THE BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

England & Wales · Charity number 1135639

Details

Other names	BRITISH ASSOCIATION FOR CARDIAC REHABILITATION, BACR
Status	Registered
Legal form	Charitable company
Company number	05086964
Registered	2010-04-26
Register	View on the Charity Commission register

Contact

Address	Bacpr c/o BCS 9 Fitzroy Square London
Phone	02073801919
Email	bacpr@bcs.com
Website	www.bacpr.org

Activities

Objects: TO UNDERTAKE AND PROMOTE, WITH RESPECT TO DISEASES OF THE HEART AND CIRCULATION, ALL OR ANY OF THE FOLLOWING BY SUCH MEANS AS ARE CHARITABLE, AND IN EACH CASE FOR THE BENEFIT OF THE PUBLIC: 1. THE PREVENTION OF DISEASE OF THE HEART AND CIRCULATION AND THE RELIEF OF SICKNESS OF PERSONS SUFFERING FROM SUCH DISEASES, BY PROMOTING PREVENTION, REHABILITATION, AND HEALTH EDUCATION.2. DISSEMINATE THE RESULTS OF MEDICAL AND SCIENTIFIC RESEARCH3. THE ADVANCEMENT OF EDUCATION AND TRAINING AND THE PROMOTION OF BEST PRACTICE IN RELATION TO THE TREATMENT OF SUCH DISEASES.

Activities: Membership body providing guidance on and shaping the future of cardiac rehabilitation. Travel award granted annually, and courses run throughout year.

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Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£519,000	£464,000	£580,000	4
2024-03-31	£488,000	£437,000	-	-
2023-03-31	£459,000	£380,000	-	-
2022-03-31	£379,000	£322,000	-	-
2021-03-31	£288,000	£337,000	-	-

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Trustees

Name	Role	Appointed
Anne Maria Glover	Chair	2022-10-07
Amye Goddard		2024-10-08
Edward Caldow		2024-10-08
Heather Dawn Probert		2020-10-01
James Whitfield		2024-12-12
Janine O'Rourke		2022-10-07
Julie Hinchliffe		2024-10-08
Kirsty Hughes		2022-10-07
Marissa Melina Plaza Godoy		2024-10-08
Mark Griffiths		2025-10-09
Natalie Joy Graham		2021-10-07
Nicola Yvonne Gardiner		2022-10-07
Stephanie Wright		2023-10-08
Susan Jane Casnello		2021-10-01

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THE BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

England & Wales - Charity number 1135639

Accounts

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report: April 2024 - March 2025

The British Association for Cardiovascular Prevention and Rehabilitation is an affiliated group of the British Cardiovascular Society

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President's Report

As we look back over the past 12 months (April 2024 to March 2025) there have been many changes, whilst reassuringly our core activities have continued and strengthened year on year. The annual report gives us an opportunity to look back over the past year and reflect on our achievements/interactions with members.

Our new 3 year BACPR strategy is underway so keep an eye out on our website later this year! Whilst reviewing the last 3 years strategy it was amazing how much had been achieved over the past 3 years with all elected council members giving up their own time for many of these activities, thank you to all of them for their continuing hard work and dedication!

Promotion and Policy

Our affiliate associations continue to grow and this year we are in the process of building closer relationships with both the British Junior Cardiologists' Association (BJCA) and the Primary Care Cardiovascular Society (PCCS). We hope to have representatives from these organisations as affiliate members on our council later this year.

We have seen the launch of our new BACPR website earlier this year with the new members discussion area which is growing as more current members register so hunt out the email and register if you haven't already! MedShr continues to be used as a platform for discussion currently but also for hosting our previous webinars. After development work on our website later this year we will be able to move all webinars over at which time we will close MedShr which will streamline things for members with all discussions in the same place. We continue to maintain a digital presence online through social media so please follow us on X and LinkedIn.

The BACPR continues to have a presence on national key working groups with Sally Hinton and Heather Probert, members of our council and affiliates across the 4 nations. After the global forum on Cardiovascular Prevention and Rehabilitation at ESC in 2024, links with the International Council of Cardiovascular Prevention & Rehabilitation (ICCPR) go from strength to strength. If you haven't seen them already do visit their website and sign up for their newsletters and have a listen to their podcasts from international experts.

Education

Following the appointment 2 years ago of Dr Aynsley Cowie, work is underway to increase the offering of courses in both the exercise and psychological field.

The 'Implementing HIIT training' and 'Working with psychological factors in cardiovascular rehabilitation' both launched this year and were well received so look out for further dates. There is also a short online seminar planned that reviews all the evidence, theory and key concepts of implementing HIIT into clinical practice at very reasonable price of only £25 per BACPR member so why not join one of the upcoming sessions?

The BACPR Specialist Exercise Instructor training continues to attract large numbers of applicants and revalidations over the year. The range of CPD courses offered continue to be well attended with the online courses also attracting international delegates.

Aynsley, Vivienne and Penny in the Education team continue to work tirelessly behind the scenes to ensure the smooth running of our education programme to include both CPD courses and webinars which run throughout the year. This year has seen an increase in webinars which are offered free to members to watch live, with recordings being available on the members area of the website post event for members to watch back at their leisure. We are very grateful for all the work done by our education team and tutors throughout the year.

Member Support

The most important aspect of our strategy remains supporting our members. We continue to run Member's hours which have increased this year. These range from general discussions led by the members and facilitated by council members to more themed sessions with NACR joining us for one of the sessions which we hope to repeat annually.

This year we have been supported by the BCS by Isabella and Val. Many of you will receive Isabella's weekly email updates which continue to receive positive feedback which allow regular updates at a predictable timeframe to make it easier to keep up to date with BACPR activities. We would like to offer our gratitude to both for their work throughout the year in supporting our membership.

Research

Over the course of the year council members have presented at a wide range of conferences including our own BACPR annual conference and Exercise Professional Group (EPG) study day as well as the British Cardiovascular Society (BCS) Congress, British Society of Heart Failure (BSH) annual meeting and Primary Care Cardiovascular Society (PCCS) conference. We have also supported members through dissemination of surveys and research links to our membership.

The New Researcher Development fund was relaunched highlighting our commitment to supporting research in the field of cardiovascular prevention and rehabilitation. We continue to work closely with BHF Clinical Research Collaborative (BHF CRC) with Dr Sheona McHale leading this work to promote and enable funding of research projects. Current discussions being around support for those new to/early in their research journey with a mentorship scheme planned for later this year.

We would like to thank Dr Tom Bulter for his work over the past few years on council which included four very successful BACPR conferences and for his work to ensure abstracts accepted for 2024 conference were again published in Heart online. We are currently working hard under the guidance of our new Scientific and Research Lead Dr Eddie Caldow who is working on our 2025 conference up in Glasgow where we look forward to meeting many of you.

The BACPR remains in a strong financial position year on year and the end of year accounts can be reviewed in detail in the Treasurer report. Thank you to Susan Casnello for her work in the Treasurer's role.

We continue to benefit from the inclusion of the patient voice in many aspects of our work, and are indebted to Sarah Brown, our patient representative for her valuable contribution to many aspects of our work throughout the year.

We would also like to thank all our council members for all their hard work over the past year for the benefit of the membership. Many hours are spent by our council members on BACPR activities, often in their own time and we are grateful to have a wide range of professions represented within our council with many years of experience in Cardiovascular Prevention & Rehabilitation

Finally, we would like to thank Sally Hinton, our Executive Director who is the lynchpin of our association and without whom none of the above would be possible.

With very best wishes

Heather Probert
BACPR President (Oct 23-25)

Treasurer's Report

The BACPR accounts for the year ending 31st March 2025 were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

The audited accounts for 2024-2025 show a total income of £518,748 and total expenditure of £463,622, showing a surplus of £55,126

The income remains at a robust level due to good financial control and account monitoring. The BACPR Training and Education programme, including both delivery of in-person and online courses, makes a significant contribution to the organisation's income. Continued engagement with key sponsors of the annual conference has continued in 24/25. The annual conference is now large and will be coordinated by a conference management company in 2025.

Both the Association's operational day to day running costs and Council activity costs continue to be well managed. Membership income is monitored across the different membership categories.

The council is aware that financial holdings are significant and held within one financial institution. A review of running costs has been undertaken and guidance sort about financial holdings.

	2022 - 2023	2023 - 2024	2024 - 2025
Opening Balance	**£394,807**	**£436,509**	**£495, 553**
Income			
Membership	£32,421	£36,553	£37,485
Conference	£69,104	£104,207	£118,223
Education	£357,512	£347,645	£363,040
Total Income	**£458,947**	**£488,406**	**£518,748**
Expenditure			
Membership	£38,619	£52,149	£52,399
Conference	£65,670	£101,609	£99,971
Education	£275,846	£282,860	£311,252
Total Expenditure	**£380,135**	**£436,619**	**£463,622**
Surplus (-Loss)	**+£78,812**	**+£51,787**	**+£55,126**
Closing Balance	**£436,509**	**£495, 553**	**£553,749**

***Table 1**: BACPR financial position April 2025*

The end of year closing balance of £553,749 demonstrates a secure position for the BACPR. The cost of BACPR annual operation is strongly supported with income from the BACPR Education and Training programme and annual conference

This robust monitoring of financial performance will enable the resilience of BACPR for future years.

Summary of financial position

See Charities Commission website for full report
www.charity-commission.gov.uk

Susan Casnello
Treasurer

Secretary's Report 2024-25

Membership

The membership numbers (948 by March 25) continue to show the diversity of professions engaged in cardiovascular prevention and rehabilitation. We are proud that the student membership (available since September 2023) continues to grow at a steady rate. However, targeted work to encourage membership from underrepresented professions is still required.

Membership by Profession	April 2024	March 2025
Advanced Clinical Practitioner		1
BACPR Exercise Instructor	313	321
Cardiovascular Rehab Assistant		0
Counsellor		0
Dietitian	12	14
Doctor	19	18
Clinical Exercise Physiologist	45	60
Nurse	306	306
Occupational Therapist	15	16
Other Exercise Professional	17	18
Pharmacist		0
Physiotherapist	122	123
Psychologist	2	5
Research Fellow/Academic	12	14
Student	9	17
Other*	18	34
Not specified		1
Overall total	**892**	**948**

Council Elections

During the 2024-25 period, elections were held for Ordinary Officer council members where;

Amye Goddard, James Whitfield, Marissa Plaza and Julie Hinchcliffe were newly elected, along with Janine O'Rourke, Nikki Gardiner, Maria Glover and Kirsty Hughes being re-elected to council as Ordinary Officers.

Dr Tom Butler stepped down from Council at the end of his term as Research/ Scientific Lead, with Dr Eddie Caldow taking over from October 2024.

Elections for the position of President-Elect were also held with Helen Alexander being elected to the role from a Member's vote. Due to a change in role, Helen Alexander has stepped down from this, and Maria Glover took over from April 25 (as the candidate with the second highest votes), with Helen continuing as an Ordinary officer for the remainder of the term.

BACPR Council Members and Staff (as of April 2025)

Position	Name	Profession	Country
Executive Officers			
President	Heather Probert	Physiotherapist	England
President Elect	Maria Glover	Nurse	England
Treasurer	Susan Casnello	Nurse	England
Secretary	Natalie Graham	Exercise Physiologist	England
Scientific Officer	Eddie Caldow	Exercise Physiologist	England
Ordinary Officers (Elected)			
	Amye Goddard	Physiotherapist	England
	Helen Alexander	Physiotherapist	England
	Kirsty Hughes	Physiotherapist	Scotland
	Nikki Gardiner	Nurse	England
	Marissa Plaza	Physiotherapist	England
	James Whitfield	Exercise Physiologist	England
	Janine O'Rourke	Nurse	England
	Stephanie Wright	Nurse	England
	Julie Hinchliffe	Dietitian	England

Employed Staff	
BACPR Executive Director	Sally Hinton
BACPR Education and Training Lead	Dr Aynsley Cowie
BACPR Education Coordinator	Vivienne Stockley
BACPR Education Administrator	Penny Hudson
BCS Affiliates Coordinator	Valerie Collins
Membership & Education Support Administrator	Isabella Salzano
IT Support	BCS IT Department

Communication

Co-opted officers	
British Heart Foundation (BHF)	Claire Dobson
National Audit of Cardiac Rehabilitation (NACR)	Prof Patrick Doherty
Northern Ireland Representative	Lisa Spratt
Wales Representative	Alison Duckett
British Society for Heart Failure (BSH)	Poppy Brooks
BACPR Education Lead	Dr Aynsley Cowie
Cardiovascular Care Partnership UK (CCPUK) / Patient Representative	Sarah Brown
BHF Clinical Research Collaborative (BHF CRC)	Dr Sheona McHale
Exercise Professionals Group (EPG) Representative	Eddie Caldow
Exercise Instructor Network (EIN) Representative	Vicky Hatch
Scottish National Heart Disease Co-ordinator	Leeanne Macklin
British Association for Nursing in Cardiovascular Care (BANCC)	Esther Arnold & Feng Ting

Co-opted members representing National Audit of Cardiac Rehabilitation (NACR); Northern Ireland; Wales; EPG; Exercise Instructor Network (EIN); BHF CRC and BACPR Education continued to be invited to all four council meetings due to the close working relationship with core BACPR activity. We welcomed Esther Arnold and Feng Ting from BANCC as new co-opted members.

