the next 3 years.

Committed Funds



CRY cannot use these funds for other activities such as bereavement support, raising awareness and clinical 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 8 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. Sustain and Strengthen the CRY Centre for Cardiac Pathology at St. George's Hospital

- Explore new funding avenues to accommodate an increase in pathology referrals to the centre.
- Continue raising awareness of the essential role of pathology in understanding and preventing young sudden cardiac death.

2. Support the CRY Centre for Inherited Cardiac Conditions and Sports Cardiology at St. George's Hospital

- Provide advanced medical equipment and a skilled clinical team, including doctors and physiologists, to ensure timely and efficient NHS referrals.

3. Expand and Enhance CRY's Cardiac Screening Programme

- Increase the number of doctors supporting CRY's screening efforts to reach more young people.
- Further develop the infrastructure for our ECG screening services to meet the growing demand.

4. Increase Research Fellowship Grants to Strengthen CRY's Impact

- Enhance the number of screening events CRY can conduct.
- Expand the capacity to manage referrals at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology.
- Contribute to impactful research on young sudden cardiac death through:
 - Published abstracts and posters.
 - Articles in peer-reviewed journals.
 - Presentations at international conferences.

5. Strengthen CRY's Bereavement Support Programme

- Implement training programs to increase the number of bereavement supporters.
- Expand support services for families after both bereavement and a diagnosis.
- Develop a comprehensive library of books and online resources to support families after a young sudden cardiac death.

6. Increase Awareness of Cardiac Risk in the Young

- Continue to educate the public on cardiac risks and preventive measures.
- Broaden the reach and impact of our Raising Awareness Week, supported by a strengthened representative structure and volunteer network, to drive community engagement and education nationwide.

7. Advocate for a National Strategy to Prevent Young Sudden Cardiac Death

- Campaign for the creation of a national strategy aimed at preventing young sudden cardiac death, ensuring this critical issue remains a top priority.

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.

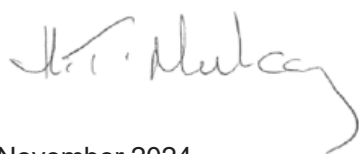
The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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: 20th November 2024

Independent Auditors' Report

Opinion

We have audited the financial statements of Cardiac Risk in the Young for the year ending 31 May 2024 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 by 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 2024 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 the 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 29, 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

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 2024

Statement of Financial Activities

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
INCOMING RESOURCES							
Donations and Legacies	2	1,910,975	1,674,434	3,585,409	1,765,034	1,390,460	3,155,494
Investment Income		177,213	-	177,213	66,615	-	66,615
Screening		525,058	-	525,058	498,395	-	498,395
TOTAL INCOMING RESOURCES		2,613,246	1,674,434	4,287,680	2,330,044	1,390,460	3,720,504
RESOURCES EXPENDED							
Raising Funds		524,505	-	524,505	482,045	-	482,045
Charitable Activities							
Screening		603,147	1,175,081	1,778,228	443,206	1,133,394	1,576,600
Family support		320,687	-	320,687	321,566	-	321,566
Research Grants	3	409,118	75,986	485,104	305,504	249,070	554,574
Awareness & PR		430,993	-	430,993	404,484	-	404,484
		1,763,945	1,251,067	3,015,012	1,474,760	1,382,464	2,857,224
Other Expenditure		82,753	-	82,753	77,694	-	77,694
TOTAL RESOURCES EXPENDED	4	2,371,203	1,251,067	3,622,270	2,034,499	1,382,464	3,416,963
Net Incoming / (Outgoing) Resources		242,043	423,367	665,410	295,545	7,996	303,541
Transfers between funds		34,462	(34,462)	-	28,000	(28,000)	-
Net Movement in Funds for the Year		276,505	388,905	665,410	323,545	(20,004)	303,541
Total funds brought forward at 1 June 2023		652,043	4,483,491	5,135,534	328,498	4,503,495	4,831,993
Total funds carried forward at 31 May 2024		928,548	4,872,396	5,800,944	652,043	4,483,491	5,135,534

