

UPBEAT

England & Wales · Charity number 1087415

Details

Other names	UPBEAT-HEART SUPPORT IN WEST SUFFOLK
Status	Registered
Legal form	Other
Registered	2001-07-09
Register	View on the Charity Commission register

Contact

Address	Vistri Vale Old Hall Lane Fornham St. Martin Bury St. Edmunds IP31 1SS
Phone	01284747238
Email	valerie_axton@hotmail.com
Website	www.upbeatheartsupport.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AMONG PEOPLE WHO HAVE OR HAVE HAD CORONARY HEART DISEASE AND RELATED ILLNESSES, WITHIN THE AREA GENERALLY KNOWN AS WEST SUFFOLK.

Activities: Upbeat is an independent charity set up by ex-cardiac patients. We provide support for people who have had heart attacks, or other heart related problems, and their carers. A range of specialist exercise sessions are held weekly under the supervision of qualified cardiac instructors and a cardiac nurse. Social and educational events are also provided.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** WEST SUFFOLK
- Cambridgeshire
- Essex
- Norfolk
- Suffolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£51,076	£56,591	-	-
2024-03-31	£47,128	£59,163	-	-
2023-03-31	£49,008	£60,338	-	-
2022-03-31	£44,135	£42,365	-	-
2021-03-31	£44,390	£30,460	-	-

Trustees

Name	Role	Appointed
David Leonard Axton	Chair	2025-07-08
Alan David John Chapman		2021-10-15
Darren Welham		2023-07-11
David Byatt		2021-10-15
Felicity Stemp		2026-01-13
HILARY ANN NEEVES		2012-06-25
ILVA ANNE MAXEY		2017-05-16
NICHOLAS ERNEST BAYLIE		2017-05-16
Richard Morris		2021-10-15
Rosemary Rayson		2017-05-16
VALERIE CHRISTINE AXTON		2014-05-15
William George Kettyle		2021-10-15

UPBEAT

England & Wales - Charity number 1087415

Accounts



Upbeat Trustees Annual Report 2024 - 2025

Approved 13 May 2025

Charity Number 1087415
www.upbeatheartsupport.org.uk

Objectives of The Charity:

The relief of sickness and the provision of exercise classes and social activities, among people who have or have had coronary heart disease and related illnesses, within the area generally known as West Suffolk.

Activities:

Upbeat Heart Support was set up in July 1995 by cardiac patients and registered as an independent charity in 2001. This is currently its 30th year. During 2018 Upbeat received the Queen's Award for Voluntary Service – the equivalent of an MBE for Charities. We were the only charity in Suffolk to receive the award and were delighted to have been selected.

The group offers exercise to assist rehabilitation, support and help for people in the West Suffolk area who have had heart attacks or other heart-related problems and their carers. We have expanded this to cover people who have lung problems, circulatory problems, and diabetes. At the year-end (March 2025) membership stood at 565.

Currently, we are offering two exercise classes on a Monday at the New Bury Centre, Bury St. Edmunds, two classes on a Tuesday at Long Melford near Sudbury, and two classes on Wednesday, again at New Bury Centre. A cardiac health professional attends all exercise sessions. There is a fortnightly coffee morning at Southgate Centre, Bury St. Edmunds and a Zoom coffee morning on a Friday. Twice-yearly we produce and distribute to members our Upbeat Magazine.

All Executive Committee members are Trustees who are aware of, and have regard to, the guidance issued by the Commission on Public Benefit and that Upbeat exists for the benefit of the public.

The Group is self-funding and relies on its own fund-raising activities and private donations and the occasional grant, when available.

It is not empowered to make grants.

Upbeat is run entirely by unpaid volunteers and only utilises paid professional employment of cardiac nurses and qualified cardiac exercise instructors.

Governing Document:

Constitution

How the Charity Is Constituted:

By the Executive Committee and approved at the AGM.

Trustees:

As listed on the Charity Commission Website

Trustee Selection method:

Elected by members annually at the Annual General Meeting.

Additional Governance Issues:

The Executive Committee usually meet every two months and currently in person or by Zoom and may include non-voting representatives from our cardiac nurses and cardio-vascular trained exercise instructors. All aspects of the charity are monitored with emphasis on current legislation, all relevant financial matters, and the day-to-day running of our exercise sessions to ensure that the group is well-run and delivers its charitable objectives for the benefit of the public, for which it is set up.

A regular review of education and training of our nurses, instructors, and trustees is conducted and suitable courses made available where necessary.

Upbeat is currently part of the Independent Group Network of the British Heart Foundation and is recognised by hospitals, health organisations, and doctors' surgeries and practices throughout the area in which it operates.

The group has adopted and regularly reviews policies on:

DBS Code of Practice
Equal Opportunities
Complaints Procedure
Conflict of Interests
Data Protection and Privacy
Confidentiality
Safeguarding and Prevent
Risk Assessments
Emergency Procedures
Internal Financial Self- Audit - yearly

There is a detailed and comprehensive handbook available.

Achievements and Performance:

During the last year our activities have stabilized, and we have continued to provide some social and fund-raising activities. We have made links to other groups to try to increase membership. Membership has changed and increasingly we have older members joining.

Unfortunately, we are very short of able and willing volunteers as many of our members are more mature and have health problems and this is a serious issue for us going forward.

Qualified cardiac nurses and exercise instructors are used to ensure the highest quality care and advice is available. The aim is to ensure the best possible programme, at the right level, to help with exercise, relaxation, diet, and confidence.

Policy on Reserves:

Upbeat has a financial policy to maintain a minimum of six months expenditure requirement reserve.