Enquiries

BACPR members and non-members continue to regularly make use of the enquiry facility on the website and through email. Enquires continue to cover various aspects of cardiovascular prevention and rehabilitation and the delivery of services. Priority is given to responding to member requests, with non-members directed to the relevant resources on the website, as well as being encouraged to join as a member. Expert groups and professionals have continued to respond to complex enquiries forwarded on to them, with evidence-based explanations and clarification. Thank you to all who have given such support.

Networking sessions

Monthly online member networking sessions have continued with good attendance and feedback. These continue to provide members the opportunity to connect with colleagues across the speciality. Details of these sessions can be found on the website and through member communications.

Social media

Our social media presence continues with accounts on X and LinkedIn. These accounts remain stable and have had good interaction levels as they continue to support the dissemination of current affairs both within the organisation and the wider cardiovascular specialty.

X (Twitter): @bacpr
LinkedIn: British Association for Cardiovascular Prevention and Rehabilitation

e-Bulletins and Connect

Thanks to the support of Membership and Education Administrator, Isabella Salzano, for sending out weekly e-bulletin reports. These reports contain news of upcoming events, along with additional information and links to online resources. We have continued with delivering a digital version of Connect to all members, summarising the events of the past year, along with what is to come. This format allows for increased usability with hyperlinks to relevant materials. This format continues to support the organisation in meeting the NHS target of going paperless by 2027.

Website

The BACPR website (www.bacpr.org) continues to be well utilised and is updated regularly with new content. The online members forum was re-opened with a steady increase in usage. We plan to stop the use of the MedShr platform.

Travel Award

The Travel Award winners were Helen Alexander and Elissavet Giannouli. Helen attended the ESC Preventive Cardiology 2024 congress hosted in Athens. Elissavet attended the first International Conference on Music and Arts Therapies in Medicine in Berlin The 2024.

Travel Award applications will close on Friday 27th June 2025 at 5pm.

The rules have been updated that applicants must apply for something that is happening in the future, and completed by the following July. Winners will then be invited to present at the BACPR Annual Conference on their experience and to write a piece for the BACPR CONNECT magazine.

Natalie Graham
BACPR Honorary Secretary

Education and Training Report

In 2024-25, we ran 36 CPD courses for 670 delegates. Of these, 8 were in person, 28 were online. For exercise instructor training, 11 courses were run for 207 delegates (all online).

Over recent years, there has been a consistent increase in courses and delegate numbers for CPD courses (pandemic aside) whilst exercise instructor training numbers have remained steady.

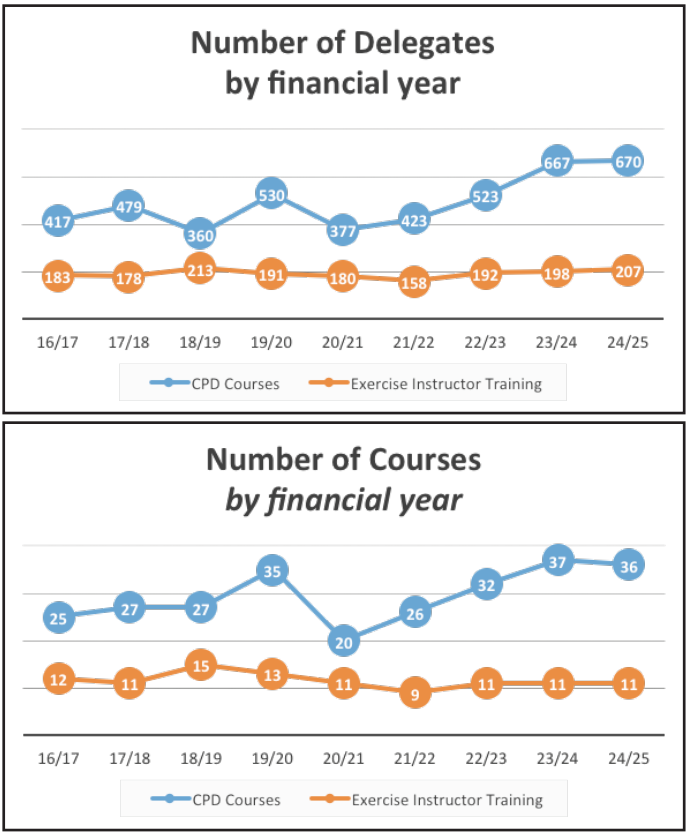


Figure 1: Annual Delegate and Course Numbers for CPD Courses and Exercise Instructor Training

These graphs exclude annual modules run at University College London, University of Chester and St Georges Hospital.

Tutors

In 2024/25, six new tutors were supported to join the tutor teams delivering our CPD courses and exercise instructor training programme.

BACPR Exercise Professionals Group (EPG) Study Day and BACPR Annual Conference

The Education and Training team leads the planning and organisation of both the EPG study day and the organisation of the BACPR annual conference.

There were two EPG study days run within the financial year 2024/25 as the 2025 EPG study day was brought forward from its usual May date, and held in March 2025. Both study days were held at Aston University, Birmingham, with 99 registered delegates for the 2024 event and 111 registered delegates for 2025. The annual conference was delivered at Mercure Manchester Piccadilly hotel with 236 registered delegates. Both events are CIMSPA accredited, and the annual conference retained its Royal College of Physicians accreditation.

Webinars and Online Modules

Our CPD certified webinars continue to be well received. In 2024/25 we ran five webinar across a range of topics:

Title	Registrations
Medical Therapy in HF: A holistic multidisciplinary approach [2nd May]	127
A case study approach to exercise in people living with type 1 diabetes	*pre-recorded*
Managing major risk factors for CVD* [5th November]	192
EPG webinar: Water-based exercise [28th November]	113
Implementing non-medical prescribing in a CVPR setting [11th March]	121

For the first time ever, we provided our members with a pre-recorded webinar on diabetes, which they could watch at their leisure, as ‘summer learning’. Our Managing Major Risk Factors for CVD webinar was delivered in collaboration with HEART UK and was available free of charge to all.

The online learning modules which align with the BACPR Standards and Core Components were updated in line with publication of the fourth edition of the document in 2023, and remain popular.

New and Updated Courses

In 2024/25, we worked with two new groups of tutors to develop two new courses, both of which were launched in autumn 2024:

- Working with psychosocial factors in cardiovascular rehabilitation (online)
- Implementing low-volume HIIT training into clinical practice (in person)

Both courses were run twice within the financial year, and received excellent feedback. The tutors will continue to develop these courses going forwards.

We also worked with our existing tutors to update and refresh our CPD course on resistance training – remodelling its format to provide more of a practical clinical application. The new format was piloted in February 2025 and was very well received.

Team Development

For 2025/26, we continue to work as a team of four. Aynsley Cowie continues in her role of Education and Training lead to support Sally Hinton, and we are always very grateful to Vivienne and Penny, who continue to provide invaluable support in running all our education and training opportunities efficiently.

We are also hugely appreciative of our tutors, who work hard to continue to develop and provide high quality education and training across all the core components of CVPR.

Dr Aynsley Cowie, PhD
BACPR Education and Training Lead

Sally Hinton
BACPR Executive Director



Conference Report

The BACPR annual conference took place at the Manchester Mercure Hotel on 3rd and 4th October 2024. The theme for the conference was “Cardiovascular Disease Prevention and Rehabilitation: Putting personalised care into practice”.

Day one was introduced by Dr Tom Butler, BACPR Scientific Officer, and welcomed by BACPR President, Heather Probert. Dr Joe Mills, Chair of NHS England Cardiac Rehabilitation Expert Advisory Group delivered an insightful keynote presentation on rejuvenation and integration of CVD rehabilitation into pathways of care. Dr Mills reviewed a patient case study and discussed what CR issues may arise, along with reviewing the NHS long term plan and targeted funds, finishing with areas that will need attention in 2025-26

The first session overview:

- Prof Alun Roebuck on how to manage and support patients with cardiometabolic disease, describing the joint working project between endocrinology and cardiology and integrated service with Cardiac Rehab.

- Prof Derek Connolly presenting Lipid lowering therapies: which included a summary of national guidance for lipid management for primary and secondary prevention, and what is to come in the future.
- Prof Patrick Doherty giving valuable insight in using clinical registry and audit data to support an inclusive and personalised intervention.

Session two focused on medical risk factor management:

- Laura McGarrigle - LVADs and transplants, providing education around the LVAD physiology, impact on exercise tolerance and the challenges these patients face.
- Prof Gregory Y.H. Lip discussing AF detection and management highlights from recent guidelines, advising a simple care pathway improved the management of patients with AF.
- Dr Freddy Frost ended the session with Dangerous liaisons: cardiovascular outcomes of chronic lung disease. This presentation highlighted that many lung diseases are associated with adverse cardiovascular risk profiles, and that we need to identify and optimise preventative and therapeutic strategies that treat both cardiac and pulmonary risk.

Session three lifestyle risk factor management:

- New Research Development Fund (NRDF) 2024 recipient presentation by Sam Jones. Sam's project is titled: does the use of Nordic walking poles improve breathing control and aerobic economy in people with AF and CHD. As part of this project, Sam will be visiting the Ottawa Heart Institute, further developing existing research collaborations.
- Jenny Aindow and Andrew Battersby – showcase on approaches focusing on returning to work. Occupational Therapist, Jenny Aindow guided us through the return-to-work conversation, and suggested letter template and plan for employers. Exercise Physiologist, Andrew Battersby, focused on how to assess patients returning to occupations involving heavy lifting.
- Dr Masoud Isanejad then took us through the role of nutrition in heart failure and how to support the heart by improving muscles and gut health.
- Panel discussion, chaired by Dr Tom Butler. On the multidisciplinary panel were Dr Joe Mills – Cardiologist, Jenny Aindow – Occupational Therapist, Dr Carolyn Deighan – Health Psychologist, Janine O'Rourke – Cardiac Rehab

Nurse, Jen Hannay – Exercise Physiologist, and Helena Davies – Dietitian. The panel discussed can cardiovascular rehabilitation be truly personalised

Day two:

Session Four:

- Nicole Blackburn, Christos Lykidis, and Ella Crawford. With it being later announced that Ella Crawford was this years winner with her abstract: "A cross-sectional study in CVD Prevention in the Emergency Department: Wouldn't it be NICE to Make Every Contact Count?".
- Psychological health. Dr Anna McCulloch gave a fascinating talk on bringing therapy to the great outdoors. Looking at the use of outdoor groups to build peer support and improve wellbeing in people living with congenital heart conditions.
- Charles Spencer then took us through the psychological aspects of chest pain assessment and ACS diagnosis, and what questions to ask.
- Dr Anne-Marie Doyle presented psychological aspects of critical care rehabilitation, highlighting the prevalence of psychological conditions following a stay in the ICU.

Session five focused on Long Term Strategies:

- Dr Patricia Campbell began the session with a case study approach of the management of HFpEF.
- Monica Boulton discussing the importance of social prescribing as a key component of personalised care. Monica gave valuable information in how you can become a NASP social prescribing champion.
- Chris Scordis – Exercise Physiologist and Vicky Hatch – BACPR Exercise Instructor Network Chair on the collaborative working with community long term exercise programmes.

Session Six focused on Health Behaviour Change:

- Travel Award Winner 2023, Nunzia Altieri – Specialist Cardiac Dietitian. Nunzia's described how to apply for the travel award and the purpose of her visit. Nunzia visited a Rehabilitation and Sports Medicine Centre in Mumbai, India to enhance her knowledge of the nutritional management of this population and learn the strategies and skills necessary for better management of this demographic whilst ensuring inclusivity and high-quality care.

- Charles Williams, Head of Health Content at the British Heart Foundation - how to avoid being useless to patients, providing simple steps to improve accessibility.
- Nigel Pell-Ilderton on his lived experience of attending Cardiac Rehab, some of the problems he faced, and how we can re-think cardiac rehab for the future.
- Dr Tim Antiss, looking at self-care for practitioners. Tim addressed the issue of burnout amongst health care staff and gave valuable advice on how to overcome this.

The 2024 annual conference also saw the highest number of abstract entries than ever before, with all 57 abstract entries being published in the journal ***Heart***.

Planning for the 34th Annual Conference 2025

The next annual BACPR conference will be taking place on 9th and 10th October 2025 at the Hilton Hotel, Glasgow. The organisation committee consists of Sally Hinton, Nikki Gardinier, Maria Glover, Heather Probert, Helen Alexander and Eddie Caldow.

The theme of the event is: Cardiovascular Care: Innovations in prevention and rehabilitation and there is a dedicated webpage for conference and we are being supported by Wheldon Events.

