

MILTON KEYNES COMMUNITY CARDIO-PULMONARY GROUP

England & Wales · Charity number 1089370

Details

Other names	MILTON KEYNES COMMUNITY CARDIAC GROUP
Status	Registered
Legal form	CIO
Registered	2001-11-16
Register	View on the Charity Commission register

Contact

Address	Hinton Hall 296a Whaddon Way Bletchley Milton Keynes MK3 7GB
Phone	01908632999
Email	enquiries@mkccg.org
Website	www.mkccg.org

Activities

Objects: To promote activities that have a proven beneficial effect on health for people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of heart disease and/or cardiopulmonary disease, by providing facilities for condition-specific monitored exercise in a safe, friendly and supportive environment, so that members may continue to live independent lives.

Activities: To relieve suffering and sickness and to provide facilities for exercise, recreation or leisure time activities with the aim of improving the conditions of life of people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of ischemic heart disease and/or cardiopulmonary disease.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** MILTON KEYNES AND THE SURROUNDING AREAS
- Bedford
- Buckinghamshire
- Central Bedfordshire
- Luton
- Milton Keynes
- Northamptonshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£223,227	£195,419	-	-
2024-07-31	£186,745	£256,507	-	-
2023-07-31	£152,074	£136,004	-	-
2022-07-31	£133,225	£152,952	-	-
2021-07-31	£156,672	£160,420	-	-
2020-07-31	£179,937	£165,994	-	-

Trustees

Name	Role	Appointed
Dr Ivan Christopher Hugh Pullen MSc, PhD	Chair	2013-11-08
Craig Lucas		2025-10-24
JAMES PATRICK CONLAN		2023-10-20
Keith Pamphilon		2025-10-24
Kenneth Hollis		2024-10-18
Mark Browning		2023-01-09
Michael McVeigh		2024-10-18
PATRICIA EILEEN THURSTON		
Rev Jim Gorringe		2013-02-13
Roger Cook		2019-02-25
Susan Free		2014-11-07
Trevor Adams		2025-10-24
Veronica Helen Symmonds		2022-10-21

Accounts



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

Milton Keynes Community Cardio-pulmonary Group

**On accounts for the year
ended**

31 July 2025

**Charity no
(if any)**

1089370

Set out on pages

3 to 8

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/07/2025.

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

**Independent
examiner's statement**

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

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

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

Signed:

Date:

26/1/26

Name:

Victoria Jarvis

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

ICAEW

Address:

3 Scott Close

Northampton

NN5 4DZ

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.



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	August	2024		31	July	2025

Section A Reference and administration details

Charity name Milton Keynes Community Cardio-pulmonary Group

Other names charity is known by

Registered charity number (if any) 1089370

Charity's principal address Hinton Hall

296a Whaddon Way

Bletchley

Postcode MK3 7GB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ivan Pullen	Chair		
2	Michael McVeigh	Secretary	18/10/2024-31/07/2025	
3	Jim Gorringe	Vice Chair		
4	Susan Free			
5	Roger Cook			
6	James Conlan			
7	Patricia Thurston			
8	Veronica Symmonds			
9	Jon Porter			
10	Mark Browning			
11	Ken Hollis		18/10/2024-31/07/2025	
12	Ann Hojnor		18/10/2024-31/07/2025	
13	Geoff Rayment		01/08/2024-10/09/2025	
14	Stanley Keeves		01/08/2024-23/04/2025	
15	Stuart Price	Treasurer	01/08/2024-26/02/2025	
16	Ernest Taylor	Secretary	21/10/2023-18/10/2024	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document Constitution

How the charity is constituted Charitable Incorporated Organisation

Trustee selection methods Elected by Members, Appointed

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

To promote activities that have a proven beneficial effect on health for people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of heart disease and/or cardiopulmonary disease, by providing facilities for condition-specific monitored exercise in a safe, friendly and supportive environment, so that members may continue to live independent lives.

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

This year has been a year of celebration and progression.

Our volunteers have been the recipients of the King's Award for Voluntary Service. This is the highest award that a group of volunteers can receive in the UK and is equivalent to an MBE.

The announcement of the award was made by the Palace on the King's birthday in November 2024. We held a celebratory event in June 2025. At this event we were delighted to receive the KAVS from the Countess Howe, the Lord-Lieutenant of Buckinghamshire. It was in the form of a piece of cut-glass crystal appropriately engraved. In addition, she presented the group with a certificate and each volunteer with a lapel badge. In her speech the Countess Howe was generous with her praise for the volunteers and she spoke warmly about the work of the trustees and staff.

The celebrations didn't end there. Two of our volunteers represented the group at a garden party at Buckingham Palace.

The number of members has increased during the year. The new self-referral pathway to membership and the rise in our profile, due to the KAVS, I would suggest, are two of a number of reasons for our success with recruitment.

Our Treasurer and Secretary are both flourishing in their relatively new roles and we now have a Vice Chair. This position had not been filled for a number of years so I'm grateful to Rev Jim Gorrington for stepping into this role.

Following a thorough review of our practices, our Treasurer has brought in a number of important changes. I must pay tribute to him not only for his review and proposals for change, but also for the patient and clear way that he has helped the trustees to understand the new procedures.

The annual review of staff remuneration took place in February. The Management Committee took into account the high standard of work carried out by the staff, the resources of the group and the rate of inflation in making the decision to award a 4.1% rise in salary. This change took effect from 1st April 2025. There have also been changes to the procedures for calculating holiday and sick pay.

Our two long-standing contracts with the local Integrated Care Board for transition courses continue. These are both a significant source of income and important as our traditional pathway to membership.

The membership fee has remained fixed during this period at £350 a year for fifty condition-specific, monitored exercise sessions delivered by appropriately qualified staff. This represents very good better value and makes membership accessible.

The group has continued its outreach work. Volunteers have attended a number of Wellbeing events including those organised by Bletchley Pathfinders, a nearby retirement village and a local church. This type of event helps with community networking and enables us to both disseminate information about our group, and to meet others.

As we look to next year our main challenge is to continue to make our very special group assessable to as many people as possible who can benefit from the service that we provide.

The undoubted success of MKCCG is down to the hard work of its staff and volunteers

Section D	Achievements and performance
Summary of the main achievements of the charity during the year	Two longstanding volunteers attended a garden party at Buckingham Palace as part of the celebrations of the award of the KAVS. One young volunteer has taken up a place at medical school to study to be a doctor. Donations rose by 84% to over £7,700. One example, a young man came to MKCCG in need of confidence and after 6wks left feeling able to climb the three peaks to raise funds for our charity. Membership continues to rise and now stands at 322 We received a grant to subsidise 20 x 6 month memberships for residents of Bletchley

Section E	Financial review
Brief statement of the charity's policy on reserves	The charity has two reserve accounts: Asset Replacement/Contingency Deposit Fund: Any operating cash surplus will be transferred into this account: The fund will be used to cover the expected future cost of replacing assets together with other unexpected needs. Lease Replacement Fund: This fund is maintained to help with the potential renewal of the Hinton Hall lease when the current lease expires in 2052.

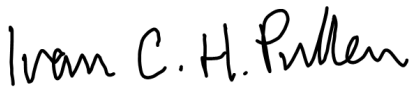
Section F**Other optional information**

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Section G**Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Ivan Christopher Hugh Pullen	
Position (eg Secretary, Chair, etc)	Chair	
Date	10/09/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Milton Keynes Community Cardio-pulmonary Group

1089370

Receipts and payments accounts

CC16a

For the period
from

01/08/2024

To

31/07/2025

Section A Receipts and payments

Unrestricted Funds

Operations

to the nearest £

Contingency

to the nearest £

Total funds

to the nearest £

Last year

to the nearest £

A1 Receipts

Subscriptions	111,711	-	111,711	95,597
Gift Aid	20,226	-	20,226	16,471
Funding	69,489	-	69,489	54,106
Donations	7,714	-	7,714	4,189
Fundraising	5,845	-	5,845	9,990
Social Events	773	-	773	384
Shop	784	-	784	293
Refreshments	2,997	-	2,997	2,233
Interest	111	3,629	3,740	3,482
Sub total (Gross income for AR)	219,648	3,629	223,277	186,745

A2 Asset and investment sales, (see table).

