

NORTH GWENT CARDIAC REHABILITATION AND AFTERCARE

England & Wales · Charity number 1056887

Details

Other names	CARDIAC AFTERCARE
Status	Registered
Legal form	Trust
Registered	1996-07-17
Register	View on the Charity Commission register

Contact

Address	56 Holywell Crescent Abergavenny Gwent NP7 5LG
Phone	07856692148
Email	office@cardiac-rehab.org.uk
Website	www.cardiac-rehab.org.uk

Activities

Objects: 1) THE ADVANCEMENT OF A REHABILITATION AND AFTERCARE PROGRAMME DEVELOPED BY THE CARDIAC TEAM AT NEVILL HALL HOSPITAL, IN THE CATCHMENT AREA SERVED BY THAT HOSPITAL 2) THE PROVISION OF RESOURCES TO MAINTAIN AND EXTEND THE CARDIAC REHABILITATION PROGRAMME AND THE PROMOTION OF COMMUNITY CLASSES CARING FOR CARDIAC PATIENTS, WITHIN THE CATCHMENT AREA SERVED BY NEVILL HALL HOSPITAL 3) THE PROMOTION OR ASSISTANCE IN THE PROMOTION OF RESEARCH INTO CARDIAC REHABILITATION WITHIN THE CATCHMENT AREA OF NEVILL HALL HOSPITAL AND TO DISSEMINATE THE FINDINGS OF SUCH RESEARCH AMONGST THE WIDER MEDICAL COMMUNITY

Activities: The charity's aim is to give cardiac patients within North Gwent one of the best rehabilitation services within the UK. Fundraising activities throughout the year help us to achieve our aims in order to improve patients quality of life. Current activities include - sponsored walks, raffles, membership and cardiac rehabilitation classes.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- **Area of benefit:** IN PRACTICE THE CATCHMENT AREA OF NEVILL HALL HOSPITAL
- Blaenau Gwent
- Monmouthshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£34,585	£37,467	-	-
2024-03-31	£41,839	£53,457	-	-
2023-03-31	£51,657	£38,587	-	-
2022-03-31	£33,587	£39,995	-	-
2021-03-31	£38,566	£31,699	-	-

Trustees

Name	Role	Appointed
Anthony John Lowery		2019-12-03
Dr JACQUELINE Miles MBE		
Gareth Davies		2017-10-17
Gregory Robert Roderick Overs		2016-01-26
Neil Windsor Gregory		2023-11-14
Nigel Dancer		2014-09-24

NORTH GWENT CARDIAC REHABILITATION AND AFTERCARE

England & Wales - Charity number 1056887

Accounts



Registered Charity Number:1056887

**Trustees' Annual Report &
Statement of Financial Activity
2024/5**

Trustees

Gareth Davies

Greg Overs

Jackie Miles

Nigel Dancer

Tony Lowery

Neil Gregory

Trustees' Annual Report & Statement of Financial Activity

Trustees Annual Report & Statement of Financial Activity

1 Reference and Administration Details

1.1 Charity Name & Registration

Small Charity Support

The charity is a Charitable Incorporated Organisation, registration no: 1056877, registered with the Charity Commission on 1st July 1996

The charity is registered with HM Revenue & Customs

1.2 Charity's Address

Cardiac Charity, 56 Holywell Crescent, Abergavenny. NP7 5LG

e-mail: office@cardiac-rehab.org.uk

Telephone: 07856 692148

website: www.cardiac-rehab.org.uk

1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>
Jackie Miles	Chair	26/1/2016
Gareth Davies	Vice Chair	17/10/2017
Greg Overs	Treasurer	26/1/2016
Tony Lowery	Secretary	03/12/2019
Nigel Dancer	Class Management	24/10/2016
Neil Gregory		14/11/2023

1.4 Names of Advisors & Senior Members of Staff

None

1.5 Bank

Barclays Bank, Leicester, LE87 2BB

2 Structure, Governance & Management

2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, *i.e.*: where the Trustees are the only Members of the charity.

2.2 Charitable Objects

As defined in My Charity's Constitution (Governing Document)

The object of the Charity is the relief of sickness particularly amongst cardiac patients by: -

- 1.1 the advancement of a rehabilitation and aftercare programme developed by the Cardiac Rehabilitation Team at Nevill Hall Hospital and within the catchment area served by that hospital.
- 1.2 the provision of resources to maintain and extend the Cardiac Rehabilitation programme and the promotion of community classes caring for cardiac patients within the catchment area served by Nevill Hall Hospital.

The Charity has been developed to raise the funding required and plan and deliver a professionally led North Gwent Community Cardiac Rehabilitation Service.

Cardiac Rehabilitation (CR) helps people to recover from heart attacks, heart failure, heart surgery, percutaneous coronary intervention, or procedures such as stenting or angioplasty. Once patients have completed on average a six-week education, counselling, and exercise programme either centre based or at home they are assessed and encouraged to continue their rehabilitation through the attendance of community exercise classes in part funded and provided by the Charity. Such classes are provided throughout Blaenau Gwent and Monmouthshire.

2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 7.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of five years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Current Roles of the Trustees

Chair- Chair meetings of the trustees, focusing on strategic matters, setting governance standards, supervising the management of community tutors, acting as a figure head of the charity. Fundraising. Fundraising chair, responsible for planning and co-ordinating events (e.g., Tokyo and Everest Challenge). Leading on communication- material for website, ticker news, Facebook, phase 3 interface (welcome pack) information for participants. Supporting the community tutors regarding skills and education.

Secretary- organising meetings, taking minutes, managing correspondence, managing updates and background information (governance documentation), keeping records of membership, supporting communication (newsletter, info leaflets and posters)

Treasurer-Oversee and present budgets, accounts and financial statements to the trustees, banking, bookkeeping, and record keeping.

Trustee- Supporting the operational management of the community tutors.

Trustee-

Trustee-

Trustee- Vacancy on the board.

3 Activities

3.1 Statutory Declaration

The Trustees of Small Charity Support confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

4 Achievements & Performance

4.1 News from the Trustees

The board of trustees remains committed to ensuring robust governance and supporting the day-to-day operations of the North Gwent Cardiac Rehabilitation and Aftercare Charity. Alongside the board, a small but dedicated group of volunteers continues to give their time freely, playing a crucial role in raising funds and running classes for the benefit of members.

During the summer, David Owen, who had served as a trustee since 2023, stepped down from his position. The trustees would like to express their gratitude to David for his valuable contributions and support for the charity during his tenure. Consequently, there is now a vacant position on the board of trustees.

The volunteering team also experienced the resignation of Suzanne and Ashella Indge this year. Both have been instrumental in fundraising efforts and will be greatly missed. The charity extends its sincere thanks to Suzanne and Ashella for their years of dedicated support.

Special thanks are due to Owen Webber for his management of the 200 Club, to Dianne Spencer and Simon Walter for their work in supporting the charity's media activities, to Kath Cleveland for

handling membership and Ticker News, and to Alun Cleveland for his support with the exercise classes. Without their commitment, many of the charity's activities would simply not be possible.

4.2 The Role of Trustees in Charity Operations

While the board of trustees is primarily responsible for providing strategic direction and ensuring effective governance, their involvement goes well beyond these core duties. Trustees are actively engaged in the day-to-day management of the charity's operations, helping to ensure that all activities run smoothly and efficiently.

Special recognition is due to Greg Overs for his expertise in managing the charity's finances, ensuring that resources are handled responsibly and enabling the continued delivery of services. Thanks, are also extended to Nigel Dancer, whose enthusiasm and commitment have been central to supporting the instructor team and overseeing the charity's online resources, which are essential in today's connected world. In addition, the board is grateful to Jacky for her ongoing dedication and leadership, which have been pivotal in driving the charity forward and maintaining its momentum during a period of change.