The programme includes:

- Shaping the Future: Prevention at the Heart of Cardiovascular Health
- Beyond the Scales: Holistic Approaches to Obesity and Weight Management in Cardiac Rehab
- Bridging the Gap: Data, Policy and Practice for Reducing Inequalities in Cardiac Care
- Navigating Comorbidities in Cardiovascular Health
- Improving Outcomes: Optimising Lipids and Heart Failure in Practice
- Spotlight on the Psychosocial Component of Cardiovascular Rehabilitation
- Digital Directions: Navigating Innovation, Access and Equity in CV Health
- Sex, Gender and the Heart: Addressing Risk & Representation in Cardiovascular Health
- Oral abstract session and Poster presentations

Dr Eddie Caldow
BACPR Research Lead/Scientific Officer

BACPR British Heart Foundation Clinical Research Collaborative (BHF CRC) Report

(April 2024 - March 2025)

The BACPR BHF CRC operates as part of the broader BHF CRC and encompasses a Clinical Study Group (CSG) focused on progressing the cardiovascular prevention and rehabilitation (CVPR) research agenda while supporting BACPR members.

During 2024–2025, we continued our collaboration with the BHF CRC, contributing to ongoing research efforts and helping to define the future direction of BACPR's research priorities for the benefit of our members. Below is a summary of the key activities undertaken over this twelve-month period.

Clinical Study Group Membership:

The CSG group consists of 13 members with diverse research and clinical expertise, representing both the BACPR council and the wider membership. As of December 2024, 54% of this group also serve on the BACPR council and all have confirmed their continued commitment to remain part of the group.

BHF CRC Research Development Fund (RDF):

Following a period of evaluation by the BHF CRC to assess the impact of previous projects, the BHF relaunched the RDF in May 2024 with revised scoring criteria. These updates aimed to promote equitable access, particularly encouraging applications from Nursing and Allied Health Professionals. The scheme offered successful applicants funding of up to £10,000.

In response to BACPR's promotional efforts during Spring 2024, three applications were received, with BACPR issuing two letters of support ahead of the 15th of July deadline. On 28th September, the BHF CRC announced that one of the two BACPR-supported applications had been successful. Dr Carolyn Deighan and Kaitlyn Young were awarded £10,000 for their project, Mapping the Cardio-Oncology Landscape: A Multi-Stakeholder Exploration of Self-Management Support Pathway. The project also secured a strong letter of support from the British Cardio-Oncology Society (BCOS), further endorsed by the BHF CRC. Currently the authors have completed a scoping review and are drafting a paper for dissemination through various formats, including journal & conference papers.

In contrast, during the February 2025 funding round, no applications were received from BACPR members by the submission deadline of Monday, 24th March.

The two successful BACPR RDF projects from previous years have made significant progress this year.

The first, titled "Determinants of Progression from Phase III to IV Cardiac Rehabilitation: A Multi-centred Exploratory Study" authored by S. Birkett, has now concluded. Although participant recruitment posed challenges, limiting the findings, it is proposed that key themes derived from the available data may be shared at a later date.

The second project, authored by A. Cowie, S. Brown, S. Nichols, H. Humphreys, S. Dawkes, and others, focused on individuals with ischaemia and no obstructive coronary arteries (INOCA). It comprises three workstreams:

Workstream 1 is currently focused on a systematic review paper of INOCA, along with an analysis of INOCA admissions within routinely collected data from one regional NHS Health Board in Scotland.

Workstream 2, which involves a survey of CR teams' perceptions of INOCA has a publication pending.

Workstream 3, which explores the impact of exercise-based CVPR on Quality-of-Life individuals with angina and ANOCA, has produced two completed publications:

Humphreys H, Paddock D, Brown S, et al. Exploring patients' views regarding the support and rehabilitation needs of people living with myocardial ischaemia and no obstructive coronary arteries: a qualitative interview study. *BMJ Open 2024*;14; e086770. 10.1136/bmjopen-2024-086770

Humphreys H, Paddock D, Brown S, et al. Living with myocardial ischaemia and no obstructive coronary arteries: a qualitative study. *Open Heart 2024; 11*: e002569. 10.1136/openhrt-2023-002569

New Researcher Development Fund (NRDF) Projects:

The NRDF was relaunched on 12th April 2024, with a submission deadline of 3rd June. A one-hour information session on 13th May, led by two Clinical Study Group (CSG) members, provided guidance for applicants. Two BACPR members attended.

One application was received and reviewed by two CSG researchers. The successful applicant, S Jones (Keele University), presented his project related to an international research collaboration with the Ottawa Heart Institute at BACPR 2024, receiving a complimentary one-day registration.

The research team is currently seeking ethics approval in Canada, with travel arrangements pending approval.

Research Mentoring activities:

The mentoring scheme has been developed to support BACPR members new to research or seeking research guidance. Following initial discussions, feedback from the Clinical Study Group (CSG), and a review of mentorship models shared from other CV societies, the process has undergone several revisions. The current version was reviewed by the BACPR Council towards the end of 2024.

In January 2025, the scheme entered a pilot phase. Fourteen potential mentors from the CSG members were invited, resulting in three completed mentor applications. After review, all three were approved. Two BACPR members, previously unsuccessful in funding applications, were invited to join as mentees. One mentee application was received, and an initial online call is scheduled for May 2025 to finalise the mentoring match.

Cochrane Review - Interventions for Alcohol Abstinence:

In response to an invitation issued in 2020 for members interested in authoring a Cochrane review on a specified title, six BACPR members received support from experienced Cochrane researchers to conduct a systematic review examining interventions for alcohol abstinence in individuals with atrial fibrillation. The team are currently finalising data extractions and aim to complete the study write-up in 2025.

BACPR Website Research:

The website's research section provides information on the NRDF and the BHF CRC Researcher Development Fund. To further support member research, the BACPR news section includes links to BHF CRC newsletters and research podcasts, offering valuable insights and guidance on research methods.

Dr Sheona McHale
BACPR CSG Chair

Exercise Professionals Group (EPG) Report

BACPR EPG is a dedicated BACPR steering group focusing on matters relating to the role of physical activity and exercise in the prevention and management of cardiovascular disease.

BACPR EPG Committee:

Dr Eddie Caldow	Chair CASES representative
Susan Young	Past Chair and ACPICR representative
Vicky Hatch	BACPR EIN representative
Helen Alexander	ACPICR representative
Dr Sheona McHale	BACPR EIN representative
Chris Scordis	CASES representative
Sam Jones	CASES representative
Iain Waite	ACPICR representative
Karen Deery	BACPR EIN representative
Professor John Buckley	Founder Member

Overall Aim of Group

- Maintain an up-to-date set of standards, knowledge and competences to which any individual (independent of their professional qualification) will be expected to work in relation to the physical activity and exercise component of rehabilitation and disease prevention for individuals with cardiovascular disease
- Develop practice standards, offer training and continuing professional development, and advise any professional group, charity or association on matters pertaining to individualised guidance, professional practice and research regarding physical activity and exercise in relation to cardiovascular disease
- Further seek and develop research that will strengthen the value and efficacy of physical activity and exercise as a key modality in the rehabilitation and disease prevention of individuals with cardiovascular disease

Activities in the last 12 months include:

- Ongoing response to BACPR members for physical activity and exercise related questions
- Screening of applications and provision of assessors for the BACPR Advanced Exercise Professional Award, and ongoing development of the Award pathway and process

- Organisation and delivery of the BACPR Webinar '*Water-based Exercise*' (November 2024)
- Renewal of the BACPR EPG Memorandum of Collaboration 2024 (May 2024)
- Organisation of the 2025 Annual BACPR EPG Study Day '*Reimagining personalised exercise and activity prescription* (March 2025)
- Maintained strong links with BACPR Council.

BACPR EPG Study Day 2025

"Reimagining personalised exercise and activity prescription"

This year's annual BACPR EPG Study Day was on 28th March 2025 at Aston University, Birmingham with the "Reimagining personalised exercise and activity prescription". There were approximately 100 delegates in attendance including physiotherapists, specialist exercise instructors, exercise physiologists, and nurses working across the entire pathway of cardiovascular rehabilitation including core/early rehabilitation, long-term maintenance and research settings.

Session 1 started with a Keynote from Professor Paul Comfort, University of Salford, who presented on "Progressive Overload of Resistance Training during Rehabilitation". This was followed by Chris Monkhouse, Clinical Lead for Cardiac Devices at the Barts Heart Centre presenting "An update on Cardiac Device Technology, and how you can help our outcomes!" Both speakers were very engaging and provided some useful take home points for delegates.

After the break and poster judging, Session 2 began with a joint talk from Hannah Roberts, Specialist Physiotherapist at Manchester University Foundation Trust, and Craig Jones, MCR Active, Physical Activity Referral Scheme Manager on their collaborative work entitled: "*Core/PIII to Long-Term/IV pathway: Improving referral, uptake and engagement!*". This was followed by Lauren Walker, BACPR Exercise Specialist talking about her experience's delivery long-term rehabilitation: "*Linking with Core/Phase III: Experience from an independent practitioner!*". The session was completed by a novel session working through a patient case study that was facilitated by the EPG Committee. This was new to EPG, and after detailed planning, the session went well and received positive feedback. A similar session, more complex (as requested by delegates) will be included in next year's programme.

Session 2 started with Oral abstracts:

1. Brian Begg - Acute physiological response to high intensity interval training and moderate intensity continuous training in patients attending early cardiac rehabilitation
2. Oshin Fernandes - Ascertaining the potential for hypoglycaemia during exercise in cardiac patients on SGLT-2 inhibitors

This was followed by updated from the 3 groups within the EPG network – ACPICR, BASES and EIN.

The last talks of the day were Dr Jamie Driscoll, Associate Professor in Lifestyle Medicine, delivering an insightful presentation on "*Isometric exercise training for hypertension and HFpEF*". This challenged the previous view of isometric exercise being contraindicated for people with hypertension and HF and received very good feedback. The final talk, that again received really positive feedback, was from Janet Thomas, Team Lead Physiotherapist and Lecturer NHS Fife and Queen Margaret University, with her talk entitled: "*Falls and Frailty: assessment and practical tips for prescription*".

The day was finished with the Abstract Awards with best poster going to Laura Correia for her poster entitled "*Enhancing Cardiac Rehabilitation: A Focus on Education for Healthcare Professionals*". Laura received a voucher for a BACPR Education event. The best oral going to Brian Begg who won a free place at BACPR Annual Conference.

The feedback following the event was extremely positive showing that the BACPR EPG Study Day remains a popular event in the exercise professional's calendar for thought-provoking CPD and networking.

Dr Eddie Caldow
BACPR Exercise Professional Group Chair

Exercise Instructor Network (EIN) Report

The EIN is an informal subgroup of the BACPR, formed to support graduates from the BACPR Specialist Cardiac Exercise Instructor Qualification. The EIN group is led by a committee of dedicated BACPR Exercise Instructors. Members of the EIN committee contribute to the BACPR Exercise Instructor training steering committee and the BACPR Exercise Professional Group.

The EIN Committee currently consists of:

Vicky Hatch
Dr Sheona McHale
Emma Spalding
Shane Purcell
Karen Deery
Lorraine Richardson
Toby Whitehead

The committee meets regularly online to promote the interests, knowledge, and professional profile of BACPR Specialist Cardiac Exercise instructors.

BACPR EIN activity over the last 12 months includes:

- Ongoing advice, information and signposting to any physical activity and exercise related questions from graduates of the BACPR Specialist Cardiac Exercise qualification or BACPR member.
- Free online network hours offering the opportunity for advice and discussion around any current issues, challenges or general cardiovascular topics impacting upon long term (Phase IV) exercise programme delivery and referral.
- Based on information from the instructor network hours, work is ongoing to develop a ‘starter tool kit’ for newly qualified instructors, giving details of credible resources such as physical activity/exercise guidelines, insurance provision, CPD and a roadmap for how to set up a new long term cardiovascular rehabilitation programme as an independent operator.
- Sheona McHale has completed the new Instructor survey which was disseminated in early 2025 and has started to inform further training and network opportunities for member instructors.
- As of June 2025, EIN has launched a new 2.5 hr CPD module focussing on considerations for Yoga and Pilates in a cardiovascular population. The first date was fully booked (30 places) and the second date in July is also

filling up. It is hoped that a more in-depth full study day may be developed on this theme. An information leaflet has also been produced with a summary of key information for Yoga and Pilates instructors involved with individuals with cardiovascular disease.

- Plans are still in progress to create a more visible and supportive platform for specialist cardiac exercise instructors on social media where information and ideas can be shared. This is also to include a specific area within the BACPR website members area.

Vicky Hatch
BACPR Exercise Instructor Network Chair

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

"Promoting excellence in cardiovascular disease prevention and rehabilitation"

The British Association for Cardiovascular Prevention and Rehabilitation

9 Fitzroy Square London W1T 5HW

+44 (0) 20 7380 1907

bacpr@bcs.com

www.bacpr.org

@bacpr

British Association for Cardiovascular Prevention and Rehabilitation

Registered Charity Number 1135639
Company limited by guarantee. Registered in England 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2025

	Notes	2025	2024
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		553,750	495,553
Prepayments		33,012	36,083
		586,762	531,636
Creditors - amounts falling due within one year	3	6,232	6,232
Net current assets		580,530	525,404
Total net assets		£ 580,531	£ 525,405
Funds			
Restricted funds		448,692	396,904
Unrestricted funds		131,839	128,501
		£ 580,531	£ 525,405

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on 3rd July 2025 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

Report of the Trustees for the year ended 31st March 2025 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 3rd July 2025 and signed on their behalf by:-

Susan Casnello.