	-	-	-	-
Sub total	-	-	-	-

Total receipts

219,648	3,629	223,277	186,745
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A3 Payments

Staff Costs	166,832	-	166,832	130,487
Administration	19,692	-	19,692	15,512
Utilities	6,707	-	6,707	7,685
Equipment	2,187	-	2,187	2,179
Repairs	-	-	-	92,048
Sub total	195,419	-	195,419	247,912

A4 Asset and investment purchases, (see table)

Asset Purchases		-	-	8,595
	-	-	-	
Sub total	-	-	-	8,595

Total payments

195,419	-	195,419	256,507
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Net of receipts/(payments)

24,230	3,629	27,859	- 69,762
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A5 Transfers between funds

-	40,000	40,000	-
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A6 Cash funds last year end

54,642	56,308	110,950	180,712
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Cash funds this year end

38,872	99,937	138,809	110,950
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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £		
B1 Cash funds				
	Current Accounts	38,872		
	Deposit Account	99,937		
	Total cash funds	138,809		
	(agree balances with receipts and payments account(s))			
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Lease Replacement Fund	Unrestricted		
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Hinton Hall Lease and Separation Costs	Unrestricted		-
	Lift	Unrestricted		-
	Lighting	Unrestricted		-
	Heating System	Unrestricted		-
	Computer Equipment	Unrestricted		-
	Roof Safety Rails	Unrestricted		-
	Exercise Equipment	Unrestricted		-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Staff costs	Unrestricted		
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
	Ivan C. H. Pullen	Ivan Christopher Hugh Pullen		10/09/2025

Accounts



Section A

Independent Examiner's Report

Report to the trustees/
members of

Milton Keynes Community Cardio-pulmonary Group

On accounts for the year
ended

31 July 2024

Charity no
(if any)

1089370

Set out on pages

3 - 8

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 07 / 2024**.

Responsibilities and
basis of report

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").

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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

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

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

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

Signed:

Date:

07/05/2025

Name:

Victoria Jarvis

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

ICAEW

Address:

3 Scott Close

Northampton

NN5 4DZ

Only complete if the examiner needs to highlight 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.



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	August	2023		31	July	2024

Section A Reference and administration details

Charity name Milton Keynes Community Cardio-pulmonary Group

Other names charity is known by

Registered charity number (if any) 1089370

Charity's principal address Hinton Hall

296a Whaddon Way

Bletchley

Postcode MK3 7GB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Ivan Pullen	Chair		
2	Nigel Robinson	Treasurer	01/08/2023-20/10/2023	
3	Ernest Taylor	Secretary		
4	Stanley Keeves			
5	Susan Free			
6	Linda Seaton		01/08/2023-24/07/2024	
7	Roger Cook			
8	Geoff Rayment			
9	Patricia Thurston			
10	Veronica Symmonds			
11	Jim Gorringe			
12	Mark Browning			
13	Stephen Halliday		01/08/2023-10/01/2024	
14	June Hobden		01/08/2023-20/10/2023	
15	Stuart Price	Treasurer	10/04/2024-31/07/2024	

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document Constitution

How the charity is constituted Charitable Incorporated Organisation

Trustee selection methods Elected by Members, Appointed

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

To promote activities that have a proven beneficial effect on health for people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of heart disease and/or cardiopulmonary disease, by providing facilities for condition-specific monitored exercise in a safe, friendly and supportive environment, so that members may continue to live independent lives.

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

This year has been a year of consolidation and development.

The management team are now established and have been working hard to attract funding and to increase the number of members.

The annual review of staff remuneration took place in February. The Management Committee took into account the high standard of work carried out by the staff, the resources of the group and the rate of inflation in making the decision to award a 4% rise in salary. This change took effect from 1st April 2024.

Our two long-standing contracts with the local Integrated Care Board for transition courses continue. As a result of the funding that was secured last year an additional Heart Failure transition course started in September. Also, during the year a new entry pathway to membership, through self-referral, was approved and adopted. This addition of a transition course and the new pathway to membership, along with enhanced recruitment from the two longstanding transition courses, means that I can report that the numbers of members is increasing.

The staged membership fee increase that was introduced last year has now been implemented for all members. Given the rate of inflation over this period the £350 a year for fifty condition-specific, monitored exercise sessions delivered by appropriately qualified staff looks to be even better value.

In October we staged a Cyclothon. This was a major fund-raising success. The final amount raised was over £5500, which has been spent on gym equipment including a new treadmill.

Other fund-raising events have included a Coffee and Carols afternoon, a Coffee Morning, a Canal Boat Trip, a Quiz and Raffles. In addition, the Dickie Ticker Draw has been re-introduced and is proving popular.

We were delighted to receive a donation of £500 from GXO, who have a large logistics facility in Milton Keynes.

Last year I mentioned that the roof of our building was in a poor state. I'm now pleased to report that it has been completely renovated. Although this was a major expense, we have been able to cover it from our reserves.

We have increased our outreach work mainly by attending Wellbeing events. We plan to do even more of these, next year. This type of event helps with community networking and enables us to both disseminate information about our group, and to meet others.

This year has been a year of an award and an application for an award. Many congratulations go to our Deputy Service Lead, Mrs Jos Lygo-Baker, who was the winner of the Inspirational Community Champion award at the MK Inspiration Awards for 2024. In addition, the group has applied for the King's Award for Voluntary Service for its volunteers. The application was confirmed in August 2023 and in January 2024 we were visited by Mrs Julia Upton, a Deputy Lieutenant of the County. She met with a number of volunteers and gathered information. Her report on our volunteers was reviewed by her fellow members of the lieutenancy in February and submitted to the Palace in March. The outcome will be announced on the King's birthday in November.

In October of this year our longstanding treasurer, Mr Nigel Robinson, stood down. I would like to pay tribute to his 28 years of service as a member of the Management Committee and his 20 years of service as treasurer. Under his guidance the group has gone from strength to strength in many ways, not least, financially. We are very grateful to him for all the tireless work that he has done for the group.

We are very fortunate that Mr Stuart Price has agreed to be our treasurer. He brings great professional knowledge and experience, along with much energy, to the role.

As we look to next year our main challenge is to continue to make our very special group accessible to as many people as possible who can benefit from the service that we provide.

The undoubted success of MKCCG is down to the hard work of its staff and volunteers. In connection with the Trustees' Annual Report, I would like to single out for praise Mr Stuart Price. He brings a high level of both professionalism and application to his role as treasurer.

Section D	Achievements and performance
Summary of the main achievements of the charity during the year	New, externally funded, Heart Failure transition course started in September. Introduction of a new entry pathway to membership, through self-referral. Over £5500 raised by a Cyclothon event. Roof completed renovated. Deputy Service Lead, Mrs Jos Lygo-Baker, won the Inspirational Community Champion award at the MK Inspiration Awards. Volunteers nominated for King's Voluntary Service Award.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has two reserve accounts:

Contingency Deposit Fund: Any operating cash surplus will be transferred into this account: The fund will be used to cover the expected future cost of replacing the Hinton Hall heating system together with other unexpected needs.

Lease Replacement Fund: This fund is maintained to help with the potential renewal of the Hinton Hall lease when the current lease expires in 2052.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

Ivan C. H. Pullen

Full name(s)

Ivan Christopher Hugh Pullen

Position (eg Secretary, Chair, etc)

Chair

Date

18/04/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Milton Keynes Community Cardio-pulmonary Group

1089370

Receipts and payments accounts

CC16a

For the period from

01/08/2023

To

31/07/2024

Section A Receipts and payments

Unrestricted Funds

	Operations to the nearest £	Contingency to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts				
Subscriptions	95,597	-	95,597	82,980
Gift Aid	16,471	-	16,471	14,591
Funding	54,106	-	54,106	33,604
Donations	4,189	-	4,189	7,174
Fundraising	9,990	-	9,990	5,967
Social Events	384	-	384	2,040
Shop	293	-	293	485
Refreshments	2,233	-	2,233	224
Interest	126	3,356	3,482	4,332
Sub total (Gross income for AR)	183,389	3,356	186,745	151,397
A2 Asset and investment sales, (see table).				
	-	-	-	-
Sub total	-	-	-	-
Total receipts	183,389	3,356	186,745	151,397
A3 Payments				
Staff Costs	130,487	-	130,487	100,304
Administration	15,512	-	15,512	13,896
Utilities	7,685	-	7,685	4,675
Equipment	2,179	-	2,179	2,502
Repairs	92,048	-	92,048	3,130
Sub total	247,912	-	247,912	124,507
A4 Asset and investment purchases, (see table)				
Asset Purchases	8,595	-	8,595	5,910
	-	-	-	-
Sub total	8,595	-	8,595	5,910
Total payments	256,507	-	256,507	130,417
Net of receipts/(payments)	- 73,118	3,356	- 69,762	20,980
A5 Transfers between funds	32,000	- 32,000	-	-
A6 Cash funds last year end	95,760	84,952	180,712	159,732
Cash funds this year end	54,642	56,308	110,950	180,712

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £		
B1 Cash funds				
	Current Accounts	54,642		
	Deposit Account	56,308		
	Total cash funds	110,950		
	(agree balances with receipts and payments account(s))			
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Lease Replacement Fund	Unrestricted		
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Hinton Hall Lease and Separation Costs	Unrestricted		-
	Lift	Unrestricted		-
	Lighting	Unrestricted		-
	Heating System	Unrestricted		-
	Computer Equipment	Unrestricted		-
	Roof Safety Rails	Unrestricted		-
	Exercise Equipment	Unrestricted		-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Staff costs	Unrestricted		
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Ivan C. H. Pullen	Ivan Christopher Hugh Pullen	18/04/2025	

Accounts

**MILTON KEYNES COMMUNITY
CARDIO-PULMONARY GROUP**

Charitable Incorporated Organisation

Registered Charity Number 1089370

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 JULY 2023**

MILTON KEYNES COMMUNITY CARDIO-PULMONARY GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2023

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The following pages do not form part of the statutory financial statements