4.3 Phase 4 Exercise Classes

The charity continues to deliver vital services across the North Gwent area, currently organising exercise classes in seven locations. All instructors are professionally qualified through the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), which is recognised as the gold standard for cardiac rehabilitation and exercise.

This year, the partnership with the Aneurin Bevan Phase Three team has been further strengthened. Notably, the Phase 3 referral programme has seen development, and Phase 3 instructors have recently visited some of the classes, enhancing collaboration and continuity of care.

Prospective members are now able to join classes through multiple avenues, including online self-referral, referral by their local GP, or via the Phase 3 programme. Additionally, the charity welcomes partners, family members, friends, and carers to participate in the classes.

Like many organisations, the charity has experienced changes within its pool of instructors. This year, the charity bid farewell to Maja Maraskiewicz and Callum Simmonds, both of whom were highly valued and popular with class attendees. The charity thanks them for their service and wishes them well in their future professional endeavours.

4.4 A Special Tribute to Helen Sanchez

We would like to take this opportunity to recognise the exceptional contribution of Helen Sanchez to the charity. Helen has devoted 24 years to supporting our organisation as a deeply respected and popular exercise instructor. Throughout her tenure, she has demonstrated unwavering commitment, enthusiasm, and energy, which have greatly benefited a variety of classes and participants.

Helen's drive and positivity have made her an invaluable member of the team, and her influence has been felt across all aspects of our exercise programmes. The trustees wish to express their heartfelt gratitude for Helen's years of dedicated service and extend their best wishes for a long and happy retirement.

4.5 New Team

To maintain service, the charity strengthened its fitness instructor team, temporarily closing many classes over the summer. All classes have now resumed as of 1 October.

Tom Stone continues to play a vital role within the charity and has now joined the Aneurin Bevan Phase 3 team. The Monday class is led by Phillip Matthews, an Exercise Referral professional from Aneurin Leisure, while the Monmouth classes are now overseen by Nick Worms, representing Mon Life. Following successful interviews, Joe Lane and Will Teague have joined the instructor team. Will is a self-employed cardiac instructor with an MSc in Clinical Exercise Physiology, and Joe is an Exercise Referral professional with Halo Torfaen Leisure.

In a significant advancement for the charity's instructor team, a stipend has been awarded to local exercise practitioner Maria Segá. Starting in January, Maria will join the charity as a Trainee BACPR instructor, embarking on a pathway towards professional qualification in cardiac rehabilitation and exercise. Throughout her traineeship, Maria will be given the opportunity to study and develop the requisite skills needed to become a fully qualified Cardiac Instructor. Her progress will be guided under the mentorship of Tom Stone, ensuring she receives comprehensive support and expertise during her training period.

Membership Feedback on Communication and Events

5 Overview

In April, the charity sought feedback from its members regarding the organisation's communication channels and events. The survey specifically addressed the use of social media, the effectiveness of "The Ticker news" newsletter, and the value of health awareness events, with responses collected from our membership.

5.1 Social Media Usage

A substantial proportion of respondents (90%) indicated that they use social media in general. However, engagement with the charity's own social media platforms is notably lower, with only 25% of members reporting that they visit these sites. This reveals a clear gap between overall social media activity and specific engagement with the organisation's online presence.

5.2 Newsletter: The Ticker News

The survey showed unanimous agreement among members, with 100% stating that "The Ticker news" newsletter provides them with the information they require. Members also contributed suggestions for future newsletter topics. The themes identified include diet, food labelling, people's stories, and new treatments.

5.3 Communication

All respondents reported that their instructor communicates information about upcoming events effectively. This method of communication is valued by the entire membership.

5.4 Health Awareness Events

Although only 25% of respondents have attended health awareness events, every attendee found these events useful. Furthermore, there is expressed interest among members in attending future health-related events.

5.5 Action Items Identified by Trustees

- Increase Engagement with Social Media Sites: Develop strategies to encourage more members to visit and interact with the charity's social media platforms, addressing the current low level of engagement (25%).
- Maintain and Enhance "The Ticker news": Continue providing relevant and useful information, as all respondents find the newsletter beneficial. Incorporate the suggested topics—diet, food labelling, people's stories, and new treatments—into future editions.
- Promote Health Awareness Events: Increase promotion and accessibility of these events, as only a quarter of members have attended previously. Consider organising additional health awareness events, given the universally positive feedback from attendees and the interest in future participation.
- Leverage Instructor Communication: Continue to use instructors as a key channel for informing members about upcoming events, maintaining the effectiveness of this approach for all respondents.

5.6 Fundraising Events

The board wishes to acknowledge the remarkable efforts of the fundraising team, whose hard work has enabled the charity to continue providing classes despite challenging financial circumstances. The ongoing success of the charity depends on the dedication of this small team,

and the board would welcome any members who wish to join the fundraising team or organise fundraising activities.

Included events:

Love Your Heart Fundraiser

The “Love Your Heart” Fundraiser was held at the Moose Hall in Tredegar, featuring a lively 60’s tribute act, “Now and Then”. Attendees also enjoyed the Phillips Myles Pop quiz, which added a fun and engaging element to the event.

Summer Love Your Heart Prize Draw

The summer saw the return of the “Love Your Heart” Prize Draw, providing participants with exciting opportunities to win prizes and support the charity’s ongoing work.

Sponsored Walk at Bryn Bach Parc

A sponsored walk took place at Bryn Bach Parc, bringing together supporters for a healthy and enjoyable fundraising activity set against the backdrop of the park’s scenic surroundings.

Charity Bike Ride by G.O.S. Tool and Engineering

A dedicated team from Blaenavon-based G.O.S. Tool and Engineering undertook a challenging charity bike ride, covering a demanding 58-mile route which included over 6,000 feet of climbing. Their effort exemplified outstanding commitment to supporting the Trust.

Clayton Shorthouse Memorial Triathlon

The Clayton Shorthouse Memorial Triathlon was hosted at Ebbw Vale Leisure Centre, offering participants the chance to compete and fundraise in memory of Clayton Shorthouse.

Monmouth Raft Race

The Trust was fortunate to be included in the Monmouth Raft Race, an exciting community event that brought together members and supporters for a day of teamwork and fun on the water.

Spring Love Your Heart Draw

The Spring “Love Your Heart” draw provided further opportunities for supporters to contribute to the charity’s mission while enjoying the thrill of the prize draw.

Grand Potato Challenge

Thanks to the ongoing support of Abergavenny Garden Centre, the grand potato challenge continued to attract participants, offering a unique and light-hearted way to raise funds for the Trust.

Monmouth Class Coffee Mornings

The Monmouth Class has consistently supported the charity through their regular coffee mornings held at Monmouth Priory, creating a welcoming space for members to gather, socialise, and contribute to fundraising efforts.

The charity also extends its gratitude to all organisations and individuals who have generously given their time and energy to support the Trust and its members throughout the year.

5.7 200 Club

A special thank you is extended to Owen Webber for his continued commitment in organising and managing the 200 Club during the year

5.8 Donations and Acknowledgements

The Charity has been fortunate to receive several generous donations over the past year. We wish to express our sincere gratitude to all individuals and organisations who have contributed to our cause. Their support has played a significant role in enabling the Trust to continue its valuable work within the community.

Each donation, regardless of size, is deeply appreciated and directly assists in supporting the activities and services we provide to our members. The ongoing kindness and commitment of our supporters is vital to the continued success of the Charity, and we are immensely thankful for every contribution received this year

5.9 Media Team and Promotional Activities

The media team, consisting of Dianne Spencer and Simon Walter, has devoted substantial time and energy to enhancing awareness of the charity's goals and objectives. While this support is provided on a paid basis, it forms a vital part of the charity's ongoing commitment to improving its services for members and the wider community. Their dedication is clearly demonstrated through the extensive range of promotional activities they undertake across various media platforms, ensuring the charity's message reaches a broad and diverse audience. This concerted effort plays a crucial role in supporting the charitable work of the Trust and furthering its mission throughout the year.