Susan Casnello
Treasurer and Trustee

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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Legal and administrative information	**1**
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Statement of financial activities	**6**
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Notes to the financial statements	**8**

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Heather Dawn Probert - President
Natalie Joy Graham - Secretary
Susan Casnello - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

Report of the Trustees for the year ended 31st March 2025

The Trustees present their report along with the financial statements for the year ended 31st March 2025

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, prevention, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2025 was £518,748 (2024 = £488,406)
Total expenditure for the year ended 31st March 2025 was £463,623 (2024 = £436,619)
Income exceeded expenditure by £55,125 (2024 = Surplus £51,787)
Funds held on deposit increased from £553,749 to £495,553

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2025 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 2025 and signed on their behalf by:-

Susan Casnello
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2025, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Incoming resources	9				
Education fund			363,040	363,040	347,645
Conference fund		118,223		118,223	104,207
Members fund		37,485		37,485	36,553
Total incoming resources		155,708	363,040	518,748	488,405
Resources expended	10				
Education fund			311,252	311,252	282,860
Conference fund		99,971		99,971	101,609
Members fund		52,399		52,399	52,149
Total resources expended		152,370	311,252	463,623	436,618
Net incoming resources for the year		3,337	51,787	55,125	51,787
Total funds brought forward		128,501	396,904	525,405	473,618
Total funds carried forward		131,838	448,691	580,530	525,405

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2025

	Notes	2025	2024
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		553,749	495,553
Prepayments		33,012	36,083
		586,761	531,636
Creditors - amounts falling due within one year	3	6,232	6,232
Net current assets		580,529	525,404
Total net assets		£ 580,530	£ 525,405
Funds			
Restricted funds		448,691	396,904
Unrestricted funds		131,838	128,501
		£ 580,530	£ 525,405

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2025 and signed on their behalf by:-

Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

	£
Cost	
At 1st April 2024 and 31st March 2025	9,670
Depreciation	
At 1st April 2024	9,669
Charge for the year	-
At 31st March 2025	£ 9,669
Net book value	
31st March 2025	£ 1
31st March 2024	£ 1

3 **Creditors**

	2025	2024
Amounts falling due within one year		
Trade creditors	4,200	4,200
Other creditors	2,032	2,032
	£ 6,232	£ 6,232

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2024 were:-

(i) Education account

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2025

	2025		2024	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		363,040		343,645
EPG sponsorship		-		4,000
		363,040		347,645
CONFERENCE FUND				
Registration	65,373		65,057	
Sponsorship and exhibitors	52,850		39,150	
		118,223		104,207
MEMBERS FUND				
Membership fees	36,266		35,096	
Miscellanous income	1,219		1,458	
		37,485		36,554
		518,748		488,406
EXPENSES				
Resources expended (page 10)		463,623		436,619
Net outgoing resources for the year		£ 55,125		£ 51,787

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2025

	2025		2024	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	3,830		4,340	
Professional fees	4,500		4,200	
Course expenses	49,836		48,585	
Online and IT costs	21,001		19,444	
Travel and subsistence	5,776		8,274	
Tutor fees	110,520		98,543	
		195,463		183,386
Project costs				
Course development fees	6,544		4,948	
		6,544		4,948
EDUCATION ADMINISTRATION COSTS				
Office rental	8,643		10,564	
Office expenses	4,414		3,753	
General postage costs	8,311		6,813	
Salaries	87,876		73,396	
		109,245		94,526
CONFERENCE FUND				
Administration and speakers expenses	43,197		44,136	
IT	7,350		6,772	
Venue	49,424		50,701	
		99,971		101,609
MEMBERS FUND				
Administration	39,864		40,128	
Council activity and projects	7,127		6,168	
Cardiovascular Health Campaign - The Guardian	2,220		3,700	
Travel Awards	2,613		1,489	
Connect newsletter	575		665	
		52,399		52,150
		£ 463,623		£ 436,619

THE BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

England & Wales - Charity number 1135639

Accounts

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report: April 2023 - March 2024

The British Association for Cardiovascular Prevention and Rehabilitation is an affiliated group of the British Cardiovascular Society

President's Report 1
Treasurer's Report 4
Secretary's Report 6
Conference Report 10
Education and Training Report 14
British Heart Foundation Clinical Research Collaborative (BHF CRC) Report 17
Exercise Professionals Group (EPG) Report 19
Exercise Instructor Network (EIN) Report 22

President's Report

As we look back over the past 12 months (April 2023 to April 2024) there have been many changes, whilst reassuringly our core activities have continued and strengthened year on year. The annual report gives us an opportunity to look back over the past year and reflect on our achievements/interactions with members.

Our current three-year BACPR strategy which was published in March 2022 was reviewed earlier this year and during the review the council felt some of the aims had already been achieved hence this was updated and is available on our website.

Promotion and Policy

Our affiliate associations continue to grow and this year we have built closer relationships with the British Association for Nursing in Cardiovascular Care (BANCC). We now have a council member sitting on our respective councils to facilitate this closer working relationship, as well as promoting each other's webinars and development opportunities which will be of benefit to both of our memberships.

Our online course about our standards and core components was updated in line with our 4th edition BACPR Standards and Core Components (SCC) and remains free to our membership so do look online for details of this. We continue to maintain a digital presence online through social media so please follow us on X, LinkedIn and Instagram.

The BACPR continues to have a presence on national key working groups with Sally Hinton and Heather Probert, members of our council and affiliates across the 4 nations. Later this year we will also join a global forum on Cardiovascular Prevention and Rehabilitation hosted by the International Council of Cardiovascular Prevention & Rehabilitation (ICCPR) in London prior to the ESC congress.

Education

Following the appointment last year of Dr Aynsley Cowie, work is underway to increase the offering of courses in both the exercise and psychological field. 'Implementing HIIT training' and 'Working with psychological factors in cardiovascular rehabilitation' are both due to be launched later this year. A lot of work is involved in writing new courses so thank you to everyone involved.

The BACPR Specialist Exercise Instructor training continues to attract large numbers of applicants and revalidations over the year. The range of courses

offered continue to be well attended with the online courses also attracting international delegates.

Aynsley, Vivienne and Penny in the Education team continue to work tirelessly to ensure the smooth running of our education programme to include both CPD courses and webinars which run throughout the year. This year has seen an increase in webinars which are offered free to members to watch live, with recordings being hosted on MedShr post event for members to watch back at their leisure. We are very grateful for all the work done by our education team and tutors throughout the year.

Member Support

The most important aspect of our strategy remains supporting our members. We continue to run Members' hours which have increased this year. These range from general discussions led by the members and facilitated by council members to more themed sessions.

This year we have been supported by the BCS by both the work of Val Collins who has successfully been promoted to the role of Affiliate Societies Manager, and Isabella who is supporting us for the year of her management apprenticeship. Many of you will receive her weekly email updates which was adopted to allow regular updates at a predictable timeframe to make it easier to keep up to date with BACPR activities. We would like to offer our gratitude to both for their work throughout the year in supporting our membership.

Research

Over the course of the year council members have presented at a wide range of conferences including our own BACPR annual conference and Exercise Professional Group (EPG) study day as well as the British Heart Failure annual meeting, Association of Cardiovascular Nursing & Allied Professionals (ACNAP) and the British Cardiovascular Society (BCS) Congress. We have also supported members through dissemination of surveys and research links to our membership.

The New Researcher Development fund has also been relaunched with applications due to close in June highlighting our commitment to supporting research in the field of cardiovascular prevention and rehabilitation. We continue to work with BHF Clinical Research Collaborative (BHF CRC) to promote and enable funding of research projects with current discussions being around support for those new to/early in their research journey.

Following last year's conference the abstracts were again published in Heart on-line thanks to Dr Tom Bulter who is currently busy planning our 2024 conference so do come and join us in Manchester!

The BACPR remains in a strong financial position year on year and the end of year accounts can be reviewed in detail in the Treasurer report. Thank you to Susan Casnello for her work in the Treasurer's role.

We continue to benefit from the inclusion of the patient voice in many aspects of our work, and are indebted to Sarah Brown, our patient representative for her valuable contribution to many aspects of our work throughout the year.

We would also like to thank all our council members for all their hard work over the past year for the benefit of the membership. Many hours are spent by our council members on BACPR activities, often in their own time and we are gratfeful to have a wide range of professions represented within our council with many years of experience in Cardiovascular Prevention & Rehabilitation

Finally, we would like to thank Sally Hinton, our Executive Director who is the lynchpin of our association and without whom none of the above would be possible.

With very best wishes

Kathryn Carver
BACPR Past President (Oct 21-23)

Heather Probert
BACPR President (Oct 23-25)

Treasurer's Report

The BACPR accounts for the year ending 31st March 2024 were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

The financial performance of the association continues to demonstrate robust financial management and account monitoring.

The audited accounts for 2023-2024 show a total income of £488,406 and total expenditure of £436,619 showing a surplus of £51,787.

The income remains at a robust level due to good financial control and the significant contribution of the BACPR Training and Education programme which includes both delivery of both in-person and online courses. Continued engagement with key sponsors of the annual conference has continued in 23/24. The President and Council strive to secure sponsorship to help support the annual conference and activities of the council.

The Association's operational day to day running costs continue to be well managed. Council activity expenditure has been maintained at a controlled level by alternating online with in-person meetings. Membership income is monitored across the different membership categories and historical membership standing orders have been reviewed.

	2021 - 2022	2022 - 2023	2023 - 2024
Opening Balance	**337,477**	**394,807**	**436,619**
Income			
Membership	25,391	32,421	36,553
Conference	75,489	69,104	104,207
Education	278,117	357,512	347,645
Total Income	**378,997**	**458,947**	**488,406**
Expenditure			
Membership	26,793	34,419	52,149
Conference	57,941	63,698	101,609
Education	236,046	282,018	282,860
Total Expenditure	**321,668**	**380,135**	**436,619**
Surplus (-Loss)	**+57,329**	**+78,812**	**+51,787**
Closing Balance	**394,807**	**436,619**	**495, 553**

***Table 1**: BACPR financial position April 2024*

The end of year closing balance of £495,553 demonstrates a secure position for the BACPR. The cost of BACPR annual operation is strongly supported with income from the BACPR Education and Training programme and annual conference

This robust monitoring of financial performance will enable the resilience of BACPR for future years.

Summary of financial position

See Charities Commission website for full report
www.charity-commission.gov.uk

Susan Casnello
Treasurer

Secretary's Report

Membership

The membership numbers (841 at April 2023) continue to show the diversity of professions engaged in cardiovascular prevention and rehabilitation. We are proud to announce that we have a Student membership category which has been available since September 2023, and continues to grow at a steady rate. Targeted work to encourage membership from underrepresented professions is ongoing.

Membership by Profession	April 2023	March 2024
BACPR Exercise Instructor	309	321
Dietitian	11	12
Doctor	19	20
Exercise Physiologist	40	47
Nurse	281	326
Occupational Therapist	11	15
Other Exercise Professional	13	18
Physiotherapist	117	124
Psychologist	3	2
Research Fellow/Academic	16	13
Student	0	8
Other	21	18
Not Specified	0	0
Overall total	**841**	**926**
BCS Affiliate (BACPR)	37	29

Council Elections

During the 2023-24 period, elections were held for Ordinary Officer council members and President Elect.

Stephanie Wright was elected to council as Ordinary Officers. Dr Kathryn Carver, Jennifer Hannay and Ruby James stepped down from Council at the end of their terms, with Dr Kathryn Carver moving into the role of Immediate Past President and Jennifer Hannay completing a final year as Ordinary Officer.

Elections for the position of President-Elect were also held with Helen Alexander being elected to the role from a Member's vote.

BACPR Council Members and Staff (as of March 2024)

Position	Name	Profession	Country
Executive Officers			
President	Heather Probert	Physiotherapist	England
President Elect	Helen Alexander	Physiotherapist	England
Immediate Past President	Dr Kathryn Carver	Nurse	England
Treasurer	Susan Casnello	Nurse	England
Secretary	Natalie Graham	Exercise Physiologist	England
Scientific Officer	Dr Tom Butler	Dietitian	England
Ordinary Officers (Elected)			
	Jen Hannay	Exercise Physiologist	England
	Dr Andrew D'Silva	Consultant Cardiologist	England
	Kirsty Hughes	Physiotherapist	Scotland
	Nikki Gardiner	Nurse	England
	Andrew Battersby	Exercise Physiologist	England
	Maria Glover	Nurse	England
	Helen Alexander	Physiotherapist	England
	Janine O'Rourke	Nurse	England
	Stephanie Wright	Nurse	England

Employed Staff	
BACPR Executive Director	Sally Hinton
BACPR Education and Training Lead	Dr Aynsley Cowie
BACPR Education Coordinator	Vivienne Stockley
BACPR Education Administrator	Penny Hudson
BCS Affiliates Coordinator	Valerie Collins
Membership and Education Support Administrator	Isabella Salzano
IT Support	BCS IT Department

Co-opted officers	
British Heart Foundation (BHF)	Claire Dobson
National Audit of Cardiac Rehabilitation (NACR)	Prof Patrick Doherty
Northern Ireland Representative	Lisa Spratt
British Society for Heart Failure (BSH)	Poppy Brooks
Primary Care	Hayes Dalal
Cardiovascular Care Partnership UK (CCPUK) / Patient Representative	Sarah Brown
BHF Clinical Research Collaborative (BHF CRC)	Dr Sheona McHale
Exercise Professionals Group (EPG) Representative	Susan Young
Exercise Instructor Network (EIN) Representative	Vicky Hatch
Scottish National Heart Disease Co-ordinator	Leeanne Macklin
BACPR Education and Training Lead	Dr Aynsley Cowie

Poppy Brooks took over from Prof Zaheer Yousef as co-opted representative for the British Society for Heart Failure. Co-opted members representing National Audit of Cardiac Rehabilitation (NACR); Northern Ireland; EPG; Exercise Instructor Network (EIN); BHF CRC and BACPR Education continued to be invited to all four council meetings due to the close working relationship with core BACPR activity.