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CHARITY INFORMATION
31 JULY 2023

OFFICERS

Ivan Pullen	Chair
Nigel Robinson	Treasurer
Ernest Taylor	Secretary
Stanley Keeves	Social Chair

TRUSTEES

Mark Browning	Roger Cook	Sue Free
James Gorringe	Stephen Halliday	June Hobden
Stanley Keeves	Ivan Pullen	Geoff Rayment
Nigel Robinson	Linda Seaton	Veronica Symmonds
Ernest Taylor	Patricia Thurston	

PRINCIPAL ADDRESS

Hinton Hall
296A Whaddon Way
Bletchley
Milton Keynes
MK3 7GB

INDEPENDENT EXAMINER

Mr J Wooldridge
Chartered Accountant
Mercer & Hole LLP
Silbury Court
420 Silbury Boulevard
Central Milton Keynes
MK9 2AF

BANKERS

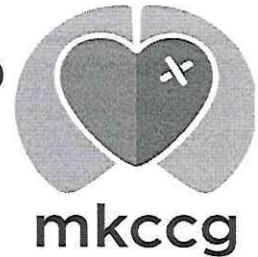
CAF Bank Ltd
25 Kings Hill
West Malling
Kent
ME19 4JQ

National Westminster Bank Plc
501 Silbury Boulevard
Saxon Gate East
Central Milton Keynes
Milton Keynes
MK9 3ER

Milton Keynes Community Cardio-pulmonary Group

Hinton Hall, 296a Whaddon Way, Bletchley, Milton Keynes, MK3 7GB

Tel. 01908 632999 www.mkccg.org enquiries@mkccg.org



CHAIRMAN'S STATEMENT FOR THE YEAR ENDING 31st JULY 2023

This year we have been planting seeds for improvements to come. We now have management staff in place and an effective mechanism for the recruitment of members.

We began the year with the group being run by a caretaker manager. After a long search, including advertising in a varied set of publications and websites, we were delighted when we finally managed to make an appointment. Tina Coles took up the post of Service Lead on 1st Dec 2022. Following this Jos Lygo-Baker who had acted as Caretaker Manager, was promoted to Deputy Service Lead. We have made other appointments and we are making steady progress towards attaining our target staff profile.

The annual review of staff remuneration took place in February. The Management Committee took into account the high standard of work carried out by the staff, the resources of the group and the rate of inflation in making the decision to award a 9% rise in salary. This change took effect from 1st April.

Our two long-standing contracts with the local Integrated Care Board (formerly the Clinical Commissioning Group) continue and the numbers participating in these contracted sessions have increased as the year has progressed. Recently we have been successful in securing a further contract for a Heart failure course, which will commence in September. As our level of membership has not yet recovered to pre COVID levels, these contracts are very important to us for the recruitment of members. I'm pleased to report that our numbers are gently increasing.

To aid our financial recovery from the COVID period the membership fees have been increased. For current members the increase is spread over two years whilst new members pay the increased fee on joining. However, we believe that £350 a year for fifty condition-specific monitored exercise sessions delivered by appropriately qualified staff still represents very good value.

We have received a number of donations this year. Some, including one significant amount, have been given in memory of former members who have passed away. Other sources of donations have included the Milton Keynes Rotary Club, from their Swimathon Event along with Milton Keynes Rock Choir and a local band, Kites Collection, who both gave from concert for us.

As well as exercise sessions the group has enjoyed a number of social and fund-raising events. These have included a Sing-along, a Coffee Morning, a trip on a Narrow-Gauge Railway, Quizzes and Raffles.

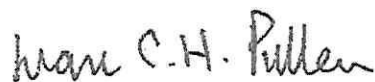
Currently the roof of our building is in a poor state and it needs to be completed renovated. This will be a major expense. We can cover this from our reserves but we are also looking to raise funds ourselves and to obtain grants to help to meet the cost.

To enhance the voice of members they were invited to complete a questionnaire covering satisfaction with the group and possible improvements. Over 50% responded and levels of satisfaction were high. Among suggestions was the re-introduction of Blood Pressure monitoring and this has now been put into place.

To widen and improve communications across the group we have looked to technology. The website now carries more information including all the notices that are given orally at exercise sessions. Also, the Management Committee has an email group, which enables issues to be discussed outside meetings. In addition, there is a WhatsApp group for staff and one for volunteers.

As we look to next year our main challenges are to recruit more members and to raise money for the roof whilst maintaining and looking to improve the service we offer to our members.

The undoubted success of MKCCG is down to the hard work of its staff and volunteers. In connection with the independent examiner's report I would like to single out for praise Mr Nigel Robinson. He brings a high level of both ability and application to his role as treasurer.



Ivan Pullen
Chair MKCCG

**TRUSTEES' REPORT
YEAR ENDED 31 JULY 2023**

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 31 July 2023. The officers have adopted the provision of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2019 in preparing the annual report and financial statements of the charity.

OBJECTIVES AND ACTIVITIES OF THE CHARITY

Milton Keynes Community Cardio-Pulmonary Group was a company limited by guarantee up until 15 May 2019 when it converted to a Charitable Incorporated Organisation, Registered Charity Number 1089370

The principal objectives of the charity are to provide facilities for condition-specific monitored exercise in a safe, friendly and supportive environment for people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of heart disease and/or cardiopulmonary disease, so that members may, by their own efforts, thrive despite their condition. To this end the charity works very closely with the local NHS hospital and General Practitioners.

PUBLIC BENEFIT

The Trustees consider that the main activities of the charity detailed in the objects above are for the public benefit and have given due regard to the Charities Commission guidance on public benefit.

CURRENT OFFICERS AND TRUSTEES

Mark Browning	Roger Cook	Sue Free
James Gorringe	Stephen Halliday	June Hobden
Stanley Keeves	Ivan Pullen	Geoff Rayment
Nigel Robinson	Linda Seaton	Veronica Symmonds
Ernest Taylor	Patricia Thurston	

RESIGNED DURING THE YEAR

Gordon Pantling – Resigned 21st October 2022

Richard Stratford – Resigned 9th January 2023

The induction of any new trustee which involves awareness of a trustee's responsibility, the governing document, administrative procedures, the history and the current state of the charity is the responsibility of the chair of trustees. The power to appoint new trustees lies with the current trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity's governing document is its constitution.

The Committee consists of five Officers (Chairman, Vice Chairman, Secretary, Treasurer and Social Chairman) who are elected at the AGM to stand for two years, plus two representatives from each of the exercise sessions. The committee meets every seven weeks on a Monday evening.

Every year we ask each session to choose one Session Rep to serve for two years and to represent the views of the members of that session. Nomination forms will appear on the noticeboard at the end of September with a deadline two week before the AGM for their return. Nominees must be full members of Milton Keynes Community Cardio-pulmonary Group and each nomination requires a proposer and seconder from the membership. The names of the new Session Reps will be announced at the AGM.

TRUSTEES REPORT (CONTINUED)

The AGM is usually held in October at Hinton Hall. As well as confirming the election of Committee members and Officers there are reports from the Group Manager and all the Officers covering what's been happening over the past year.

RESERVES POLICY

The charity has a policy to hold in excess of one year's operating expenses in order to ensure stability for the long-term future of the charity. In addition there is a policy to have sufficient funds for the renewal of the lease when that time arrives.

RISK FACTORS

The trustees have assessed the major risks to which the charity is exposed. The membership has dropped from 428 in July 2020 to 287 this year. The main challenge now is to increase the membership to pre pandemic level. We are keeping the situation under constant review and are satisfied that systems are in place to mitigate exposure to the major risks.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial 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 of the charity for that period

.In preparing those 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 2019 (FRS 102);
- 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 charitable company will continue in business

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (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 for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**INDEPENDENT EXAMINER'S REPORT FOR THE
YEAR ENDED 31 JULY 2023**

INDEPENDENT EXAMINER

In accordance with the constitution, a resolution proposing that Mr James Wooldridge be appointed as Independent Examiner of the charity was put to the Annual General Meeting.

This report has been prepared in accordance with the Charities Act 2011

These financial statements were approved by the trustees on the 18th September 2023

And are signed on their behalf by:

A handwritten signature in black ink, appearing to read 'N Robinson', with a stylized flourish at the end.

Mr N Robinson

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2023****Independent Examiner's Report to the Trustees of the Milton Keynes Community Cardio-pulmonary Group**

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 July 2023 which are set out on pages 8 to 13.

Responsibilities and basis of report

As the charities trustees we 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 have completed my examination. I confirm that no 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 company as required by section 130 of the Act, or
2. the accounts do not accord with those records; or
3. the accounts do 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 the 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.