Through their work, the Trust's positive impact has been regularly showcased in local news articles, helping to foster greater understanding and recognition within the community.

The ongoing success of Ticker News exemplifies the Charity's efforts to communicate effectively with both its members and the wider public. This publication continues to expand its reach, providing readers with valuable guidance on health topics such as the relationship between alcohol and heart health. In addition, Ticker News promotes the benefits of friendship fostered through the charity's exercise classes and regularly highlights upcoming events, ensuring members remain informed and engaged. The newsletter acts as a vibrant communication hub, celebrating the many achievements and positive developments within the Trust.

In addition to print media, the charity maintains an active presence online. Social media platforms are updated on a regular basis, sharing informative advice and the latest news with followers. Furthermore, the professionally managed website serves as a comprehensive resource, offering a wealth of information for anyone wishing to learn more about the Trust and its ongoing work.

5.10 Planned Actions for 2025/26

Looking ahead, the trustees are eager to see the charity continue to progress in the coming year. The board meets every six weeks, discussing a wide range of matters and giving their time freely in support of the charity's membership. Planned actions include.

1. Strengthen Collaboration with Phase 3

The Charity intends to enhance its partnership with Phase 3 by engaging in regular communication with the newly appointed nurse lead for Cardiac Rehabilitation, Emma Davies. As an initial step, the plan is to distribute information leaflets and copies of Ticker News to the cardiac wards and monitor the response from patients and staff. This initiative aims to foster closer working relationships and ensure that essential information reaches those who would benefit most.

2. Ongoing Support for the Clayton Shorthouse Short Tri

The Charity will continue to support and contribute to the development of the Clayton Shorthouse Short Tri event. By maintaining involvement, the Charity hopes to encourage participation and further promote the positive impact of physical activity within the community.

3. Repeating the Potato Challenge

Building on previous success, the Potato Challenge will be repeated, with an emphasis on increasing involvement from local junior schools. This activity not only promotes healthy eating and engagement but also strengthens connections with young people and educational institutions.

4. Consideration of the Rotary Draw

The Charity will explore the possibility of repeating the Rotary Draw. By assessing interest and feasibility, the intention is to determine whether this initiative should be included in the upcoming year's programme of activities.

6 Financial Review

6.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

6.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity if unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income.
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

6.3 Principal Sources of Funding

The main sources of funding are:

1. Class attendance fees currently £5 per session for members and £5.50 for non-members
2. Charity membership £10 annually (managed by the Membership Secretary)
3. Membership of the 200 club £20 annually (managed by the 200 Club Secretary)

The charity relies on the support and charity of the local community to support its role. This is done through donations and fundraising events.

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

6.4 Financial Status

Though modest, Small Charity Support's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

6.5 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (*e.g.*: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);

The charity has no debt outstanding at the date of this statement which is owed by the CIO, and which is secured by an express charge on any assets of the CIO (*e.g.*: a mortgage on property owned by the charity);

Approved by the Trustees and signed on their behalf,



Name: Anthony Lowery

Date: 25th Nov. 2025

Position: Secretary to the Trustees

7 Statement of Financial Activity

7.1 Independent Examiner’s Report on the Accounts

**North Gwent Cardiac Rehabilitation and
Aftercare Charity**

Yearend 1st April 2024 - 31st March 2025

Charity Number: 1056887

**North Gwent Cardiac Rehabilitation and Aftercare
Charity Information**

Current Trustees

Mr Gareth Davies (*Vice Chair*)
Mr Greg Overs (*Treasurer*)
Mr Tony Lowery (*Secretary*)
Mr Nigel Dancer
Dr Jacqueline Miles (*Chair*)
Mr Neil Windsor Gregory
Mr David Owen (*resigned*)

Independent Examiner

Catherine A Williams Ltd
Chartered Accountant
The Old Bank
Beaufort Street
Crickhowell
Powys
NP8 1AD

Location Address

56 Holywell Crescent
Abergavenny
Monmouthshire
NP7 5LG

Charity Registered number

1056877

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Trustees Responsibilities and Approval

The Trustees are satisfied that the charity is entitled to exemption from the requirement to obtain an audit under section 144(2) of the Charities Act 2011 (the 2011 Act).

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Section 130 of the Charities Act 2011.

The Accounts were approved by the board of trustees on .../.../2025.

Signed

Name

J Miles
25th Nov 2025

NORTH GWENT CARDIAC REHABILITATION UNIT
 ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025
 REGISTERED CHARITY: 1056887

BALANCE SHEET AS AT 31ST MARCH 2025

	31st March 2025	31st March 2024
CURRENT ASSETS		
Deposit Account	76.34	55.51
Community Account	6,410.98	30,124.40
Current Account	8,441.79	7,888.62
New Account Investment	22,248.40	-
	50,000.00	30,000.00
	<u>85,286.37</u>	<u>88,068.53</u>
REPRESENTED BY:		
Accumulated Fund	88,068.53	88,068.53
	(2,082.42)	(11,617.86)
	<u>85,286.37</u>	<u>88,068.53</u>

(Total) Charities for the Year

NORTH GWENT CARDIAC REHABILITATION UNIT
 ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025
 REGISTERED CHARITY: 1056887

INCOME AND EXPENDITURE ACCOUNT

EXPENDITURE		INCOME	
31/03/2024	31/03/2025	31/03/2024	31/03/2025
Events	Events		
Fund Raising Events	Fund Raising Events		
2,615.00	254.91	6,520.65	4,393.26
Meals	-	-	665.00
Christmas & Autumn raffa	312.00	3,228.00	510.00
Christmas Cards	-	5,148.63	-
Just Giving	396.00	-	1,497.51
Marathon	-	-	-
200 Club	600.00	795.71	116.71
	550.00	1,509.00	1,120.00
		-	303.57
		16,891.99	8,029.04
Classes	Classes		
3,778.00	1,332.51		
Gifts	8,572.50	18,716.00	20,442.19
Membership	-	2,147.00	1,380.00
Summer	-	-	-
205.43	Equipment	-	-
18,680.00	21,290.00	-	-
4,110.15	200 Club	-	-
-	4,088.00	-	-
21.26	Account/Equival	-	-
20,651.73	26,016.50	21,298.00	22,202.19
General	General		
3,939.00	3,444.93		
Grant Expenditure	-		
Funeral	-		
Storage	30.00		
2,065.97	80.18		
Website Design & Maintenance	20.00		
Equipment	80.18		
14.66	457.68		
487.88	796.32		
1,305.02	8,045.46		
Expenses	504.00		
480.00	303.79		
Professional fees	30,124.14	2,685.54	3,324.50
Accountant	-		
303.79	37,467.15	41,489.53	34,584.73
31,895.86		33,467.30	37,467.15
51,457.39	(11,677.86)	(11,677.86)	12,882.42
		Sub Total	
		EXPENDITURE	
		SURPLUS (DEFICIT) FOR YEAR	

North Gwent Cardiac Rehabilitation and Aftercare Charity
Yearend 31st March 2025

Charity Number
1056887

Independent Examiners Report

We report to the trustees on my examination of the accounts of the above charity ('the Trust') for the year ended 31st March 2025.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

Basis of the independent examiner's report

Our examination was carried out in accordance with the General directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

Independent examiner's statement

In the course of our examination, no matter has come to our attention;

(A) which gives us reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that;

* proper accounting records are kept in accordance with section 130 of the 2011 Act; and

* accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act; or

(B) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Catherine A Williams Limited
Chartered Accountant
The Old Bank
Beaufort Street
Crickhowell
Powys
NP8 1AD

... / 2025

7.2 Notes to the Accounts

a) Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

b) Reimbursement of Out-of-Pocket Expenses

Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.

c) Salaries & Professional Fees

No trustee receives any payments for the services they provide to the charity.