Details of Any Funds Materially in Deficit:

None

Financial Review Details:

The Charity's principal sources of funding were:
Exercise sessions, fund-raising activities, members' and supporters' donations, the occasional grant and some funeral donations.

How Expenditure Has Supported the Key Objectives:

Upbeat has a current average monthly expenditure of £4,000 on Nurses' & Exercise Instructors' remuneration and room rental – key expenditure to achieve the objectives of the Group. Expenditure has increased due to higher room rentals and charges overall.

Investment Policy:

Upbeat currently has no Investment Policy.

On Behalf of the Trustees

Valerie Axton

Mrs Valerie Axton
Treasurer
May 2025

Income and Expenditure Account for the Year Ended 31st March 2025

Income		2025		2024	
Exercise Income	17,775.00	20,698.03	2,163.00	8,429.74	1,553.13
Nurse	2,268.40	2,163.00			
Donations	14,198.52				
Gift Aid	1,409.15				
Coffee Sales	-				
Trips	4,946.40	3,809.00			
Clothing net	469.50	508.75			
Bonus Ball	-				
Fund Raising	4,622.15	4,938.32			
Advertising	-				
100 Club	3,666.00	3,399.00			
Interest Received	1,721.18	1,629.51			
Grant Income	-				
Medicard	-				
Amazon Smile	-				
Easy Fundraising	-				
Sexton's Manor Closure of funds	-				
Total Income	<u>51,076.30</u>	<u>47,128.48</u>			
Expenditure					
Exercise and Nurse	30,867.85	32,258.30			
Mileage	2,629.32	2,637.60			
Training	75.00	550.00			
Room Hire	10,053.51	8,623.70			
Postage, Stationery and Telephone	1,032.50	1,595.95			
Printing	435.00	1,724.00			
Annual Lunch	3,474.93	938.69			
Sundry Expenses	318.00	300.00			
Examination of Accounts	2,261.64	652.40			
Fund Raising	1,426.00	1,669.50			
100 Club	2,402.00	5,363.50			
Trips					
Christmas Cards for Fund Raising					
Website	115.19	2,629.91			
Catering	1,127.77	60.00			
Bank Charges	60.00				
Merchandise	312.00	159.89			
Raffle					
Equipment					
Creative CI DA					
Lunches					
Webmaster					
Advertising					
Total Expenditure	<u>56,590.71</u>	<u>59,163.44</u>			
Net Surplus/(deficit) for the year	<u>(5,514.41)</u>	<u>(12,034.96)</u>			

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2025 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the act.

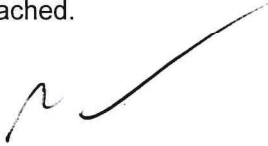
Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Accountants, which is one of the listed bodies.

I have completed my examination, I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the act; or
- 2) the accounts do not accord with those records.

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



Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

15/4/25

UPBEAT

England & Wales - Charity number 1087415

Accounts



**The Queen's Award
for Voluntary Service**



Upbeat Trustees Annual Report 2024

Approved 7 May 2024

Charity Number 1087415
www.upbeatheartsupport.org.uk

Objectives of The Charity:

The relief of sickness among people who have or have had coronary heart disease and related illnesses, within the area generally known as West Suffolk.

Activities:

Upbeat Heart Support was set up in July 1995 by cardiac patients and registered as an independent charity in 2001. This is currently its 29th year. During 2018 Upbeat received the Queen's Award for Voluntary Service – the equivalent of an MBE for Charities. We were the only charity in Suffolk to receive the award and were delighted to have been selected.

In May 2021 following the pandemic in-person activities restarted slowly and have been gradually expanding. Currently, we are offering two classes on a Monday at New Bury Centre, Bury St. Edmunds, two classes on a Tuesday at Long Melford near Sudbury, and two classes on Wednesday, again at New Bury Centre. The fortnightly coffee morning at Southgate Centre, Bury St. Edmunds restarted and the Zoom coffee morning on a Friday continues. Twice-yearly we produce and distribute to members our Upbeat Magazine.

The group offers exercise to assist rehabilitation, support and help for people in the West Suffolk area who have had heart attacks or other heart-related problems and their carers. We have expanded this to cover people who have lung problems, circulatory problems, and diabetes. At the year end, membership stood at 720.

All Executive Committee members are Trustees who are aware of, and have regard to, the guidance issued by the Commission on Public Benefit and that Upbeat exists for the benefit of the public.

The Group is self-funding and relies on its own fund-raising activities and private donations and the occasional grant, when available.

It is not empowered to make grants.

Upbeat is run entirely by unpaid volunteers and only utilises paid professional employment of cardiac nurses and qualified cardiac exercise instructors.

Governing Document:

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Trustees:

As listed.

Trustee Selection method:

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Additional Governance Issues:

The Executive Committee usually meet every two months (not August and December) and currently in person or by Zoom and may include non-voting representatives from our cardiac nurses and cardio-vascular trained exercise instructors. All aspects of the charity are monitored with emphasis on current legislation, all relevant financial matters, and the day-to-day running of our exercise sessions to ensure that the group is well-run and delivers its charitable objectives for the benefit of the public, for which it is set up.

A regular review of education and training of our nurses, instructors, and trustees is conducted and suitable courses made available where necessary.

Upbeat is currently affiliated to The British Heart Foundation and to The Arrhythmia Alliance and is recognised by hospitals, health organisations, and doctors' surgeries and practices throughout the area in which it operates.

