

Walsall Rehabilitation and Healthy Living Trust

England & Wales · Charity number 1109021

Details

Other names WALSALL CARDIAC REHABILITATION TRUST

Status Registered

Legal form Charitable company

Company number [05389416](#)

Registered 2005-04-13

Register [View on the Charity Commission register](#)

Contact

Address Walsall Heartcare
12 Portland Street
Walsall
WS2 8AB

Phone 01922725050

Email heartcare@walsall.nhs.uk

Activities

Objects: The objects of the Charity are to relieve sickness and protect the health of persons suffering or at risk from diseases, complaints or hereditary conditions of the cardiovascular system, circulatory system and respiratory system or other long term conditions.

Activities: Provision of exercise and other facilities to patients who are recovering from heart attacks and other forms of coronary disability

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE WEST MIDLANDS.
- Birmingham City
- Dudley
- Sandwell
- Walsall
- Wolverhampton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£550,599	£633,030	£701,396	14
2024-03-31	£569,855	£585,806	£783,827	14
2023-03-31	£513,322	£513,954	£799,778	14
2022-03-31	£603,220	£459,305	£800,410	16
2021-03-31	£437,306	£421,642	-	-

Trustees

Name	Role	Appointed
Philip Griffin	Chair	2017-05-22
Christopher Blunt		2024-12-12
Dr Colin Flenley		2021-05-19
Narinder Madhar		2024-01-22
Paul Burns		2020-11-01

Walsall Rehabilitation and Healthy Living Trust

England & Wales - Charity number 1109021

Accounts

REGISTERED COMPANY NUMBER: 05389416 (England and Wales)
REGISTERED CHARITY NUMBER: 1109021

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2025
for
Walsall Rehabilitation And Healthy
Living Trust**

TC Group
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

**Walsall Rehabilitation And Healthy
Living Trust**

**Contents of the Financial Statements
for the Year Ended 31 March 2025**

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The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

Trustees' Responsibilities

The responsibilities of the Trustees are detailed on pages 4 and 5.

Trustees will attend Charity Law updates to ensure that the Charity is compliant and have included a routine item on the agenda for Risk Management. A Risk Management policy and action plan has been drawn up.

The Charity Trustees therefore give on-going consideration to the major risks to which the charity is exposed and satisfy themselves that strategies, systems and procedures have been established in order to manage those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve sickness and protect the health of persons suffering or at risk from diseases, complaints or hereditary conditions of the cardiovascular system, circulatory system and respiratory system or other long term conditions.

Significant activities

Development, Activities and Achievements

The Trust continues to be funded by the NHS Black Country ICB for new cardiac and pulmonary patient referrals.

All the initial interviews are undertaken by phone, following which patients are offered our Unit based programme (the most popular again) or if they are unable to attend they can be offered a home exercise and/or web based programme, coordinated by the Exercise Physiologist, or a nurse support programme, for those who are unable to exercise but want advice and support over 8 weeks where goals are set and agreed. Those on the home/web, or nurse support programmes are also offered the chance to move to the Unit based programme after a month if they change their mind or their circumstances change. Our tailor-made rehabilitation programmes therefore continue for all appropriate patients referred, with 100% of patients having a personalised care plan supported by professionally trained and experienced personnel. Staff ascertain and agree with the patient the best pathway, including relevant advice and/or Tai Chi.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Cardiac Rehabilitation

The Trust has achieved the National Certification Programme for Cardiac Rehabilitation status for the seventh year in a row.

This year we have received 995 referrals (steady throughout the year) and a continued increase from last year and moving us towards pre-COVID numbers. We are recording when interviews should take place, a target of within 3 weeks, against when the interviews actually take place. At present we are hitting this target. Patients are then commencing on the exercise programme within a further 2 weeks.

The majority of referrals were received from New Cross Hospital (70%) with Walsall Manor Hospital 20% and GP 6%.

The majority of patients were white British with 23% ethnic minority patients. 70% of patients were male and 30% female, a similar split to previous years.

All patients who start the exercise programme are given a baseline assessment, 100%.

Statistics:

- 61% of those referred received clinical input
- 77% who received clinical input started an exercise programme
- 73% of those who received clinical input completed a programme (Nurse Support Programme, Unit exercise programme, home based/web programme). Where patients cannot get into the Unit patients are reassessed over the telephone using the baseline at interview/first assessment
- 94% of patients who commenced an exercise programme completed
- Of those completing: 71% were on the Unit exercise programme, 16% hybrid programmes, 12% home/web programme and 1% nurse support programme.

We continue to provide some short exercise sessions via our own website if patients can't access the Unit, including Tai Chi. 79% of patients have improved fitness and in addition, patients have improved their anxiety and depression (15%), blood pressure (14%), grip strength (50% - this is one of the outcomes that links to frailty and therefore increases can be significant for individuals), eating habits (12%) and reduced BMI (18%). These are recorded and reported to the ICB accordingly on a quarterly basis.

All patients completing are reassessed and are given a long-term maintenance plan and a letter sent to their GP communicating their outcomes.

Goal setting continues within all programmes with 97% of patients achieving all or part of the goals.

Of those patients who defaulted, 47% could not be contacted and 25% did not want any further input or were not interested. 17% of patients were either too poorly or waiting for further intervention. Patients who default at any stage of the rehabilitation programme will be contacted by phone or letter to ascertain the reasons and where possible accommodated at a later stage and a letter is sent to their GP advising them of the current situation.

Continued actions agreed to increase the service to all patients

- Patients who do not want to attend any of the exercise programmes, are encouraged to join the nurse support programme where they look at reducing their risk factors, increasing their physical activities and agree goals over the next few months. These patients will then receive a telephone reassessment based on initial baselines. They are also encouraged to change to the Unit programme if their circumstances change and they feel they are able to do so.
- Any patient who DNA's whilst on the course will receive a telephone reassessment
- All patients who return to work should be offered evening sessions (if suitable) or a home/web programme. At the
- All patients unable to access the Unit due to transport should have a home programme or at least have agreed goals and a telephone reassessment

We are continually marketing our service to the Local GPs and are reviewing our patient support group to ensure we are offering a wide range of activities that patients need for their on-going progress.

Pulmonary Rehabilitation

381 patients have been referred, this is a significant decrease on last year. Of these, 38% have been referred from GPs, 30% from Practice Nurses and 27% from the automatic referral pathway.

**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2025**

77% of referred patients had clinical input, similar to last year and of those 35% started an exercise rehabilitation programme and 25% received education only.

45% completed either the exercise programme or education only.

Clinical improvements include: improved fitness, weight loss, anxiety and depression scores, SATs, COPD Assessment Test scores, blood pressure and perception of their condition.

There are still a higher proportion of patients being referred within the older age range, however, we are continuing to receive increased referrals for patients in the age range 40-59 which is encouraging and will continue to promote this to GPs and Practice Nurses.

The staff continue to provide one-to-one education for patients.

67% of patients could not be contacted, were uninterested or were inappropriate
27% of patients were too ill to attend
These were much higher than last year.

The new system to identify patients who are keen to attend or those who are not interested much quicker by texting them, has worked very well and we have now adopted this as part of our service, meaning that patients responding with 'yes' are interviewed as soon as possible. However, if they respond 'no' we can complete. For those who do not respond, they will be put into the bring-forward system to be contacted at a later date.

The tai chi sessions are continuing to be well attended by all groups of patients. As previously stated there are still some short sessions on a website for patients to follow.

After care sessions continue for patients who have completed any of the above free courses and wish to continue exercising at Heart Care. These patients continue to be monitored by the Clinical Team to maintain their lifestyle and fitness.

Research and Audits

Heart Care has been involved in a number of research and audits this year and this is continuing into 2025/26.

Students

Heart Care is being used as a work based placement for Year 2 and 3 Physiotherapy students and for Master degree students on one of the Exercise Physiology courses at Birmingham, Loughborough and Wolverhampton Universities

Health and Safety

The health and safety policy is reviewed annually.

FINANCIAL REVIEW

Principal funding sources

The Trustees continue to be committed to raising additional funds. The Community Fund-raiser is continually organising fund-raising activities and applying for Trust and Grant funding.

The cardiac and pulmonary rehabilitation contracts continue with the NHS Black Country ICB and targets reviewed on a quarterly basis. The contract has now been reviewed with further negotiations required to ensure the contract is financially stable particularly in meeting the annual pay increases and inflation costs.

We are continuing to promote our service to GPs for all patients who may have long term conditions and would benefit from our service and are working with other professionals within the NHS such as cancer to promote our services to their patients as well.

Investment policy and objectives

Any investments or land belonging to the Trust, other than monies required for ordinary expenditure of the Trust, shall be vested with such concense as may be necessary in the official Custodian for Charities. The Trust Deed authorises the Trustees to make and hold investments using the general funds of the Charity.

FUTURE PLANS

Heart Care continues to work closely with the Commissioners as well as the local public to promote all services.

The website continues to gain followers and by including more information through Facebook we feel that we are reaching more patients and the general public informing them of their work that we are doing and giving them support in regard to education and exercise. In addition the website helps with our fund-raising activities and also in regard to bid writing where potential Trusts can easily view our services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

The Trust is incorporated as a Limited Company by Guarantee from March 2005.

Organisational structure

The activities of the Trust are governed by the Trustees, all of whom are Directors, and are administered by a committee consisting of the Trustees and a senior member of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05389416 (England and Wales)

Registered Charity number

1109021

Registered office

12 Portland Street
Walsall
West Midlands
WS2 8AB

Trustees

P Griffin Director NHS (retired)
M Walsh Director NHS (retired) (resigned 12.12.24)
P B Burns Trustee
Dr C Kerbotson Flenley General Medical Practitioner
N Madhar Medical
C J Blunt (appointed 12.12.24)

Company Secretary

Ms S M Ursell

Independent Examiner

TC Group
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

TRUSTEES' RESPONSIBILITY STATEMENT

The trustees (who are also the directors of Walsall Rehabilitation And Healthy Living Trust for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

TRUSTEES' RESPONSIBILITY STATEMENT - continued

Company law requires the trustees to prepare financial statements for each financial year. Under that 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).

Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing 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;
- make judgements and estimates that are reasonable and prudent;
- 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 which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 11 December 2025 and signed on its behalf by:

P B Burns - Trustee

**Independent Examiner's Report to the Trustees of
Walsall Rehabilitation And Healthy
Living Trust**

Independent examiner's report to the trustees of Walsall Rehabilitation And Healthy Living Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Darren Barlow FCCA

TC Group
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

11 December 2025

Walsall Rehabilitation And Healthy Living Trust

**Statement of Financial Activities
for the Year Ended 31 March 2025**

	Notes	2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	99,621	132,761
Charitable activities			
Rehabilitation Programmes	5	354,869	357,489
Aftercare Programmes		86,749	71,443
Other trading activities	3	592	1,142
Investment income	4	8,768	7,020
Total		<u>550,599</u>	<u>569,855</u>
EXPENDITURE ON			
Raising funds	6	28,692	24,849
Charitable activities			
Rehabilitation Programmes	7	368,379	335,874
Management and governance costs		235,959	225,083
Total		<u>633,030</u>	<u>585,806</u>
NET INCOME/(EXPENDITURE)		(82,431)	(15,951)
RECONCILIATION OF FUNDS			
Total funds brought forward		783,827	799,778
TOTAL FUNDS CARRIED FORWARD		<u><u>701,396</u></u>	<u><u>783,827</u></u>

Walsall Rehabilitation And Healthy Living Trust

**Balance Sheet
31 March 2025**

	Notes	2025 Unrestricted fund £	2024 Total funds £
FIXED ASSETS			
Tangible assets	13	520,498	475,883
CURRENT ASSETS			
Prepayments and accrued income		119,896	2,525
Cash at bank and in hand		77,985	323,785
		<u>197,881</u>	<u>326,310</u>
CREDITORS			
Amounts falling due within one year	14	(16,983)	(18,366)
NET CURRENT ASSETS		<u>180,898</u>	<u>307,944</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>701,396</u>	<u>783,827</u>
NET ASSETS		<u>701,396</u>	<u>783,827</u>
FUNDS	15		
Unrestricted funds		<u>701,396</u>	<u>783,827</u>
TOTAL FUNDS		<u>701,396</u>	<u>783,827</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 11 December 2025 and were signed on its behalf by:

P B Burns - Trustee

**Walsall Rehabilitation And Healthy
Living Trust**

**Cash Flow Statement
for the Year Ended 31 March 2025**

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	<u>(173,049)</u>	<u>10,915</u>
Net cash (used in)/provided by operating activities		<u>(173,049)</u>	<u>10,915</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		<u>(75,019)</u>	<u>(180,112)</u>
Interest received		<u>2,268</u>	<u>5,503</u>
Net cash used in investing activities		<u>(72,751)</u>	<u>(174,609)</u>
Change in cash and cash equivalents in the reporting period		<u>(245,800)</u>	<u>(163,694)</u>
Cash and cash equivalents at the beginning of the reporting period		<u>323,785</u>	<u>487,479</u>
Cash and cash equivalents at the end of the reporting period		<u><u>77,985</u></u>	<u><u>323,785</u></u>

The notes form part of these financial statements

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(82,431)	(15,951)
Adjustments for:		
Depreciation charges	30,404	29,014
Interest received	(2,268)	(5,503)
(Increase)/decrease in debtors	(117,371)	4,774
Decrease in creditors	(1,383)	(1,419)
Net cash (used in)/provided by operations	<u>(173,049)</u>	<u>10,915</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24 £	Cash flow £	At 31.3.25 £
Net cash			
Cash at bank and in hand	323,785	(245,800)	77,985
	<u>323,785</u>	<u>(245,800)</u>	<u>77,985</u>
Total	<u>323,785</u>	<u>(245,800)</u>	<u>77,985</u>

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company's financial statements are prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We have considered a period of twelve months from the date of approval of the financial statements.

Additionally not all events or conditions can be predicted with the event of COVID-19 pandemic, which has brought with it additional unprecedented levels of uncertainty and the inability to assess fully, therefore, the impact of that on not only the charity and its ability to meet its primary objectives but also on the support afforded by donors and overall fundraising capabilities.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	2% or 10% on cost
Plant and machinery	25% on reducing balance
Fixtures and fittings	15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES

	2025 £	2024 £
Donations	99,621	73,978
Legacies	-	58,783
	<u>99,621</u>	<u>132,761</u>

3. OTHER TRADING ACTIVITIES

	2025 £	2024 £
Fundraising events	592	1,142
	<u>592</u>	<u>1,142</u>

4. INVESTMENT INCOME

	2025 £	2024 £
Rents received	6,500	1,517
Deposit account interest	2,268	5,503
	<u>8,768</u>	<u>7,020</u>

5. INCOME FROM CHARITABLE ACTIVITIES

	2025 £	2024 £
Walsall Clinical Commissioning Aftercare		
Activity		
Rehabilitation Programmes	354,869	357,489
Aftercare Programmes	86,749	71,443
	<u>441,618</u>	<u>428,932</u>

6. RAISING FUNDS

Raising donations and legacies

	2025 £	2024 £
Staff costs	28,692	24,849
	<u>28,692</u>	<u>24,849</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Rehabilitation Programmes	368,379	-	368,379
Management and governance costs	25,719	210,240	235,959
	<u>394,098</u>	<u>210,240</u>	<u>604,338</u>

8. SUPPORT COSTS

	Management £	Finance £	Totals £
Management and governance costs	<u>204,695</u>	<u>5,545</u>	<u>210,240</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025 £	2024 £
Depreciation - owned assets	30,404	29,013
Hire of plant and machinery	<u>3,448</u>	<u>2,288</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

11. STAFF COSTS

	2025 £	2024 £
Wages and salaries	<u>454,315</u>	<u>413,218</u>
	<u>454,315</u>	<u>413,218</u>

The average monthly number of employees during the year was as follows:

	2025	2024
Medical staff	12	12
Admin staff	3	3
Fundraising staff	<u>1</u>	<u>1</u>
	<u>16</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	132,761
Charitable activities	
Rehabilitation Programmes	357,489
Aftercare Programmes	71,443
Other trading activities	1,142
Investment income	<u>7,020</u>
Total	<u>569,855</u>

EXPENDITURE ON

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
Raising funds	24,849
Charitable activities	
Rehabilitation Programmes	335,874
Management and governance costs	225,083
Total	<u>585,806</u>
NET INCOME/(EXPENDITURE)	(15,951)
RECONCILIATION OF FUNDS	
Total funds brought forward	799,778
TOTAL FUNDS CARRIED FORWARD	<u><u>783,827</u></u>

13. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2024	704,666	141,401	19,137	865,204
Additions	68,007	-	7,012	75,019
At 31 March 2025	<u>772,673</u>	<u>141,401</u>	<u>26,149</u>	<u>940,223</u>
DEPRECIATION				
At 1 April 2024	251,828	125,901	11,592	389,321
Charge for year	24,344	3,876	2,184	30,404
At 31 March 2025	<u>276,172</u>	<u>129,777</u>	<u>13,776</u>	<u>419,725</u>
NET BOOK VALUE				
At 31 March 2025	<u>496,501</u>	<u>11,624</u>	<u>12,373</u>	<u>520,498</u>
At 31 March 2024	<u>452,838</u>	<u>15,500</u>	<u>7,545</u>	<u>475,883</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Social security and other taxes	9,523	8,876
Accrued expenses	7,460	9,490
	<u>16,983</u>	<u>18,366</u>

15. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	783,827	(82,431)	701,396
	<u>783,827</u>	<u>(82,431)</u>	<u>701,396</u>
TOTAL FUNDS	<u>783,827</u>	<u>(82,431)</u>	<u>701,396</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	550,599	(633,030)	(82,431)
	<u>550,599</u>	<u>(633,030)</u>	<u>(82,431)</u>
TOTAL FUNDS	<u>550,599</u>	<u>(633,030)</u>	<u>(82,431)</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	799,778	(15,951)	783,827
	<u>799,778</u>	<u>(15,951)</u>	<u>783,827</u>
TOTAL FUNDS	<u>799,778</u>	<u>(15,951)</u>	<u>783,827</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	569,855	(585,806)	(15,951)
	<u>569,855</u>	<u>(585,806)</u>	<u>(15,951)</u>
TOTAL FUNDS	<u>569,855</u>	<u>(585,806)</u>	<u>(15,951)</u>

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	799,778	(98,382)	701,396
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>799,778</u>	<u>(98,382)</u>	<u>701,396</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,120,454	(1,218,836)	(98,382)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>1,120,454</u>	<u>(1,218,836)</u>	<u>(98,382)</u>

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

**Walsall Rehabilitation And Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	99,621	73,978
Legacies	-	58,783
	<u>99,621</u>	<u>132,761</u>
Other trading activities		
Fundraising events	592	1,142
Investment income		
Rents received	6,500	1,517
Deposit account interest	2,268	5,503
	<u>8,768</u>	<u>7,020</u>
Charitable activities		
Walsall Clinical Commissioning	354,869	357,489
Aftercare	86,749	71,443
	<u>441,618</u>	<u>428,932</u>
Total incoming resources	<u>550,599</u>	<u>569,855</u>
EXPENDITURE		
Raising donations and legacies		
Wages	28,692	24,849
Charitable activities		
Wages	364,131	328,524
Insurance	304	594
Sundries	1,966	941
Medical supplies	4,248	7,350
Training costs	(6,955)	(2,737)
Depreciation of tangible fixed assets	30,404	29,014
	<u>394,098</u>	<u>363,686</u>
Support costs		
Management		
Wages	61,492	59,845
Hire of plant and machinery	3,448	2,288
Rates and water	18,102	15,585
Light and heat	29,952	4,111
Telephone	8,491	4,371
Postage and stationery	6,459	3,672
Travelling Expenses	1,426	1,418
Repairs	32,228	59,343
Cleaning materials	21,846	17,752
Sundry office expenses	12,000	8,356
IT expenses	9,251	9,611
	<u>204,695</u>	<u>186,352</u>

**Walsall Rehabilitation And Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2025**

	2025 £	2024 £
Management		
Finance		
Bank charges	75	75
Accountancy fees	3,750	3,680
Wage service fees	1,720	1,611
Professional and legal	-	5,553
	<hr/> 5,545	<hr/> 10,919
Total resources expended	<hr/> 633,030	<hr/> 585,806
Net expenditure	<hr/> <hr/> (82,431)	<hr/> <hr/> (15,951)

Walsall Rehabilitation and Healthy Living Trust

England & Wales - Charity number 1109021

Accounts

REGISTERED COMPANY NUMBER: 05389416 (England and Wales)
REGISTERED CHARITY NUMBER: 1109021

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2024
for
Walsall Rehabilitation And Healthy
Living Trust**

Haines Watts
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

**Walsall Rehabilitation And Healthy
Living Trust**

**Contents of the Financial Statements
for the Year Ended 31 March 2024**

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Detailed Statement of Financial Activities	18 to 19

**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

Trustees' Responsibilities

The responsibilities of the Trustees are detailed on page 8.

Trustees will attend Charity Law updates to ensure that the Charity is compliant and have included a routine item on the agenda for Risk Management. A Risk Management policy and action plan has been drawn up.

The Charity Trustees therefore give on-going consideration to the major risks to which the charity is exposed and satisfy themselves that strategies, systems and procedures have been established in order to manage those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve sickness and protect the health of persons suffering or at risk from diseases, complaints or hereditary conditions of the cardiovascular system, circulatory system and respiratory system or other long term conditions.

Significant activities

Development, Activities and Achievements

The Trust continues to be funded by the NHS Black Country ICB for new cardiac and pulmonary patient referrals.

All the initial interviews are undertaken by phone, following which patients are offered our Unit based programme (the most popular again) or if they are unable to attend they can be offered a home exercise and/or web based programme, coordinated by the Exercise Physiologist, or a nurse support programme, for those who are unable to exercise but want advice and support over 8 weeks where goals are set and agreed. Those on the home/web, or nurse support programmes are also offered the chance to move to the Unit based programme after a month if they change their mind or their circumstances change. Our tailor-made rehabilitation programmes therefore continue for all appropriate patients referred, with 100% of patients having a personalised care plan supported by professionally trained and experienced personnel. Staff ascertain and agree with the patient the best pathway, including relevant advice and/or Tai Chi.

Walsall Rehabilitation And Healthy Living Trust

**Report of the Trustees
for the Year Ended 31 March 2024**

STRATEGIC REPORT

Achievement and performance

Charitable activities

Cardiac Rehabilitation

The Trust has achieved the National Certification Programme for Cardiac Rehabilitation status for the sixth year in a row.