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

Balance Sheet at 31 MAY 2024

	Note	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	7		637,311		614,554
Current assets					
Debtors	8	291,082		275,367	
Cash at bank and in hand	9	5,950,120		5,807,522	
		<u>6,241,202</u>		<u>6,082,889</u>	
Creditors: Amounts falling due within one year	10		<u>799,397</u>		<u>1,088,451</u>
Net current assets			<u>5,441,805</u>		<u>4,994,438</u>
Total assets less current liabilities			6,079,116		5,608,992
Creditors: Amounts falling due greater than one year	11		278,172		473,458
Net assets	13		<u>5,800,944</u>		<u>5,135,534</u>
The funds of the charity:					
Unrestricted funds:	14		928,548		652,043
Restricted funds	14		4,872,396		4,483,491
Total Charity Funds			<u>5,800,944</u>		<u>5,135,534</u>

The financial statements on pages 33 to 48 were approved by the Board of Trustees on 20th November 2024 and signed on its behalf by:

Hugh Mulcahey  - Trustee

Paul Quarterman  - Trustee

Date: 20th November 2024

Cash Flow Statement

	Notes	2024 £	2023 £
Net cash provided by operating activities	1	<u>(13,189)</u>	<u>(192,297)</u>
Cash flows from investing activities:			
Interest from investments		216,324	21,341
Purchase of plant and equipment		(83,249)	(40,664)
Proceeds from disposal of fixed assets		22,712	-
Net cash used in investing activities		<u>155,787</u>	<u>(19,323)</u>
Change in cash and cash equivalents in the reporting period		142,598	(211,620)
Cash and cash equivalents at the beginning of the reporting period		5,807,522	6,019,142
Cash and cash equivalents at the end of the reporting period	2	<u>5,950,120</u>	<u>5,807,522</u>

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

	2024 £	2023 £
Net incoming/(outgoing) resources for reporting period	690,411	303,541
Interest from investments	(216,324)	(21,341)
Depreciation charges	52,395	56,839
Movement in debtors	(15,715)	(25,860)
Movement in creditors	(509,341)	(505,476)
Gain on disposal of fixed assets	(14,615)	-
Net cash provided by operating activities	<u>(13,189)</u>	<u>(192,297)</u>

2. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash at Bank	5,950,120	5,807,522
	<u>5,950,120</u>	<u>5,807,522</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% of pensionable earnings by CRY and 5% by the employees. Pension costs are charged to the Statement of Financial Activities as incurred. There were £7,001 (2023: £6,679) 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 their 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

	2024 £	2023 £
Donations		
Gifts	3,439,555	2,742,605
Legacies	47,154	286,120
Trusts	98,700	120,279
Sponsorship	-	6,490
	<u>3,585,409</u>	<u>3,155,494</u>

3. Research

	2024 £	2023 £
Research costs		
Medical Research - Professor Sharma - St George's, University of London	58,669	132,462
Cardiac Pathology and Coroners' Referral Research	125,982	166,687
Medical Research - Professor Papadakis - St George's, University of London	206,851	212,115
Medical Research - Liverpool John Moores	2,265	1,321
Medical Research - Dr Gati	66,336	41,989
	<u>460,103</u>	<u>554,574</u>

See note 12

Please see the trustees report page 44 for further information in respect of provisions for research grants.

4. Total resources expended

	Direct Staff Costs £	Other Direct Costs £	Support & Management Costs £	Total 2024 £
Screening	1,094,347	446,259	237,622	1,778,228
Family Support	218,467	23,614	78,606	320,687
Awareness & PR	176,387	160,798	93,808	430,993
Governance	14,242	-	68,511	82,753
Research (Note 3)	-	485,104	-	485,104
Fundraising	210,177	144,526	169,802	524,505
	<u>1,713,620</u>	<u>1,260,301</u>	<u>648,349</u>	<u>3,622,270</u>

Prior year analysis

	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 3)	-	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>

4. Total resources expended - continued

	2024 £	2023 £
Support and Management Costs		
Staff Costs (not included in direct staff costs above)	281,772	261,078
Rent & Rates	9,463	7,774
Heat, Light & Power	13,285	6,438
Motor Expenses	17,363	7,937
Travelling	1,010	561
Printing, Stationery and Telephone	22,054	27,916
Postage and carriage	36,034	31,971
Computer Expenses	99,471	101,551
Professional Fees	7,606	6,832
Auditors Remuneration	27,750	23,820
Insurance	44,423	45,018
Maintenance	20,112	25,813
Bad Debts	450	-
General Expenses	2,502	1,741
Bank charges and Interest	27,274	29,445
Depreciation	52,395	56,839
Profit on disposal of fixed assets	(14,615)	-
	<u>648,349</u>	<u>634,734</u>