The group has adopted and regularly reviews policies on:

DBS Code of Practice
Equal Opportunities
Complaints Procedure
Conflict of Interests
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Safeguarding and Prevent
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Internal Financial Self- Audit - yearly

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Achievements and Performance:

During the last year our activities have stabilized, and we have continued to increase social and fund-raising activities. A second class on a Monday was introduced and we have made links to other groups to try to increase membership. Membership has changed but increasingly we have older members joining.

Unfortunately, we are very short of able and willing volunteers as many of our members are more mature and have health problems and this is a serious issue for us going forward.

Qualified cardiac nurses and exercise instructors are used to ensure the highest quality care and advice are available. The aim is to ensure the best possible programme, at the right level, to help with exercise, relaxation, diet, and confidence.

Policy on Reserves:

Upbeat has a financial policy to maintain a minimum of six months expenditure requirement reserve.

Details of Any Funds Materially in Deficit:

None

Financial Review Details:

The Charity's principal sources of funding were:

Exercise sessions, fund-raising activities, members' and supporters' donations, the occasional grant and some funeral donations.

How Expenditure Has Supported the Key Objectives:

Upbeat has a current average monthly expenditure of £4,000 on Nurses' & Exercise Instructors' remuneration and room rental – key expenditure to achieve the objectives of the Group. Expenditure has increased due to higher room rentals and charges overall.

Investment Policy:

Upbeat currently has no Investment Policy.

Valerie Axton
Treasurer
May 2024

Income and Expenditure Account for the Year Ended 31st March 2024

<u>Income</u>	<u>2024</u>	<u>2023</u>
Exercise Income	20698.03	17382.65
Nurse	2163.00	1972.10
Donations	8429.74	12638.13
Gift Aid	1553.13	0.00
Coffee Sales	0.00	284.50
Trips	3809.00	7317.50
Clothing net	508.75	623.93
Bonus Ball	0.00	0.00
Fund Raising	4938.32	4916.45
Advertising	0.00	0.00
100 Club	3399.00	3326.50
Interest Received	1629.51	546.32
Grant income	0.00	0.00
Medicard	0.00	0.00
Amazon Smile	0.00	0.00
Easy Fundraising	0.00	0.00
Sexton's Manor Closure of funds	0.00	0.00
Total Income	<u>47128.48</u>	<u>49008.08</u>

Expenditure

Exercise and Nurse	32258.30	30700.43
Mileage	2637.60	2475.20
Training	550.00	375.00
Room Hire	8623.70	8072.53
Postage, Stationery and Telephone	1595.95	863.07
Printing	1724.00	1821.20
Annual Lunch		
Sundry Expenses	938.69	2925.94
Examination of Accounts	300.00	300.00
Fund Raising	652.40	4142.83
100 Club	1669.50	1777.00
Trips	5363.50	4774.00
Christmas Cards for Fund Raising		
Mrs H Lunch		
Catering	2629.91	2026.72
Bank Charges	60.00	84.60
Stock Adjustment	0.00	0.00
Merchandise	159.89	
Raffle		
Equipment		
Creative CI DA		
Lunches		
Webmaster		
Advertising		
Total Expenditure	<u>59163.44</u>	<u>60338.52</u>
Net Surplus/(deficit) for the year	<u>-12034.96</u>	<u>-11330.44</u>

Upbeat

(registered charity no 1087415)

Balance Sheet as at 31st March 2024

<u>Assets</u>	<u>2024</u>	<u>2023</u>
Cash in Hand	0.00	0.00
Cash at Bank - Current Account	7346.30	12930.50
Cash at Bank - No 2 Account	0.00	0.00
CAF Gold Account	73242.92	76633.39
NatWest Account	7957.63	11017.92
Debtors/Prepayments	0.00	0.00
Stocks	0.00	0.00
 Total Gross Assets	 88546.85	 100581.81
 Less Creditors	 312.00	 312.00
 Total Net Assets	 <u>88234.85</u>	 <u>100269.81</u>

Represented by

Accumulated Reserves Brought Forward	100269.81	111600.25
Surplus/(deficit) for the Year	-12034.96	-11330.44
Accumulated Reserves Carried Forward	<u>88234.85</u>	<u>100269.81</u>

Valerie Axton

Mrs V Axton

For and on behalf of the Trustees

Date 25th April 2024

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2024 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 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.

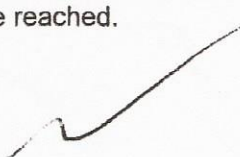
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Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

25/4/24

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Upbeat

(registered charity no 1087415)

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Represented by

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Valerie Axton

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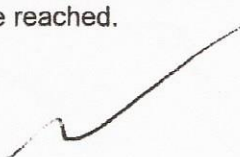
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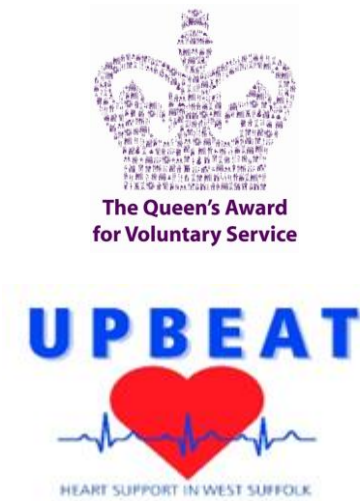
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UPBEAT

England & Wales - Charity number 1087415

Accounts



Upbeat Trustees Annual Report 2023

Approved May 2023

By email agreement of the trustees

Charity Number 1087415

www.upbeatheartsupport.org.uk

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During the Pandemic (March 2020 to April 2021) activities were limited to Zoom exercise/ coffee morning, a monthly keeping in touch newsletter to all members and some nurse consultations when allowed by government guidelines. In May 2021 in person activities restarted slowly and have been gradually expanding. Currently, we are offering one class on a Monday at New Bury, two classes on a Tuesday at Long Melford and two classes on Wednesday at New Bury. The fortnightly coffee morning at Southgate restarted and the zoom coffee morning on a Friday continues. Monthly newsletters for keeping in touch with members were provided from June 2020 until March 2022, when we returned to having twice yearly magazines.