d) Fixed Assets

The charity has not purchased or disposed of any fixed assets in the current financial year.

e) Creditors & Debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

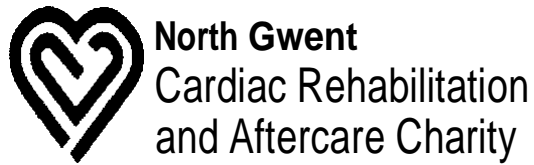
f) Rounding Discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

NORTH GWENT CARDIAC REHABILITATION AND AFTERCARE

England & Wales - Charity number 1056887

Accounts



Registered Charity Number:1056887

**Trustees' Annual Report &
Statement of Financial Activity
2023/24**

Trustees

Gareth Davies

Greg Overs

Jackie Miles

Nigel Dancer

Tony Lowery

David Owen

Neil Gregory

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1 Reference and Administration Details

1.1 Charity Name & Registration

Small Charity Support

The charity is a Charitable Incorporated Organisation, registration no: 1056877, registered with the Charity Commission on 01 July 1996

The charity is registered with HM Revenue & Customs

1.2 Charity's Address

Cardiac Charity, 56 Holywell Crescent, Abergavenny. NP7 5LG

e-mail: office@cardiac-rehab.org.uk

Telephone: 07856 692148

website: www.cardiac-rehab.org.uk

1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>
Jackie Miles	Chair	26/1/2016
Gareth Davies	Vice Chair	17/10/2017
Greg Overs	Treasurer	26/1/2016
Tony Lowery	Secretary	03/12/2019
Nigel Dancer	Class Management	24/10/2016
Neil Gregory		14/11/2023
David Owen		14/11/2024

1.4 Names of Advisors & Senior Members of Staff

None

1.5 Bank

Barclays Bank, Leicester, LE87 2BB

2 Structure, Governance & Management

2.1 Type of Governing Document

Constitution - based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, *i.e.*: where the Trustees are the only Members of the charity.

2.2 Charitable Objects

As defined in My Charity's Constitution (Governing Document)

The object of the Charity is the relief of sickness particularly amongst cardiac patients by: -

- 1.1 the advancement of a rehabilitation and aftercare programme developed by the Cardiac Rehabilitation Team at Nevill Hall Hospital and within the catchment area served by that hospital.
- 1.2 the provision of resources to maintain and extend the Cardiac Rehabilitation programme and the promotion of community classes caring for cardiac patients within
 - the catchment area served by Nevill Hall Hospital.

The Charity has been developed to raise the funding required and plan and deliver a professionally led North Gwent Community Cardiac Rehabilitation Service.

Cardiac Rehabilitation (CR) helps people to recover from heart attacks, heart failure, heart surgery, percutaneous coronary intervention, or procedures such as stenting or angioplasty. Once patients have completed on average a six-week education, counselling, and exercise programme either centre based or at home they are assessed and encouraged to continue their rehabilitation through the attendance of community exercise classes in part funded and provided by the Charity. Such classes are provided throughout Blaenau Gwent and Monmouthshire.

2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 7.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of five years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Current Roles of the Trustees

Chair- Chair meetings of the trustees, focusing on strategic matters, setting governance standards, supervising the management of community tutors, acting as a figure head of the charity. Fundraising. Fundraising chair, responsible for planning and co-ordinating events (e.g., Tokyo and Everest Challenge). Leading on communication- material for website, ticker news, Facebook, phase 3 interface (welcome pack) information for participants. Supporting the community tutors regarding skills and education.

Secretary- organising meetings, taking minutes, managing correspondence, managing updates and background information (governance documentation), keeping records of membership, supporting communication (newsletter, info leaflets and posters)

Treasurer-Oversee and present budgets, accounts and financial statements to the trustees, Banking, bookkeeping, and record keeping.

Trustee- Supporting the operational management of the community tutors.

Trustee-

Trustee-

Trustee- Supporting the operational management of the community tutors.

3 Activities

3.1 Statutory Declaration

The Trustees of Small Charity Support confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

4 Achievements & Performance

Last Year's AGM

At the AGM held in the Education Centre last November, the audience had the opportunity to listen to two speakers, Dr Nishat Siddiqi and Neil Duffey.

Dr Siddiqi, a local consultant cardiologist gave a presentation on three developments that she believes will have a big impact on treatment for heart disease. The developments being Semaglutide a drug seen as a potential alternative to gastric band surgery, Leadless pacemakers as the new norm and the use of Artificial intelligence to speed up the treatment and diagnosis of heart disease.

Neil Duffey is a member of one of the classes and he talked in detail about his condition known as "microvascular angina". He talked in depth about the nature of the condition and how it impacts his life. He also talked about the importance of the classes to help him sustain a healthy life span.

At the meeting the trust welcomed two new trustees to the board, Neil Gregory and David Owen. Both bring a wealth of experience to support the trust.

Neil is a regular member of the Llanfoist class. He is a director of GOS Tool and Engineering, which is a Blaenavon based company that specialises in the manufacture of equipment for the railway industry. Neil also works part time for the Department of Trade and industry, and is a STEM ambassador, encouraging Welsh Students to see the benefits of studying Science, Technology, Engineering and Maths as a progression to careers in engineering.

David has spent most of his working life working in Finance, based with international companies in Europe and the USA. Now retired, he lives in Abergavenny and plays an active role in Local Policing and Crime prevention Groups. Like Neil Duffey, David's daughter has Microvascular angina and so has a keen personal interest in supporting the trust.

Phase 4 exercise classes

Due to the success of our information event at last year's AGM the trust arranged another event in the spring at the Moose Hall in Tredegar. The afternoon event was well attended. The sessions delivered included expert advice on how to manage cholesterol levels, local healthy eating initiatives, how to live with a long-term health condition and Neil Duffey was invited back to share his experiences of Vascular angina with a wider audience. The Trust would like to thank all those speakers who kindly gave up their time to make such an event possible. In October, a similar event is planned as part of the 2024 AGM.

Towards the end of 2023, the latest round of fitness assessments showed the real gain in people attending our classes. The results proved to be very encouraging, over 58% of the cohort had improved blood pressure readings and 74% found that their cardiovascular endurance had improved since the last assessment. This is continuing evidence of the importance of the benefits of attending the weekly exercise classes.

In March of this year, our Chair Jacky gave a presentation on the services that the trust provides to the Tredegar wellbeing hub. This gave the trust the opportunity to form partnership links with associated health care professionals and other voluntary organisations in the Blaenau Gwent area. One of the main objectives of these meetings was to establish a more accessible referral pathway for people with heart disease. As GP's are not always up to date with patient information supplied by acute services, they are reluctant to sign off referral to exercise forms. As a result, they suggested we use self-referral forms (and following approval from the FI's) these widely validated forms (used for people prior to attending exercise classes) are now available on the website and in the classes.

We are pleased to welcome Helen Sanchez back to take our Abertillery and Usk classes - as Tom has taken up a FI role with Phase 3.

We are also pleased that there has been an easy transition for Tredegar class members attending the Orpheus Hall to the Fresh Active Gym (reduced hire costs, easy parking and coffee bar!) - starting 28th Aug.

We are aware of the important positive contribution of peer support during recovery from a health event and that this may help people attending the Phase 3 programme. To this end we have collaborated with ABUHB's volunteer team in writing a profile for a CR Expert by Experience role. This has yet to be approved by the staff side and translated into Welsh before we can formally advertise - expressions of interest are welcome.

On the banking front, after a long and sometimes tenuous period dealing with our local bank. The trust has moved to digital banking. This means that it is easier for our members to pay for services if they wish and allows us to manage our financial services in a more streamlined fashion.