This year we have received 973 referrals (steady throughout the year) and a continued increase from last year and moving us towards pre-COVID numbers. We are recording when interviews should take place, a target of within 3 weeks, against when the interviews actually take place. At present we are hitting this target. Patients are then commencing on the exercise programme within a further 2 weeks.

The majority of referrals were received from New Cross Hospital (66%) with Walsall Manor Hospital 23% and GP 6%.

The majority of patients were white British with 15% ethnic minority patients. 69% of patients were male and 31% female, a similar split to previous years.

All patients who start the exercise programme are given a baseline assessment, 100%.

Statistics:

- 62% of those referred received clinical input
- 83% who received clinical input started an exercise programme
- 93% of those who received clinical input completed a programme (Nurse Support Programme, Unit exercise programme, home based/web programme). Where patients cannot get into the Unit patients are reassessed over the telephone using the baseline at interview/first assessment
- 88% of patients who commenced an exercise programme completed- Of those completing: 70% were on the Unit exercise programme, 15% hybrid programmes, 10% home/web programme and 5% nurse support programme

We continue to provide some short exercise sessions via our own website if patients can't access the Unit, including Tai Chi. 70% of patients have improved fitness and in addition, patients have improved their anxiety and depression (10%), blood pressure (10%), grip strength (40%), eating habits (14%) and lost weight (17%). These are recorded and reported to the ICB accordingly on a quarterly basis.

All patients completing are reassessed and are given a long-term maintenance plan and a letter sent to their GP communicating their outcomes.

Goal setting continues within all programmes with 96% of patients achieving all or part of the goals.

Of those patients who defaulted, 46% could not be contacted and 29% did not want any further input or were not interested. 15% of patients were either too poorly or waiting for further intervention. Patients who default at any stage of the rehabilitation programme will be contacted by phone or letter to ascertain the reasons and where possible accommodated at a later stage and a letter is sent to their GP advising them of the current situation.

Actions agreed to increase the service to all patients

- Patients who do not want to attend any of the exercise programmes, are encouraged to join the nurse support programme where they look at reducing their risk factors, increasing their physical activities and agree goals over the next few months. These patients will then receive a telephone reassessment based on initial baselines. They are also encouraged to change to the Unit programme if their circumstances change and they feel they are able to do so.
- Any patient who DNA's whilst on the course will receive a telephone reassessment
- All patients who return to work should be offered evening sessions (if suitable) or a home/web programme. At the least they should have agreed goals and a telephone reassessment- All patients unable to access the Unit due to transport should have a home programme or at least have agreed goals and a telephone reassessment

We are continually marketing our service to the Local GPs and are reviewing our patient support group to ensure we are offering a wide range of activities that patients need for their on-going progress.

**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2024**

Pulmonary Rehabilitation

509 patients have been referred, this is a significant increase on last year. Of these 27% have been referred from GPs, 32% from Practice Nurses and 32% from the automatic referral pathway.

76% of referred patients had clinical input, the same as last year and of those 50% started an exercise rehabilitation programme and 27% received education only.

70% completed either the exercise programme or education only, the same as last year.

Clinical improvements include: improved fitness, weight loss, anxiety and depression scores, SATs, COPD Assessment Test scores, blood pressure and perception of their condition.

There are still a higher proportion of patients being referred within the older age range, however, we are continuing to receive referrals for patients in the age range 40-59 which is encouraging and will continue to promote this to GPs and Practice Nurses.

The staff continue to provide one-to-one education for patients.

27% of patients could not be contacted, were uninterested or were inappropriate
8% of patients were too ill to attend.

A new system is now being trialled to identify patients who are keen to attend or those who are not interested much quicker. Patients receive a text to see if they are interested. If they respond with 'yes' they will be interviewed as soon as possible but if they respond 'no' we can complete. For those who do not respond they will be put into the bring-forward system to be contacted at a later date.

The tai chi sessions are continuing to be well attended by all groups of patients. As previously stated there are still some short sessions on a website for patients to follow.

After care sessions continue for patients who have completed any of the above free courses and wish to continue exercising at Heart Care. These patients continue to be monitored by the Clinical Team to maintain their lifestyle and fitness.

Research and Audits

Heart Care has been involved in a number of research and audits this year and this is continuing into 2024/25.

Students

Heart Care is being used as a work based placement for Year 2 and 3 Physiotherapy students and we have also been approached by Birmingham, Loughborough and Wolverhampton Universities for student placements for Master degree students on one of the Exercise Physiology courses.

Health and Safety

All respiratory illnesses are now being treated in the same way.

**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2024**

STRATEGIC REPORT

Financial review

Principal funding sources

The Trustees continue to be committed to raising additional funds and the Community Fund-raiser is now able to organise some fund-raising activities, however, she continues to apply for Trust funding as a main source of funding at the moment.

The cardiac and pulmonary rehabilitation contracts continue with the NHS Black Country ICB and targets reviewed on a quarterly basis. The contract has now been reviewed and it has been agreed that this will continue with a few positive adjustments from our point of view giving more stability to the Charity, with continual negotiations regarding increased finance to cover the NHS annual pay increases.

We are continuing to promote our service to GPs for all patients who may have long term conditions and would benefit from our service and are working with other professionals within the NHS such as cancer to promote our services to their patients as well.

Investment policy and objectives

Any investments or land belonging to the Trust, other than monies required for ordinary expenditure of the Trust, shall be vested with such concense as may be necessary in the official Custodian for Charities. The Trust Deed authorises the Trustees to make and hold investments using the general funds of the Charity.

Future plans

Heart Care continues to work closely with the Commissioners as well as the local public to promote all services.

The website continues to gain followers and by including more information through Facebook we feel that we are reaching more patients and the general public informing them of the work that we are doing and giving them support in regard to education and exercise. In addition the website helps with our fund-raising activities and also in regard to bid writing where potential Trusts can easily view our services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

The Trust is incorporated as a Limited Company by Guarantee from March 2005.

Organisational structure

The activities of the Trust are governed by the Trustees, all of whom are Directors, and are administered by a committee consisting of the Trustees and a senior member of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05389416 (England and Wales)

Registered Charity number

1109021

Registered office

12 Portland Street
Walsall
West Midlands
WS2 8AB

**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2024**

Trustees

P Griffin Director NHS (retired)
M Walsh Director NHS (retired)
P B Burns Trustee
Dr C Kerbotson Flenley General Medical Practitioner
N Madhar Medical (appointed 21.1.24)

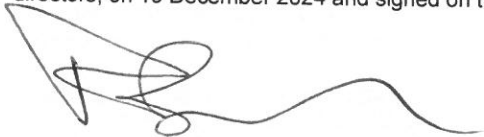
Company Secretary

Ms S M Ursell

Independent Examiner

Haines Watts
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 19 December 2024 and signed on the board's behalf by:



P B Burns - Trustee

**Independent Examiner's Report to the Trustees of
Walsall Rehabilitation And Healthy
Living Trust**

Independent examiner's report to the trustees of Walsall Rehabilitation And Healthy Living Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Darren Barlow FCCA

Haines Watts
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

19 December 2024

Walsall Rehabilitation And Healthy Living Trust

**Statement of Financial Activities
for the Year Ended 31 March 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	132,761	133,485
Charitable activities			
Rehabilitation Programmes	5	357,489	319,404
Aftercare Programmes		71,443	52,239
Other trading activities	3	1,142	900
Investment income	4	7,020	7,294
Total		<u>569,855</u>	<u>513,322</u>
EXPENDITURE ON			
Raising funds	6	24,849	23,456
Charitable activities			
Rehabilitation Programmes	7	335,874	318,077
Management and governance costs		225,083	172,421
Total		<u>585,806</u>	<u>513,954</u>
NET INCOME/(EXPENDITURE)		(15,951)	(632)
RECONCILIATION OF FUNDS			
Total funds brought forward		799,778	800,410
TOTAL FUNDS CARRIED FORWARD		<u><u>783,827</u></u>	<u><u>799,778</u></u>

The notes form part of these financial statements

Walsall Rehabilitation And Healthy Living Trust

**Balance Sheet
31 March 2024**

	Notes	2024 Unrestricted fund £	2023 Total funds £
FIXED ASSETS			
Tangible assets	13	475,883	324,784
CURRENT ASSETS			
Prepayments and accrued income		2,525	7,299
Cash at bank and in hand		323,785	487,479
		<u>326,310</u>	<u>494,778</u>
CREDITORS			
Amounts falling due within one year	14	(18,366)	(19,784)
		<u>307,944</u>	<u>474,994</u>
NET CURRENT ASSETS			
		<u>783,827</u>	<u>799,778</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>783,827</u>	<u>799,778</u>
NET ASSETS			
		<u>783,827</u>	<u>799,778</u>
FUNDS	15		
Unrestricted funds		<u>783,827</u>	<u>799,778</u>
TOTAL FUNDS		<u>783,827</u>	<u>799,778</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 19 December 2024 and were signed on its behalf by:



P B Burns - Trustee

**Walsall Rehabilitation And Healthy
Living Trust**

**Cash Flow Statement
for the Year Ended 31 March 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	10,915	11,255
Net cash provided by operating activities		<u>10,915</u>	<u>11,255</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(180,112)	(160)
Interest received		5,503	2,269
Net cash (used in)/provided by investing activities		<u>(174,609)</u>	<u>2,109</u>
Change in cash and cash equivalents in the reporting period			
Cash and cash equivalents at the beginning of the reporting period		(163,694)	13,364
Cash and cash equivalents at the end of the reporting period		<u>487,479</u>	<u>474,115</u>
		<u>323,785</u>	<u>487,479</u>

The notes form part of these financial statements

**Walsall Rehabilitation And Healthy
Living Trust**

**Notes to the Cash Flow Statement
for the Year Ended 31 March 2024**

1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES	2024	2023	
	£	£	
Net expenditure for the reporting period (as per the Statement of Financial Activities)	(15,951)	(632)	
Adjustments for:			
Depreciation charges	29,014	21,948	
Interest received	(5,503)	(2,269)	
Decrease/(increase) in debtors	4,774	(1,980)	
Decrease in creditors	(1,419)	(5,812)	
Net cash provided by operations	<u>10,915</u>	<u>11,255</u>	
2. ANALYSIS OF CHANGES IN NET FUNDS	At 1.4.23	Cash flow	At 31.3.24
	£	£	£
Net cash			
Cash at bank and in hand	487,479	(163,694)	323,785
	<u>487,479</u>	<u>(163,694)</u>	<u>323,785</u>
Total	<u>487,479</u>	<u>(163,694)</u>	<u>323,785</u>

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company's financial statements are prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We have considered a period of twelve months from the date of approval of the financial statements.