Signed:



James Wooldridge MSci, FCA
Chartered Accountant
Mercer & Hole LLP
Silbury Court
420 Silbury Boulevard
Central Milton Keynes
MK9 2AF

Date: 25 September 2023

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JULY 2023

	Notes	Unrestricted 2023 £	Unrestricted 2022 £
Income from:			
General income:			
Memberships and donations		113,461	96,004
Other trading activities		33,604	33,014
Investments		3,817	260
Total Income		<u>150,882</u>	<u>129,278</u>
Expenditure on:			
Charitable expenditure:			
Charitable activities and other expenses	3	136,004	152,952
Total Expenditure		<u>136,004</u>	<u>152,952</u>
Gain on revaluation of investments		1,192	3,947
Net movement of funds		16,070	19,727
Funds balances brought forward		317,188	336,915
Funds balances carried forward		<u>333,258</u>	<u>317,188</u>

The statement of financial activities includes all gains and losses recognised in the year

All income and expenditure derive from continuing activities

The accounting policies and notes on pages 10 to 13 form part of these financial statements.

BALANCE SHEET AS AT 31 JULY 2023

	Notes	2023	2022
		£	£
Fixed assets			
Tangible assets	4	44,602	47,263
Investments	5	120,896	119,704
Current assets			
Cash at bank and in hand		169,739	151,541
		<u>169,739</u>	<u>151,541</u>
Creditors: amounts falling due within one year	6	(1,979)	(1,320)
Net current assets		<u>167,760</u>	<u>150,221</u>
Net assets		<u>333,258</u>	<u>317,188</u>
Reserves	2	317,188	336,915
Income & expenditure account		16,070	(19,727)
Total charity funds		<u>333,258</u>	<u>317,188</u>

These financial statements were approved by the trustees on the 18th September 2023

And are signed on their behalf by:-



Mr N Robinson

These accounting policies and notes on pages 10 to 13 form part of these financial statements.

**ACCOUNTING POLICIES
FOR THE YEAR ENDED 31 JULY 2023**

Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP (FRS 102), Second Edition released October 2019.

Milton Keynes Community Cardio-Pulmonary Group meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at the historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Trustees have taken advantage of the exemption in FRS102 Section 1A, from including a cash flow statement in the financial statements on the grounds that the organisation is small.

Income

Incoming resources represents donations, subscriptions, subsidies, sponsorship, grant funding and other income from the Members of the Group. Income is only recognised once it has been received and voluntary donations are recognised on receipt where the donation relates to the current accounting period.

Expenditure

Expenditure incurred on activities falling directly within one cost category have been recognised as such. Items of expenditure which involve more than one category have been allocated on a reasonable and consistent basis.

Lease

A 50 year lease has been signed for the Whaddon Way Day Centre which is to be amortised over the term of the lease.

Capital expenditure

Items under £100 are not capitalised and items over this level are assessed individually before a decision is made regarding whether they should be capitalised.

Donated assets are recognised at their monetary value, as estimated by the trustees, when received and are capitalised at this value. In certain cases, where title to an asset is restricted so that it has either no or little net value to the charity, the trustees' policy is that the item should not be capitalised in the accounts.

Investments

Investments held are valued in accordance with the statement of recognised principles. Their market value at the balance sheet date is reflected in the accounts. Any increase or decrease in the market value of the investment during the year is recognised in the income and expenditure account.

**ACCOUNTING POLICIES
FOR THE YEAR ENDED 31 JULY 2023**

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Fixed assets and depreciation

Fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and buildings (leasehold)	50 years
Fixtures, fittings & equipment	Between 5 years and 10 years

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

Cash and cash equivalents

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

Creditors & Provisions

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Accounts payable are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 JULY 2023

1. CHARITABLE INCORPORATED ORGANISATION

The charity is a Charitable Incorporated Organisation, Registered Charity Number 1089370 and the balance of reserves would be transferred to some other charitable institution with objectives similar to this charity. The charity is controlled by its trustees.

2. RESERVE POLICY

The charity has a policy to hold in excess of one year's operating expenses in order to ensure stability for the long-term future of the charity. In addition there is a policy to have sufficient funds for the renewal of the lease when that time arrives.

3. CHARITABLE ACTIVITIES AND OTHER EXPENSES

	2023	2022
	£	£
Insurance & Administration	4,035	3,796
Depreciation	8,571	9,619
Co-ordinator and volunteer team expenses	103,172	113,527
Stationery	2,822	2,846
Equipment and telephones	3,357	1,526
Training	547	399
Security	856	799
Refurbishment	-	492
General maintenance	668	5,558
Sundry	5,116	5,181
Utilities	5,254	3,646
Fire Health & Safety	641	314
Maintenance Contract	965	1,608
Personal Protective Equipment	-	581
5 Yearly Maintenance Inspections	-	3,060
	<u>136,004</u>	<u>152,952</u>
Fees paid to the Independent Examiner are:	<u>1,399</u>	<u>1,320</u>

4. TANGIBLE FIXED ASSETS

	2023	2022
	£	£
Cost brought forward	113,666	113,666
Additions	5,909	-
Cost carried forward	<u>119,575</u>	<u>113,666</u>
Depreciation brought forward	66,403	56,784
Charge for the year	8,570	9,619
Depreciation carried forward	<u>74,973</u>	<u>66,403</u>
Net Book Value at 31 July 2023 and 31 July 2022	<u>44,602</u>	<u>47,263</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
YEAR ENDED 31 JULY 2023

	2023	2022
	£	£
5 INVESTMENTS		
Market value brought forward	119,704	115,757
Revaluation gain in year	1,192	3,947
Market value carried forward	<u>120,896</u>	<u>119,704</u>
Analysis of investments:		
COIF Charities Investment fund	<u>120,896</u>	<u>119,704</u>
Historical cost	<u>30,476</u>	<u>30,476</u>
6 CREDITORS		
Accruals	<u>1,979</u>	<u>1,320</u>
7 EMPLOYEE AND TRUSTEE REMUNERATION		
The Trustees received no remuneration or expenses during the year.		
Details of employee remuneration and numbers are as follows:	2023	2022
	£	£
Salaries and Wages	96,443	107,032
National Insurance	477	324
Pension Contributions	5,576	6,171
Average no of employees	13	12

No employees had emoluments in excess of £60,000 (2022: nil).

**MILTON KEYNES COMMUNITY
CARDIO-PULMONARY GROUP**

MANAGEMENT ACCOUNTS

**FOR THE YEAR ENDED
31 JULY 2023**

The following pages do not form part of the statutory financial statements which are the subject of the Independent Examiner's Report on page 7.

DETAILED INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 JULY 2023

	2023		2022	
INCOME	£	£	£	£
Grants and funding	33,604.00		33,014.35	
Donations - general	836.28		2,120.65	
- gifts	6,337.34		1,839.85	
Event income	484.96		342.50	
Fund raising	5,967.23		1,011.47	
Sweat/T shirts	428.85		568.25	
Membership fees - standing order	80,327.40		75,563.25	
- cheque, card	2,652.28		340.00	
Refreshment income	2,331.45		388.47	
Inland revenue gift aid tax refund	14,591.17		14,451.40	
		<u>147,560.96</u>		<u>129,640.19</u>
COST OF SALES				
Purchases - T shirts, tea & coffee		(496.42)		(621.92)
GROSS SURPLUS		<u>147,064.54</u>		<u>129,018.27</u>
EXPENSES				
Refurbishment	(0.00)		(491.93)	
Security	(855.67)		(798.90)	
General maintenance	(667.86)		(5,557.49)	
Maintenance contracts	(965.34)		(1,608.50)	
5 Yearly Inspections	(0.00)		(3,060.00)	
Fire, health & safety	(641.47)		(313.62)	
Equipment and telephones	(3,356.71)		(1,525.84)	
Training	(546.91)		(399.00)	
Stationery	(2,822.43)		(2846.39)	
Sundries	(3,353.21)		(3,644.20)	
Utilities	(5,254.74)		(3,646.11)	
Staff and volunteer expenses	103,171.99		(113,527.02)	
Depreciation	(8,570.62)		(9,619.20)	
Insurance & administration	(4,035.10)		(3,796.02)	
Personal Protective Equipment	(0.00)		(581.10)	
Staff Advertising	(1,683.00)		(1,475.60)	
Commission on Card Payments	(79.32)		(23.73)	
Commission of CAF Donations	(0.00)		(37.17)	
		<u>(136,004.37)</u>		<u>(152,951.82)</u>

DETAILED INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 JULY 2023

	2023	2022
OPERATING LOSS/SURPLUS	11,060.17	(23,933.55)
Bank interest received	3,817.24	260.45
LOSS ON ORDINARY ACTIVITIES	<u>14,877.41</u>	<u>(23,673.10)</u>
Unrealised loss/gain on COIF investment fund shares	1,192.32	3,947.14
LOSS / SURPLUS FOR THE YEAR	<u>16,069.73</u>	<u>(19,725.96)</u>

Accounts

**MILTON KEYNES COMMUNITY
CARDIO-PULMONARY GROUP**

Charitable Incorporated Organisation

Registered Charity Number 1089370

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 JULY 2022**

**MILTON KEYNES COMMUNITY CARDIO-PULMONARY GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2022**

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Statement of Financial Activities	8
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Notes to the financial statements	12 - 13

The following pages do not form part of the statutory financial statements

Detailed income and expenditure account	14 - 15
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CHARITY INFORMATION
31 JULY 2022