In terms of funding, the trust is still losing monies in the support of keeping costs down in subsidising funding of our exercise classes. From the last AGM the classes are running at a loss of approximately £1200 per month, with an additional loss to administration costs of £1500 per quarter. The Trust recognises that rising costs are a fact of life in the present economic climate but are committed to keeping the fees at an affordable rate for the membership. The importance then of fundraising events and your support have never proved more important.

Fundraising events

The Board would like to recognise the hard work that the Fundraising team has done this year in raising funds in what has proved to be a difficult financial climate. It is recognised that without the hard work of a very small, dedicated team in raising funds it would be difficult for the charity to continue funding the classes. If any members would like to join the fundraising team or organise an activity, it would be greatly appreciated.

- During the year, the Monmouth Exercise class organised a series of Coffee mornings in the Priory in Monmouth. We would like to thank the Monmouth Group and Mary Wakeling for their continued support.
- In November, the trust hosted a 60's night at the Moose Hall in Tredegar. There the audience was treated to a set of popular 60's and 70's favourites by popular covers band Then and **Now**.
- An Irish night was held at the Royal Oak pub in Monmouth. The audience was treated to a night of local talent playing the music of the Clancy Brothers, The Dubliners and The Fury's.
- A packed house at Chesters Wine merchants in Abergavenny enjoyed a fine selection of wines served up by their host Llyod.
- In December a Christmas Cocktail making event was held at the Balcony Bar in Abergavenny. This was run by local expert Ben ward. This gave the attendees the opportunity to make a delicious range of seasonal drinks and then of course drink them.
- The potato challenge organised with the kind support of Abergavenny Garden Centre started in the spring and culminated in the grand weigh in during the month of June.
- In March the Calon race night was back by popular demand and again entertained the crowds who attended.
- Crickhowell Tennis Club supported the trust by holding a summer tennis social. This was organised by Helen Sanchez, who you will all recognise as one of our class instructors.
- A big thanks to Ashella for organising a fundraising raffle at the "Queens of Drag" event held at the Kings Arms in Abergavenny.
- The Trust has held a series of Draws during the year including the Christmas Prize draw and the Summer Draw. Many thanks to the individuals who kindly donated prizes to the events.

The Charity would like to thank all the organisations and individuals who have given up their time and energy to support the members of the Trust

200Club

A big thank you goes out to Owen Webber for organising and managing the 200 club again this year.

Donations

The trust receives regular donations throughout the course of the year from the membership, and we received several generous gifts made through bequests. The Trustees would like to thank all those families who made these gifts in memory of their loved ones.

Media support

Our media team of Dianne Spencer and Simon Walter have been hard at work this year supporting the charity aims and objectives by working closely with the Chair through the promotion of the charity through a range of media outlets. There have been a range of news articles promoting the good work of the trust in local media. The Ticker News has gone from strength to strength giving great advice on features such as Cholesterol what it is and how to control it, Blood pressure and its impact and the importance of Exercise in reducing cardiac risk. It also provides a useful communication platform for all that is good in the trust.

Our social media platforms are regularly updated with interesting advice and general information as is our very professional website. Detailing all the information that people need to know in terms of the trust.

Future planning

The trustees are keen for the charity to make further progress in the next year. The board meet on a 6 weekly basis and cover a wide range of agenda items giving their time freely to support the membership.

A special thank you

We would like to recognise the important contribution of all our Trustees. We also acknowledge the work of Kath Cleveland in managing the membership and posting out the Ticker News. And lastly to our Fitness Instructors who deliver an excellent service and without whom the charity would not exist.

5 Financial Review

5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity if unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income.
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

5.3 Principal Sources of Funding

The main sources of funding are:

1. Class attendance fees currently £5 per session for members and £5.50 for non-members
2. Charity membership £10 annually (managed by the Membership Secretary)
3. Membership of the 200 club £20 annually (managed by the 200 Club Secretary)

The charity relies on the support and charity of the local community to support its role. This is done through donations and fundraising events.

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

5.4 Financial Status

Though modest, Small Charity Support's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

5.5 Statutory Statements on Liabilities

The Trustees declare that:

The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);

The charity has no debt outstanding at the date of this statement which is owed by the CIO, and which is secured by an express charge on any assets of the CIO (e.g.: a mortgage on property owned by the charity);

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Trustees Responsibilities and Approval

The Trustees are satisfied that the charity is entitled to exemption from the requirement to obtain an audit under section 144(2) of the Charities Act 2011 (the 2011 Act).

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Section 130 of the Charities Act 2011.

Approved by the Trustees and signed on their behalf,

Anthony Lowery

Name: Anthony Lowery

Date: 12 November 2024

Position: Secretary to the Trustees

Independent Examiners Report

We report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2024.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Basis of the independent examiner's report

Our examination was carried out in accordance with the General directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

Independent examiner's statement

In the course of our examination, no matter has come to our attention;

(A) which gives us reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that;

* proper accounting records are kept in accordance with section 130 of the 2011 Act; and

* accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act; or

(8) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Catherine A Williams Limited
Chartered Accountant
The Old **Bank**
Beaufort Street
Crickhowell
Powys

NP8 1AD

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**NORTH GWENT CARDIAC REHABILITATION UNIT
 ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024
 REGISTERED CHARITY: 1056887**

BALANCE SHEET AS AT 31ST MARCH 2024

	31st March 2024	31st March 2023
CURRENT ASSETS		
Deposit Account	55.51	19,040.56
Current Account	30,124.46	30,645.89
New Current Account	7,888.62	
Investment	50,000.00	50,000.00
	<u>111,088.59</u>	<u>99,686.45</u>
REPRESENTED BY:		
Accumulated Fund	99,686.45	86,616.43
(Deficit)/Surplus for the Year	11,617.86	13,070.02
	<u>88,068.59</u>	<u>99,686.45</u>

6.2 Notes to the Accounts

a) Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

b) Reimbursement of Out-of-Pocket Expenses

Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.

c) Salaries & Professional Fees

No trustee receives any payments for the services they provide to the charity.

d) Fixed Assets

- The charity has not purchased or disposed of any fixed assets in the current financial year.

e) Creditors & Debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

f) Rounding Discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

NORTH GWENT CARDIAC REHABILITATION AND AFTERCARE

England & Wales - Charity number 1056887

Accounts



Registered Charity Number:1056887

**Trustees' Annual Report &
Statement of Financial Activity
2022-23**

Trustees

Gareth Davies

Greg Overs

Jackie Miles

Nigel Dancer

Tony Lowery

Trustees' Annual Report & Statement of Financial Activity

Trustees Annual Report & Statement of Financial Activity

1 Reference and Administration Details

1.1 Charity Name & Registration

Small Charity Support

The charity is a Charitable Incorporated Organisation, registration no: 1056877, registered with the Charity Commission on 1st July 1996

The charity is registered with HM Revenue & Customs

1.2 Charity's Address

Cardiac Charity, 56 Holywell Crescent, Abergavenny. NP7 5LG

e-mail: office@cardiac-rehab.org.uk

Telephone: 07856 692148

website: www.cardiac-rehab.org.uk

1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>
Jackie Miles	Chair	26/1/2016
Gareth Davies	Vice Chair	17/10/2017
Greg Overs	Treasurer	26/1/2016
Tony Lowery	Secretary	03/12/2019
Nigel Dancer		24/10/2016

1.4 Names of Advisors & Senior Members of Staff

None

1.5 Bank

Barclays Bank, 57 Frogmore Street, Abergavenny, NP7 5AT

2 Structure, Governance & Management

2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, *i.e.*: where the Trustees are the only Members of the charity.

2.2 Charitable Objects

As defined in My Charity's Constitution (Governing Document

The object of the Charity is the relief of sickness particularly amongst cardiac patients by: -

- 1.1 the advancement of a rehabilitation and aftercare programme developed by the Cardiac Rehabilitation Team at Nevill Hall Hospital and within the catchment area served by that hospital.
- 1.2 the provision of resources to maintain and extend the Cardiac Rehabilitation programme and the promotion of community classes caring for cardiac patients within the catchment area served by Nevill Hall Hospital.