Additionally not all events or conditions can be predicted with the event of COVID-19 pandemic, which has brought with it additional unprecedented levels of uncertainty and the inability to assess fully, therefore, the impact of that on not only the charity and its ability to meet its primary objectives but also on the support afforded by donors and overall fundraising capabilities.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	2% or 10% on cost
Plant and machinery	25% on reducing balance
Fixtures and fittings	15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Walsall Rehabilitation And Healthy Living Trust

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

2. DONATIONS AND LEGACIES		2024	2023
		£	£
Donations		73,978	59,003
Legacies		58,783	74,482
		<u>132,761</u>	<u>133,485</u>
3. OTHER TRADING ACTIVITIES		2024	2023
		£	£
Fundraising events		1,142	900
		<u>1,142</u>	<u>900</u>
4. INVESTMENT INCOME		2024	2023
		£	£
Rents received		1,517	5,025
Deposit account interest		5,503	2,269
		<u>7,020</u>	<u>7,294</u>
5. INCOME FROM CHARITABLE ACTIVITIES		2024	2023
	Activity	£	£
Walsall Clinical Commissioning	Rehabilitation Programmes	357,489	319,404
Aftercare	Aftercare Programmes	71,443	52,239
		<u>428,932</u>	<u>371,643</u>
6. RAISING FUNDS		2024	2023
		£	£
Raising donations and legacies			
Staff costs		24,849	23,456
		<u>24,849</u>	<u>23,456</u>

**Walsall Rehabilitation And Healthy
Living Trust**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Rehabilitation Programmes	335,874	-	335,874
Management and governance costs	27,812	197,271	225,083
	<u>363,686</u>	<u>197,271</u>	<u>560,957</u>

8. SUPPORT COSTS

	Management £	Finance £	Totals £
Management and governance costs	186,352	10,919	197,271
	<u>186,352</u>	<u>10,919</u>	<u>197,271</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Depreciation - owned assets	29,013	21,948
Hire of plant and machinery	2,288	3,462
	<u>2,288</u>	<u>3,462</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

11. STAFF COSTS

	2024 £	2023 £
Wages and salaries	413,218	392,243
	<u>413,218</u>	<u>392,243</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Medical staff	12	12
Admin staff	3	3
Fundraising staff	1	1
	<u>16</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

**Walsall Rehabilitation And Healthy
Living Trust**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	133,485
Charitable activities	
Rehabilitation Programmes	319,404
Aftercare Programmes	52,239
Other trading activities	900
Investment income	7,294
Total	<u>513,322</u>
EXPENDITURE ON	
Raising funds	23,456
Charitable activities	
Rehabilitation Programmes	318,077
Management and governance costs	172,421
Total	<u>513,954</u>
NET INCOME/(EXPENDITURE)	(632)
RECONCILIATION OF FUNDS	
Total funds brought forward	800,410
TOTAL FUNDS CARRIED FORWARD	<u><u>799,778</u></u>

Walsall Rehabilitation And Healthy Living Trust

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

13. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2023	524,554	141,401	19,137	685,092
Additions	180,112	-	-	180,112
At 31 March 2024	<u>704,666</u>	<u>141,401</u>	<u>19,137</u>	<u>865,204</u>
DEPRECIATION				
At 1 April 2023	229,259	120,789	10,260	360,308
Charge for year	22,569	5,112	1,332	29,013
At 31 March 2024	<u>251,828</u>	<u>125,901</u>	<u>11,592</u>	<u>389,321</u>
NET BOOK VALUE				
At 31 March 2024	<u>452,838</u>	<u>15,500</u>	<u>7,545</u>	<u>475,883</u>
At 31 March 2023	<u>295,295</u>	<u>20,612</u>	<u>8,877</u>	<u>324,784</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Social security and other taxes	8,876	8,425
Accrued expenses	9,490	11,359
	<u>18,366</u>	<u>19,784</u>

15. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	799,778	(15,951)	783,827
TOTAL FUNDS	<u>799,778</u>	<u>(15,951)</u>	<u>783,827</u>

Walsall Rehabilitation And Healthy Living Trust

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

15. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	569,855	(585,806)	(15,951)
TOTAL FUNDS	<u>569,855</u>	<u>(585,806)</u>	<u>(15,951)</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	800,410	(632)	799,778
TOTAL FUNDS	<u>800,410</u>	<u>(632)</u>	<u>799,778</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	513,322	(513,954)	(632)
TOTAL FUNDS	<u>513,322</u>	<u>(513,954)</u>	<u>(632)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	800,410	(16,583)	783,827
TOTAL FUNDS	<u>800,410</u>	<u>(16,583)</u>	<u>783,827</u>

**Walsall Rehabilitation And Healthy
Living Trust**

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2024**

15. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,083,177	(1,099,760)	(16,583)
TOTAL FUNDS	<u>1,083,177</u>	<u>(1,099,760)</u>	<u>(16,583)</u>

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

**Walsall Rehabilitation And Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	73,978	59,003
Legacies	58,783	74,482
	<u>132,761</u>	<u>133,485</u>
Other trading activities		
Fundraising events	1,142	900
Investment income		
Rents received	1,517	5,025
Deposit account interest	5,503	2,269
	<u>7,020</u>	<u>7,294</u>
Charitable activities		
Walsall Clinical Commissioning	357,489	319,404
Aftercare	71,443	52,239
	<u>428,932</u>	<u>371,643</u>
Total incoming resources	<u>569,855</u>	<u>513,322</u>
EXPENDITURE		
Raising donations and legacies		
Wages	24,849	23,456
Charitable activities		
Wages	328,524	310,237
Insurance	594	366
Sundries	941	177
Medical supplies	7,350	7,840
Training costs	(2,737)	(1,040)
Depreciation of tangible fixed assets	29,014	21,948
	<u>363,686</u>	<u>339,528</u>
Support costs		
Management		
Wages	59,845	58,550
Hire of plant and machinery	2,288	3,462
Rates and water	15,585	12,772
Light and heat	4,111	10,397
Telephone	4,371	4,014
Carried forward	86,200	89,195

This page does not form part of the statutory financial statements

**Walsall Rehabilitation And Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2024**

	2024	2023
	£	£
Management		
Brought forward	86,200	89,195
Postage and stationery	3,672	4,264
Travelling Expenses	1,418	739
Repairs	59,343	15,906
Cleaning materials	17,752	15,504
Sundry office expenses	8,356	9,121
IT expenses	9,611	9,163
	<u>186,352</u>	<u>143,892</u>
Finance		
Bank charges	75	25
Accountancy fees	3,680	2,000
Wage service fees	1,611	1,728
Professional and legal	5,553	3,325
	<u>10,919</u>	<u>7,078</u>
Total resources expended	<u>585,806</u>	<u>513,954</u>
Net expenditure	<u>(15,951)</u>	<u>(632)</u>

This page does not form part of the statutory financial statements

Walsall Rehabilitation and Healthy Living Trust

England & Wales - Charity number 1109021

Accounts

REGISTERED COMPANY NUMBER: 05389416 (England and Wales)
REGISTERED CHARITY NUMBER: 1109021

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2023
for
Walsall Rehabilitation And Healthy
Living Trust**

Haines Watts Tamworth Limited
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

**Walsall Rehabilitation And Healthy
Living Trust**

**Contents of the Financial Statements
for the Year Ended 31 March 2023**

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**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

Trustees' Responsibilities

The responsibilities of the Trustees are detailed on page 5.

Trustees will attend Charity Law updates to ensure that the Charity is compliant and have included a routine item on the agenda for Risk Management. A Risk Management policy and action plan has been drawn up.

The Charity Trustees therefore give on-going consideration to the major risks to which the charity is exposed and satisfy themselves that strategies, systems and procedures have been established in order to manage those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve sickness and protect the health of persons suffering or at risk from diseases, complaints or hereditary conditions of the cardiovascular system, circulatory system and respiratory system or other long term conditions.

Significant activities

Development, Activities and Achievements

The Trust continues to be part funded by the NHS Black Country ICB (previously NHS Black Country & West Birmingham CCG) based on new cardiac and pulmonary patient referrals.

All the initial interviews are undertaken by phone, following which patients are offered our Unit based programme or if they are unable to attend they can be offered a home exercise and/or web based programme co-ordinated by the Exercise Physiologist, or a nurse support programme for those who are unable to exercise but want advice and support over 8 weeks where goals are set and agreed. Those on the home/web, or nurse support programmes are also offered to move to the Unit based programme after a month if they change their mind or their circumstances change. Our tailor-made rehabilitation programmes therefore continue for all appropriate patients referred, with 100% of patients having a personalised care plan supported by professionally trained and experienced personnel. Staff ascertain and agree with the patient the best pathway, including relevant advice and/or Tai Chi.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Cardiac Rehabilitation

The Trust has achieved the National Certification Programme for Cardiac Rehabilitation status for the fifth year in a row.

This year we have received 850 referrals up from last year which is encouraging following the dip during COVID. In addition 95% of patients were given an appointment.

The majority of referrals were received from New Cross Hospital (68%) with Walsall Manor Hospital 16% and GP 9%.

The majority of patients were white British with 10% ethnic minority patients. 67% of patients were male and 33% female, a similar split to previous years.

All patients who start the exercise programme are given a baseline assessment, 100%.

Statistics:

- 58% who had been given an appointment received clinical input
- 84% who received clinical input started an exercise programme
- 92% of those who received clinical input completed a programme (Nurse Support Programme, Unit exercise programme, home based/web programme). Where patients cannot get into the Unit patients are reassessed over the telephone using the baseline at interview/first assessment, although there are , although there are 11 patients still on one of the programmes
- 94% of patients who commenced an exercise programme completed

We continue to provide some short exercise sessions via our own website if patients can't access the Unit, including Tai Chi. Patients have moved between programmes and therefore it has been difficult to access exact improvements, however, the majority of patients have improved fitness and risk factor outcomes such as quit smoking, reduced anxiety and depression, and reduced blood pressure. These are recorded and reported to the CCG accordingly on a quarterly basis.

Many patients improved their eating habits, increasing fruit and vegetables and reducing salt, fast and alcohol.

All patients completing are reassessed and are given a long-term maintenance plan and a letter sent to their GP communicating their outcomes.

Goal setting continues within all programmes with 94% of patients achieving all or part of the goals.

Of those patients who defaulted, 48% could not be contacted and 27% did not want any further input or were not interested. 16% of patients were either too poorly or waiting for further intervention. Patients who default at any stage of the rehabilitation programme will be contacted by phone or letter to ascertain the reasons and where possible accommodated at a later stage and a letter is sent to their GP advising them of the current situation.

Actions agreed to increase the service to all patients

- Patients who do not want to attend any of the exercise programmes, are encouraged to join the nurse support programme where they look at reducing their risk factors, increasing their physical activities and agree goals over the next few months. These patients will then receive a telephone reassessment based on initial baselines. They are also encouraged to change to the Unit programme if their circumstances change and they feel they are able to do so
- Any patient who DNA's whilst on the course will receive a telephone reassessment
- All patients who return to work should be offered evening sessions (if suitable) or a home/web programme. At the least they should have agreed goals and a telephone reassessment
- All patients unable to access the Unit due to transport should have a home programme or at least have agreed goals and a telephone reassessment

We are continually marketing our service to the Local GPs and are reviewing our patient support group to ensure we are offering a wide range of activities that patients need for their on-going progress.

Pulmonary Rehabilitation

380 patients have been referred, this is an increase on last year and therefore encouraging. The majority of these have been referred from GPs (39%) and Practice Nurses (34%).

Walsall Rehabilitation And Healthy Living Trust

Report of the Trustees for the Year Ended 31 March 2023

76% of referred patients had clinical input higher than last year and of those 51% started an exercise rehabilitation programme.

70% completed either the exercise programme, although 24 are still on the course.

Clinical improvements include: improved fitness, weight loss, anxiety and depression scores, SATs, COPD Assessment Test scores, blood pressure and perception of their condition.

There are still a higher proportion of patients being referred within the older age range, however, we are continuing to receive referrals for patients in the age range 40-59 which is encouraging and will continue to promote this to GPs and Practice Nurses.

The tai chi sessions are continuing to be well attended by all groups of patients. As previously stated there are still some short sessions on a website for patients to follow.