Communication

Enquiries

BACPR members and non-members continue to regularly make use of the enquiry facility on the website and through email. Enquires continue to cover various aspects of cardiovascular prevention and rehabilitation and the delivery of services. Priority is given to responding to member requests, with non-members directed to the relevant resources on the website, as well as being encouraged to join as a member. Expert groups and professionals have continued to respond to complex enquiries forwarded on to them, with evidence-based explanations and clarification. Thank you to all who have given such support.

Networking sessions

Monthly online member networking sessions have continued with good attendance and feedback. These continue to provide members the opportunity to connect with colleagues across the speciality. Specific online networking sessions continue for BACPR members who are also BACPR Exercise Instructors, and as of March 2024, country specific networking sessions have taken place. Details of these sessions can be found on the website and through member communications.

Social media

Our social media presence continues with accounts on X (Formally known as Twitter), LinkedIn and Instagram. An increase in following of these accounts continues which supports the dissemination of current affairs both within the organisation and the wider cardiovascular specialty.

X (Twitter): @bacpr
Instagram: @bacpr1
LinkedIn: British Association for Cardiovascular Prevention and Rehabilitation



e-Bulletins and Connect

Thanks to the support of Membership and Education Administrator, Isabella Salzano, we are now sending out weekly e-bulletin every friday. These bulletins contain news of upcoming events, along with additional information and links to online resources. We have continued with delivering a digital version of Connect to all members, however, this has now been changed to an annual magazine summarising the events of the past year, along with what is to come. This new format allows for increased usability with hyperlinks to relevant materials. This format continues to support the organisation in meeting the NHS target of going paperless by 2027.

Website

The new BACPR website (www.bacpr.org) continues to be well utilised and is updated regularly with new content. The online members forum was closed in November 2022 with the transition over to the MedShr platform. The BACPR members group on MedShr continues to grow and is well utilised, with webinar recordings being uploaded, as well as being a platform for group discussions.

Travel Award

The Travel Award was relaunched in February 2023, with Nunzia Altieri a Dietitian from Imperial College Healthcare NHS Trust as the winner, where she travelled to India to spend a week experiencing a Cardiac Rehabilitation service in Mumbai. Nunzia will be speaking about her experience as this year's BACPR Annual Conference. The 2024 Travel Award closed in April, with winners to be announced.

Natalie Graham
BACPR Honorary Secretary



Conference Report

2023 annual conference was held at the Cardiff Marriott Hotel where we had the pleasure of listening to fantastic presentations relating to "Celebrating 30 years: building for the future". As the name suggests, this was a very special year for BACPR with the annual conference celebrating 30 years of BACPR, having first been established as the British Association for Cardiac Rehabilitation (BACR) in 1993 as a multi-disciplinary body.

Members will be aware that the last 5 years have seen tremendous change in cardiovascular rehabilitation, with this occurring primarily during and after the COVID-19 peaks. Changes to staffing, mode of delivery, increased use of the word "hybrid" are but a few changes that members will be all too familiar with. However despite all the changes one thing remains constant and that is the need for clear, evidence based recommendations for practitioners working in cardiovascular rehabilitation. This is one of the reasons why BACPR updated its standards and core components in 2023, reflecting the changing landscape of practice and the recent developments in patient groups wo would benefit

from rehabilitation. Cardiovascular rehabilitation has come a long way, from 1950s advice consisting of bed rest and physical activity to the rise in home-based rehabilitation in 2018 and the subsequent use of online delivery following this. Coupled with huge advances in medical and pharmacological treatment, it really is an exciting landscape to work in. However, as indicated by the theme of this year's conference, what does the future hold? We know patients are more complex, and there are seemingly more challenges to supporting them effectively. The BACPR 2023 annual conference aimed to place some of the potential future directions under the spotlight.

On Thursday 5th October, Dr Kathryn Carver gave a warm welcome to delegates highlighting the significant changes that BACPR has made to the field of cardiovascular rehabilitation over the last 30 years.

The keynote presentation was delivered by Dr Graham Thomas (GP Lead, Wales Cardiac Network) and Hassan Al-Kaabi (BHF Health and Care Lead for Wales), covering Cardiology in Wales. This was an insightful presentation, made more enjoyable by Graham's singing! It was interesting to see the huge regional variation in rates of CVD as well as access, and also listening to both speakers talk so passionately about how this can and should be improved.

The first session on standards and guidelines included talks from Professor Patrick Doherty, Dr Alex Harrison and Leanne Macklin who provided feedback from the different nations. Sarah Cooper from NHS England talked to delegates on reducing unwanted variation in cardiovascular rehabilitation and how this could be improved through new ways of working, followed by Andrew Battersby and Janine O'Rourke talking about using the updated BACPR standards and core components in practice. This was a very interesting session, especially the case study format.

The afternoon session began with a sponsored symposium delivered by Prof Zaheer Yousef and Ms Delyth Rucarean discussing the management of heart failure across a range of ejections fractions. Heart failure remains a significant problem and with the rise of novel cardioprotective drugs classes such as SGLT2is it is important that this was discussed. Dr Rani Khatib provided an excellent session on the role of pharmacists following an MI, proceeded by Caroline Golder talking on how to integrate non-medical prescribers into a cardiopulmonary rehab programme. These sessions really highlighted the importance of bringing other disciplines into the rehab setting, and why the MDT is so essential for rehabilitation success. The last presentation was

delivered by Dr Michael Foley (MRC Clinical Research Training Fellow, Imperial College) on the ORBITA-COSMIC Trial. This was a very interesting presentation with a clear clinical focus on addressing refractory angina. We will be interested to see how this develops in future years.

Before the final session the first group of posters were presented and marked. Since BACPR instigated new guidelines for writing abstracts there has been a marked increase in the quality of work submitted to conference, and it is fantastic to see so many of our members engaging with research. Our abstracts are now published in the journal Heart, meaning all those with accepted abstracts will be able to include this on their CV and reference it in any applications. There are exciting developments related to this as the next step is to convert some of these abstracts to fully-fledged grant applications.

The final session of day 1 focussed on lifestyle and risk factor management. Anne Holden spoke to the topic of integrating physical activity across healthcare systems, followed by Nicki Sumpter discussing the development and implementation of a diet and nutrition service in primary care. The final session was delivered by Dr Stefan Birkitt (Manchester Metropolitan University) on the widely anticipated guidance for implementing low-volume high intensity interval training.

Day 2 started with 3 presentations from our shortlisted finalists for best oral abstract; Joanne McAllister, Marwa Said and Dr Joanna Blackwell.

Dr Lauren Burke (Imperial College Healthcare NHS Trust) spoke to delegates about compassion-focussed approaches to managing fatigue and building resilience, followed by Dr Lora Capobianco and Dr Rachel Herrick, discussing metacognitive therapy and patient distress as a barrier to engagement, respectively. All these sessions highlighted the valuable role that psychology has in supporting the patients recovery. This was followed by the second round of poster judging.

Martin Dockrell (Tobacco Control Programme Lead, Office of Health Improvement and Disparities) delivered a very insightful presentation on the role of vaping and cardiovascular health. This was a very eye-opening presentation and perhaps was very surprising to hear the points made based on the evidence presented. Dr Tim Antiss delivered a thoroughly engaging session on motivational interviewing, only (disappointingly) making 1 reference to his time spent on Gladiators. This session was very well-received by delegates and had

a lot of practical advice that could be embedded into practice. The session was closed by Jeff and Sandra Davies (Gwent Defibbers) who spoke to the patient experience. This was very moving talk, and the points made by Jeff and Sandra clearly resonated with the audience.

The final session of the conference began by Dr Kathryn Carver presenting the awards for best oral abstract and best poster. Congratulations to Dr Joanna Blackwell for winning the best oral abstract titled “Exploring mind-body detachment following a cardiac event – through a Bourdieusian lens” and Amye Goddard for her poster titled “Service improvement projects evaluating the effectiveness of a pathway change for the MI/PCI patients referred to a UK cardiac rehabilitation service”. We would also like to thank all of our members who submitted work to the conference. It really is great to see so many people presenting work and we hope to grow this year after year. Prof Zaheer Yousef (BSH) Gave an update on the BSH campaign 25in25, followed by Helen Williams speaking on the topic of the challenges for tackling CVD prevention in primary care. This is a huge issue, especially when considering the massive disparities that exist in this area of healthcare, and clearly there is a lot more to be done to improve this. Richard Forsyth (Health & Care Lead [Scotland] – British Heart Foundation) delivered the final session of the programme, discussing the modernisation of cardiovascular rehabilitation and presenting the new, eagerly awaited BHF ‘What is cardiac rehabilitation’ animation. Dr Kathryn Carver formally handed over the BACPR presidency to Heather Probert. Heather is a consultant physiotherapist/therapy Lead in Cardiovascular Prevention & Rehabilitation at Royal Brompton & Harefield NHS Hospitals and brings considerable experience and insight into her role as president.

Over the last year there have also been substantial developments aligned to research. The most significant perhaps is the reinstatement of the New Research Development Fund (NRDF). This fund is specifically designed to help support those who are new to research, with an award of up to £5000 available. In addition we have delivered webinars that raise awareness of the research and abstract submission process.

Dr Tom Butler
Scientific Officer

Education and Training Report

In 2023-24, we ran 37 CPD courses for 647 delegates. Of these, 15 were in person, 22 were online. For exercise instructor training, 11 courses were run for 198 delegates (1 hybrid course, 10 online).

Recently we examined delegate and course numbers in the years preceding, during and after the pandemic (figure 1). These show consistent increases in courses and delegate numbers for CPD courses, year on year, since the pandemic, whilst exercise instructor training numbers have remained steady.

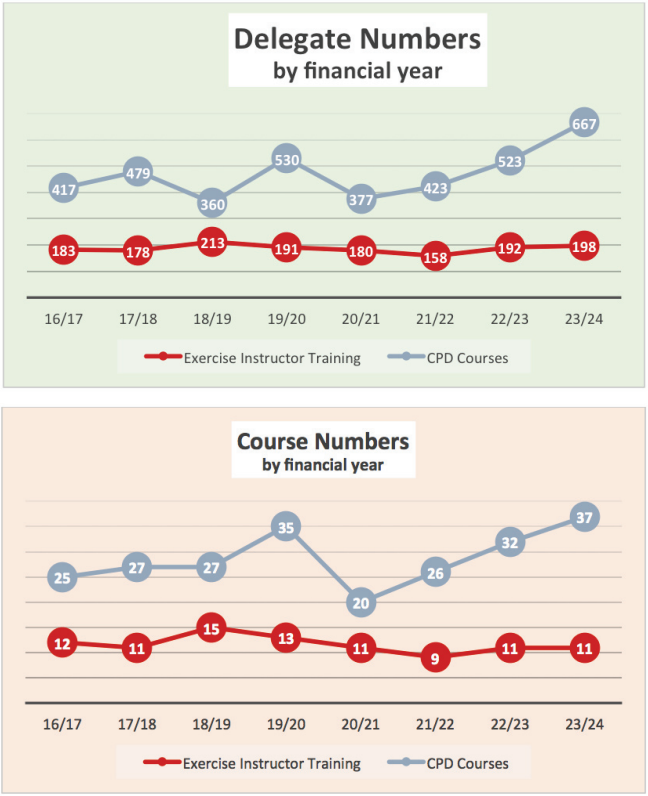


Figure 1: Annual Delegate and Course Numbers for CPD Courses and Exercise Instructor Training

These graphs exclude annual modules run at University College London, University of Chester and St Georges Hospital.

Tutors

In 2023/24, six new tutors were supported to join the tutor teams delivering our CPD courses and exercise instructor training programme. At the start of 2024, we offered all of our existing tutors the opportunity to take part in an online 90-minute training session focused on how to engage and connect with learners online. Feedback from the session has been very positive and hopefully tutors will be able to apply this learning to online course delivery.

BACPR Exercise Professionals Group (EPG) Study Day and BACPR Annual Conference

The education and training team led the planning and organisation of both the EPG study day and BACPR annual conference in 2023.

The EPG study day was held at Aston University, Birmingham, with 91 registered delegates. The annual conference was delivered at the Cardiff Marriott hotel with 237 registered delegates. Both events are CIMSPA accredited, and the annual conference retained its Royal College of Physicians accreditation.

Webinars

Our CPD certified webinars continue to be popular. In 2023/24 we ran five webinar across a range of topics.