OFFICERS

Ivan Pullen	Chair
Nigel Robinson	Treasurer
Ernest Taylor	Secretary
Stanley Keeves	Social Chair

TRUSTEES

Roger Cook	Sue Free	James Gorringe
Stephen Halliday	June Hobden	Stanley Keeves
Gordon Pantling	Ivan Pullen	Geoff Rayment
Nigel Robinson	Linda Seaton	Richard Stratford
Ernest Taylor	Patricia Thurston	

PRINCIPAL ADDRESS

Hinton Hall
296A Whaddon Way
Bletchley
Milton Keynes
MK3 7GB

INDEPENDENT EXAMINER

Mr J Wooldridge MSci, FCA
Chartered Accountant
Mercer & Hole
Silbury Court
420 Silbury Boulevard
Central Milton Keynes
MK9 2AF

BANKERS

CAF Bank Ltd
25 Kings Hill
West Malling
Kent
ME19 4JQ

National Westminster Bank Plc
501 Silbury Boulevard
Saxon Gate East
Central Milton Keynes
Milton Keynes
MK9 3ER

Milton Keynes Community Cardio-pulmonary Group

Hinton Hall, 296a Whaddon Way, Bletchley, Milton Keynes, MK3 7GB

Tel. 01908 632999 www.mkccg.org enquiries@mkccg.org



CHAIRMAN'S STATEMENT FOR THE YEAR ENDING 31st JULY 2022

This has been a year of transition for us. In terms of exercise sessions we have made good progress and we are now back to normal. However, the recruitment and retention of staff remains a challenge.

We are delighted to have made great progress with our exercise sessions during the year. We are now back to pre-pandemic style sessions. These are longer, have greater numbers and a wider range of exercises than those we operated under the various sets of COVID restrictions.

We are also very glad that we have been able to have face to face Management Committee Meetings throughout this year. This has allowed for the lively debate of important issues and the opportunity for a wider range of opinions to contribute to the decision making process.

As well as being able to hold face to face management meetings we were able to hold our AGM in the normal way. At the AGM a new statement of our objectives was approved. The purpose of the change was to emphasise that our principal objective is to provide facilities for condition-specific monitored exercise. We continue, of course, to have trained medical support on hand in the event of a clinical emergency and appropriately qualified staff to give correct and relevant health information. Soon after our meeting the Charity Commission confirm their acceptance of the change.

Since the beginning of the pandemic we have lost in the region of one third of our membership. The consequent loss of income is now catching up with us and we will have to seriously consider an increase in the membership fees. This will not come at a good time as we all face the imminent cost of living crisis.

Currently we have two contracts with the local Clinical Commissioning Group for delivering introductory rehabilitation courses. We are in negotiations for a contract to host a further rehabilitation course in our building. These contracts are very important to us not only for the money they bring in but also because they are our principal means of recruiting members.

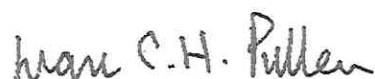
In March of this year our Manager, Mrs Hayley Hilmy, retired. Hayley has worked for the group for many years in a number of different roles but mainly as Deputy Manager and then, for just over two years, as Manager. She made a major contribution to the development and running of the organisation. I was always impressed with Hayley's diligence, wealth of experience and ability to suggest ideas and research facts for the group.

Since Hayley's retirement we have found it difficult to find a suitable replacement and we are currently continuing our search. The remaining Staff have been exceptionally helpful with going beyond their normal roles and the Officers and Honorary President have been more involved with day to day than usual.

There has been a welcome return to social and fund-raising events. To begin with progress was a little slow but momentum is now building a programme of events is now in place. The members, volunteers and staff are enjoying the social interaction and benefiting from the money raised.

As we move into the future, we face the challenges of finding a new manager and coping with the knock-on effects of steeply rising prices. However, we have many people in the organisation who want it to succeed and I'm confident that we will be able to accomplish this aim.

I would like to thank the staff, members and volunteers for their hard work and dedication. In particular I would like to mention Mr Nigel Robinson. He continues to apply a high level of both financial prudence and business acumen to his role as Treasurer.

A handwritten signature in dark ink, reading "Ivan C.H. Pullen". The signature is written in a cursive style with a large 'I' and a long, sweeping underline.

Ivan Pullen
Chair MKCCG

**TRUSTEES' REPORT
YEAR ENDED 31 JULY 2022**

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 31 July 2022. The officers have adopted the provision of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2019 in preparing the annual report and financial statements of the charity.

OBJECTIVES AND ACTIVITIES OF THE CHARITY

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The principle objectives of the charity are to provide facilities for condition-specific monitored exercise in a safe, friendly and supportive environment for people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of heart disease and/or cardiopulmonary disease, so that members may, by their own efforts, thrive despite their condition. To this end the charity works very closely with the local NHS hospital and General Practitioners.

PUBLIC BENEFIT

The Trustees consider that the main activities of the charity detailed in the objects above are for the public benefit and have given due regard to the Charities Commission guidance on public benefit.

CURRENT OFFICERS AND TRUSTEES

Roger Cook	Sue Free	James Gorrings
Stephen Halliday	June Hobden	Stanley Keeves
Gordon Pantling	Ivan Pullen	Geoff Rayment
Nigel Robinson	Linda Seaton	Richard Stratford
Ernest Taylor	Patricia Thurston	

RESIGNED DURING THE YEAR

Graham Smith – Resigned 20th September 2021

Arun Pant – Resigned 22nd October 2021

Michael Donald – Resigned 10th January 2022

The induction of any new trustee which involves awareness of a trustee's responsibility, the governing document, administrative procedures, the history and the current state of the charity is the responsibility of the chair of trustees. The power to appoint new trustees lies with the current trustees.

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The Committee consists of five Officers (Chairman, Vice Chairman, Secretary, Treasurer and Social Chairman) who are elected at the AGM to stand for two years, plus two representatives from each of the exercise sessions. The committee meets every seven weeks on a Monday evening.

Every year we ask each session to choose one Session Rep to serve for two years and to represent the views of the members of that session. Nomination forms will appear on the noticeboard at the end of September with a deadline two weeks before the AGM for their return. Nominees must be full members of Milton Keynes Community Cardio-pulmonary Group and each nomination requires a proposer and seconder from the membership. The names of the new Session Reps will be announced at the AGM.

TRUSTEES REPORT (CONTINUED)
YEAR ENDED 31 JULY 2022

The AGM is usually held in October at Hinton Hall. As well as confirming the election of Committee members and Officers there are reports from the Groups Manager and all the Officers covering what's been happening over the past year.

RESERVES POLICY

The charity has a policy to hold in excess of one year's operating expenses in order to ensure stability for the long-term future of the charity.

RISK FACTORS**COVID-19**

The trustees have assessed the major risks to which the charity is exposed, in 2020 - 21 this was the Covid-19 epidemic. The Trustees and management team managed to restart exercise classes in May 2021 with a maximum of 10 members at each session, this was then increased to 20. In early May 2022 we returned to pre-pandemic style sessions with a maximum of 40 at each session. We are keeping the situation under constant review and are satisfied that systems are in place to mitigate exposure to the major risks.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial 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 of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (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 for taking reasonable steps for the prevention and detection of fraud and other irregularities.

TRUSTEES REPORT (CONTINUED)
YEAR ENDED 31 JULY 2022

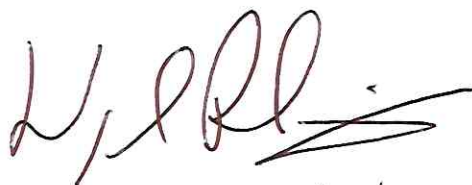
INDEPENDENT EXAMINER

In accordance with the constitution, a resolution proposing that Mr James Wooldridge be appointed as Independent Examiner of the charity was put to the Annual General Meeting.

This report has been prepared in accordance with the Charities Act 2011

These financial statements were approved by the trustees on the

And are signed on their behalf by:

A handwritten signature in dark ink, appearing to be 'N Robinson', with a stylized flourish at the end.

Mr N Robinson 28/09/2022

**INDEPENDENT EXAMINER'S REPORT FOR THE
YEAR ENDED 31 JULY 2022****Independent Examiner's Report to the Trustees of the Milton Keynes Community Cardio-pulmonary Group**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 July 2022 which are set out on pages 8 to 13.

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 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 company as required by section 130 of the Act, or
2. the accounts do not accord with those records; or
3. the accounts do 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 the 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.

Signed:

DocuSigned by:

6F64A099B39A431...