Unfortunately our singing classes have not continued due to the low numbers but we will keep this on review.

The staff continue to provide one-to-one education for patients.

27% of patients could not be contacted, were uninterested or were inappropriate
8% of patients were too ill to attend

After Care

After care sessions continue for patients who have completed any of the above free courses and wish to continue exercising at Heart Care. These patients continue to be monitored by the Clinical Team to maintain their lifestyle and fitness.

Health and Safety

We are following the NHS guidelines for COVID with both patients and staff wearing face masks only if they wish. Patients can ask staff to wear face masks if they feel more comfortable.

FINANCIAL REVIEW

Principal funding sources

The Trustees continue to be committed to raising additional funds with the Community Fund-raiser now able to organise some fund-raising activities, however, she continues to apply for Trust funding as a main source of funding at the moment.

The cardiac and pulmonary rehabilitation contracts continue with the NHS Black Country ICB and targets reviewed on a quarterly basis. The contract has now been reviewed and it has been agreed that this will continue with a few positive adjustments from our point of view giving more stability to the Charity.

We are continuing to promote our service to GPs for all patients who may have long term conditions and would benefit from our service.

Investment policy and objectives

Any investments or land belonging to the Trust, other than monies required for ordinary expenditure of the Trust, shall be vested with such concense as may be necessary in the official Custodian for Charities. The Trust Deed authorises the Trustees to make and hold investments using the general funds of the Charity.

FUTURE PLANS

Heart Care continues to work closely with the Commissioners as well as the local public to promote all services.

The website continues to gain followers and by including more information through facebook we feel that we are reaching more patients and the general public informing them of them work that we are doing and giving them support in regard to education and exercise. In addition the website helps with our fund-raising activities and also in regard to bid writing where potential Trusts can easily view our services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Walsall Rehabilitation And Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2023**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Charity constitution

The Trust is incorporated as a Limited Company by Guarantee from March 2005.

Organisational structure

The activities of the Trust are governed by the Trustees, all of whom are Directors, and are administered by a committee consisting of the Trustees and a senior member of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05389416 (England and Wales)

Registered Charity number

1109021

Registered office

12 Portland Street
Walsall
West Midlands
WS2 8AB

Trustees

P Griffin Director NHS (retired)
M Walsh Director NHS (retired)
P B Burns Trustee
Dr C Kerbotson Flenley General Medical Practitioner

Company Secretary

Ms S M Ursell

Independent Examiner

Haines Watts Tamworth Limited
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 23 October 2023 and signed on its behalf by:

P B Burns - Trustee

**Independent Examiner's Report to the Trustees of
Walsall Rehabilitation And Healthy
Living Trust**

Independent examiner's report to the trustees of Walsall Rehabilitation And Healthy Living Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Darren Barlow FCCA

Haines Watts Tamworth Limited
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

23 October 2023

Walsall Rehabilitation And Healthy Living Trust

**Statement of Financial Activities
for the Year Ended 31 March 2023**

	Notes	2023 Unrestricted fund £	2022 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		133,485	245,863
Charitable activities			
Rehabilitation Programmes		319,404	298,248
Aftercare Programmes		52,239	53,651
Other trading activities	2	900	2,006
Investment income	3	7,294	2,793
Other income		-	659
Total		<u>513,322</u>	<u>603,220</u>
EXPENDITURE ON			
Raising funds		23,456	18,413
Charitable activities			
Rehabilitation Programmes	4	318,077	279,919
Other		165,368	156,576
Other		7,053	4,397
Total		<u>513,954</u>	<u>459,305</u>
NET INCOME/(EXPENDITURE)		(632)	143,915
RECONCILIATION OF FUNDS			
Total funds brought forward		800,410	656,495
TOTAL FUNDS CARRIED FORWARD		<u><u>799,778</u></u>	<u><u>800,410</u></u>

**Walsall Rehabilitation And Healthy
Living Trust**

**Balance Sheet
31 March 2023**

	Notes	2023 Unrestricted fund £	2022 Total funds £
FIXED ASSETS			
Tangible assets	9	324,784	346,572
CURRENT ASSETS			
Debtors	10	-	2,300
Prepayments and accrued income		7,299	3,019
Cash at bank and in hand		487,479	474,115
		<u>494,778</u>	<u>479,434</u>
CREDITORS			
Amounts falling due within one year	11	(19,784)	(25,596)
		<u>474,994</u>	<u>453,838</u>
NET CURRENT ASSETS			
		799,778	800,410
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>799,778</u>	<u>800,410</u>
NET ASSETS			
		<u>799,778</u>	<u>800,410</u>
FUNDS	12		
Unrestricted funds		799,778	800,410
TOTAL FUNDS		<u>799,778</u>	<u>800,410</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 October 2023 and were signed on its behalf by:

P B Burns - Trustee

**Walsall Rehabilitation And Healthy
Living Trust**

**Cash Flow Statement
for the Year Ended 31 March 2023**

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	11,255	179,601
Net cash provided by operating activities		<u>11,255</u>	<u>179,601</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(160)	(16,679)
Interest received		2,269	110
Net cash provided by/(used in) investing activities		<u>2,109</u>	<u>(16,569)</u>
Change in cash and cash equivalents in the reporting period		<u>13,364</u>	<u>163,032</u>
Cash and cash equivalents at the beginning of the reporting period		<u>474,115</u>	<u>311,083</u>
Cash and cash equivalents at the end of the reporting period		<u><u>487,479</u></u>	<u><u>474,115</u></u>

The notes form part of these financial statements

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(632)	143,915
Adjustments for:		
Depreciation charges	21,948	24,497
Interest received	(2,269)	(110)
(Increase)/decrease in debtors	(1,980)	4,187
(Decrease)/increase in creditors	(5,812)	7,112
Net cash provided by operations	<u>11,255</u>	<u>179,601</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22 £	Cash flow £	At 31.3.23 £
Net cash			
Cash at bank and in hand	474,115	13,364	487,479
	<u>474,115</u>	<u>13,364</u>	<u>487,479</u>
Total	<u>474,115</u>	<u>13,364</u>	<u>487,479</u>

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company's financial statements are prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We have considered a period of twelve months from the date of approval of the financial statements.

Additionally not all events or conditions can be predicted with the event of COVID-19 pandemic, which has brought with it additional unprecedented levels of uncertainty and the inability to assess fully, therefore, the impact of that on not only the charity and its ability to meet its primary objectives but also on the support afforded by donors and overall fundraising capabilities.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	2% or 10% on cost
Plant and machinery	25% on reducing balance
Fixtures and fittings	15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Fundraising events	900	2,006
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Rents received	5,025	2,683
Deposit account interest	2,269	110
	<u> </u>	<u> </u>
	<u>7,294</u>	<u>2,793</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Rehabilitation Programmes	318,077	-	318,077
Other	21,451	143,917	165,368
	<u> </u>	<u> </u>	<u> </u>
	<u>339,528</u>	<u>143,917</u>	<u>483,445</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	21,948	24,497
Hire of plant and machinery	3,462	2,987
Independent examiner's fee	-	2,640
	<u> </u>	<u> </u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2023	2022
Medical staff	12	12
Admin staff	3	3
Fundraising staff	1	1
	<u> </u>	<u> </u>
	<u>16</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	245,863
Charitable activities	
Rehabilitation Programmes	298,248
Aftercare Programmes	53,651
Other trading activities	2,006
Investment income	2,793
Other income	659
Total	<u>603,220</u>
EXPENDITURE ON	
Raising funds	18,413
Charitable activities	
Rehabilitation Programmes	279,919
Other	156,576
Other	4,397
Total	<u>459,305</u>
NET INCOME	143,915
RECONCILIATION OF FUNDS	
Total funds brought forward	656,495
TOTAL FUNDS CARRIED FORWARD	<u><u>800,410</u></u>

9. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2022	524,554	141,241	19,137	684,932
Additions	-	160	-	160
At 31 March 2023	<u>524,554</u>	<u>141,401</u>	<u>19,137</u>	<u>685,092</u>
DEPRECIATION				
At 1 April 2022	215,694	113,972	8,694	338,360
Charge for year	13,565	6,817	1,566	21,948
At 31 March 2023	<u>229,259</u>	<u>120,789</u>	<u>10,260</u>	<u>360,308</u>
NET BOOK VALUE				
At 31 March 2023	<u>295,295</u>	<u>20,612</u>	<u>8,877</u>	<u>324,784</u>
At 31 March 2022	<u>308,860</u>	<u>27,269</u>	<u>10,443</u>	<u>346,572</u>

9. TANGIBLE FIXED ASSETS - continued

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	-	2,300
	<u> </u>	<u> </u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	-	674
Social security and other taxes	8,425	8,605
Accrued expenses	11,359	16,317
	<u> </u>	<u> </u>
	<u>19,784</u>	<u>25,596</u>

12. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	800,410	(632)	799,778
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>800,410</u>	<u>(632)</u>	<u>799,778</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	513,322	(513,954)	(632)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>513,322</u>	<u>(513,954)</u>	<u>(632)</u>

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	656,495	143,915	800,410
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>656,495</u>	<u>143,915</u>	<u>800,410</u>

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	603,220	(459,305)	143,915
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>603,220</u>	<u>(459,305)</u>	<u>143,915</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	656,495	143,283	799,778
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>656,495</u>	<u>143,283</u>	<u>799,778</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,116,542	(973,259)	143,283
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>1,116,542</u>	<u>(973,259)</u>	<u>143,283</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

**Walsall Rehabilitation And Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2023**

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	59,003	119,548
Legacies	74,482	126,315
	<u>133,485</u>	<u>245,863</u>
Other trading activities		
Fundraising events	900	2,006
Investment income		
Rents received	5,025	2,683
Deposit account interest	2,269	110
	<u>7,294</u>	<u>2,793</u>
Charitable activities		
Walsall Clinical Commissioning	319,404	298,248
Aftercare	52,239	53,651
	<u>371,643</u>	<u>351,899</u>
Other income		
Government grants	-	659
	<u>-</u>	<u>659</u>
Total incoming resources	513,322	603,220
EXPENDITURE		
Raising donations and legacies		
Wages	23,456	18,413
Charitable activities		
Wages	310,237	271,418
Insurance	366	304
Sundries	177	1,211
Medical supplies	7,840	8,501
Training costs	(1,040)	-
Depreciation of tangible fixed assets	21,948	22,680
	<u>339,528</u>	<u>304,114</u>
Other		
Wages Service	1,728	1,757
Accountancy Fees	2,000	2,640
Professional and legal	3,325	-
	<u>7,053</u>	<u>4,397</u>
Support costs		
Management		
Wages	58,550	61,691
Carried forward	58,550	61,691

This page does not form part of the statutory financial statements

**Walsall Rehabilitation And Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2023**

	2023 £	2022 £
Management		
Brought forward	58,550	61,691
Hire of plant and machinery	3,462	2,987
Rates and water	12,772	10,736
Light and heat	10,397	9,104
Telephone	4,014	3,663
Postage and stationery	4,264	3,336
Travelling Expenses	739	252
Repairs	15,906	9,604
Cleaning materials	15,504	17,107
Sundry office expenses	9,121	6,913
IT expenses	9,163	6,985
	<u>143,892</u>	<u>132,378</u>
Finance		
Bank charges	25	3
Total resources expended	<u>513,954</u>	<u>459,305</u>
Net (expenditure)/income	<u>(632)</u>	<u>143,915</u>

Walsall Rehabilitation and Healthy Living Trust

England & Wales - Charity number 1109021

Accounts

REGISTERED COMPANY NUMBER: 05389416 (England and Wales)
REGISTERED CHARITY NUMBER: 1109021

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2022
for
Walsall Rehabilitation and Healthy
Living Trust**

Haines Watts Tamworth Limited
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

**Walsall Rehabilitation and Healthy
Living Trust**

**Contents of the Financial Statements
for the Year Ended 31 March 2022**

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Walsall Rehabilitation and Healthy Living Trust

**Report of the Trustees
for the Year Ended 31 March 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

Trustees' Responsibilities

The responsibilities of the Trustees are detailed on page 5.