The Charity has been developed to raise the funding required and plan and deliver a professionally led North Gwent Community Cardiac Rehabilitation Service.

Cardiac Rehabilitation (CR) helps people to recover from heart attacks, heart failure, heart surgery, percutaneous coronary intervention, or procedures such as stenting or angioplasty. Once patients have completed on average a six-week education, counselling, and exercise programme either centre based or at home they are assessed and encouraged to continue their rehabilitation through the attendance of community exercise classes in part funded and provided by the Charity. Such classes are provided throughout Blaenau Gwent and Monmouthshire.

2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 7.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of five years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Current Roles of the Trustees

Chair- Chair meetings of the trustees, focusing on strategic matters, setting governance standards, supervising the management of community tutors, acting as a figure head of the charity.

Secretary- organising meetings, taking minutes, managing correspondence, managing updates and background information (governance documentation), keeping records of membership, supporting communication (newsletter, info leaflets and posters)

Treasurer-Oversee and present budgets, accounts and financial statements to the trustees, banking, bookkeeping, and record keeping.

Trustee- Fundraising chair, responsible for planning and co-ordinating events (e.g., Tokyo and Everest Challenge). Leading on communication- material for website, ticker news, Facebook, phase 3 interface (welcome pack) information for participants. Supporting the community tutors regarding skills and education.

Trustee- Position not filled

Trustee- Position not filled

Trustee- Supporting the operational management of the community tutors.

3 Activities

3.1 Statutory Declaration

The Trustees of Small Charity Support confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

4 Achievements & Performance

The year has proved to be challenging for the trust on a variety of fronts.

Changes to the Board

The trustees would like to start this report by talking about the sad passing of Tim Cross. Tim had been a popular member of the Monmouth Class for many years and only recently become a member of the Board of Trustees. In the short time that Tim sat on the Board he made a valuable contribution with his insight and intellectual vigour. Again, we would like to send our deepest condolences to his many friends and family.

Phase 4 exercise classes

Through the successful partnership with the phase 3 team at the Aneurin Bevan Health Board, the charity has made some progress in the management of the phase 4 classes in the local community.

- Classes have been reduced to 10 (2 in Llanfoist on a Saturday and one on a Monday) sessions and they are still spread out over the region. The classes are still supported by a team of BACPR exercise instructors and assistant instructors Alun and Owen. The reduction in the number of classes offered was due to financial constraints caused by falling rolls in some of the classes.
-

- Tom Stone has recently been successful in obtaining a position as a phase 3 instructor with the health board, and his Tuesday classes are now managed by one of our excellent previous instructors, Helen Sanchez.
- Links have been strengthened with phase 3 by closer partnership working over the past year.
- During the last year, Nigel Dancer has invested time in setting up a dedicated Google drive to improve record keeping and Health and Safety management.
- During the year, the trustees carried out a membership survey to ascertain the needs and wishes of our membership. The results of which were feedback to the membership in a Ticker News. The results of the survey have been used to plan future actions of the trust.

Weekly class attendance in terms of numbers (89) when compared to 2022 (83) has remained much the same. The average attendance number is 10 for the five Monmouthshire classes and five for the five classes in Blaenau Gwent.

There is, however, a slight percentage reduction in attendance this year of 38% (89 of 232) of those registered, when compared to 2022 at 42% (83 of 198).

The number of referrals from the Phase 3 CR team is 62 with a retention of 55%. This number has been tempered by those participants who no longer attend classes. Hence overall class attendance remaining much the same over the last two years. Concerns around the continuing low attendance at the classes in Blaenau Gwent continue.

Without reference to the full annual accounts some context in terms of funding can be gained from reviewing costs (tutor rate, assistant rate, hall hire) based on attendance numbers during the following 16-week time period- 17th June to 17th Oct (numbers were down by 100 due to the summer holidays). This revealed a weekly loss of £221 and if numbers remain the same this accrues over a 46-week period to £10174. The greatest loss was from the Nantyglo class @ £1890 and the least Monmouth @ £309. Class subs during this period rose from £4 to £5 on the 1st of Sept and reached a total of £1523 per month.

In the October, the Charity together with Gwent Deffibbers held two CPR and defibrillator sessions in Abergavenny and Ebbw Vale.

The information-packed two-hour session was led by Chris Pritchard, a local paramedic with more than 30 years' experience, and Gwent Defibbers founder Mike Morgan, who survived a cardiac arrest 19 years ago thanks to prompt CPR. Following his brush with death, Mike went on to learn CPR and six years ago used his skills to help save a woman's life.

Course participants learned how to tell the difference between a heart attack and a cardiac arrest, how and when to use CPR effectively, and how to use a public-access defibrillator to restart someone's heart.

Fundraising events

The Board would like to recognise the hard work that the Fundraising team has done this year in raising funds in what has proved to be a difficult financial climate. It is recognised that without the hard work of a very small, dedicated team in raising funds it would be difficult for the charity to continue funding the classes. If any members would like to join the fundraising team or organise an activity, it would be greatly appreciated.

Details of the fund-raising events carried out this year are listed below.

- In December, the Cardiac Christmas Fair and raffle was held in Llanfoist village hall. This was supported by a variety of local producers and businesses.
- In February, The Calon race night was held in Tredegar. This was a well-attended and enjoyable night supported by a range of local businesses. A special mention must go to the Moose Hall Tredegar for allowing us to stage the event at their venue.
- A successful Re-love sale was held in May at the Llanfoist Village Hall. This raised over £560. As they say “were there’s muck, there’s brass”
- Thanks to the sponsorship and support of the Abergavenny Garden Centre, the summer saw the 2nd Annual Grand potato challenge take place. This proved popular with the public who were not only interested in the competition but were keen to find out about the work that the charity does.
- Sarah Howard Team Leader for Phase 3 Cardiac Rehab at the Nevill Hall and Ebbw Vale Hospitals set herself the challenge of walking the Inca Trail. Her exploits were featured in the local papers and in Monmouthshire Living magazine. Her efforts raised £1236 for the charity.
- Fundraising committee member Ashella Hale spent the month of September slogging up the summit of the Skirrid Fawr. On her just giving page, Ashella said that that family reasons and a commitment to support the charity were the reasons she did the challenge.
- Cardiac Nurse Specialists Katherine Whitehorn and Helen O’Leary took the plunge for the month of October. Their challenge was to swim a mile a day before work. By the end of the month, they had covered a total of 31 miles. That’s a total of 1.984 lengths of the pool. Their goal was to raise £1500 for a cause they feel strongly about.
- Thanks should go to Chester’s Wine Merchants Abergavenny by supporting the charity hosting a Wine night in October. The event gave the guests the opportunity to sample 5 delicious wines, partake in a delicious buffet and take part in a fun quiz.
- Some kind donations from local businesses allowed the charity team to run an Autumn raffle. The top prize being on online yoga course.
- During the year, the Monmouth Exercise class organised a series of Coffee mornings in the Priory in Monmouth. We would like to thank the Monmouth Group for their continued support.

Future events include the charity Christmas raffle and the Sixties night to be held in Tredegar.

The Charity would like to thank all the organisations and individuals who have given up their time and energy to support the members of the Trust. The events dated from the end March 2023 will also be listed in next year’s report due to reconciliation of end of year reporting for finances and fundraising.

200 Club

A big thank you goes out to Owen Webber for organising and managing the 200 club again this year.

Donations

Although the trust received no donations this year, we did receive several generous gifts made through bequests. The Trustees would like to thank all those families who made these gifts in memory of their loved ones.

Media support

To help the trust develop a more inclusive media presence in the community. The trust has employed the services of local media experts Dianne Spencer and Simon Walter. The aim to support the charity in managing its media footprint through a variety of media including updating our social media presence,

managing the production of The Ticker News, generating general publicity for the charity, and offering fundraising support.