James Wooldridge MSc, FCA
Chartered Accountant
Mercer & Hole
Silbury Court
420 Silbury Boulevard
Central Milton Keynes
MK9 2AF

Date: 29/9/2022

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2022**

	Notes	Unrestricted 2022 £	Unrestricted 2021 £
Income from:			
General income:			
Memberships and donations		96,004	104,002
Other trading activities		33,014	28,245
Coronavirus Job Retention Scheme		-	24,370
Investments		260	55
Total Income		129,278	156,672
Expenditure on:			
Charitable expenditure:			
Raising funds		-	558
Charitable activities and other expenses	3	152,952	159,862
Total Expenditure		152,952	160,420
Gain on revaluation of investments		3,947	17,829
Net movement of funds		(19,727)	14,081
Funds balances brought forward		336,915	322,834
Funds balances carried forward		317,188	336,915

The statement of financial activities includes all gains and losses recognised in the year

All income and expenditure derive from continuing activities

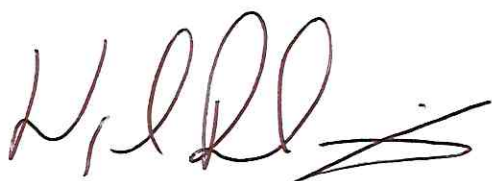
The accounting policies and notes on pages 10 to 13 form part of these financial statements.

BALANCE SHEET AS AT 31 JULY 2022

	Notes	2022	2021
		£	£
Fixed assets			
Tangible assets	4	47,263	56,882
Investments	5	119,704	115,757
Current assets			
Cash at bank and in hand		151,541	165,526
		<u>151,541</u>	<u>165,526</u>
Creditors: amounts falling due within one year	6	(1,320)	(1,250)
Net current assets		<u>150,221</u>	<u>164,276</u>
Net assets		<u>317,188</u>	<u>336,915</u>
Reserves	2	336,915	322,834
Income & expenditure account		(19,727)	14,081
Total charity funds		<u>317,188</u>	<u>336,915</u>

These financial statements were approved by the trustees on the

And are signed on their behalf by:-



Mr N Robinson

28/09/2022.

These accounting policies and notes on pages 10 to 13 form part of these financial statements.

**ACCOUNTING POLICIES
FOR THE YEAR ENDED 31 JULY 2022**

Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP (FRS 102), Second Edition released October 2019.

Milton Keynes Community Cardio-Pulmonary Group meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at the historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Trustees have taken advantage of the exemption in FRS102 Section 1A, Update Bulletin 1, from including a cash flow statement in the financial statements on the grounds that the organisation is small.

Income

Incoming resources represents donations, subscriptions, subsidies, sponsorship, grant funding and other income from the Members of the Group. Income is only recognised once it has been received and voluntary donations are recognised on receipt where the donation relates to the current accounting period.

Expenditure

Expenditure incurred on activities falling directly within one cost category have been recognised as such. Items of expenditure which involve more than one category have been allocated on a reasonable and consistent basis.

Lease

A 50 year lease has been signed for the Whaddon Way Day Centre which is to be amortised over the term of the lease.

Capital expenditure

Items under £100 are not capitalised and items over this level are assessed individually before a decision is made regarding whether they should be capitalised.

Donated assets are recognised at their monetary value, as estimated by the trustees, when received and are capitalised at this value. In certain cases, where title to an asset is restricted so that it has either no or little net value to the charity, the trustees' policy is that the item should not be capitalised in the accounts.

Investments

Investments held are valued in accordance with the statement of recognised principles. Their market value at the balance sheet date is reflected in the accounts. Any increase or decrease in the market value of the investment during the year is recognised in the income and expenditure account.

**ACCOUNTING POLICIES
FOR THE YEAR ENDED 31 JULY 2022**

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Fixed assets and depreciation

Fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and buildings (leasehold)	50 years
Fixtures, fittings & equipment	Between 5 years and 10 years

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

Cash and cash equivalents

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

Creditors & Provisions

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Accounts payable are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 JULY 2022

1. CHARITABLE INCORPORATED ORGANISATION

The charity is a Charitable Incorporated Organisation, Registered Charity Number 1089370 and in the event that this charity were to cease, the balance of reserves would be transferred to some other charitable institution with objectives similar to this charity. The charity is controlled by its trustees.

2. RESERVE POLICY

The charity has a policy to hold in excess of one year's operating expenses in order to ensure stability for the long-term future of the charity.

3. CHARITABLE ACTIVITIES AND OTHER EXPENSES

	2022	2021
	£	£
Insurance & Administration	3,796	3,693
Depreciation	9,619	11,828
Co-ordinator and volunteer team expenses	113,527	115,499
Stationery	2,846	2,064
Equipment and telephones	1,526	2,591
Training	399	30
Security	799	810
Refurbishment	492	12,136
General maintenance	5,558	3,738
Sundry	5,181	1,626
Utilities	3,646	2,172
Fire Health & Safety	314	253
Maintenance Contract	1,608	1,115
Personal Protective Equipment	581	2,307
5 Yearly Maintenance Inspections	3,060	-
	<u>152,952</u>	<u>159,862</u>
Fees paid to the Independent Examiner are:	<u>1,320</u>	<u>1,250</u>

4. TANGIBLE FIXED ASSETS

	2022	2021
	£	£
Cost brought forward	113,666	103,245
Additions	-	10,421
Cost carried forward	<u>113,666</u>	<u>113,666</u>
Depreciation brought forward	<u>56,784</u>	<u>44,956</u>
Charge for the year	9,619	11,828
Depreciation carried forward	<u>66,403</u>	<u>56,784</u>
Net Book Value at 31 July 2022	<u>47,263</u>	<u>56,882</u>
Net Book Value at 31 July 2021	<u>56,882</u>	<u>58,289</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
YEAR ENDED 31 JULY 2022

	2022	2021
	£	£
5 INVESTMENTS		
Market value brought forward	115,757	97,928
Revaluation gain / (loss) in year	3,947	17,829
Market value carried forward	<u>119,704</u>	<u>115,757</u>
Analysis of investments:		
COIF Charities Investment fund	<u>119,704</u>	<u>115,757</u>
Historical cost	<u>30,476</u>	<u>30,476</u>
6 CREDITORS		
Accruals	<u>1,320</u>	<u>1,250</u>

7 EMPLOYEE AND TRUSTEE REMUNERATION

The Trustees received no remuneration or expenses during the year.

Details of employee remuneration and numbers are as follows:	2022	2021
	£	£
Wages	107,032	108,429
National Insurance	324	-
Pension Contributions	6,171	7,070
Average no of employees	12	15

No employees had emoluments in excess of £60,000 (2021: nil).

**MILTON KEYNES COMMUNITY
CARDIO-PULMONARY GROUP**

MANAGEMENT ACCOUNTS

**FOR THE YEAR ENDED
31 JULY 2022**

The following pages do not form part of the statutory financial statements which are the subject of the Independent Examiner's Report on page 7.

DETAILED INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 JULY 2022

	2022		2021	
	£	£	£	£
INCOME				
Grants and funding	33,014.35		28,244.88	
Donations - general	2,120.65		941.18	
- gifts	1,839.85		5,230.49	
Event income	342.50		0.00	
Fund raising	1,011.47		(557.50)	
Sweat/T shirts	568.25		0.00	
Membership fees - standing order	75,563.25		79,691.23	
- cheque	340.00		375.00	
Refreshment income	388.47		0.00	
Inland revenue gift aid tax refund	14,451.40		17,763.98	
Coronavirus Job Retention Schm	0.00		24,370.28	
		<u>129,640.19</u>		<u>156,059.54</u>
COST OF SALES				
Purchases - T shirts, tea & coffee		(621.92)		0.00
GROSS SURPLUS		<u>129,018.27</u>		<u>156,059.54</u>
EXPENSES				
Refurbishment	(491.93)		(12,135.71)	
Security	(798.90)		(809.70)	
General maintenance	(5,557.49)		(3,738.15)	
Maintenance contracts	(1,608.50)		(1,115.43)	
5 Yearly Inspections	(3,060.00)		0.00	
Fire, health & safety	(313.62)		(252.82)	
Equipment and telephones	(1,525.84)		(2,591.06)	
Training	(399.00)		(30.00)	
Stationery	(2846.39)		(2,064.35)	
Sundries	(3,644.20)		(1,626.38)	
Utilities	(3,646.11)		(2,172.03)	
Staff and volunteer expenses	(113,527.02)		(115,498.85)	
Depreciation	(9,619.20)		(11,827.94)	
Insurance & administration	(3,796.02)		(3,693.21)	
Personal Protective Equipment	(581.10)		(2,306.47)	
Staff Advertising	(1,475.60)		0.00	
Commission on Card Payments	(23.73)		0.00	
Commission of CAF Donations	(37.17)		0.00	
		<u>(152,951.82)</u>		<u>(159,862.10)</u>

DETAILED INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 JULY 2022

	2022	2021
OPERATING LOSS	(23,933.55)	(3,802.56)
Bank interest received	260.45	54.66
LOSS ON ORDINARY ACTIVITIES	<u>(23,673.10)</u>	<u>(3,747.90)</u>
Unrealised loss/gain on COIF investment fund shares	3,947.14	17,828.60
LOSS / SURPLUS FOR THE YEAR	<u>(19,725.96)</u>	<u>14,080.70</u>