The group offers exercise to assist rehabilitation, support and help for people in the West Suffolk area who have had heart attacks or other heart related problems, and their carers. At the year end, membership stood at 731.

All Executive Committee members are Trustees who are aware of and have regard to, the guidance issued by the Commission on Public Benefit and that Upbeat exists for the benefit of the public.

The Group is self-funding and relies on its own fund-raising activities and enjoys private donations and the occasional grant, when available. It is not empowered to make grants.

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Achievements and Performance:

During the last year our activities have stabilized, and we have started social and fund-raising activities. We are hoping to introduce a second class on a Monday and are looking to work with and make links to other groups to increase membership. Unfortunately, we are short of able and willing volunteers as many of our members are more mature and have health problems.

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Policy on Reserves:

Upbeat has a financial policy to maintain a minimum of six months expenditure requirement reserve.

Details of Any Funds Materially in Deficit:

None

Financial Review Details:

The Charity's principal sources of funding were:

Exercise sessions, individual members fund raising activities, members and supporters' donations, the occasional grant and legacies.

Fund raising has started to take place again this year as there have been more social activities.

How Expenditure Has Supported the Key Objectives:

Upbeat has a current average monthly expenditure of £4,000 per month on Nurse & Exercise Instructors remuneration and room rental – key expenditure to achieve the objectives of the Group. This has been an increase due to general increases.

Investment Policy:

Upbeat currently has no Investment Policy.

Valerie Axton
Treasurer
May 2023

UPBEAT

**STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2023**

MOORE GREEN
CHARTERED ACCOUNTANTS
SUDBURY SUFFOLK

Income and Expenditure Account for the Year Ended 31st March 2023

<u>Income</u>	<u>2023</u>	<u>2022</u>
Exercise Income	17382.65	13035.00
Nurse	1972.10	1887.10
Donations	12638.13	9853.60
Gift Aid	0.00	3020.98
Coffee Sales	284.50	166.10
Trips	7317.50	1255.00
Clothing net	623.93	136.00
Bonus Ball	0.00	26.00
Fund Raising	4916.45	1955.30
Advertising	0.00	0.00
100 Club	3326.50	3923.50
Interest Received	546.32	12.81
Grant income	0.00	8784.00
Medicard	0.00	3.00
Amazon Smile	0.00	9.46
Easy Fundraising	0.00	22.23
Sexton's Manor Closure of funds	0.00	45.00
Total Income	<u>49008.08</u>	<u>44135.08</u>

Expenditure

Exercise and Nurse	30700.43	21851.25
Mileage	2475.20	1873.20
Training	375.00	18.00
Room Hire	8072.53	4808.16
Postage, Stationery and Telephone	863.07	2248.73
Printing	1821.20	1557.00
Annual Lunch		
Sundry Expenses	2925.94	3491.34
Examination of Accounts	300.00	288.00
Fund Raising	4142.83	141.00
100 Club	1777.00	1903.00
Trips	4774.00	3737.50
Christmas Cards for Fund Raising		
Mrs H Lunch		
Catering	2026.72	225.23
Bank Charges	84.60	124.60
Stock Adjustment	0.00	97.50
Raffle		
Equipment		
Creative CI DA		
Lunches		
Webmaster		
Advertising		
Total Expenditure	<u>60338.52</u>	<u>42364.51</u>
Net Surplus/(deficit) for the year	<u>-11330.44</u>	<u>1770.57</u>

Upbeat

(registered charity no 1087415)

Balance Sheet as at 31st March 2023

<u>Assets</u>	<u>2023</u>	<u>2022</u>
Cash in Hand	0.00	0.00
Cash at Bank - Current Account	12930.50	30712.53
Cash at Bank - No 2 Account	0.00	0.00
CAF Gold Account	76633.39	76111.12
NatWest Account	11017.92	5064.60
Debtors/Prepayments	0.00	0.00
Stocks	0.00	0.00
Total Gross Assets	100581.81	111888.25
Less Creditors	312.00	288.00
Total Net Assets	<u>100269.81</u>	<u>111600.25</u>

Represented by

Accumulated Reserves Brought Forward	111600.25	109829.68
Surplus/(deficit) for the Year	-11330.44	1770.57
Accumulated Reserves Carried Forward	<u>100269.81</u>	<u>111600.25</u>

Valerie Axton

Mrs V Axton

For and on behalf of the Trustees

Date 2 May 2023

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2023 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the act.

Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Accountants, which is one of the listed bodies.

I have completed my examination, I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the act; or
- 2) the accounts do not accord with those records.

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

Nick Farr

Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

2/5/23

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2023 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the act.

Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Accountants, which is one of the listed bodies.

I have completed my examination, I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the act; or
- 2) the accounts do not accord with those records.