Future planning

The trustees are keen for the charity to make further progress in the next year. The board meet on a 6 weekly basis and cover a wide range of agenda items giving their time freely to support the membership. Future items for the charity will be discussed in the next meeting in December. Some of the discussion items that will be covered are agreeing the financial year and reporting mechanism, mapping out fundraising events and anticipated costings, gift aid and moving to digital banking.

5 Financial Review

5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity if unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income.
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

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The main sources of funding are:

1. Class attendance fees currently £5 per session for members and £5.50 for non-members
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The charity relies on the support and charity of the local community to support its role. This is done through donations and fundraising events.

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

5.4 Financial Status

Though modest, Small Charity Support's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

5.5 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (*e.g.*: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);

The charity has no debt outstanding at the date of this statement which is owed by the CIO, and which is secured by an express charge on any assets of the CIO (*e.g.*: a mortgage on property owned by the charity);

Approved by the Trustees and signed on their behalf,

A handwritten signature in black ink that reads "Anthony Lowery". The signature is written in a cursive, slightly slanted style.

Name: Anthony Lowery

Date: 14th November 2023

Position: Secretary to the Trustees

6 Statement of Financial Activity

6.1 Independent Examiner's Report on the Accounts

North Gwent Cardiac Rehabilitation and Aftercare Charity
Yearend 31st March 2023

Charity Number
1056887

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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 charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Trustees Responsibilities and Approval

The Trustees are satisfied that the charity is entitled to exemption from the requirement to obtain an audit under section 144(2) of the Charities Act 2011 (the 2011 Act).

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Section 130 of the Charities Act 2011.

The Accounts were approved by the board of trustees on 14/11/2023.

Signed Anthony Lowery
Name ANTHONY LOWERY

North Gwent Cardiac Rehabilitation and Aftercare Charity
Yearend 31st March 2023

Charity Number
1056887

Independent Examiners Report

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

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Basis of the independent examiner's report

Our examination was carried out in accordance with the General directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

Independent examiner's statement

In the course of our examination, no matter has come to our attention;

(A) which gives us reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that;

* proper accounting records are kept in accordance with section 130 of the 2011 Act; and

* accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act; or

(B) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Catherine A Williams Limited
Chartered Accountant
The Old Bank
Beaufort Street
Crickhowell
Powys
NP8 1AD

.../2023

NORTH OHIO NT CARDIAC REHABILITATION UNIT
 ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023
 REGISTERED CHARITY: 1056887

INCOME AND EXPENDITURE ACCOUNT

EXPENDITURE		INCOME	
31/03/2023	31/03/2023	31/03/2023	31/03/2023
Events		Events	
Fund Raising Events	604.55	Fund Raising Events	540.00
Walk	720.00	Walk	1,372.19
Christmas Raffle	312.00	Christmas Raffle	2,655.00
Christmas Cards		Christmas Cards	526.03
Just Giving		Just Giving	50.00
Facebook		Facebook	24.98
Marathon		Marathon	1,760.00
200 Club	875.00	200 Club	2,330.00
Amazon Stripe		Amazon Stripe	40.00
	2,517.25		10,252.32
Classes		Classes	
Gym Subscriptions	7,550.50	Gym Subscriptions	9,102.00
Membership		Membership	3,040.00
Seminar		Seminar	
Equipment	99.90	Equipment	
Tutors	17,642.40	Tutors	
Assistants	4,274.00	Assistants	
Assistant's Expenses		Assistant's Expenses	
Courses		Courses	
	29,576.90		12,142.00
General		General	
Client Expenditure	3,125.00	Donations	14,183.66
Fundraiser		CRR Aid	
Storage	257.00	Bank Interest	21.88
Web Design	203.86	Clothing	381.50
Ticker New	328.02	Contra	
Printing	420.75		
Clothing	426.00		
Expenses	806.47		
Solicitors' fees	360.00		
Other	810.30		
	6,486.50		
	38,587.05		
TOTAL EXPENDITURE		TOTAL INCOME	22,311.75
		TOTAL EXPENDITURE	51,657.07
		(DEFICIT) FOR	38,587.05
		YEAR	13,876.02

NORTH OWENT CARDIAC REHABILITATION UNIT
 ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023
 REGISTERED CHARITY: 1026887

BALANCE SHEET AS AT 31ST MARCH 2023

	31st March 2023	31st March 2022
CURRENT ASSETS		
Deposit Account	19,640.56	19,979.11
Current Account	30,645.89	17,637.32
Investment	50,000.00	50,000.00
	<u>99,686.45</u>	<u>86,616.43</u>
REPRESENTED BY:		
Accumulated Fund	86,616.43	92,914.87
(Deficit)/Surplus for the Year	13,070.02	(6,298.44)
	<u>99,686.45</u>	<u>86,616.43</u>

Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees

A handwritten signature in black ink that reads "Anthony Lowery". The signature is written in a cursive style with a large initial 'A' and a distinct 'y' at the end.

Name: Anthony Lowery

Date: 14th November 2023

Position: secretary to the trustees

6.2 Notes to the Accounts

a) Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

b) Reimbursement of Out-of-Pocket Expenses

Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.

c) Salaries & Professional Fees

No trustee receives any payments for the services they provide to the charity.

d) Fixed Assets

The charity has not purchased or disposed of any fixed assets in the current financial year.

e) Creditors & Debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

f) Rounding Discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

NORTH GWENT CARDIAC REHABILITATION AND AFTERCARE

England & Wales - Charity number 1056887

Accounts



Registered Charity Number:1056887

Trustees' Annual Report & Statement of Financial Activity

Trustees

Gary Hicks

Gareth Davies

Greg Overs

Jackie Miles

Nigel Dancer

James Jones

Tony Lowery



North Gwent
Cardiac Rehabilitation
and Aftercare Charity

Trustees' Annual Report & Statement of Financial Activity

Trustees Annual Report & Statement of Financial Activity

1 Reference and Administration Details

1.1 Charity Name & Registration

Small Charity Support

The charity is a Charitable Incorporated Organisation, registration no: 1056877, registered with the Charity Commission on 1st July 1996

The charity is registered with HM Revenue & Customs

1.2 Charity's Address

Cardiac Charity, PO Box 178, Abergavenny, NP7 1DW

e-mail: cardiaccarecommunity@outlook.com

website: www.cardiac-rehab.org.uk

1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>
Gary Hicks	Chair	26/1/2016
Gareth Davies	Vice Chair	17/10/2017
Greg Overs	Treasurer	26/1/2016
Tony Lowery	Secretary	03/12/2019
Jackie Miles		
Nigel Dancer		24/10/2014
James Jones		01/03/2021

1.4 Names of Advisors & Senior Members of Staff

None

1.5 Bank

Barclays Bank, 57 Frogmore Street, Abergavenny, NP7 5AT

2 Structure, Governance & Management

2.1 Type of Governing Document

Constitution – based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, *i.e.*: where the Trustees are the only Members of the charity.

2.2 Charitable Objects

As defined in My Charity's Constitution (Governing Document):

The object of the Charity is the relief of sickness particularly amongst cardiac patients by: -

- 1.1 the advancement of a rehabilitation and aftercare programme developed by the Cardiac Rehabilitation Team at Nevill Hall Hospital and within the catchment area served by that hospital.
- 1.2 the provision of resources to maintain and extend the Cardiac Rehabilitation programme and the promotion of community classes caring for cardiac patients within the catchment area served by Nevill Hall Hospital.
- 1.3 the promotion or assistance in the promotion of research into Cardiac Rehabilitation within the catchment area of Nevill Hall Hospital and to disseminate the findings of such research amongst the wider medical community.
- 1.4 Community support for palliative care for patients with heart failure.

The Charity has been developed to raise the funding required and plan and deliver a professionally led North Gwent Community Cardiac Rehabilitation Service.