Trustees will attend Charity Law updates to ensure that the Charity is compliant and have included a routine item on the agenda for Risk Management. A Risk Management policy and action plan has been drawn up.

The Charity Trustees therefore give on-going consideration to the major risks to which the charity is exposed and satisfy themselves that strategies, systems and procedures have been established in order to manage those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve sickness and protect the health of persons suffering or at risk from diseases, complaints or hereditary conditions of the cardiovascular system, circulatory system and respiratory system or other long term conditions.

Significant activities

Development, Activities and Achievements

The Trust continues to be part funded by the Walsall Clinical Commissioning Group (due to restructure this is now the NHS Black Country & West Birmingham CCG) based on new cardiac and pulmonary patient referrals.

Heart Care has continued with some of the changes made through COVID pandemic as these have proved to be successful and gives better access to those who would not have normally attended the Unit. Therefore we are still undertaking all the initial interviews by phone, providing a home exercise and/or web based programme co-ordinated by the Exercise Physiologist and nurse support programme for those who are unable to exercise but want advice and support over 8 weeks where goals are set and agreed. Our tailor-made rehabilitation programmes therefore continue for all appropriate patients referred, with 100% of patients having a personalised care plan supported by professionally trained and experienced personnel. Staff ascertain and agree with the patient the best pathway, including relevant advice, structured programme, tai chi (either face to face or via zoom) and/or home /web based programmes.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Cardiac Rehabilitation

The Trust has achieved the National Certification Programme for Cardiac Rehabilitation status for the fourth year in a row.

Cardiac referrals have been affected during the COVID pandemic and this continues to be the case as waiting times have increased for elected procedures. However, we have still received 780 referrals with 93% of patients being given an appointment.

The majority of referrals were received from New Cross Hospital (73%) with Walsall Manor Hospital 14% and GP 7%.

The majority of patients were white British with 11% ethnic minority patients. 68% of patients were male and 32% female, a similar split to previous years.

All patients who start the exercise programme are given a baseline assessment, 100%.

Statistics:

- 63% who had been given an appointment received clinical input
- 70% who received clinical input started an exercise programme
- 84% of those who received clinical input completed a programme (Nurse Support Programme, Unit exercise programme, home based/web programme). Where patients cannot get into the Unit patients are reassessed over the telephone using the baseline at interview/first assessment, although there are 31 patients still on one of the programme.
- 87% of patients who commenced an exercise programme completed it.

We continue to provide some short exercise sessions via our own website if patients can't access the Unit, including Tai Chi. Patients have moved between programmes and therefore it has been difficult to access exact improvements, however, the majority of patients have improved fitness and risk factor outcomes such as quit smoking, reduced anxiety and depression, and reduced blood pressure. These are recorded and reported to the CCG accordingly on a quarterly basis.

Many patients improved their eating habits, increasing fruit and vegetables and reducing salt, fast foods and alcohol.

All patients completing a programme are reassessed and are given a long-term maintenance plan and a letter sent to their GP communicating their outcomes.

Goal setting continues within all programmes with 94% of patients achieving all or part of the goals.

Of those patients who defaulted, 42% could not be contacted and 25% did not want any further input or were not interested. 19% of patients were either too poorly or waiting for further intervention. Patients who default at any stage of the rehabilitation programme will be contacted by phone or letter to ascertain the reasons and where possible accommodated at a later stage and a letter is sent to their GP advising them of the current situation.

Actions agreed to increase the service to all patients

- Patients who do not want to attend any of the exercise programmes, are encouraged to join the nurse support programme where they look at reducing their risk factors, increasing their physical activities and agree goals over the next few months. These patients will then receive a telephone reassessment based on initial baselines.
- Any patient who DNA's whilst on the course will receive a telephone reassessment.
- All patients who return to work should be offered evening sessions (if suitable) or a home/web programme. At the least they should have agreed goals and a telephone reassessment.
- All patients unable to access the Unit due to transport should have a home programme or at least have agreed goals and a telephone reassessment.

We are continually marketing our service to the Local GPs and are reviewing our patient support group to ensure we are offering a wide range of activities that patients need for their on-going progress.

Pulmonary Rehabilitation

296 patients have been referred, much lower than last year. The majority of these have been referred from Practice Nurses (59%).

Walsall Rehabilitation and Healthy Living Trust

Report of the Trustees for the Year Ended 31 March 2022

56% of referred patients had clinical input.

52% completed either the exercise programme or nurse support, although 5 are still on the course.

Clinical improvements include: improved fitness, weight loss, anxiety and depression scores, SATs, COPD Assessment Test scores, blood pressure and perception of their condition.

There are still a higher proportion of patients being referred within the older age range, however, we are continuing to receive referrals for patients in the age range 40-59 which is encouraging and will continue to promote this to GPs and Practice Nurses.

The tai chi sessions are continuing to be well attended by all groups of patients and we have now returned to face to face sessions with limited numbers to keep a 2 metre distance. As previously stated there are still some short sessions on a website for patients to follow.

Unfortunately our singing classes have only just started with a low take up however, we will continue to promote these to our own patients and within GP surgeries to hopefully build up the numbers.

The staff continue to provide one-to-one education for patients, although we now have support from the Community Physiotherapy Team.

32% of patients could not be contacted, were uninterested or were inappropriate.

34% of patients were too ill to attend.

After Care

After care sessions continue for patients who have completed any of the above free courses and wish to continue exercising at Heart Care. These patients continue to be monitored by the Clinical Team to maintain their lifestyle and fitness.

FINANCIAL REVIEW

Principal funding sources

The Trustees continue to be committed to raising additional funds with the Community Fund-raiser now able to organise some fund-raising activities, however, the Trust continue to apply for Trust funding as a main source of funding at the moment.

The cardiac and pulmonary rehabilitation contracts continue with the Black Country & West Birmingham Clinical Commissioning Group and targets reviewed on a quarterly basis. The contract will come up for a review in 2023.

We are continuing to promote our service to GPs for all patients who may have long term conditions and would benefit from our service.

Investment policy and objectives

Any investments or land belonging to the Trust, other than monies required for ordinary expenditure of the Trust, shall be vested with such concense as may be necessary in the official Custodian for Charities. The Trust Deed authorises the Trustees to make and hold investments using the general funds of the Charity.

Reserves policy

The board have agreed a reserves policy covering 12 months running costs of the Trust, enabling support programmes, at all stages of completion, to be seen through to their conclusion.

We are continuing to promote our service to GPs for all patients who may have long term conditions and would benefit from our service and have agreed to provide the first 12 sessions at a low cost to try and encourage more people to use the facilities.

FUTURE PLANS

Heart Care continues to work closely with the Commissioners as well as the local public to promote all services.

The website continues to gain followers and by including more information through facebook we feel that we are reaching more patients and the general public informing them of the work that we are doing and giving them support in regard to education and exercise. In addition the website helps with our fund-raising activities and also in regard to bid writing where potential Trusts can easily view our services.

**Walsall Rehabilitation and Healthy
Living Trust**

**Report of the Trustees
for the Year Ended 31 March 2022**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

The Trust is incorporated as a Limited Company by Guarantee from March 2005.

Organisational structure

The activities of the Trust are governed by the Trustees, all of whom are Directors, and are administered by a committee consisting of the Trustees and a senior member of staff.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05389416 (England and Wales)

Registered Charity number

1109021

Registered office

12 Portland Street
Walsall
West Midlands
WS2 8AB

Trustees

P Griffin Director NHS (retired)
M Walsh Director NHS (retired)
E B Watts Retired (resigned 24.4.21)
P B Burns Trustee
Dr C Kerbotson Flenley General Medical Practitioner (appointed 19.5.21)

Company Secretary

Ms S M Ursell

Independent Examiner

Haines Watts Tamworth Limited
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 2 December 2022 and signed on its behalf by:

P B Burns - Trustee

**Independent Examiner's Report to the Trustees of
Walsall Rehabilitation and Healthy
Living Trust**

Independent examiner's report to the trustees of Walsall Rehabilitation and Healthy Living Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Association of Chartered Certified Accountants which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Darren Barlow FCCA
Association of Chartered Certified Accountants
Haines Watts Tamworth Limited
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

2 December 2022

Walsall Rehabilitation and Healthy Living Trust

**Statement of Financial Activities
for the Year Ended 31 March 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		245,863	106,968
Charitable activities			
Rehabilitation Programmes		298,248	281,286
Aftercare Programmes		53,651	13,983
Other trading activities	2	2,006	9,531
Investment income	3	2,793	1,392
Other income		659	24,146
Total		<u>603,220</u>	<u>437,306</u>
EXPENDITURE ON			
Raising funds		18,413	20,290
Charitable activities			
Rehabilitation Programmes	4	279,919	255,893
Other		156,576	140,734
Other		4,397	4,725
Total		<u>459,305</u>	<u>421,642</u>
NET INCOME		143,915	15,664
RECONCILIATION OF FUNDS			
Total funds brought forward		656,495	640,831
TOTAL FUNDS CARRIED FORWARD		<u><u>800,410</u></u>	<u><u>656,495</u></u>

**Walsall Rehabilitation and Healthy
Living Trust**

**Balance Sheet
31 March 2022**

		2022 Unrestricted fund £	2021 Total funds £
FIXED ASSETS	Notes		
Tangible assets	9	346,572	354,390
CURRENT ASSETS			
Debtors	10	2,300	2,695
Prepayments and accrued income		3,019	6,811
Cash at bank and in hand		474,114	311,083
		<u>479,433</u>	<u>320,589</u>
CREDITORS			
Amounts falling due within one year	11	(25,595)	(18,484)
		<u>453,838</u>	<u>302,105</u>
NET CURRENT ASSETS			
		800,410	656,495
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>800,410</u>	<u>656,495</u>
NET ASSETS			
		<u>800,410</u>	<u>656,495</u>
FUNDS	12		
Unrestricted funds		<u>800,410</u>	<u>656,495</u>
TOTAL FUNDS		<u>800,410</u>	<u>656,495</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2 December 2022 and were signed on its behalf by:

P B Burns - Trustee

**Walsall Rehabilitation and Healthy
Living Trust**

**Cash Flow Statement
for the Year Ended 31 March 2022**

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	179,600	24,128
Net cash provided by operating activities		179,600	24,128
Cash flows from investing activities			
Purchase of tangible fixed assets		(16,679)	(10,208)
Interest received		110	152
Net cash used in investing activities		(16,569)	(10,056)
Change in cash and cash equivalents in the reporting period		163,031	14,072
Cash and cash equivalents at the beginning of the reporting period		311,083	297,011
Cash and cash equivalents at the end of the reporting period		474,114	311,083

The notes form part of these financial statements

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income for the reporting period (as per the Statement of Financial Activities)	143,915	15,664
Adjustments for:		
Depreciation charges	24,497	23,936
Interest received	(110)	(152)
Decrease/(increase) in debtors	4,187	(2,438)
Increase/(decrease) in creditors	7,111	(12,882)
	<u>179,600</u>	<u>24,128</u>
Net cash provided by operations	<u>179,600</u>	<u>24,128</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21 £	Cash flow £	At 31.3.22 £
Net cash			
Cash at bank and in hand	311,083	163,031	474,114
	<u>311,083</u>	<u>163,031</u>	<u>474,114</u>
Total	<u>311,083</u>	<u>163,031</u>	<u>474,114</u>

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company's financial statements are prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We have considered a period of twelve months from the date of approval of the financial statements.