Support Costs allocated to activities	Screening £	Family support £	Awareness & PR £	Fundraising £	Governance £	Total 2024 £
Premises	3,190	937	12,496	3,621	2,502	22,746
General Office	74,428	13,912	145,066	44,343	45,964	323,713
Management	16,403	12,368	10,115	16,908	2,775	58,569
Finance	44,212	31,669	13,796	66,233	28,028	183,938
Information Technology	769	512	1,191	498	275	3,245
Human Resources	17,561	9,634	14,300	11,667	2,976	56,138
Total	<u>156,563</u>	<u>69,032</u>	<u>196,964</u>	<u>143,270</u>	<u>82,520</u>	<u>648,349</u>

Prior year analysis

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	<u>160,546</u>	<u>65,093</u>	<u>191,775</u>	<u>139,090</u>	<u>78,230</u>	<u>634,734</u>

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

	2024	2023
	£	£
Wages and salaries	1,781,456	1,562,907
Social security costs	142,256	132,753
Pension costs	58,631	62,935
Other staff costs (including staff training)	13,049	16,869
	<u>1,995,392</u>	<u>1,775,464</u>
Direct Staff Costs	1,713,620	1,514,386
Support Staff Costs	281,772	261,078
	<u>1,995,392</u>	<u>1,775,464</u>

The charity trustees were not paid or received any other benefits from employment with CRY in the year (2023: £nil) neither were they reimbursed expenses during the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £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 £124,217 (2023:£124,362).

Total employee benefits include : Salary, pension and healthcare.

The average monthly number of employees during the year was:

	2024	2023
Management and administration	6	6
Charitable work	92	87
Total	<u>98</u>	<u>93</u>

The above includes the following part time staff	52	51
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Net incoming resources before transfers

This is stated after charging:

This is stated after charging:	2024	2023
	£	£
6. Depreciation	52,395	56,839
Auditors' remuneration		
For audit services	9,970	9,970
For other services	17,780	13,850
Loss/(Profit) on disposal of fixed assets	(14,615)	-

7. Tangible fixed assets

	Long Leasehold Property £	Equipment £	Motor Vehicles £	Total £
Cost				
At 1 June 2023	678,201	955,712	99,491	1,733,404
Additions	-	15,490	67,759	83,249
Disposals	-	-	(50,503)	(50,503)
At 31 May 2024	678,201	971,202	116,747	1,766,150
Depreciation				
At 1 June 2023	135,464	911,650	71,736	1,118,850
Charge for the year	13,488	20,779	18,128	52,395
Depreciation on disposal	-	-	(42,405)	(42,405)
At 31 May 2024	148,952	932,429	47,459	1,128,840
Net Book Value				
At 31 May 2024	529,249	38,772	69,289	637,311
At 31 May 2023	542,737	44,062	27,755	614,554

All fixed assets are used for charitable purposes.

8. Debtors

	2024 £	2023 £
Trade debtors	101,482	95,806
Prepayments	88,455	87,591
Accrued income	101,145	91,970
	291,082	275,367

9. Cash at bank and in hand

	2024 £	2023 £
Deposit account	5,410,644	4,847,749
Current account	536,922	956,921
Cash in hand	2,554	2,852
	5,950,120	5,807,522

10. Creditors: Amounts falling due within one year

	2024 £	2023 £
Bank loan (Note 11)	194,609	189,323
Trade creditors	98,827	44,532
Other creditors	45,919	30,436
Taxation and social security costs	-	34,870
Accruals and deferred income	260,376	555,074
Research (Note 12)	174,665	234,216
	774,396	1,088,451

11. Creditors: Amounts falling due after one year

	2024 £	2023 £
Bank loan	278,172	473,458
	<u>278,172</u>	<u>473,458</u>

The bank loan is secured by fixed charges over all the charity's freehold 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

	2024 £	2023 £
Provision at 1 June 2023	234,216	434,801
Recognised in statement of financial activities (Note 3)	460,103	554,574
Grant payments in the year	(519,654)	(755,159)
Provision at 31 May 2024	<u>174,665</u>	<u>234,216</u>

Grant commitment at 31 May 2024

Institution	Activity	Type	2024	2023	2024	2023
			Number of grants		Total £	Total £
St George's University of London	Research under Professor Sharma	Fellows	4	6	106,331	145,882
St George's University of London	Research under Professor Sharma	Cardiac Physiologists	2	2	13,334	33,334
Cardiac Pathology and Coroners' Referral Research			2	2	55,000	55,000
Total Grants			<u>8</u>	<u>10</u>	<u>174,665</u>	<u>234,216</u>