Accounts

**MILTON KEYNES COMMUNITY
CARDIO-PULMONARY GROUP**

Charitable Incorporated Organisation

Registered Charity Number 1089370

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR TO 31 JULY 2021**

**MILTON KEYNES COMMUNITY CARDIO-PULMONARY GROUP
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JULY 2021**

Contents	Pages
Officers and professional advisers	1
Chairman's statement	2 - 3
Trustees report	4 - 5
Independent Examiners report to the members	6
Statement of Financial Activities	7
Balance Sheet	8
Accounting policies	9 - 10
Notes to the financial statements	11 - 12

The following pages do not form part of the statutory financial statements

Detailed income and expenditure account	13 - 14
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CHARITY INFORMATION
31 JULY 2021

OFFICERS

Ivan Pullen	Chair
Nigel Robinson	Treasurer
Ernest Taylor	Secretary
Stanley Keeves	Social Chair

TRUSTEES

Roger Cook	Michael Donald	Sue Free
James Gorringe	Stephen Halliday	June Hobden
Stanley Keeves	Arun Pant	Gordon Pantling
Ivan Pullen	Geoff Rayment	Nigel Robinson
Linda Seaton	Graham Smith	Ernest Taylor
Patricia Thurston		
Brian Jones (Died 15/05/2021)	Derek Shafer (Resigned 27/05/2021)	

PRINCIPAL ADDRESS

Hinton Hall
296A Whaddon Way
Bletchley
Milton Keynes
MK3 7GB

INDEPENDENT EXAMINER

Mr J Wooldridge
Chartered Accountant
Mercer & Hole
Silbury Court
420 Silbury Boulevard
Central Milton Keynes
MK9 2AF

BANKERS

CAF Bank Ltd
25 Kings Hill
West Malling
Kent
ME19 4JQ

National Westminster Bank Plc
501 Silbury Boulevard
Saxon Gate East
Central Milton Keynes
Milton Keynes
MK9 3ER

Milton Keynes Community Cardio-pulmonary Group

Hinton Hall, 296a Whaddon Way, Bletchley, Milton Keynes, MK3 7GB

Tel. 01908 632999 www.mkccg.org enquiries@mkccg.org



CHAIRMAN'S STATEMENT FOR THE YEAR ENDING 31st JULY 2021

This year has been one full of ups and downs for Milton Keynes Community Cardio-pulmonary Group.

For most of the financial year face to face meetings have not been possible. In pre-pandemic times the governance of the organisation had been conducted through both meetings of the Officers, Managers and President, and meetings of the Management Committee. Until recently Zoom and email were substitutes.

Our threefold policy of managing our resources, offering a service to our members and forming plans to restart exercise sessions has continued. However, as our primary aim is to provide exercise, we have concentrated on re-opening. I'm pleased to report that in May we were able to do this.

In September 2020 we ran pilot exercise sessions. These were very successful and due to the lessons that we learnt from these we had plans to restart in November 2020. New Covid-19 restrictions intervened and we pushed the date back to January. More restrictions followed and caused further delays. We finally restarted exercise sessions this May. The sessions are more numerous but shorter in length as they include less socialising. To begin with a maximum of 10 members could attend each session but the limit has now increased to 20. Our eventual aim is to return to close to pre-pandemic style sessions but this will depend largely on external factors.

As I mentioned in my last report, we are a hybrid organisation and there are no precise guidelines that cover our situation. For this reason, producing Covid secure protocols has been an enormous challenge. As Officers we have relied heavily on the knowledge, experience and the diligence of our Honorary President and our Manager for professional advice and guidance. We have indeed been very fortunate to be able to have access to such a resource.

One of the conditions required for reopening was adequate ventilation of the exercise space. To help achieve this we purchased air purifiers. Part of the funding for these came from the government's £1 million Coronavirus Fund in the form of matched funding scheme. This was operated by Local Giving.

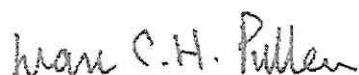
Although our membership has dropped in number, we are indebted to those members who have continued to pay their fees. Before exercise restarted, we continued to keep in contact with members by email, newsletter and telephone. Also, during the year the website has provided information about appropriate exercise, plans for reopening and news of members. In addition, members have been able to keep in touch through a Facebook page and Zooms. There have been a few donations to the group during the year but our normal fund-raising events have not been possible.

Our two contracts with the local Clinical Commissioning Group for delivering introductory rehabilitation courses have managed to survive and we are now able to receive clients on a face-to-face basis. Contract details are yet to be finalised.

At the times during the year where a full complement of staff has not been required, we have continued to take advantage of the government's Coronavirus Job Retention Scheme.

We took the opportunity offered by the closure of the building to members to redecorate. Along with the pleasure of returning to exercising the members had the added delight of a newly painted building.

This year we have navigated uncharted and turbulent waters. We started the year in a situation where no exercise sessions were taking place and where membership was falling. We end the year with a full range of exercise sessions taking place and membership levels stabilised. Our underlying financial position remains strong. Our success has been due in no small part to the hard work and competence of our staff and volunteers. In connection with the independent examiner's report, I would particularly like to mention Mr Nigel Robinson. He brings a high level of both financial prudence and business acumen to his role as treasurer.



Ivan Pullen
Chair MKCCG

11-10-21

**TRUSTEES' REPORT
YEAR ENDED 31 JULY 2021**

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 31 July 2021. The officers have adopted the provision of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in 2015 in preparing the annual report and financial statements of the charity.

OBJECTIVES AND ACTIVITIES OF THE CHARITY

Milton Keynes Community Cardio-Pulmonary Group was a company limited by guarantee up until 15 May 2019 when it converted to a Charitable Incorporated Organisation, Registered Charity Number 1089370

The principle objectives of the charity are to provide facilities for condition-specific monitored exercise in a safe, friendly and supportive environment for people living within the borough of Milton Keynes and the surrounding areas who have an established diagnosis of heart disease and/or cardiopulmonary disease, so that members may, by their own efforts, thrive despite their condition. To this end the charity works very closely with the local NHS hospital and General Practitioners.

PUBLIC BENEFIT

The Trustees consider that the main activities of the charity detailed in the objects above are for the public benefit and have given due regard to the Charities Commission guidance on public benefit.

CURRENT OFFICERS AND TRUSTEES

Roger Cook	Michael Donald	Sue Free
James Gorrington	Stephen Halliday	June Hobden
Stanley Keeves	Arun Pant	Gordon Pantling
Ivan Pullen	Geoff Rayment	Nigel Robinson
Linda Seaton	Graham Smith	Ernest Taylor
Patricia Thurston		

RESIGNED DURING THE YEAR

Brian Jones (Died 15/05/2021)
Derek Shafer (Resigned 27/05/2021)

The induction of any new trustee which involves awareness of a trustee's responsibility, the governing document, administrative procedures, the history and the current state of the charity is the responsibility of the chair of trustees. The power to appoint new trustees lies with the current trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity's governing document is its constitution.

The Committee consists of five Officers (Chairman, Vice Chairman, Secretary, Treasurer and Social Chairman) who are elected at the AGM to stand for two years, plus two representatives from each of the exercise sessions. The committee meets every seven weeks on a Monday evening.

Every year we ask each session to choose one Session Rep to serve for two years and to represent the views of the members of that session. Nomination forms will appear on the noticeboard at the end of September with a deadline two weeks before the AGM for their return. Nominees must be full members of Milton Keynes Community Cardio-pulmonary Group and each nomination requires a proposer and seconder from the membership. The names of the new Session Reps will be

TRUSTEES REPORT (CONTINUED)

announced at the AGM.

The AGM is usually held in October or November at Hinton Hall. As well as confirming the election of Committee members and Officers there are reports from the Groups Manager and all the Officers covering what's been happening over the past year.

Due to the Coronavirus pandemic the AGM was cancelled and the election of Officers and Session Reps was suspended for one year.

RESERVES POLICY

The charity has a policy to hold in excess of one year's operating expenses in order to ensure stability for the long-term future of the charity.

RISK FACTORS**COVID-19**

The trustees have assessed the major risks to which the charity is exposed, in 2020 - 21 this was the Covid-19 epidemic. During the year the vast majority of members have continued paying their membership fees to the charity. The Trustees and management team managed to restart exercise classes in May with a maximum of 10 members at each session but the limit has now increased to 20. It is hoped by early 2022 to return to pre-pandemic style sessions. This will depend largely on external factors as the current epidemic is constantly changing. We are keeping the situation under constant review and are satisfied that systems are in place to mitigate exposure to the major risks.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The law requires the trustees to prepare financial statements for each financial year. Under the law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Act 2011;
- 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 charitable company will continue in business

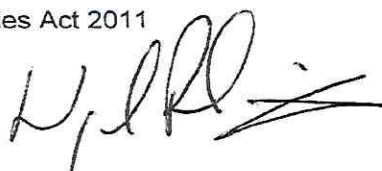
The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charities transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities SORP. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

INDEPENDENT EXAMINER

In accordance with the constitution, a resolution proposing that Mr James Wooldridge be appointed as Independent Examiner of the charity was put to the Annual General Meeting.

This report has been prepared in accordance with the Charities Act 2011

Approved by the trustees on: **11th October 2021**



**INDEPENDENT EXAMINER'S REPORT FOR THE
YEAR ENDED 31 JULY 2021****Independent Examiner's Report to the Trustees of the Milton Keynes Community Cardio-pulmonary Group**

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 July 2021 which are set out on pages 7 to 12.