Cardiac Rehabilitation (CR) helps people to recover from heart attacks, heart failure, heart surgery, percutaneous coronary intervention, or procedures such as stenting or angioplasty. Once patients have completed on average a six-week education, counselling, and exercise programme either centre based or at home they are assessed and encouraged to continue their rehabilitation through the attendance of community exercise classes in part funded and provided by the Charity. Such classes are provided throughout Blaenau Gwent and Monmouthshire.

2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 7.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of five years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Current Roles of the Trustees

Chair- Chair meetings of the trustees, focusing on strategic matters, setting governance standards, supervising the management of community tutors, acting as a figure head of the charity.

Secretary- organising meetings, taking minutes, managing correspondence, managing updates and background information (governance documentation), keeping records of membership, supporting communication (newsletter, info leaflets and posters)

Treasurer-Oversee and present budgets, accounts and financial statements to the trustees, banking, bookkeeping, and record keeping.

Trustee- Fundraising chair, responsible for planning and co-ordinating events (e.g., Tokyo and Everest Challenge). Leading on communication- material for website, ticker news, Facebook, phase 3 interface (welcome pack) information for participants. Supporting the community tutors regarding skills and education.

Trustee- Supporting fundraising activities

Trustee- Supporting communication (updating the website)

Trustee- Supporting the operational management of the community tutors.

3 Activities

3.1 Statutory Declaration

The Trustees of Small Charity Support confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

4 Achievements & Performance

4.1 Changes to the charity

This year has proved to be a challenging year for the Charity. The board of trustees have worked tirelessly during the pandemic period meeting regularly via digital meetings and at the Education centre (Nevill hall Hospital) to plan and develop a model of service that will support the needs of the wider community. With the existing pressures on the health service, the board moved to a model that is independent of the Aneurin Bevan Health Board. A full briefing document explaining the reasons for the change and the proposed planned changes to the service was written in the spring of 2021. A copy of this document is available from the Secretary to the Trustees.

In summary, the Charity has restructured its model of service and streamlined its operating costs to enable it to have more control of the service post Covid. As well as producing a briefing document, the trustees have also reviewed and updated social media and digital platforms.

With the move to a more autonomous service, the Trustees have a more operational role. Making more decisions on the day to day running of the service. This has included going through an extensive recruitment process to recruit BACPR trained instructors.

The charity now retains three new self-employed instructors to cover the classes. To support the new instructors, there has also been new investment in health-related equipment. They are supported by two classes assistants.

Quality assurance is a keystone to improved success and the Trustees are in the process of introducing a new quality framework to supplement and support the new service model.

5 Financial Review

5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity if unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income.
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

5.3 Principal Sources of Funding

The main sources of funding are:

1. Class attendance fees currently £4 per session for members and £4.50 for non-members
2. Charity membership £20 annually (managed by the Membership Secretary)
3. Membership of the 200 club £20 annually (managed by the 200 Club Secretary)

The charity relies on the support and charity of the local community to support its role. This is done through donations and fundraising events. Several of the more traditional events have had to be cancelled over the past year due to Covid restrictions. The fundraising team have developed more novel approaches to developing funds, this included the virtual Everesting and Tokyo walks and the development of the Jumble-bee online shop. With the recent introduction of classes, monies are being raised through the sales of sports apparel to the class members.

With the easing of restrictions there are plans for the introduction of more traditional fundraising events, an Elvis Halloween special and the Christmas Raffle being examples.

The generosity of our members in supporting the virtual walks, Christmas Draw and in donations is recognised and very welcome.

The fundraising "team" consisting of three trustees. Two members of the ABUHB cardiac rehab team, the membership secretary and a member continue to meet on as needs basis via zoom.

5.4 Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

5.5 Financial Status

Though modest, Small Charity Support's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

5.6 Statutory Statements on Liabilities

The Trustees declare that:

- ✓ The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (*e.g.*: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);

The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO (*e.g.*: a mortgage on property owned by the charity);

Approved by the Trustees and signed on their behalf,

Name: Anthony Lowery

Date: 26th October 2021

Position: Secretary to the Trustees

Responsibilities and Basis of the Report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Approval of the Board of Trustees

The Trustees declare that they have approved the above Annual Report & Statement of Financial Activity.

Signed on behalf of the Trustees

A handwritten signature in cursive script that reads "Anthony Lowery".

Name: Anthony Lowery

Date: 26th October 2021

Position: secretary to the trustees

6.2 Notes to the Accounts

a) Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

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Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.

c) Salaries & Professional Fees

No trustee receives any payments for the services they provide to the charity.

d) Fixed Assets

The charity has not purchased or disposed of any fixed assets in the current financial year.

e) Creditors & Debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

f) Rounding Discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

- 10998 Income for 2021

NORTH GWENT CARDIAC REHABILITATION UNIT
ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021
REGISTERED CHARITY: 1056887

INCOME AND EXPENDITURE ACCOUNT

EXPENDITURE		INCOME			
31/03/2020	Events	31/03/2021	31/03/2020	Events	31/03/2021
138.99	Fund Raising Events		4,513.23	facebook	187.64
	Walk	295.00	1,675.30	Fund Raising Events	4,307.40
1,300.00	Christmas Raffle	655.00	5,133.30	Walk	2,975.50
	Christmas Cards			Christmas Raffle	
312.00	Just Giving	312.00	2,258.69	Christmas Cards	455.90
	Cycling		2,531.82	Just Giving	
			2,722.93	Marathon	
			125.16	Cycling	69.29
4,767.00	200 Club	972.80	2,904.30	Other	2,540.00
				200 Club	166.70
				Amazon Stripe	10,702.43
6,517.99		2,234.80	21,864.73		
	Classes			Classes	
9,368.72	Gyms	682.90	26,190.70	Subscriptions	1,374.00
	Membership	30.00	4,477.00	Membership	3,470.00
307.00	Seminar		162.40	Seminar	
1,153.54	Equipment	394.85		Gym Refund	108.68
26,391.44	Tutors	21,324.14			
5,771.18	Assistants	2,268.00			
3,319.60	Assistants' Expenses	1,313.20			
43.69	Courses	29.40			
46,355.17		26,042.49	30,830.10		4,952.68
	General			General	
	Fundraiser		7,625.66	Donations	3,712.00
	Storage	592.29	2,037.14	Gift Aid	
	Web Design	1,453.99	54.88	Bank Interest	28.64
592.00	Ticker New	528.00			
	Clothing		1,509.00	Clothing	
				Grants	19,170.00
841.99	Expenses	777.51			
1,188.57	Other	68.00			
2,622.56		3,419.79	11,226.68		22,910.64
55,495.72		31,697.08	63,921.51	Sub Total	38,565.75
			31,697.08	EXPENDITURE	31,697.08
			32,224.43	SURPLUS (DEFICIT)FOR YEAR	6,868.67

NORTH GWENT CARDIAC REHABILITATION UNIT
ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021
REGISTERED CHARITY: 1056887

BALANCE SHEET AS AT 31ST MARCH 2021

	31st March 2021	31st March 2020
CURRENT ASSETS		
Deposit Account	18,957.23	18,928.59
Current Account	23,957.64	17,117.61
Investment	50,000.00	50,000.00
	<u>92,914.87</u>	<u>86,046.20</u>
REPRESENTED BY:		
Accumulated Fund	86,046.20	99,813.17
(Deficit)/Surplus for the Year	6,868.67	- 13,766.97
	<u>92,914.87</u>	<u>86,046.20</u>

I have examined the books and records of the North Gwent Cardiac Rehabilitation and Aftercare Charity without carrying out an audit and confirm that the Income and Expenditure Account for the year ended 31 March 2021 and the Balance Sheet at 31 March 2021 are in accordance therewith.

Robin Jones

RA Jones
 BA(Hons) FCCA

