

# THE SUNDERLAND CARDIAC SUPPORT GROUP

England & Wales · Charity number 1126524

## Details

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**Status** Registered

**Legal form** Other

**Registered** 2008-10-31

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

## Contact

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**Address** Bethany City Church  
Bede Tower  
Burdon Road  
Sunderland  
SR2 7EA

**Phone** 01915486059

**Email** [hello@sunderlandcardiac.org.uk](mailto:hello@sunderlandcardiac.org.uk)

**Website** [www.sunderlandcardiac.org.uk](http://www.sunderlandcardiac.org.uk)

## Activities

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**Objects:** 3 The advancement of health or the saving of lives of those in need of relief or support in the recovery, rehabilitation or prevention of heart problems, their partners, relatives and carers for the public benefit of those that reside in the City of Sunderland or surrounding areas, by the provision of activities that are aimed at improving health and wellbeing, and reducing the stress and trauma of heart problems.

**Activities:** Providing relief or support in the recovery, rehabilitation or prevention of heart problems, their partners, relatives and carers for those that reside in the City of Sunderland or surrounding areas, by the provision of activities that are aimed at improving health and wellbeing, and reducing the stress and trauma of heart problems, these include weekly exercise sessions and monthly socials.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Recreation
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

- **Area of benefit:** UNDEFINED, IN PRACTICE
- Durham
- South Tyneside
- Sunderland

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,590	£13,820	-	-
2024-03-31	£29,738	£15,390	-	-
2023-03-31	£3,718	£15,846	-	-
2022-03-31	£2,833	£10,405	-	-
2021-03-31	£7,098	£1,916	-	-

## Trustees

Name	Role	Appointed
Helen Margaret Forrest		2025-03-11
JAMES WILLIAM BOWES		2018-04-01
Janet Stevens		2025-05-08
Maurice Stevens		2025-05-08
PAMELA REID		2011-12-30
Ronald Thompson		2024-05-09

**THE SUNDERLAND CARDIAC SUPPORT GROUP**

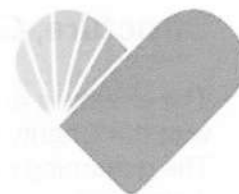
England & Wales - Charity number 1126524

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# Accounts

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# Sunderland Cardiac Support Group



## Trustees' Annual Report for the period

From 1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024

Charity registration number: 1126524

C/o Bede Tower, Burden Road Sunderland SR2 7AE

## Objectives and Activities

The aim of the Charity is to relieve the needs of people with heart problems and their partners, relatives and carers with the object of promoting and protecting their good health. The activities provided include exercise sessions run by qualified fitness trainers and social meetings..

When planning activities the Trustees have regard to the public benefit of those that reside in the City of Sunderland and surrounding areas by the provision of activities that are aimed at improving health and wellbeing, and reducing the stress and trauma of heart problems.

## Achievements and Performance

The charity has provided three one-hour exercise sessions per week, these are lead by suitably qualified instructors. These sessions have been provided free of charge. Each session is aimed at different levels of fitness and ability. All participants are encouraged to work at a pace they are comfortable with. On a Monday a variety of exercise equipment is used. Wednesday sessions are mainly chair-based exercises. Thursday sessions provide slightly more physical exercises that incorporate the use light handheld weights. Some of the participants started by attending the chair-based sessions and have then transfer to the other groups as their fitness improves.

Social meetings are held on the second Thursday of each month. These are provided for free with complimentary tea, coffee and biscuits. The meetings included a fun quiz and a raffle, as well as the opportunity to meet and make friends.

To raise awareness of the charities work a new website was launched ([sunderlandcardiac.org.uk](http://sunderlandcardiac.org.uk)) and our information leaflets and posters were updated.

## Financial Review

The charity relies entirely on the generosity of public and private donations for funding of its activities. We were very grateful to receive a donation of £27,528 from NHS North East and North Cumbria ICB, which was given towards the running expenses for 2 years.

This welcome donation has allowed the charity to provide all its services for free and made for a healthy bank balance at year-end.

Monies are held in a Virgin Money bank account and a Yorkshire Building Society saving account.

Total receipts for the year ending 31 March 2024 was £29,738

Total payments over the same period were £15,390

Total reserves held in unrestricted funds £47,045

A Chartered Accountant & Independent Examier examined the charities accounts for year to 31<sup>st</sup> march 2024.