Responsibilities and basis of report

As the charities trustees we 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 have completed my examination. I confirm that no 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 company as required by section 130 of the Act, or
2. the accounts do not accord with those records; or
3. the accounts do 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 the 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.

Signed:



James Wooldridge MSc, FCA
Chartered Accountant
Mercer & Hole
Silbury Court
420 Silbury Boulevard
Central Milton Keynes
MK9 2AF

Date: 11 October 2021

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JULY 2021**

	Notes	Unrestricted 2021 £	Unrestricted 2020 £
Income from:			
General income:			
Memberships and donations		104,002	128,933
Charitable activities			8,066
Other trading activities		28,245	30,309
Coronavirus Job Retention Scheme		24,370	11,887
Investments		55	742
Total Income		156,672	179,937
Expenditure on:			
Charitable expenditure:			
Raising funds		558	531
Charitable activities and other expenses	3	159,862	165,463
Total Expenditure		160,420	165,994
Gain on revaluation of investments		17,829	5,644
Net movement of funds		14,081	19,587
Funds balances brought forward		322,834	303,247
Funds balances carried forward		336,915	322,834

The statement of financial activities includes all gains and losses recognised in the year

All income and expenditure derive from continuing activities

The accounting policies and notes on pages 9 to 12 form part of these financial statements.

BALANCE SHEET AS AT 31 JULY 2021

	Notes	£	2021 £	£	2020 £
Fixed assets					
Tangible assets	4		56,882		58,289
Investments	5		115,757		97,929
Current assets					
Cash at bank and in hand		165,526		168,076	
		<u>165,526</u>		<u>168,076</u>	
Creditors: amounts falling due within one year	6	(1,250)		(1,460)	
Net current assets			<u>164,276</u>		<u>166,616</u>
Net assets			<u>336,915</u>		<u>322,834</u>
Reserves	2		322,834		303,247
Income & expenditure account			14,081		19,587
Total charity funds			<u>336,915</u>		<u>322,834</u>

These financial statements were approved by the trustees on the 11th October 2021

And are signed on their behalf by:-



Mr N Robinson

These accounting policies and notes on pages 9 to 12 form part of these financial statements.

**ACCOUNTING POLICIES
FOR THE YEAR ENDED 31 JULY 2021**

Basis of accounting

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP (FRS 102), Second Edition released October 2019.

Milton Keynes Community Cardio-Pulmonary Group meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at the historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Trustees have taken advantage of the exemption in FRS102 Section 1A, Update Bulletin 1, from including a cash flow statement in the financial statements on the grounds that the organisation is small.

Income

Incoming resources represents donations, subscriptions, subsidies, sponsorship, grant funding and other income from the Members of the Group. Income is only recognised once it has been received and voluntary donations are recognised on receipt where the donation relates to the current accounting period.

Expenditure

Expenditure incurred on activities falling directly within one cost category have been recognised as such. Items of expenditure which involve more than one category have been allocated on a reasonable and consistent basis.

Lease

A 50 year lease has been signed for the Whaddon Way Day Centre which is to be amortised over the term of the lease.

Capital expenditure

Items under £100 are not capitalised and items over this level are assessed individually before a decision is made regarding whether they should be capitalised.

Donated assets are recognised at their monetary value, as estimated by the trustees, when received and are capitalised at this value. In certain cases, where title to an asset is restricted so that it has either no or little net value to the charity, the trustees' policy is that the item should not be capitalised in the accounts.

Investments

Investments held are valued in accordance with the statement of recognised principles. Their market value at the balance sheet date is reflected in the accounts. Any increase or decrease in the market value of the investment during the year is recognised in the income and expenditure account.

**ACCOUNTING POLICIES
FOR THE YEAR ENDED 31 JULY 2021**

Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Fixed assets and depreciation

Fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Land and buildings (leasehold)	50 years
Fixtures, fittings & equipment	Between 5 years and 10 years

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

Cash and cash equivalents

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

Creditors & Provisions

Basic financial liabilities are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised. Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Accounts payable are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 JULY 2021

1. CHARITABLE INCORPORATED ORGANISATION

The charity is a Charitable Incorporated Organisation, Registered Charity Number 1089370 and the balance of reserves would be transferred to some other charitable institution with objectives similar to this charity. The charity is controlled by its trustees.

2. RESERVE POLICY

The charity has a policy to hold in excess of one year's operating expenses in order to ensure stability for the long-term future of the charity.

3. CHARITABLE ACTIVITIES AND OTHER EXPENSES

	2021 £	2020 £
Insurance & Administration	3,693	5,479
Depreciation	11,828	9,744
Co-ordinator and volunteer team expenses	115,499	133,497
Stationery	2,064	2,306
Equipment and telephones	2,591	1,909
Training	30	1,418
Security	810	783
Refurbishment	12,136	-
General maintenance	3,738	3,178
Sundry	1,626	2,649
Utilities	2,172	4,092
Fire Health & Safety	253	408
Maintenance Contract	1,115	-
Personal Protective Equipment	2,307	-
	<u>159,862</u>	<u>165,463</u>
Fees paid to the Independent Examiner are:	<u>1,250</u>	<u>1,260</u>

4. TANGIBLE FIXED ASSETS

	2021 £	2020 £
Cost brought forward	103,245	96,850
Additions	10,421	6,395
Cost carried forward	<u>113,666</u>	<u>103,245</u>
Depreciation brought forward	44,956	35,212
Charge for the year	11,828	9,744
Depreciation carried forward	<u>56,784</u>	<u>44,956</u>
Net Book Value at 31 July 2020 and 31 July 2021	<u>56,882</u>	<u>58,289</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
YEAR ENDED 31 JULY 2021

	2021 £	2020 £
5 INVESTMENTS		
Market value brought forward	97,928	92,285
Revaluation gain in year	17,829	5,644
Market value carried forward	<u>115,757</u>	<u>97,929</u>
Analysis of investments: COIF Charities Investment fund	<u>115,757</u>	<u>97,929</u>
Historical cost	<u>30,476</u>	<u>30,476</u>
6 CREDITORS		
Accruals	<u>1,250</u>	<u>1,460</u>

7 EMPLOYEE AND TRUSTEE REMUNERATION

The Trustees received no remuneration or expenses during the year.

Details of employee remuneration and numbers are as follows:	2021	2020
	£	£
Salaries	Nil	Nil
Wages	108,429	123,838
National Insurance	0	990
Pension Contributions	7,070	8,085
Average no of employees	15	18

No employees had emoluments in excess of £60,000 (2020: nil).

**MILTON KEYNES COMMUNITY
CARDIO-PULMONARY GROUP**

MANAGEMENT ACCOUNTS

**FOR THE YEAR ENDED
31 JULY 2021**

The following pages do not form part of the statutory financial statements which are the subject of the Independent Examiner's Report on page 6.

DETAILED INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 JULY 2021

	2021		2020	
	£	£	£	£
INCOME				
Grants and funding	28,244.88		30,308.58	
Donations - general	941.18		2,727.29	
- gifts	5,230.49		2,825.62	
Event income	0.00		1,707.18	
Fund raising	(557.50)		4,293.05	
Sweat/T shirts	0.00		391.12	
Membership fees - standing order	79,691.23		98,895.33	
- cheque	375.00		3,799.17	
Refreshment income	0.00		1,674.73	
Inland revenue gift aid tax refund	17,763.98		20,686.02	
Coronavirus Job Retention Schm	24,370.28		11,886.88	
		<u>156,059.54</u>		<u>179,194.97</u>
COST OF SALES				
Purchases - T shirts, tea & coffee		0.00		(531.16)
GROSS SURPLUS		<u>156,059.54</u>		<u>178,663.81</u>
EXPENSES				
Refurbishment	(12,135.71)		0	
Security	(809.70)		(783.45)	
General maintenance	(3,738.15)		(2,292.59)	
Maintenance contracts	(1,115.43)		(885.30)	
Fire, health & safety	(252.82)		(408.00)	
Equipment and telephones	(2,591.06)		(1,908.42)	
Training	(30.00)		(1,417.83)	
Stationery	(2,064.35)		(2,305.83)	
Sundries	(1,626.38)		(2,649.08)	
Utilities	(2,172.03)		(4,092.91)	
Staff and volunteer expenses	(115,498.85)		(133,496.97)	
Depreciation	(11,827.94)		(9,743.66)	
Insurance & administration	(3,693.21)		(5,478.89)	
Personal Protective Equipment	(2,306.47)		0.00	
		<u>(159,862.10)</u>		<u>(165,462.93)</u>

**DETAILED INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 JULY 2021**

	2021	2020
OPERATING LOSS	(3,802.56)	13,200.88
Bank interest received	54.66	741.58
LOSS ON ORDINARY ACTIVITIES	(3,747.90)	13,942.46
Unrealised gain on COIF investment fund shares	17,828.60	5,643.70
SURPLUS FOR THE YEAR	14,080.70	19,586.16