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

Nick Farr

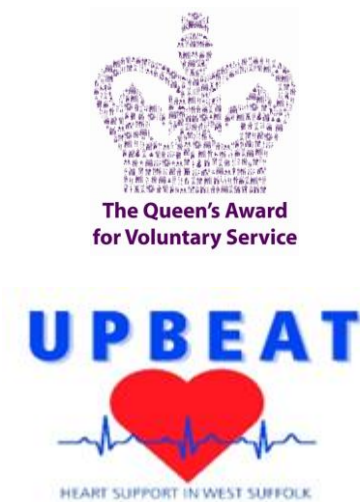
Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

UPBEAT

England & Wales - Charity number 1087415

Accounts



Upbeat Trustees Annual Report 2022

Approved 21 June 2022
By email agreement of the trustees

Charity Number 1087415
www.upbeatheartsupport.org.uk

Objectives of The Charity:

The relief of sickness among people who have or have had coronary heart disease and related illnesses, within the area generally known as West Suffolk.

Activities:

Upbeat Heart Support was set up in July 1995 by cardiac patients and registered as an independent charity in 2001. This is currently its 27th year. During 2018 Upbeat received the Queen's Award for Voluntary Service – the equivalent of an MBE for Charities. We were the only charity in Suffolk to receive the award and were delighted to have been selected.

Due to the Pandemic since March 2020 activities have been limited to Zoom exercise /coffee morning, a monthly keeping in touch newsletter to all members and some nurse consultations when allowed by government guidelines. In May 2021 in person activities restarted slowly and have been gradually expanding when allowed. Currently we are offering one class on a Monday at New Bury, two classes on a Tuesday at Long Melford and two classes on Wednesday at New Bury. The fortnightly coffee morning at Southgate has restarted and the zoom coffee morning on a Friday continues. Monthly newsletters for keeping in touch with members were provided from June 2020 until March 2022.

The group offers exercise to assist rehabilitation, support and help for people in the West Suffolk area who have had heart attacks or other heart related problems, and their carers. At the year end, membership stood at 741.

All Executive Committee members are Trustees who are aware of and have regard to, the guidance issued by the Commission on Public Benefit and that Upbeat exists for the benefit of the public.

The Group is self-funding and relies on its own fund-raising activities and enjoys private donations and the occasional grant, when available. It is not empowered to make grants.

Upbeat is run entirely by unpaid volunteers and only utilise paid professional employment of cardiac nurses and qualified exercise instructors.

Governing Document:

Constitution

How the Charity Is Constituted:

By the Executive Committee and approved at the AGM.

Trustees:

As listed

Trustee Selection method:

Elected by members annually at the Annual General Meeting. For 2021-2022 they have remained in post due to the pandemic.

Additional Governance Issues:

The Executive Committee usually meet bi-monthly (not August and December) and currently by Zoom and may include non-voting representatives from our cardiac nurses and cardiovascular trained exercise instructors. All aspects of the charity are monitored with emphasis on current legislation, all relevant financial matters, the day to day running of our exercise sessions and to ensure that the group is well run and delivers the charitable objectives for the benefit of the public, for which it is set up.

A regular review of education and training of our nurses, instructors and trustees is conducted and suitable courses made available where necessary.

Upbeat is affiliated to The British Heart Foundation and to The Arrhythmia Alliance and is recognised by hospitals, health organisations and doctor's surgeries and practices throughout the area it operates.

The group has adopted policies on:

DBS Code of Practice
Equal Opportunities
Complaints Procedure
Conflict of Interests
Data Protection and Privacy
Confidentiality
Safeguarding and Prevent
Risk Assessments
Emergency Procedures
Internal Financial Self- Audit - yearly

Achievements and Performance:

Our activities had obviously been cancelled for much of 2020-2021 due to the ongoing Covid situation. Everything stopped in March 2020 but in April – May 2021 we restarted in person exercise and nurse consultations when allowed.

Qualified cardiac nurses and exercise instructors are used to ensure the highest quality care and advice is available. The aim is to ensure the best possible programme, at the right level, to help with exercise, relaxation, diet, and confidence.

Unfortunately, over fifty- five of our members have passed away during the last two years.

Policy on Reserves:

Upbeat has a financial policy to maintain a minimum of six months expenditure requirement reserve.

Details of Any Funds Materially in Deficit:

None

Financial Review Details:

The Charity's principal sources of funding were:
Exercise sessions, individual members fund raising activities, members and supporters' donations, the occasional grant and legacies.
Little fund raising has taken place this year.

In 2021-2022 we have relied on grants and donations which have been very generous.

How Expenditure Has Supported the Key Objectives:

Upbeat has a current average monthly expenditure of £2,000 per month on Nurse & Exercise Instructors remuneration and room rental – key expenditure to achieve the objectives of the Group. This will increase as more activities take place.

Investment Policy:

Upbeat currently has no Investment Policy.

Valerie Axton
Treasurer
June 2022

Income and Expenditure Account for the Year Ended 31st March 2022

<u>Income</u>	<u>2022</u>	<u>2021</u>
Exercise Income	13035.00	0.00
Nurse	1887.10	589.30
Donations	9853.60	36611.36
Gift Aid	3020.98	2493.86
Coffee Sales	166.10	0.00
Trips	1255.00	0.00
Clothing net	136.00	308.00
Bonus Ball	26.00	0.00
Fund Raising	1955.30	55.00
Advertising	0.00	247.50
100 Club	3923.50	4054.00
Interest Received	12.81	30.51
Grant income	8784.00	0.00
Medicard	3.00	0.00
Amazon Smile	9.46	0.00
Easy Fundraising	22.23	0.00
Sexton's Manor Closure of funds	45.00	0.00
Total Income	<u>44135.08</u>	<u>44389.53</u>
 <u>Expenditure</u>		
Exercise and Nurse	21851.25	19444.38
Mileage	1873.20	345.20
Training	18.00	75.00
Room Hire	4808.16	810.00
Postage, Stationery and Telephone	2248.73	4878.54
Printing	1557.00	1333.00
Annual Lunch		
Sundry Expenses	3491.34	1356.13
Examination of Accounts	288.00	276.00
Fund Raising	141.00	
100 Club	1903.00	1584.50
Trips	3737.50	65.00
Christmas Cards for Fund Raising		
Mrs H Lunch		
Catering	225.23	
Bank Charges	124.60	155.40
Stock Adjustment	97.50	136.50
Raffle		
Equipment		
Creative CI DA		
Lunches		
Webmaster		
Advertising		
Total Expenditure	<u>42364.51</u>	<u>30459.65</u>
Net Surplus/(deficit) for the year	<u>1770.57</u>	<u>13929.88</u>