Additionally not all events or conditions can be predicted with the event of COVID-19 pandemic, which has brought with it additional unprecedented levels of uncertainty and the inability to assess fully, therefore, the impact of that on not only the charity and its ability to meet its primary objectives but also on the support afforded by donors and overall fundraising capabilities.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	2% or 10% on cost
Plant and machinery	25% on reducing balance
Fixtures and fittings	15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Fundraising events	<u>2,006</u>	<u>9,531</u>

3. INVESTMENT INCOME

	2022	2021
	£	£
Rents received	2,683	1,240
Deposit account interest	110	152
	<u>2,793</u>	<u>1,392</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs £	Totals £
Rehabilitation Programmes	279,919	-	279,919
Other	24,195	132,381	156,576
	<u>304,114</u>	<u>132,381</u>	<u>436,495</u>

5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	24,497	23,936
Hire of plant and machinery	2,987	4,224
Independent examiner's fee	<u>2,640</u>	<u>3,130</u>

6. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

7. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Medical staff	12	12
Admin staff	3	3
Fundraising staff	1	1
	<u>16</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	106,968
Charitable activities	
Rehabilitation Programmes	281,286
Aftercare Programmes	13,983
Other trading activities	9,531
Investment income	1,392
Other income	24,146
Total	<u>437,306</u>
EXPENDITURE ON	
Raising funds	20,290
Charitable activities	
Rehabilitation Programmes	255,893
Other	140,734
Other	4,725
Total	<u>421,642</u>
NET INCOME	15,664
RECONCILIATION OF FUNDS	
Total funds brought forward	640,831
TOTAL FUNDS CARRIED FORWARD	<u><u>656,495</u></u>

9. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2021	524,554	135,041	8,658	668,253
Additions	-	6,200	10,479	16,679
At 31 March 2022	<u>524,554</u>	<u>141,241</u>	<u>19,137</u>	<u>684,932</u>
DEPRECIATION				
At 1 April 2021	202,130	104,882	6,851	313,863
Charge for year	13,564	9,090	1,843	24,497
At 31 March 2022	<u>215,694</u>	<u>113,972</u>	<u>8,694</u>	<u>338,360</u>
NET BOOK VALUE				
At 31 March 2022	<u>308,860</u>	<u>27,269</u>	<u>10,443</u>	<u>346,572</u>
At 31 March 2021	<u>322,424</u>	<u>30,159</u>	<u>1,807</u>	<u>354,390</u>

9. TANGIBLE FIXED ASSETS - continued

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	2,300	2,695
	<u>2,300</u>	<u>2,695</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	673	6,358
Social security and other taxes	8,605	6,455
Accrued expenses	16,317	5,671
	<u>25,595</u>	<u>18,484</u>

12. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	656,495	143,915	800,410
	<u>656,495</u>	<u>143,915</u>	<u>800,410</u>
TOTAL FUNDS	<u>656,495</u>	<u>143,915</u>	<u>800,410</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	603,220	(459,305)	143,915
	<u>603,220</u>	<u>(459,305)</u>	<u>143,915</u>
TOTAL FUNDS	<u>603,220</u>	<u>(459,305)</u>	<u>143,915</u>

Comparatives for movement in funds

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	640,831	15,664	656,495
	<u>640,831</u>	<u>15,664</u>	<u>656,495</u>
TOTAL FUNDS	<u>640,831</u>	<u>15,664</u>	<u>656,495</u>

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	437,306	(421,642)	15,664
TOTAL FUNDS	<u>437,306</u>	<u>(421,642)</u>	<u>15,664</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	640,831	159,579	800,410
TOTAL FUNDS	<u>640,831</u>	<u>159,579</u>	<u>800,410</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,040,526	(880,947)	159,579
TOTAL FUNDS	<u>1,040,526</u>	<u>(880,947)</u>	<u>159,579</u>

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

**Walsall Rehabilitation and Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2022**

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	119,548	106,968
Legacies	126,315	-
	<u>245,863</u>	<u>106,968</u>
Other trading activities		
Fundraising events	2,006	9,531
Investment income		
Rents received	2,683	1,240
Deposit account interest	110	152
	<u>2,793</u>	<u>1,392</u>
Charitable activities		
Walsall Clinical Commissioning	298,248	281,286
Aftercare	53,651	13,983
	<u>351,899</u>	<u>295,269</u>
Other income		
Government grants	659	24,146
	<u>603,220</u>	<u>437,306</u>
Total incoming resources		
EXPENDITURE		
Raising donations and legacies		
Wages	18,413	19,992
Other trading activities		
Bad debts	-	298
Charitable activities		
Wages	271,418	244,710
Insurance	304	-
Sundries	1,211	-
Medical supplies	8,501	11,183
Training costs	-	(232)
Depreciation of tangible fixed assets	22,680	23,936
	<u>304,114</u>	<u>279,597</u>
Other		
Wages Service	1,757	1,595
Accountancy Fees	2,640	3,130
	<u>4,397</u>	<u>4,725</u>
Support costs		

**Walsall Rehabilitation and Healthy
Living Trust**

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2022**

	2022	2021
	£	£
Support costs		
Management		
Wages	61,691	61,339
Hire of plant and machinery	2,987	4,224
Rates and water	10,736	11,784
Light and heat	9,104	7,937
Telephone	3,663	3,432
Postage and stationery	3,336	2,661
Travelling Expenses	252	(4)
Repairs	9,604	8,700
Cleaning materials	17,107	10,137
Sundry office expenses	6,913	1,173
IT expenses	6,985	5,647
	<u>132,378</u>	<u>117,030</u>
Finance		
Bank charges	3	-
Total resources expended	<u>459,305</u>	<u>421,642</u>
Net income	<u><u>143,915</u></u>	<u><u>15,664</u></u>

Walsall Rehabilitation and Healthy Living Trust

England & Wales - Charity number 1109021

Accounts

REGISTERED COMPANY NUMBER: 05389416 (England and Wales)
REGISTERED CHARITY NUMBER: 1109021

**Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 March 2021
for
Walsall Rehabilitation and Healthy
Living Trust**

Haines Watts
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

**Walsall Rehabilitation and Healthy
Living Trust**

**Contents of the Financial Statements
for the Year Ended 31 March 2021**

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**Report of the Trustees
for the Year Ended 31 March 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

Trustees' Responsibilities

The responsibilities of the Trustees are detailed on page 5.

Trustees will attend Charity Law updates to ensure that the Charity is compliant and have included a routine item on the agenda for Risk Management. A Risk Management policy and action plan has been drawn up.

The Charity Trustees therefore give on-going consideration to the major risks to which the charity is exposed and satisfy themselves that strategies, systems and procedures have been established in order to manage those risks.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to relieve sickness and protect the health of persons suffering or at risk from diseases, complaints or hereditary conditions of the cardiovascular system, circulatory system and respiratory system or other long term conditions.

Significant activities

Development, Activities and Achievements

The Trust continues to be part funded by the Walsall Clinical Commissioning Group based on new cardiac and pulmonary patient referrals.

Due to the COVID-19 pandemic Heart Care has had to adjust its programmes to adhere to the restrictive measures enforced by the Government. These adjustments included changing all initial interviews to phone contacts, providing a home exercise or web based programme co-ordinated by the Exercise Physiologist and introducing a new support nurse programme for those who were unable to exercise but wanted advice and support over 8 weeks where goals were set and agreed. We therefore have managed to continue to provide tailor-made rehabilitation programmes for all appropriate patients referred, with 100% of patients having a personalised care plan and where appropriate home exercise programme supported by professionally trained and experienced personnel. Staff ascertain and agree with the patient the best pathway, including relevant advice, structured programme (when we were open), tai chi (either face to face when possible or via zoom) and/or home /web based programmes.

A full COVID risk assessment was undertaken on a regular basis to keep both staff and patients safe. Some of the changes made such as wearing of masks when not exercising, trying to social distance, provision of hand sanitisers and contactless pay will continue for the foreseeable future.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Cardiac Rehabilitation

The Trust has achieved the National Certification Programme for Cardiac Rehabilitation status for the third year in a row.

Due to the pandemic referrals did drop, due to the fact, that the elective surgeries were cancelled and therefore the majority of patients referred had emergency surgery or patients had suffered an event. Patients were therefore more poorly and so the new nurse programme was ideal and although from April we have started to see patients face to face the new programmes have remained in place.

Total cardiac referrals for this year were 607 a reduction, which was anticipated, but with 93% being given appointments which was the same as last year.

The majority of referrals were received from either New Cross Hospital (84%).

69% of patients were male and 31% female, the same as last year.

Statistics:

" 68% received clinical input

" 58% who received clinical input started an exercise programme, this includes the home or web programmes. Although this is lower than previous years due to the pandemic many of the patients opted for the nurse support programme

" 90% of those who received clinical input completed a programme (education, Unit exercise programme, home based/web programme or nurse support programme) - due to the circumstances some of these patients were reassessed over the telephone. This is higher than last year and accounts for those patients opting for the nurse support programme

The total number of patients who completed a relevant programme during the year is 398. We have continued to provide some short exercise sessions via Facebook and our own website to try and keep patients active.

Many patients improved their fitness and risk factor outcomes such as quit smoking, reduced anxiety and depression, and reduced blood pressure.

Many patients improved their eating habits, increasing fruit and vegetables and reducing salt, fast and alcohol.

All patients completing are reassessed and are given a long term maintenance plan and a letter sent to their GP communicating their outcomes.

Due to the pandemic many of these improvements were self-reported.

Goal setting continues within all programmes.

Of those patients who defaulted, 49% could not be contacted. Patients who default at any stage of the rehabilitation programme will be contacted by phone or letter to ascertain the reasons and where possible accommodated at a later stage and a letter is sent to their GP advising them of the current situation.

Result of Actions agreed to increase the service to all patients

Actions from last year remain in place however the main action for this year was the inclusion of the nurse support programme

We have continually marketed our service through the pandemic to the Local GPs ensuring them that we were still able to provide a safe service to their patients if required.

Pulmonary Rehabilitation

141 patients have been referred, much lower than last year but this was greatly influenced by patients not being able to attend their GP Practice during the pandemic. The majority of these have been referred from the GPs (44%) and Practice Nurses (39%)

**Report of the Trustees
for the Year Ended 31 March 2021**

There are still a higher proportion of patients being referred within the older age range, however, we are continuing to receive referrals for patients in the age range 40-59 which is encouraging and will continue to promote this to GPs and Practice Nurses now that we are back open.

The tai chi sessions eventually were able to continue through zoom during the pandemic.

We are now promoting our service to GPs for all patients who may be suffering from Long COVID.

Unfortunately, our singing classes had only just recommenced in January 2020, following one of our volunteers undertaking the training, however, due to lockdown these had to stop and unfortunately have not been recommenced at the present time.