Reserves are held so that equipment provided for functional use by the charity may be replaced as and when required, and to be able to provide our services free at the point of delivery for an extended period while future funding sources are explored.

## Structure, Governance and Management

The charity is an Unincorporated Association (CIO) run entirely by volunteers, registered with the Charity Commission, Registration No. 1126524.

The governing document is a constitution that was adopted at a special meeting held on 9<sup>th</sup> June 2008.

The charity trustees are elected annually at the annual general meeting from the membership and serve until the next AGM when they are eligible for re-election by majority vote. Following the sad passing of a Trustee and the failure to elect a Secretary, Treasurer, and Chairman the committee has had to operate below strength. The remaining Trustees have shared the roles of these officers.

	Trustee name	Office (if any)	Dates acted if not for whole year
1	K Armour		
2	W Bowes		
3	M Cook		AGM until Sept 2023
4	P Reid		
5	B Smith		
6	V Snowdon		
7	A Wright		AGM until February 2024
8			
9			
10			

## Declarations

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

Signed on behalf of the charity's trustees

Full Name	Signature	Position
Kathleen Armour	<i>K. M. Armour</i>	Trustee
William Bowes	<i>W Bowes</i>	Trustee
Pamela Reid	<i>P. M. Reid</i>	Trustee
Brenda Smith	<i>Brenda Smith</i>	Trustee
Date	10.9.24	

# Sunderland Cardiac Support Group

Charity Commission Number : 1126524

## Accounts for the Year to 31 March, 2024

Receipts & Payments Account	£	£	2022/23	2021/22
<b>Income Receipts</b>			Based on available information	
From voluntary sources				
Members Subscriptions	275		344	136
Donations	27728		480	2,319
Class fees	0		1,164	0
Income from Assets				
Bank Interest	825		454	142
		<u>28,828</u>	<u>2,442</u>	<u>2,597</u>
<b>Other Receipts</b>				
Socials (Trips & Raffles)	734		1,082	45
Miscellaneous Income (jams)	175		77	20
Other (Unallocated from Virgin A/c)	1		117	171
Other (Restricted)				
		<u>909</u>		<u>236</u>
<b>Total Receipts</b>		<u><b>29,738</b></u>	<u><b>3,718</b></u>	<u><b>2,833</b></u>
<b>Payments</b>				
Direct Charitable Expenditure				
Hall Hire	4800		4,030	2,575
Trainer 1	5160		5,460	3,965
Trainer 2	2295		3,960	2,520
Admin: Stationary/Postage/Phones	199		678	967
Socials (Trips & Hall Hire)	1541		1,121	24
Pastoral Gifts	478		300	231
		<u>14,473</u>		
Other Expenditure				123
Other (Equipment)	917			
Other (Unallocated inc Cash from Virgin A/c)	0		297	111
		<u>917</u>		
<b>Total Payments</b>		<u><b>15,390</b></u>	<u><b>15,846</b></u>	<u><b>10,516</b></u>
<b>Net receipts for the year</b>		14,348	-12,128	-7,683
<b>Cash and Bank balances at 31 March 2024</b>				
Virgin Bank	23636		6,851	19,630
Yorkshire Building Society	23409		25,608	25,194
Cash in hand	0		<u>238</u>	<u>171</u>
		<u><b>47,045</b></u>	<u><b>32,697</b></u>	<u><b>44,995</b></u>
<b>Non-Monetary Assets</b>				
Held for functional use by the charity -				
Gym Equipment		£		
Other		£		
<b>Notes</b>				
Uncleared payments		£	1,020	

Bill Bowes  
30 April 2024  
For and behalf of the Board of Trustees.

# SUNDERLAND CARDIAC SUPPORT GROUP

(Charity Commission Number: 1126524)

## ACCOUNTS FOR THE YEAR TO 31 MARCH 2024.

## CERTIFICATION AND INDEPENDENT SIGN OFF

I have examined the Income and Expenditure Account for the year ended 31 March 2024, together with the underlying accounting records, and confirm that the accounts are in accordance therewith.

Signed.....*Hilary Johnson BSc FCA*..... Date.....*20/5/24*.....  
Hilary Johnson B.Sc. F.C.A.  
Chartered Accountant & Independent Examiner