Balance Sheet as at 31st March 2022

<u>Assets</u>	<u>2022</u>	<u>2021</u>
Cash in Hand	0.00	0.00
Cash at Bank - Current Account	30712.53	33897.87
Cash at Bank - No 2 Account	0.00	0.00
CAF Gold Account	76111.12	76098.31
NatWest Account	5064.60	0.00
Debtors/Prepayments	0.00	0.00
Stocks	0.00	97.50
 Total Gross Assets	 111888.25	 110093.68
 Less Creditors	 288.00	 264.00
 Total Net Assets	 <u>111600.25</u>	 <u>109829.68</u>

Represented by

Accumulated Reserves Brought Forward	109829.68	95899.80
Surplus/(deficit) for the Year	1770.57	13929.88
Accumulated Reserves Carried Forward	<u>111600.25</u>	<u>109829.68</u>

Mrs V Axton

For and on behalf of the Trustees

Date

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2022 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the act.

Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Accountants, which is one of the listed bodies.

I have completed my examination, I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the act; or
- 2) the accounts do not accord with those records.

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



Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

9/6/22

Income and Expenditure Account for the Year Ended 31st March 2022

<u>Income</u>	<u>2022</u>	<u>2021</u>
Exercise Income	13035.00	0.00
Nurse	1887.10	589.30
Donations	9853.60	36611.36
Gift Aid	3020.98	2493.86
Coffee Sales	166.10	0.00
Trips	1255.00	0.00
Clothing net	136.00	308.00
Bonus Ball	26.00	0.00
Fund Raising	1955.30	55.00
Advertising	0.00	247.50
100 Club	3923.50	4054.00
Interest Received	12.81	30.51
Grant income	8784.00	0.00
Medicard	3.00	0.00
Amazon Smile	9.46	0.00
Easy Fundraising	22.23	0.00
Sexton's Manor Closure of funds	45.00	0.00
Total Income	<u>44135.08</u>	<u>44389.53</u>
 <u>Expenditure</u>		
Exercise and Nurse	21851.25	19444.38
Mileage	1873.20	345.20
Training	18.00	75.00
Room Hire	4808.16	810.00
Postage, Stationery and Telephone	2248.73	4878.54
Printing	1557.00	1333.00
Annual Lunch		
Sundry Expenses	3491.34	1356.13
Examination of Accounts	288.00	276.00
Fund Raising	141.00	
100 Club	1903.00	1584.50
Trips	3737.50	65.00
Christmas Cards for Fund Raising		
Mrs H Lunch		
Catering	225.23	
Bank Charges	124.60	155.40
Stock Adjustment	97.50	136.50
Raffle		
Equipment		
Creative CI DA		
Lunches		
Webmaster		
Advertising		
Total Expenditure	<u>42364.51</u>	<u>30459.65</u>
Net Surplus/(deficit) for the year	<u>1770.57</u>	<u>13929.88</u>

Balance Sheet as at 31st March 2022

<u>Assets</u>	<u>2022</u>	<u>2021</u>
Cash in Hand	0.00	0.00
Cash at Bank - Current Account	30712.53	33897.87
Cash at Bank - No 2 Account	0.00	0.00
CAF Gold Account	76111.12	76098.31
NatWest Account	5064.60	0.00
Debtors/Prepayments	0.00	0.00
Stocks	0.00	97.50
 Total Gross Assets	 111888.25	 110093.68
 Less Creditors	 288.00	 264.00
 Total Net Assets	 <u>111600.25</u>	 <u>109829.68</u>

Represented by

Accumulated Reserves Brought Forward	109829.68	95899.80
Surplus/(deficit) for the Year	1770.57	13929.88
Accumulated Reserves Carried Forward	<u>111600.25</u>	<u>109829.68</u>

Mrs V Axton

For and on behalf of the Trustees

Date

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2022 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the act.

Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Accountants, which is one of the listed bodies.

I have completed my examination, I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the act; or
- 2) the accounts do not accord with those records.

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



Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

9/6/22

UPBEAT

England & Wales - Charity number 1087415

Accounts



Upbeat Trustees Annual Report 2021

Approved 25 June 2021
By Zoom agreement of the trustees

Charity Number 1087415
www.upbeatheartsupport.org.uk

Objectives of The Charity:

The relief of sickness among people who have or have had coronary heart disease and related illnesses, within the area generally known as West Suffolk.

Activities:

Upbeat Heart Support was set up in July 1995 by cardiac patients and registered as an independent charity in 2001. This is currently its 26th year. During 2018 Upbeat received the Queen's Award for Voluntary Service – the equivalent of an MBE for Charities. We were the only charity in Suffolk to receive the award and were delighted to have been selected.