Clinical improvements include: improved fitness, weight loss, anxiety and depression scores, SATs, COPD Assessment Test scores, blood pressure and perception of their condition.

The staff have continued to educate patients on a one to one basis.

After care sessions had to remain cancelled as they fell under a gym environment but we have been able to recommence from April 2021.

The Trustees continue to be committed to raising additional funds with their Community Fund-raiser and although the community activities had to cease she has been successful in securing a number of grants, particularly to support the additional funding required for PPE.

FINANCIAL REVIEW

Principal funding sources

The cardiac and pulmonary rehabilitation contracts continue with the Walsall Clinical Commissioning Group and targets reviewed on a quarterly basis. It has now been agreed that the contract will be on a rolling basis.

Investment policy and objectives

Any investments or land belonging to the Trust, other than monies required for ordinary expenditure of the Trust, shall be vested with such concense as may be necessary in the official Custodian for Charities. The Trust Deed authorises the Trustees to make and hold investments using the general funds of the Charity.

Reserves policy

The board have agreed a reserves policy covering 12 months running costs of the Trust, enabling support programmes, at all stages of completion, to be seen through to their conclusion.

We are continuing to promote our service to GPs for all patients who may have long term conditions and would benefit from our service and have agreed to provide the first 12 sessions at a low cost to try and encourage more people to use the facilities.

FUTURE PLANS

Heart Care continues to work closely with the Walsall Commissioners.

The website continues to gain followers and by including more information through Facebook we feel that we are reaching more patients and the general public informing them of them work that we are doing and giving them support in regard to education and exercise. This has been particularly true during the pandemic where we have been able to regularly inform all our patients the ever-changing position. In addition, the website helps with our fund-raising activities and also in regard to bid writing where potential Trusts can easily view our services.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Charity constitution

The Trust is incorporated as a Limited Company by Guarantee from March 2005.

Organisational structure

The activities of the Trust are governed by the Trustees, all of whom are Directors, and are administered by a committee consisting of the Trustees and a senior member of staff.

**Report of the Trustees
for the Year Ended 31 March 2021**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
05389416 (England and Wales)

Registered Charity number
1109021

Registered office
12 Portland Street
Walsall
West Midlands
WS2 8AB

Trustees

C E Blakemore Company Director (retired) (resigned 1.11.20)
P Griffin Director NHS (retired)
Dr A K Haire General Medical Practitioner
M Walsh Director NHS (retired)
E B Watts Retired
P B Burns Trustee (appointed 1.11.20)

Company Secretary
Ms S M Ursell

Independent Examiner

Haines Watts
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 15 December 2021 and signed on its behalf by:

P B Burns - Trustee

**Walsall Rehabilitation and Healthy
Living Trust**

**Statement of Trustees' Responsibilities
for the Year Ended 31 March 2021**

The trustees (who are also the directors of Walsall Rehabilitation and Healthy Living Trust for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- 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 which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Independent Examiner's Report to the Trustees of
Walsall Rehabilitation and Healthy
Living Trust**

Independent examiner's report to the trustees of Walsall Rehabilitation and Healthy Living Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Association of Chartered Certified Accountants which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Darren Barlow FCCA
Association of Chartered Certified Accountants
Haines Watts
Sterling House
97 Lichfield Street
Tamworth
Staffordshire
B79 7QF

15 December 2021

Walsall Rehabilitation and Healthy Living Trust

**Statement of Financial Activities
for the Year Ended 31 March 2021**

		2021 Unrestricted fund £	2020 Total funds £
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	106,968	127,283
Charitable activities	5		
Rehabilitation Programmes		281,286	281,279
Aftercare Programmes		13,983	81,781
Other trading activities	3	9,531	20,296
Investment income	4	1,392	5,662
Other income		24,146	-
Total		<u>437,306</u>	<u>516,301</u>
EXPENDITURE ON			
Raising funds	6	20,290	19,682
Charitable activities	7		
Rehabilitation Programmes		255,893	292,760
Other		140,734	152,664
Other		4,725	3,902
Total		<u>421,642</u>	<u>469,008</u>
NET INCOME		<u>15,664</u>	<u>47,293</u>
RECONCILIATION OF FUNDS			
Total funds brought forward		640,831	593,538
TOTAL FUNDS CARRIED FORWARD		<u><u>656,495</u></u>	<u><u>640,831</u></u>

**Walsall Rehabilitation and Healthy
Living Trust (Registered number: 05389416)**

**Balance Sheet
31 March 2021**

	Notes	2021 Unrestricted fund £	2020 Total funds £
FIXED ASSETS			
Tangible assets	13	354,390	368,118
CURRENT ASSETS			
Debtors	14	2,695	-
Prepayments and accrued income		6,811	7,068
Cash at bank and in hand		311,083	297,011
		<u>320,589</u>	<u>304,079</u>
CREDITORS			
Amounts falling due within one year	15	(18,484)	(31,366)
		<u>302,105</u>	<u>272,713</u>
NET CURRENT ASSETS			
		<u>656,495</u>	<u>640,831</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>656,495</u>	<u>640,831</u>
NET ASSETS			
		<u>656,495</u>	<u>640,831</u>
FUNDS	16		
Unrestricted funds		<u>656,495</u>	<u>640,831</u>
TOTAL FUNDS		<u>656,495</u>	<u>640,831</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15 December 2021 and were signed on its behalf by:

P B Burns - Trustee

**Walsall Rehabilitation and Healthy
Living Trust**

**Cash Flow Statement
for the Year Ended 31 March 2021**

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	24,128	87,743
Net cash provided by operating activities		<u>24,128</u>	<u>87,743</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(10,208)	(19,586)
Interest received		152	473
Net cash used in investing activities		<u>(10,056)</u>	<u>(19,113)</u>
Change in cash and cash equivalents in the reporting period		<u>14,072</u>	<u>68,630</u>
Cash and cash equivalents at the beginning of the reporting period		<u>297,011</u>	<u>228,381</u>
Cash and cash equivalents at the end of the reporting period		<u><u>311,083</u></u>	<u><u>297,011</u></u>

The notes form part of these financial statements

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net income for the reporting period (as per the Statement of Financial Activities)	15,664	47,293
Adjustments for:		
Depreciation charges	23,936	18,345
Interest received	(152)	(473)
(Increase)/decrease in debtors	(2,438)	15,897
(Decrease)/increase in creditors	(12,882)	6,681
Net cash provided by operations	<u>24,128</u>	<u>87,743</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.20 £	Cash flow £	At 31.3.21 £
Net cash			
Cash at bank and in hand	297,011	14,072	311,083
	<u>297,011</u>	<u>14,072</u>	<u>311,083</u>
Total	<u>297,011</u>	<u>14,072</u>	<u>311,083</u>

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company's financial statements are prepared on a going concern basis on the grounds that current and future sources of funding or support will be more than adequate for the charitable company's needs. We have considered a period of twelve months from the date of approval of the financial statements.

Additionally not all events or conditions can be predicted with the event of COVID-19 pandemic, which has brought with it additional unprecedented levels of uncertainty and the inability to assess fully, therefore, the impact of that on not only the charity and its ability to meet its primary objectives but also on the support afforded by donors and overall fundraising capabilities.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	2% or 10% on cost
Plant and machinery	25% on reducing balance
Fixtures and fittings	15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

2. DONATIONS AND LEGACIES		2021	2020
		£	£
Donations		<u>106,968</u>	<u>127,283</u>
3. OTHER TRADING ACTIVITIES		2021	2020
		£	£
Fundraising events		<u>9,531</u>	<u>20,296</u>
4. INVESTMENT INCOME		2021	2020
		£	£
Rents received		1,240	5,189
Deposit account interest		152	473
		<u>1,392</u>	<u>5,662</u>
5. INCOME FROM CHARITABLE ACTIVITIES		2021	2020
	Activity	£	£
Walsall Clinical Commissioning Aftercare	Rehabilitation Programmes	281,286	281,279
	Aftercare Programmes	13,983	81,781
		<u>295,269</u>	<u>363,060</u>
6. RAISING FUNDS			
Raising donations and legacies		2021	2020
		£	£
Staff costs		19,992	18,339
Sundries		-	1,343
		<u>19,992</u>	<u>19,682</u>
Other trading activities		2021	2020
		£	£
Bad debts		<u>298</u>	<u>-</u>
Aggregate amounts		<u>20,290</u>	<u>19,682</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Rehabilitation Programmes	255,893	-	255,893
Other	23,704	117,030	140,734
	<u>279,597</u>	<u>117,030</u>	<u>396,627</u>

8. SUPPORT COSTS

	Management £
Other	117,030
	<u>117,030</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021 £	2020 £
Depreciation - owned assets	23,936	18,345
Hire of plant and machinery	4,224	4,906
Independent examiner's fee	3,130	2,606
	<u>31,290</u>	<u>25,857</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

11. STAFF COSTS

	2021 £	2020 £
Wages and salaries	326,041	347,149
	<u>326,041</u>	<u>347,149</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Medical staff	12	12
Admin staff	3	3
Fundraising staff	1	1
	<u>16</u>	<u>16</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	127,283
Charitable activities	
Rehabilitation Programmes	281,279
Aftercare Programmes	81,781
Other trading activities	20,296
Investment income	5,662
Total	<u>516,301</u>
EXPENDITURE ON	
Raising funds	19,682
Charitable activities	
Rehabilitation Programmes	292,760
Other	152,664
Other	3,902
Total	<u>469,008</u>
NET INCOME	<u>47,293</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	593,538
TOTAL FUNDS CARRIED FORWARD	<u><u>640,831</u></u>

13. TANGIBLE FIXED ASSETS

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2020	524,554	125,945	7,546	658,045
Additions	-	9,096	1,112	10,208
At 31 March 2021	<u>524,554</u>	<u>135,041</u>	<u>8,658</u>	<u>668,253</u>
DEPRECIATION				
At 1 April 2020	188,565	94,830	6,532	289,927
Charge for year	13,565	10,052	319	23,936
At 31 March 2021	<u>202,130</u>	<u>104,882</u>	<u>6,851</u>	<u>313,863</u>
NET BOOK VALUE				
At 31 March 2021	<u>322,424</u>	<u>30,159</u>	<u>1,807</u>	<u>354,390</u>
At 31 March 2020	<u>335,989</u>	<u>31,115</u>	<u>1,014</u>	<u>368,118</u>

13. TANGIBLE FIXED ASSETS - continued

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	2,695	-

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	6,358	13,186
Social security and other taxes	6,455	-
Accrued expenses	5,671	18,180
	<u>18,484</u>	<u>31,366</u>

16. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	640,831	15,664	656,495
TOTAL FUNDS	<u>640,831</u>	<u>15,664</u>	<u>656,495</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	437,306	(421,642)	15,664
TOTAL FUNDS	<u>437,306</u>	<u>(421,642)</u>	<u>15,664</u>

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	593,538	47,293	640,831
TOTAL FUNDS	<u>593,538</u>	<u>47,293</u>	<u>640,831</u>

16. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	516,301	(469,008)	47,293
TOTAL FUNDS	<u>516,301</u>	<u>(469,008)</u>	<u>47,293</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	593,538	62,957	656,495
TOTAL FUNDS	<u>593,538</u>	<u>62,957</u>	<u>656,495</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	953,607	(890,650)	62,957
TOTAL FUNDS	<u>953,607</u>	<u>(890,650)</u>	<u>62,957</u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.