See note 15 in respect of further information on these projects

13. Analysis of net assets between funds

	Tangible assets £	Net current assets £	Creditors: amounts falling due after more than one year £	Total £
Unrestricted funds	637,311	594,410	(278,172)	953,549
Restricted funds	-	4,872,396	-	4,872,396
	637,311	5,466,806	(278,172)	5,825,945

14. Analysis of Funds

	Balance at 1 June 2023 £	Incoming Funds £	Outgoing Funds £	Transfers Between Funds £	Balance at 31 May 2024 £
Unrestricted funds	652,043	2,613,246	(2,346,202)	34,462	953,549
Restricted funds (Note 16)	4,483,491	1,674,434	(1,251,067)	(34,462)	4,872,396
	5,135,534	4,287,680	(3,597,269)	-	5,825,945

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 5 research fellowship grants during this year. All 5 grants are supervised by Professor Sharma and Professor Michael Papadakis. 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. CRY is also funding two cardiac physiologists to work at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology. The research fellows and physiologists support Professor Sharma and Professor Papadakis, 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.

16. Restricted Funds

	Balance at 1 June 2023	Incoming Funds	Outgoing Funds	Transfer to Unrestricted Funds	Balance at 31 May 2024
	£	£	£	£	£
Restricted					
Memorial Funds	4,417,708	1,591,860	(1,139,156)	(34,462)	4,835,950
Cardiff City Football Club	4,946	-	-	-	4,946
Robert Luff Foundation	20,000	-	-	-	20,000
Aubrey Orchard-Lisle Charitable Trust	-	6,000	(6,000)	-	-
The Geoff and Fiona Squire Foundation	-	5,000	(5,000)	-	-
James Tudor Foundation	438	-	(438)	-	-
The Edith Florence Spence Memorial Trust	-	1,500	-	-	1,500
Tesco Bags of Help Grant	(10,000)	25,000	(15,000)	-	-
The Frogmal Trust	-	5,000	(5,000)	-	-
Glasdon Charitable Programme	12,000	-	(12,000)	-	-
Mather Family Charitable Trust	12,000	-	(12,000)	-	-
The W O Street Charity	3,000	-	(3,000)	-	-
ECG Assured Guranty UK Ltd	8,375	-	(8,375)	-	-
North West Project UKH Foundation	5,000	-	-	-	5,000
Edith Murphy Foundation	5,000	-	(5,000)	-	-
The Grace Trust	3,000	-	(3,000)	-	-
Caroline Gard/Frinton Golf Club	2,024	74	(2,098)	-	-
Stanley Grundy Foundation	-	5,000	(5,000)	-	-
St George's Hill Golf Club	-	6,500	(6,500)	-	-
Alex and William de Winton Trust	-	3,500	(3,500)	-	-
The Louis Nicholas Residuary Charitable Trust	-	5,000	(5,000)	-	-
The Jan and Catherine Nasmyth Charitable Foundation	-	10,000	(10,000)	-	-
Next plc	-	5,000	(5,000)	-	-
Westfield Health	-	5,000	-	-	5,000
	4,483,491	1,674,434	(1,251,067)	(34,462)	4,872,396

16. Restricted Funds (continued)

Restricted funds include 327 active funds (2023: 326) 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 equipment and a screening van.

These grants and donations have been restricted to provide funding for cardiac screening:

- Aubrey Orchard-Lisle
- The Edith Florence Spence Memorial Trust
- Tesco Bags of Help
- The Fognal Trust
- Glasdon Charitable Programme
- Mather Family Charitable Trust
- The W O Street Charity
- Edith Murphy Foundation
- The Grace Trust
- Frinton Golf Club
- The Louis Nicholas Residuary Charitable Trust
- The Jan and Catherine Nasmyth Charitable Foundation
- Next plc
- Westfield Health.

The donation from the Cardiff City Football Club was restricted to provide funding for cardiac screening in South Wales.

The donation from North West Project UKH Foundation was restricted to fund cardiac screening in the North West of England.

These grants and donations have been restricted to finance research costs:

- Robert Luff Foundation, St George's Hill Golf Club, Alex and William De Winton Trust.

These grants and donations have been restricted to finance the purchase of ECG equipment for screenings:

- ECG Assured Guranty UK Ltd, The Geoff and Fiona Squire Foundation, Stanley Grundy Foundation.
- The donation from James Tudor Foundation was restricted to fund Heart Screening Booklet.

17. Contingent liability

The charity had no contingent liabilities at 31 May 2024.

18. 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.