Since March 2020 activities have been limited to Zoom exercise and a coffee morning, a monthly keeping in touch newsletter to all members and some nurse consultations when allowed by government guidelines. Since May 2021 in person activities are slowly resuming.

The group offers exercise to assist rehabilitation, support and help for people in the West Suffolk area who have had heart attacks or other heart related problems, and their carers. At the year end, membership stood at 736.

All Executive Committee members are Trustees who are aware of and have regard to, the guidance issued by the Commission on Public Benefit and that Upbeat exists for the benefit of the public.

The Group is self-funding and relies on its own fund-raising activities and enjoys private donations and the occasional grant, when available. It is not empowered to make grants.

Upbeat is run entirely by unpaid volunteers and only utilise paid professional employment of cardiac nurses and qualified exercise instructors.

Governing Document:

Constitution

How the Charity Is Constituted:

By the Executive Committee and approved at the AGM.

Trustees:

As listed

Trustee Selection method:

Elected by members annually at the Annual General Meeting. For 2021 they have remained in post due to the pandemic.

Additional Governance Issues:

The Executive Committee usually meet bi-monthly (not August and December) and currently by Zoom and may include non-voting representatives from our cardiac nurses and cardiovascular trained exercise instructors. All aspects of the charity are monitored with emphasis on current legislation, all relevant financial matters, the day to day running of our exercise sessions and to ensure that the group is well run and delivers the charitable objectives for the benefit of the public, for which it is set up.

A regular review of education and training of our nurses, instructors and trustees is conducted and suitable courses made available where necessary.

Upbeat is affiliated to The British Heart Foundation and to The Arrhythmia Alliance and is recognised by hospitals, health organisations and doctor's surgeries and practices throughout the area it operates.

The group has adopted policies on:

DBS Code of Practice
Equal Opportunities
Complaints Procedure
Conflict of Interests
Data Protection and Privacy
Confidentiality
Safeguarding and Prevent
Risk Assessments
Emergency Procedures
Internal Financial Self- Audit - yearly

Achievements and Performance:

Our activities have obviously been cancelled for much of 2020-2021 due to the ongoing Covid situation. Everything stopped in March 2020 but in April - May we started weekly Zoom exercise, Zoom coffee mornings and the monthly newsletter for all members. We received a grant for the latter which kept our members in touch.

Phone calls were also made to members and when we could, nurse in person consultations started. Currently activities are slowly restarting.

Qualified cardiac nurses and exercise instructors are used to ensure the highest quality care and advice is available. The aim is to ensure the best possible programme, at the right level, to help with exercise, relaxation, diet, and confidence.

Unfortunately, over forty of our members have passed away during the last year.

Policy on Reserves:

Upbeat has a financial policy to maintain a minimum of six months expenditure requirement reserve.

Details of Any Funds Materially in Deficit:

None

Financial Review Details:

The Charity's principal sources of funding were:

Exercise sessions, members fund raising activities, members and supporters' donations and the occasional grant.

Fund raising has not taken place this year.

In 2020-2021 we have relied on grants and donations which have been generous.

How Expenditure Has Supported the Key Objectives:

Upbeat has a current average monthly expenditure of £2,000 per month on Nurse & Exercise Instructors remuneration and room rental – key expenditure to achieve the objectives of the Group. This will increase as more activities take place.

Investment Policy:

Upbeat currently has no Investment Policy.

Valerie Axton

Treasurer

June 2021

Upbeat

(registered charity no 1087415)

Income and Expenditure Account for the Year Ended 31st March 2021

<u>Income</u>	<u>2021</u>	<u>2020</u>
Exercise Income		19434.00
Nurse	589.30	1356.60
Donations	36611.36	27421.38
Gift Aid	2493.86	1773.53
Coffee Sales		5527.25
Trips		6351.00
Clothing net	308.00	312.61
Bonus Ball		2845.20
Fund Raising	55.00	2902.22
Advertising	247.50	663.50
100 Club	4054.00	3045.00
Interest Received	30.51	98.01
Treats Sale		5068.00
Bingo		0.00
Quiz Night		647.00
Raffles		1628.60
Annual Lunch		1882.00
Strawberry Tea		765.75
Mrs H Lunch		1003.00
Christmas Hamper Draw		122.50
Jumble Sale		737.00
Total Income	<u>44389.53</u>	<u>83584.15</u>
 <u>Expenditure</u>		
Exercise and Nurse	19444.38	43933.56
Mileage	345.20	5329.74
Training	75.00	75.00
Room Hire	810.00	10518.00
Postage, Stationery and Telephone	4878.54	1509.51
Printing	1333.00	2704.00
Annual Lunch		3249.00
Sundry Expenses	1356.13	1026.41
Examination of Accounts	276.00	240.00
Fund Raising		870.35
100 Club	1584.50	1659.50
Trips	65.00	5172.50
Christmas Cards for Fund Raising		599.00
Mrs H Lunch		700.00
Catering		224.44
Bank Charges	155.40	108.20
Stock Adjustment	136.50	230.10
Raffle		174.00
Equipment		339.15
Creative CI DA		0.00
Lunches		0.00
Webmaster		132.50
Advertising		507.35
Total Expenditure	<u>30459.65</u>	<u>79302.31</u>
Net Surplus/(deficit) for the year	<u>13929.88</u>	<u>4281.84</u>

Upbeat

(registered charity no 1087415)