Webinar Title	Date	No. Delegates
How to write a scientific abstract	26/04/23	41
Ethnic minorities and CVPR: Reducing inequalities	15/06/23	107
OHCA/Resus UK Standards	13/09/23	256
EPG webinar: Yoga and tai chi	16/11/23	121
Writing abstracts and funding applications	22/02/24	51

BACPR Standards and Core Components Online Modules

The modules were updated in line with publication of the 2023 BACPR Standards and Core Components (4th edition), and the updated modules were launched in October 2023.

New Courses

The cardiovascular nutrition course was revised and delivered again, for the first time post-pandemic, in June 2023 in Manchester and was very well received.

This year we have been working hard with two groups of tutors to develop two new courses, which will run from autumn 2024:

- Working with psychosocial factors in cardiovascular rehabilitation (online)
- Implementing low-volume HIIT training into clinical practice (in person)

Team Development

For 2024/25, Aynsley Cowie continues in her role of helping with the development of the programme. Vivienne and Penny continue to provide invaluable support in keeping the team organised and in ensuring that all runs efficiently; to both a huge thank you.

Thanks also to all our tutors who worked so hard over the last year to continue to develop and deliver high quaity education and training across all the core components of CVPR.

Dr Aynsley Cowie, PhD
BACPR Education and Training Lead

Sally Hinton
BACPR Executive Director

British Heart Foundation Clinical Research Collaborative (BHF CRC) Report

BACPR BHF CRC is part of the BHF-CRC and includes a clinical study group (CSG) dedicated to advancing the CVPR research agenda and supporting BACPR members.

Throughout 2023-2024, we continued our work with the BHF CRC, providing support for ongoing research initiatives while also shaping the BACPR research direction for member benefits. The following is a summary of the activities accomplished during that twelve-month period:

BHF CRC Research Development Fund: Following the Spring 2023 call for the CRC Research Development Fund (RDF), we received three funding applications from BACPR members. After scoring and feedback, one application received a letter of support to go forward for BHF CRC RDF consideration. The BHF CRC October announcement confirmed funding for 5 projects from 14 affiliated cardiovascular societies, but unfortunately, the BACPR's supported application was unsuccessful. There was no autumn call due to an ongoing RDF evaluation by the BHF CRC.

The two successful BACPR RDF projects from previous years have made significant progress this year. One, titled "Determinants of Progression from Phase III to IV Cardiac Rehabilitation: A Multi-centred Exploratory Study" by S. Birkett, has commenced recruitment. The second project, focusing on ischaemia and no obstructive coronary arteries (INOCA), including authors A. Cowie, S. Brown, S. Nichols, H. Humphreys, S. Dawkes etc., presented their findings at the UKSBM conference in Glasgow (2024) and are scheduled for presentation at the upcoming BSC conference in June 2024. The qualitative component of their study has been completed and published in Open Heart. Another paper, examining the capacity and capability to deliver CR to people with INOCA, is currently under review for publication in BMJ Open. Additionally, the research team has received approval to develop a grant proposal to further advance their research.

The qualitative paper can be accessed via this link:
https://openheart.bmj.com/content/openhrt/11/1/e002569.full.pdf

Clinical Study Group Membership – As at 31/03/2024, the CRC group composition includes 14 members representing a range of research and clinical expertise from the BACPR council and membership. Among them, 64% currently hold positions on BACPR council.

CSG research support for the BACPR membership: Throughout this year, CSG members and individuals with a research interest from the BACPR council, collaborated to advance the BACPR research agenda and enhance support for the membership. This led to consensus on promoting three priority research themes from BACPR's published list of top ten research priorities, reinstating BACPR's New Researcher Development Fund (NRDF), hosting a webinar on writing research abstracts and funding applications, and proposing two forthcoming research mentoring initiatives which are currently in the final stages of development. One of these mentoring initiatives will support the NRDF for 2024.

BACPR Website Research: The website's research priorities section was updated in early 2024 to highlight three key themes within CVPR research: multimorbidity, remote delivery and psychosocial support. Each theme offers example research questions and suggested activities to assist members.

Cochrane Review - Interventions for Alcohol Abstinence: Six members of BACPR have received supported from experienced Cochrane researchers to complete a Cochrane systematic review examining interventions for alcohol abstinence in people with atrial fibrillation. The team are currently working on the systematic literature review of the existing evidence base and data extraction.

Dr Sheona McHale
BACPR CSG Representative

Exercise Professionals Group (EPG) Report

BACPR EPG is a dedicated BACPR steering group focusing on matters relating to the role of physical activity and exercise in the prevention and management of cardiovascular disease.

BACPR EPG Committee:

Susan Young	Chair and ACPICR representative
Vicky Hatch	Past Chair and BACPR EIN representative
Helen Alexander	ACPICR representative
Dr Sheona McHale	BACPR EIN representative
Eddie Caldow	BASES representative
Chris Scordis	BASES representative
Sam Jones	BASES representative
Professor John Buckley	Founder Member

Currently there are vacant positions on the EPG committee for a third BACPR EIN and ACPICR representative.

Overall Aim of Group

- Maintain an up-to-date set of standards, knowledge and competences to which any individual (independent of their professional qualification) will be expected to work in relation to the physical activity and exercise component of rehabilitation and disease prevention for individuals with cardiovascular disease
- Develop practice standards, offer training and continuing professional development, and advise any professional group, charity or association on matters pertaining to individualised guidance, professional practice and research regarding physical activity and exercise in relation to cardiovascular disease
- Further seek and develop research that will strengthen the value and efficacy of physical activity and exercise as a key modality in the rehabilitation and disease prevention of individuals with cardiovascular disease.

Activities in the last 12 months include:

- Ongoing response to BACPR members for physical activity and exercise related questions
- Screening of applications and provision of assessors for the BACPR Advanced Exercise Professional Award, and ongoing development of the Award pathway and process

- Organisation and delivery of the BACPR Webinar *'Adapting Yoga and Tai Chi for Individuals with Cardiovascular Disease'* (November 2023)
- Update of *BACPR EPG Core Competences for the Physical Activity and Exercise Component of Cardiovascular Disease Prevention and Rehabilitation Services 2024* (3rd Edition) (March 2024)
- Renewal of the *BACPR EPG Memorandum of Collaboration 2024* (May 2024)
- Peer review of ACPICR patient information leaflet *'Bowls: a guide for people with heart conditions'* (May 2024)
- Organisation of the 2024 Annual BACPR EPG Study Day *'Optimising Physical Activity and Exercise Throughout the Pathway: from diagnosis to return to play'* (May 2024)
- Maintained strong links with BACPR Council.

BACPR EPG Study Day 2024

'Optimising Physical Activity and Exercise Throughout the Pathway: from diagnosis to return to play'

This year's annual BACPR EPG Study Day is due to be held in-person on 10th May 2024 at Aston University, Birmingham with the theme *'Optimising Physical Activity and Exercise Throughout the Pathway: from diagnosis to return to play'*. Taking into consideration the profile of delegates who attend the study day which includes exercise professionals from different professional backgrounds (physiotherapists, specialist exercise instructors and exercise physiologists), working across the entire pathway of cardiovascular rehabilitation including core/early rehabilitation, long-term maintenance and research settings, planning a programme that includes speakers and a theme that will have relevance for all was the ultimate goal.

Professor Aneil Malhotra will provide an opening keynote session on 'Inherited cardiomyopathies – from diagnosis to management' and staying in the early stages of assessment and management, Professor David Oxborough will be speaking about 'Echocardiography for determining exertion-related risk'. Turning attention then to the early delivery of exercise and physical activity, Helen Alexander will complement Professor Malhotra's opening keynote with a session on 'Exercise considerations for those with inherited cardiomyopathies'. Lucy Gardiner will be speaking about 'Inequalities in pulmonary rehabilitation' allowing us to learn lessons from another population to ensure our exercise interventions are accessible to all. Lesley Simpson will then invite us to start thinking about the onward stages of rehabilitation with her

session ‘Could it be magic? How to motivate and engage people to not only be more active, but to stick with it’.

Bringing our focus then to the later stage of the exercise and physical activity rehabilitation pathway, Professor Malhotra will provide a closing keynote ‘Return to play’ and our final speaker Dr. Tasuku Terada will close the day by inviting us to consider the wider long-term benefits of physical activity and exercise with his session ‘The effects of cardiovascular rehabilitation on mental health and quality of life’. With AGMs and updates from ACPICR, BACPR EIN and BASES, and a fantastic collection of diverse and good quality oral and poster abstracts submitted this year, BACPR EPG Study Day remains a popular event in the exercise professional’s calendar for thought-provoking CPD and networking.

Susan Young
BACPR Exercise Professional Group Chair

Exercise Instructor Network (EIN) Report

The EIN is an informal subgroup of the BACPR, formed to support graduates from the BACPR Specialist Cardiac Exercise Instructor Qualification. The EIN group is led by a committee of dedicated BACPR Exercise Instructors. Members of the EIN committee contribute to the BACPR Exercise Instructor training steering committee and the BACPR Exercise Professional Group.

The EIN Committee currently consists of:

Vicky Hatch	Karen Deery
Dr Sheona McHale	Lorraine Richardson
Emma Spalding	Toby Whitehead

The committee meets regularly online to promote the interests, knowledge, and professional profile of BACPR Specialist Cardiac Exercise (Phase IV) qualified exercise instructors.

BACPR EIN activity over the last 12 months includes:

- Free online network hours offering the opportunity for advice and discussion around any current issues, challenges or general cardiovascular topics impacting upon long term (Phase IV) exercise programme delivery. During the latter part of 2023/early 2024 these meetings focused upon each of the four devolved nations of the UK.
- With new members now on the committee, plans will progress to create a more visible and supportive platform for specialist cardiac exercise instructors on social media where information and ideas can be shared. This is likely to include a specific area within the current BACPR Medshr platform.
- The EIN continues to actively encourage and support instructors wishing to apply for the Advanced Exercise Professional Award, with guidance around specific experience and skills required for a successful application and assessment. BACPR Exercise Professionals Group (EPG) Position Statement 2019 (Version 3) remains the overarching guidance for eligibility and includes the details of minimum qualifications and competences.
- Ongoing advice, information and signposting to any physical activity and exercise related questions from graduates of the BACPR Specialist Cardiac Exercise qualification or BACPR member.

Vicky Hatch
BACPR Exercise Instructor Network Chair

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

"Promoting excellence in cardiovascular disease prevention and rehabilitation"

The British Association for Cardiovascular Prevention and Rehabilitation

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Company limited by guarantee. Registered in England 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Heather Dawn Probert - President
Natalie Joy Graham - Secretary
Susan Casnello - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

Report of the Trustees for the year ended 31st March 2024

The Trustees present their report along with the financial statements for the year ended 31st March 2024

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, prevention, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2024 was £488,406 (2023 = £458,947)
Total expenditure for the year ended 31st March 2024 was £436,619 (2023 = £380,135)
Income exceeded expenditure by £51,787 (2023 = Surplus £78,812)
Funds held on deposit increased from £436,509 to £495,553

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2024 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 6th June 2024 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2024, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Incoming resources	9				
Education fund			347,645	347,645	357,512
Conference fund		104,207		104,207	69,014
Members fund		36,553		36,553	32,421
Total incoming resources		140,760	347,645	488,406	458,947
Resources expended	10				
Education fund			282,860	282,860	282,018
Conference fund		101,609		101,609	63,698
Members fund		52,149		52,149	34,419
Total resources expended		153,758	282,860	436,619	380,135
Net incoming resources for the year		-12,998	64,785	51,787	78,812
Total funds brought forward		141,499	332,119	473,618	394,806
Total funds carried forward		128,501	396,904	525,405	473,618

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2024

	Notes	2024	2023
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		495,553	436,509
Prepayments		36,083	41,308
		531,636	477,817
Creditors - amounts falling due within one year	3	6,232	4,200
Net current assets		525,404	473,617
Total net assets		£ 525,405	£ 473,618
Funds			
Restricted funds		396,904	332,119
Unrestricted funds		128,501	141,499
		£ 525,405	£ 473,618

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2024 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

	£
Cost	
At 1st April 2023 and 31st March 2024	9,670
Depreciation	
At 1st April 2023	9,669
Charge for the year	-
At 31st March 2024	£ 9,669
Net book value	
31st March 2024	£ 1
31st March 2023	£ 1

3 **Creditors**	**2024**	**2023**
Amounts falling due within one year		
Trade creditors	4,200	4,200
Other creditors	2,032	-
	£ 6,232	£ 4,200

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2024 were:-

(i) Education account

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	2024		2023	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		343,645		335,004
EPG sponsorship		4,000		3,993
		347,645		338,997
CONFERENCE FUND				
Registration	65,057		43,029	
Sponsorship and exhibitors	39,150		44,500	
		104,207		87,529
MEMBERS FUND				
Membership fees	35,096		31,624	
Miscellanous income	1,457		797	
		36,553		32,421
		488,406		458,947
EXPENSES				
Resources expended (page 10)		436,619		380,135
Net outgoing resources for the year		£ 51,787		£ 78,812

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2024

	2024		2023	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	4,340		3,230	
Professional fees	4,200		4,200	
Course expenses	48,585		32,984	
Online and IT costs	19,444		14,179	
Travel and subsistence	8,274		4,298	
Tutor fees	98,543		95,821	
		183,386		154,712
Project costs				
Course development fees	4,948		4,073	
		4,948		4,073
EDUCATION ADMINISTRATION COSTS				
Office rental	10,564		11,765	
Office expenses	3,753		4,335	
General postage costs	6,813		9,305	
Salaries	73,396		97,828	
		94,526		123,233
CONFERENCE FUND				
Administration and speakers expenses	44,136		21,629	
IT	6,772		8,200	
Venue	50,701		33,869	
		101,609		63,698
MEMBERS FUND				
Administration	40,127		24,931	
Council activity and projects	6,168		7,913	
Cardiovascular Health Campaign - The Guardian	3,700		-	
Travel Awards	1,489		-	
Connect newsletter	665		1,575	
		52,149		34,419
		£ 436,619		£ 380,135

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Heather Dawn Probert - President
Natalie Joy Graham - Secretary
Susan Casnello - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

Report of the Trustees for the year ended 31st March 2024

The Trustees present their report along with the financial statements for the year ended 31st March 2024

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, prevention, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2024 was £488,406 (2023 = £458,947)
Total expenditure for the year ended 31st March 2024 was £436,619 (2023 = £380,135)
Income exceeded expenditure by £51,787 (2023 = Surplus £78,812)
Funds held on deposit increased from £436,509 to £495,553

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2024 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 6th June 2024 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2024, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Incoming resources	9				
Education fund			347,645	347,645	357,512
Conference fund		104,207		104,207	69,014
Members fund		36,553		36,553	32,421
Total incoming resources		140,760	347,645	488,406	458,947
Resources expended	10				
Education fund			282,860	282,860	282,018
Conference fund		101,609		101,609	63,698
Members fund		52,149		52,149	34,419
Total resources expended		153,758	282,860	436,619	380,135
Net incoming resources for the year		-12,998	64,785	51,787	78,812
Total funds brought forward		141,499	332,119	473,618	394,806
Total funds carried forward		128,501	396,904	525,405	473,618

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2024

	Notes	2024	2023
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		495,553	436,509
Prepayments		36,083	41,308
		531,636	477,817
Creditors - amounts falling due within one year	3	6,232	4,200
Net current assets		525,404	473,617
Total net assets		£ 525,405	£ 473,618
Funds			
Restricted funds		396,904	332,119
Unrestricted funds		128,501	141,499
		£ 525,405	£ 473,618

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2024 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

	£
Cost	
At 1st April 2023 and 31st March 2024	9,670
Depreciation	
At 1st April 2023	9,669
Charge for the year	-
At 31st March 2024	£ 9,669
Net book value	
31st March 2024	£ 1
31st March 2023	£ 1

3 **Creditors**	**2024**	**2023**
Amounts falling due within one year		
Trade creditors	4,200	4,200
Other creditors	2,032	-
	£ 6,232	£ 4,200

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2024 were:-

(i) Education account

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2024

	2024		2023	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		343,645		335,004
EPG sponsorship		4,000		3,993
		347,645		338,997
CONFERENCE FUND				
Registration	65,057		43,029	
Sponsorship and exhibitors	39,150		44,500	
		104,207		87,529
MEMBERS FUND				
Membership fees	35,096		31,624	
Miscellanous income	1,457		797	
		36,553		32,421
		488,406		458,947
EXPENSES				
Resources expended (page 10)		436,619		380,135
Net outgoing resources for the year		£ 51,787		£ 78,812

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2024

	2024		2023	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	4,340		3,230	
Professional fees	4,200		4,200	
Course expenses	48,585		32,984	
Online and IT costs	19,444		14,179	
Travel and subsistence	8,274		4,298	
Tutor fees	98,543		95,821	
		183,386		154,712
Project costs				
Course development fees	4,948		4,073	
		4,948		4,073
EDUCATION ADMINISTRATION COSTS				
Office rental	10,564		11,765	
Office expenses	3,753		4,335	
General postage costs	6,813		9,305	
Salaries	73,396		97,828	
		94,526		123,233
CONFERENCE FUND				
Administration and speakers expenses	44,136		21,629	
IT	6,772		8,200	
Venue	50,701		33,869	
		101,609		63,698
MEMBERS FUND				
Administration	40,127		24,931	
Council activity and projects	6,168		7,913	
Cardiovascular Health Campaign - The Guardian	3,700		-	
Travel Awards	1,489		-	
Connect newsletter	665		1,575	
		52,149		34,419
		£ 436,619		£ 380,135

THE BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

England & Wales - Charity number 1135639

Accounts

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2022-23

The British Association for Cardiovascular Prevention and Rehabilitation is an affiliated group of the British Cardiovascular Society

President's Report 1
Treasurer's Report 4
Secretary's Report 6
Conference Report 11
Education and Training Report 15
British Heart Foundation Clinical Research Collaborative (BHF CRC) Report 18
Exercise Professionals Group (EPG) Report 20
Exercise Instructor Network (EIN) Report 22

President's Report

The annual report provides an opportunity to look back in a way that does not occur in the day-to-day workings of an organisation such as BACPR. As a Council we have a cycle of events which recur annually but thankfully with different end points across the year, for example April marks the end of our financial year ensuring that between January and March we are focussing on finance, conference takes place in October with planning occurring all year but peaking between June and September. Thus, the annual report gives the opportunity to look at everything to see what we have accomplished. The challenge is to capture and condense it all for you, our members in the annual report.

The current three year BACPR strategy was published in March 2022, and I am pleased to report we have made progress against the four workstreams, Promotion and Policy, Research, Education and Member Support.

The major policy document of the year was the publication of the 4th Edition BACPR Standards and Core Components in January 2023. There is greater focus on patients with the core components setting out what patients should expect to be offered in an individualised comprehensive programme. The standards focus on greater choice for patients and extending the offer to a wider group of patients with cardiovascular conditions. The work undertaken by those reviewing and updating BACPR standards should not be underestimated. I am extremely grateful for the leadership provided by immediate past president Professor Susan Dawkes and the work of all the writing team in producing a valuable and well received resource.

BACPR Council has members who are involved in the promotion of cardiovascular disease prevention and rehabilitation on key expert groups across all four nations. Our affiliate associations continue to ensure we consider the wider cardiovascular community in all we do; we have built on our links to the Primary Care Cardiovascular Society (PCCS) to increase integration with primary care. It is encouraging to see the increasing patient voice in many aspects of our work, thank you to Sarah Brown, our patient representative for her valuable contribution to many aspects of BACPR work.

Within the Research workstream we have seen publication of the BACPR research priorities paper the efforts of Dr Sheona McHale and Dr Aynsley Cowie and also Dr Tom Butler organised the publication of the 2022 conference abstracts in Heart on-line. Thank you to all involved in these activities as it has helped raise

the research profile of BACPR. We continue to work with BHF Clinical Research Collaborative (BHF CRC) to promote and enable funding of research projects. At a member level we have been able to help those undertaking research projects through dissemination of their surveys and questionnaires to BACPR members. We also accepted an invitation to join ASPIRE-TO-ACTION: the national survey of secondary and primary prevention of CVD. This is at the early stage of a 2–3-year piece of work in which the anonymised Euroaspire patient database will be shared with BACPR to analyse, present and publish papers relevant to our specialty.

The education strategy has benefitted from the employment of our Education and Training Lead. This has enabled the learning needs analysis to be undertaken and will inform the continued expansion of our education programme and profile. The team have started work updating the core component on-line modules to reflect the 4th Edition BACPR Standards and Core Components. The BACPR Specialist Exercise Instructor training continues to attract large numbers of applicants and increasingly block contracts with companies such as Nuffield Health to train their staff. Thank you to Aynsley, Vivienne and Penny in the Education team along with all our tutors who ensure BACPR education is viewed as high quality provider of training programmes across the spectrum of cardiovascular diseases prevention and rehabilitation.

The most important aspect of our strategy remains supporting our members. Free access to webinars and the on-line modules remains and will continue. We have adjusted the content and frequency of the e-bulletins to make them more relevant and the online members sessions remain a popular way of networking. Thank you to Jen Hannay, Secretary and all council members involved in the running of members hours, social media releases and production of the bulletin and newsletter.

Work with BCS to streamline rolling online membership and payment collection continues and we apologise that this is not yet a perfect process. Thank you to Val Collins at BCS headquarters for smoothing this process to enable renewal of membership, new members and also for her work in responding to your queries and signposting everyone appropriately.

BACPR remains in a strong financial position and the end of year accounts can be reviewed in detail in the Treasurer report. Thank you to Heather Probert and Susan Casnello for their work this year.

This is my final report as BACPR President and it has been an honour to serve in the position. I could not have undertaken the role without the hard work of all Council Members and staff of BACPR – thank you. However, a special mention must be for Sally Hinton, Executive Director. Sally works tirelessly to promote and uphold the excellent reputation of BACPR. Her depth of knowledge and experience is valued by the NHS England Cardiac Rehabilitation Expert Advisory Group and by all of us at BACPR. Thank you, for your support to me personally over the last two years and your continued contribution to the success of BACPR.

With very best wishes

Kathryn Carver
BACPR President

Treasurer's Report

The BACPR's accounts for the year ending 31st March 2023 were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

The financial performance of the association continues to demonstrate robust financial management and account monitoring. The total income for 2022/2023 was £458,947

This is a significant increase from the previous year. This is due to good financial control and an increase in education activity and income as a result of delivering both in-person and online courses.

Council activity expenditure has been maintained at a controlled level by alternating online with in-person meetings.

This year's accounts showed a surplus of +£78,812, an increase on the previous year. The association's operational day to day running costs continue to be well managed.

Continued engagement with key sponsors has continued in 22/23. The President and Council strive to secure sponsorship to help support activities of the council and particularly its annual conference.

The BACPR Training and Education programme continues to be a popular and highly respected provider of accredited training in cardiovascular rehabilitation. The education team delivers both online and face to face courses and makes a very significant contribution to the ongoing financial stability of BACPR.

	2020 - 2021	2021 - 2022	2022 - 2023
Opening Balance	**302,672**	**337,477**	**394,806**
Income			
Membership	34,311	25,391	32,421
Conference	-5,480	75,489	69,014
Education	256,430	278,117	357,512
Total Income	**288,261**	**378,997**	**458,947**
Expenditure			
Membership	32,487	26,793	63,698
Conference	13,884	57,941	63,698
Education	216,046	236,046	282,018
Total Expenditure	**262,417**	**321,668**	**380,135**
Surplus (-Loss)	**+25,844**	**+57,329**	**+78,812**
Closing Balance	**337,477**	**394,807**	**473,618**

***Table 1**: BACPR financial position April 2023*

** (including deposit for venue 2023)*

The end of year closing balance of £473,618 demonstrates a secure position for the BACPR. The cost of BACPR annual day-to-day costs are easily met and the stable financial position means new projects for the benefit of members can be supported.

This robust monitoring of financial performance will enable the resilience of BACPR for future years.

Summary of financial position

The full financial report will be available within the Members' Area at www.bacpr.org or
via the Charities' Commission Website at www.charity-commission.gov.uk.

The accounts were finalised for 2022/2023 on 27th June 2023 in consultation with the accountant.

Susan Casnello
Treasurer

Secretary's Report

Membership

The membership numbers (890 at March 2023) continue to show the diversity of professions engaged in cardiovascular prevention and rehabilitation. Membership renewals have remained more static throughout the year following the transition to rolling membership rather than the previous April-March membership time window. Targeted work to encourage membership from underrepresented professions is ongoing.

Membership by Profession	March 2023	April 2022
Overall total	890	958
BACPR Exercise Instructor	341	285
Dietitian	13	14
Doctor	20	22
Exercise Physiologist	42	35
Nurse	282	293
Occupational Therapist	11	11
Other Exercise Professional	13	23
Physiotherapist	126	133
Psychologist	3	3
Research Fellow/Academic	16	14
Other	23	25
Not Specified	0	0

Council Elections

During the 2022-23 period, elections were held for Ordinary Officer council members and President Elect.

Dr Andrew D'Silva; Kirsty Hughes; Nikki Gardiner; Andrew Battersby; Maria Glover; Helen Alexander and Janine O'Rourke were elected to council as Ordinary Officers. Prof Susan Dawkes; Gill Farthing; Dr Carolyn Deighan; Simone Meldrum; Jennifer (Jenny) Aindow and Alison Allen stepped down from Council at the end of their terms.

Elections for the position of President-Elect were also held with Heather Probert being elected to the role from a Council vote.

BACPR Council Members and Staff (as of March 2023)

Position	Name	Profession	Country
Executive Officers			
President	Dr Kathryn Carver	Nurse	England
President Elect	Heather Probert	Physiotherapist	England
Immediate Past President	vacant		
Treasurer	Susan Casnello	Nurse	England
Secretary	Jennifer (Jen) Hannay	Exercise Physiologist	England
Scientific Officer	Dr Tom Butler	Dietitian	England

The Communication and Digital Officer Executive role was stepped down with work moving under the remit of the Secretary. Heather Probert was elected via Council into President Elect role to take up the Presidency from October 2023 and Susan Casnello moved into the Treasurer role.