Balance Sheet as at 31st March 2021

<u>Assets</u>	<u>2021</u>	<u>2020</u>
Cash in Hand	0.00	0.00
Cash at Bank - Current Account	33897.87	29838.00
Cash at Bank - No 2 Account	0.00	0.00
CAF Investment Account	76098.31	66067.80
Debtors/Prepayments	0.00	0.00
Stocks	97.50	234.00
 Total Gross Assets	 110093.68	 96139.80
 Less Creditors	 264.00	 240.00
 Total Net Assets	 <u>109829.68</u>	 <u>95899.80</u>

Represented by

Accumulated Reserves Brought Forward	95899.80	91617.96
Surplus/(deficit) for the Year	13929.88	4281.84
Accumulated Reserves Carried Forward	<u>109829.68</u>	<u>95899.80</u>
	0.00	

Mrs V Axton

For and on behalf of the Trustees

Date 31 May 2021

Independent Examiner's Report to the Trustees of Upbeat

I report on the accounts of the Charity for the year ended 31st March 2021 which are set out on the following pages.

Responsibilities and basis of report

As the charity's 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 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145((5)(b) of the act.

Independent examiner's statement

I confirm that I am qualified to undertake the examination because I am a member of The Association of Chartered Accountants, which is one of the listed bodies.

I have completed my examination, I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charity as required by section 130 of the act; or
- 2) the accounts do not accord with those records.

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



Nicholas Farr
Moore Green
Chartered Accountants
22 Friars Street
Sudbury
Suffolk
CO10 2AA

Date

10/8/21



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
UPBEAT

On accounts for the year
ended

31ST MARCH 2021

Charity no
(if any)

1087415

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 03 / 2021.

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

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

10/08/2021

Name:

NICHOLAS FARR

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

FCA ICEAW

Address:

MOORE GREEN CHARTERED ACCOUNTANTS

22 FRIARS STREET, SUDBURY,

SUFFOLK. CO10 2AA

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Upbeat		Charity No	1087415		
		Company No			
Annual accounts for the period					
Period start date	01/04/2020	To	Period end date	31/03/2021	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity

Income (Note 3)

Income and endowments from:

Donations and legacies
Charitable activities
Other trading activities
Investments
Separate material item of income
Other

Total

Expenditure (Notes 6)

Expenditure on:

Raising funds
Charitable activities
Separate material expense item
Other

Total

Net income/(expenditure) before tax for the reporting period

Tax payable

Net income/(expenditure) after tax before investment gains/(losses)

Net gains/(losses) on investments

Net income/(expenditure)

Extraordinary items

Transfers between funds

Other recognised gains/(losses):

Gains and losses on revaluation of fixed assets for the charity's own use
Other gains/(losses)

Net movement in funds

Reconciliation of funds:

Total funds brought forward

Total funds carried forward

Guidance Note

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
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S01	39,105	-	-	39,105	29,195
S02	4,109	-	-	4,109	28,014
S03	897	-	-	897	24,877
S04	31	-	-	31	98
S05	248	-	-	248	1,400
S06	-	-	-	-	-
S07	44,390	-	-	44,390	83,584

S08	137	-	-	137	2,380
S09	28,518	-	-	28,518	65,337
S10	1,650	-	-	1,650	10,782
S11	155	-	-	155	803
S12	30,460	-	-	30,460	79,302

S13	13,930	-	-	13,930	4,282
S14	-	-	-	-	-
S15	13,930	-	-	13,930	4,282
S16	-	-	-	-	-
S17	13,930	-	-	13,930	4,282
S18	-	-	-	-	-
S19	-	-	-	-	-

S20	-	-	-	-	-
S21	-	-	-	-	-
S22	13,930	-	-	13,930	4,282
S23	95,900	-	-	95,900	91,618
S24	109,830	-	-	109,830	95,900

Charity Name

Charity No
Company No**Section B Balance sheet**

	Guidance Note	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
		£ F01	£ F02	£ F03	£ F04	£ F05
Fixed assets						
Intangible assets (Note 15)	B01	-	-	-	-	-
Tangible assets (Note 14)	B02	-	-	-	-	-
Heritage assets (Note 16)	B03	-	-	-	-	-
Investments (Note 17)	B04	-	-	-	-	-
Total fixed assets	B05	-	-	-	-	-
Current assets						
Stocks (Note 18)	B06	98	-	-	98	234
Debtors (Note 19)	B07	-	-	-	-	-
Investments (Note 17.4)	B08	76,098	-	-	76,098	66,068
Cash at bank and in hand (Note 24)	B09	33,898	-	-	33,898	29,838
Total current assets	B10	110,094	-	-	110,094	96,140
Creditors: amounts falling due within one year (Note 20)	B11	264	-	-	264	240
Net current assets/(liabilities)	B12	109,830	-	-	109,830	95,900
Total assets less current liabilities	B13	109,830	-	-	109,830	95,900
Creditors: amounts falling due after one year (Note 20)	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	109,830	-	-	109,830	95,900
Funds of the Charity						
Endowment funds (Note 27)	B17	-	-	-	-	-
Restricted income funds (Note 27)	B18	-	-	-	-	-
Unrestricted funds	B19	109,830	-	-	109,830	95,900
Revaluation reserve	B20	-	-	-	-	-
Fair value reserve	B21	-	-	-	-	-
Total funds	B22	109,830	-	-	109,830	95,900

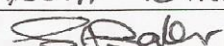
The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees/directors on behalf of all the trustees/directors

Print Name	Date of approval dd/mm/yyyy
SYLVIA BAKER	18.8.21
	

Signature of director authenticating accounts being sent to Companies House

Signature	Date dd/mm/yyyy
VALERIE AXTON	18.8.21
Valerie C. Axton	Print name