Ordinary Officers (Elected)			
	Ruby James	Occupational Therapist	Wales
	Natalie Graham	Exercise Physiologist	England
	Dr Andrew D'Silva	Consultant Cardiologist	England
	Kirsty Hughes	Physiotherapist	Scotland
	Nikki Gardiner	Nurse	England
	Andrew Battersby	Exercise Physiologist	England
	Maria Glover	Nurse	England
	Helen Alexander	Physiotherapist	England
	Janine O'Rourke	Nurse	England

Co-opted officers	
Northern Ireland representative	Lisa Spratt
British Heart Foundation (BHF) representative	Claire Dobson
National Audit of Cardiac Rehabilitation (NACR) representative	Prof Patrick Doherty
British Society for Heart Failure (BSH)	Prof Zaheer Yousef
Cardiovascular Care Partnership (CCP)/Patient Representative	Sarah Brown
Primary Care representative	Dr Hayes Dalal
Public Health representative (England)	Katherine Thompson
BHF Clinical Research Collaborative (CRC) representative	Dr Sheona McHale
Exercise Professionals Group (EPG) Chair	Susan Young
Exercise Instructor Network (EIN) Chair	Vicky Hatch
BACPR Education Lead	Dr Aynsley Cowie
Scottish National Heart Disease Co-ordinator	Leeanne Macklin

Dr Sheona McHale took over from Dr Aynsley Cowie as co-opted representative for the British Heart Foundation Clinical Research Collaborative (BHF CRC). Dr Aynsley Cowie was welcomed in a new co-opted role representing BACPR Education. Susan Young took over from Vicky Hatch as co-opted representative for the Exercise Professionals Group (EPG). Leeanne Macklin was welcomed as a co-opted representative for Scotland in her role as Scottish National Heart Disease Co-ordinator.

Co-opted members representing National Audit of Cardiac Rehabilitation (NACR); Northern Ireland; EPG; Exercise Instructor Network (EIN); BHF CRC and BACPR Education continued to be invited to all four council meetings due to the close working relationship with core BACPR activity.

Employed Staff	
Executive Director	Sally Hinton
Education Lead	Dr Aynsley Cowie
Education coordinator	Vivienne Stockley
Education Administrator	Penny Hudson
BCS Affiliates Coordinator	Val Collins
IT Support	BCS IT Department

Further information on current BACPR Council and staff can be found in the ‘About’ section at www.bacpr.org

Communication

Enquiries

BACPR members and non-members continue to regularly make use of the enquiry facility on the website and through email. Enquires continue to cover various aspects of cardiovascular prevention and rehabilitation and the delivery of services. Priority is given to responding to member requests, with non-members directed to the relevant resources on the website, as well as being encouraged to join as a member. Expert groups and professionals have continued to respond to complex enquiries forwarded on to them, with evidence-based explanations and clarification. Thank you to all those who have given such support.

Networking sessions

Monthly online member networking sessions have continued with good attendance and feedback. These continue to provide members the opportunity to connect with colleagues across the speciality. Specific online networking sessions were also commenced in February 2023 for BACPR members who are also BACPR Exercise Instructors. Details of these sessions can be found on the website and through member communications.

Social media

Our social media presence continues with accounts on Twitter, Instagram and LinkedIn. The Facebook page has been stood down. An increase in following of these accounts continues which supports the dissemination of current affairs both within the organisation and the wider cardiovascular specialty.

Twitter: @bacpr
Instagram: @bacpr1
LinkedIn: British Association for Cardiovascular Prevention and Rehabilitation



e-Bulletins and Connect

There continues to be some excellent content from services around the country, and world, highlighting commitment from all professionals in their pursuit of delivering an excellent service to their patients, especially in a post pandemic landscape. We continue to receive service delivery reports highlighting exceptional work in the development of their respective services. We have continued with delivering a digital version of Connect to all members twice yearly. This new format allows for increased usability with hyperlinks to relevant materials. This format continues to support the organisation in meeting the NHS target of going paperless by 2027.

Website

The new BACPR website (www.bacpr.org) continues to be well utilised and is updated regularly with new content. The online members forum was closed in November 2022 with the transition over to the MedShr platform.

Travel Award

The 2023 Travel Award was relaunched in February 2023 following the pandemic with one successful applicant.

Jen Hannay
BACPR Honorary Secretary



Conference Report

BACPR Annual Conference 2022
'Cardiovascular Disease Prevention and Rehabilitation – a renewed and contemporary approach'

The 2022 annual conference was hosted by the Birmingham Conference and Events Centre (BCEC). It was decided that to maximise the networking abilities of delegates that this conference be hosted in person.

This was the first year that we utilised a more structured approach to sessions. Each half day was split into various themes, such as lifestyle, exercise, equality and diversity. Equally this was the first year that we had a session dedicated to covering health inequalities in CVD. The structured format worked extremely well and allowed for interesting panel discussions at the end of each session.

The 2022 conference was opened by Dr Kathryn Carver - BACPR President. This was followed by the keynote lecture delivered by Prof James Cotton and Paul Stern, who both discussed cardiology in the West Midlands. This session was particularly insightful as it highlighted to many delegates the challenges of providing care in this diverse area, and the current problems regarding health inequalities which still persist in modern society.

The first of the themed sessions was focused on National and International guidelines. Prof Lis Neubeck spoke about the updated ESC publications, followed by Prof Patrick Doherty and Dr Alex Harrison speaking on the topic of routine CR and whether this is still tailored to patients' needs. The final speaker was Prof Susan Dawkes who provided a very concise discussion and update on the BACPR standards and core components (SCCs) The discussion following this session provided to be insightful, especially due to some of the potential challenges the new SCCs could have for practice.

Over the course of lunch, delegates were encouraged to view the posters that had been presented at this years conference. We were impressed by the overall quality and design. There were some learning points that we have taken from this, such an ensuring there is enough time for lunch and poster viewing and will refine this aspect of future conferences to maximise benefit for all.

The first session after lunch was focused on advances in technology. This has been an important aspect at our conferences and more so since COVID. Prof Julie Redfern spoke about digital health and cardiovascular prevention and rehabilitation, followed by speakers Edith Donnelly and Natalie Graham on virtual heart failure clinics and what exactly is a hybrid delivery, respectively. I believe this latter session was particularly interesting for delegates as many services have moved to a hybrid model but defining this and ensuring consistency has been challenging.

We then progressed to a session dedicated to the presentation of oral abstracts. These were the 3 best abstracts judged by the abstract reviewers to be the highest quality and most interesting. Emily James presented her work looking at protein interventions for patients with coronary heart disease; Amy Goddard presented her work on looking at the correlation between DASI METS and the ISWT in patients with CVD; and Dr Alisdair O'Doherty presented his work looking at the provision of diet education in cardiovascular rehabilitation in the UK. It was Emily who won best oral abstract, and we were delighted to welcome Emily – along with Nikki Gardiner (winner of best poster) – to our scientific writing webinar to share top tips and advice.

The final session of day 1 was focused on diet and nutrition messages. Emmy West spoke on how to adapt a Mediterranean Diet to a South Asian group. This was followed by a talk from Elphee Medici (representing Heart UK) on a new diet checklist aimed to improve dietary cholesterol, and finally Prof Bruce Griffin on the broad topic of nutrition and CVD with a focus on lipids.

Friday morning began with a spotlight session on equality and diversity. This session began with a BSH session regarding cardiovascular rehabilitation and heart failure by Prof Zaheer Yousef. Maggie Simpson followed with a presentation titled gender inequalities and what we can do about it. The final presentation was delivered by Dr Kanta Kumar and explored CVD risk in people with Rheumatoid Arthritis. These sessions proved to be very interesting and clearly had an impact with the audience.

The penultimate session explored the role and importance of psychosocial support. Dr Mark Griffiths began by making a strong case for psychology as part of cardiovascular rehabilitation services. This was followed by Paul Coreless who spoke about his experiences running a phase 4 cardiovascular rehabilitation programme, specifically the challenges and issues linking phase 3 and phase 4 together. Dr Katie Murray was the final speaker, presenting on the importance of trauma experiences in cardiovascular rehabilitation services.

The last session of the conference was themed around research. This has become more of a priority for BACPR as we strive to improve the quality of research that members undertake, promoting excellence at our conferences, and supporting our members to grow research in their specific discipline. Dr Aynsley Cowie and Dr Sheona McHale presented recent work on the research priority exercise. Dr Stuart Ennis spoke on the recent SCAR trial and Richard Forsyth spoke about understanding cardiovascular rehabilitation from a patient perspective, and how insight from during the pandemic can (and should) be used to shape future services.

BACPR Annual Conference 2023

'Celebrating 30 years – building for the future'

For 2023 we are delighted to be hosting our annual conference in Cardiff, Wales. This is a significant event, celebrating 30 years of the annual conference. Crucially we are keen to present and explore how we can shape the future of cardiovascular disease prevention and rehabilitation.

We have chosen to continue with the themed sessions as we felt they worked well. Equally, feedback received from delegates also recognised this. Each session will be based on the updated SCCs. We hope that this captures the significance of this document, and recognises the diverse range of healthcare professionals who contribute to cardiovascular disease prevention. We will be exploring topics such as the role of the pharmacist in cardiovascular rehabilitation programmes, managing stress and challenging behaviour, motivational interviewing, tackling CVD in primary care, and how the new SCCs have been incorporated into practice.

Cardiff is truly a great city and we look forward to seeing you there next year.

Dr Tom Butler
BACPR Scientific Officer

Education and Training Report

In 2022-23, whilst virtual options remained popular, we saw the return of in-person delivery for some of our learning opportunities, and we sought and successfully trialled in-person CPD courses at several new venues (Nuffield Barbican London, MIHP Manchester, and Have a Heart Wolverhampton). Five new tutors were supported to join the tutor teams delivering our CPD courses and exercise instructor training programme. Recognising the importance of delegate feedback in shaping the education programme, we switched to use of an electronic platform to encourage increased delegate engagement with this.

CPD Courses

CPD Course	No. Held (2022/23)	No. Delegates
Part I Course	9 (8 virtual / 1 in-person)	178
Part II Course	6 (5 virtual / 1 in-person)	123
Assessing Functional Capacity	3 (in-person)	37
Physical Activity and Exercise in Heart Failure	4 (virtual)	68
Physical Activity and Exercise in Diabetes	4 (3 virtual / 1 in-person)	50
Practical Skills in Health Behaviour Change	4 (all virtual)	41
Resistance Training	2 (in-person)	23
TOTALS	**32**	**520**

Our parts I and II, heart failure and health behaviour change courses have now all been accredited by the CPD certification scheme.

In addition to these CPD Courses, we continued to link with higher education and delivered MSc modules at University of Chester and University College of London.

Exercise Instructor Training and Engagement

Our exercise instructor training programme continues to be the UK's leading cardiac specialist exercise instructor training course. This year, several new candidates and those undergoing revalidation, accessed funding via the ReTrain to ReTain initiative available with CIMSPA.

Three exercise instructor network (EIN) online workshops were held. Based on feedback indicating that exercise instructors were keen for more regular, shorter opportunities to share practice, the workshops will be replaced in 2023-24 by a more frequent EIN networking hour.

Exercise Instructor Training / Learning	No. Held (2022/23)	No. Delegates
Exercise Instructor Training Programme	12	192
Exercise Instructor Revalidation		618
EIN Online Workshop	3	36

All three of these learning opportunities have CIMSPA accreditation / CPD points attached. The Exercise Instructor Training Programme is also REPS Ireland accredited.

BACPR Exercise Professionals Group (EPG) Study Day and BACPR Annual Conference

In 2022 both the EPG study day and BACPR annual conference returned to in-person delivery. The education and training team led the planning and organisation of both events.

The EPG study day was held at Aston University, Birmingham, with 116 registered delegates. For this event, there was a virtual registration option with sessions video-recorded and available for download after the live event. The annual conference was delivered fully in-person at Birmingham Conference and Exhibition Centre with 229 registered delegates. Both events are CIMSPA accredited, and for the first time, the annual conference gained Royal College of Physicians accreditation.

Webinars

Our webinars now have CPD certification scheme accreditation.

Webinar Title	Date	No. Delegates
Writing a scientific abstract for conference	13/04/22	41
Pharmacotherapy for CVD risk reduction	13/07/22	134
Setting up outdoor exercise sessions in core rehab (EPG-led)	16/11/22	143
Women and CVD – Reducing gender inequalities	23/01/23	173

BACPR Standards and Core Components Online Modules

Our online modules remain popular. With publication of the updated BACPR Standards and Core Components in January 2023, towards the end of the financial year, the modules were updated in line with changes to the document.

Learning Needs Survey

In November 2022, an electronic survey examining learning needs was sent to all BACPR members. In total 108 respondents provided useful information on their preferred delivery formats, teaching styles and suggested topics for future training/learning. Respondents also provided information on the support available to them to engage with these opportunities. Results of the survey are available within the education area of the website (www.bacpr.org), and are being used by the education and training team to plan future learning for members.

Team Development

In March 2022, Aynsley Cowie joined the education team to help with the development of the programme. She continues in this role for 2023-24. Vivienne and Penny continue to provide invaluable support in keeping the team organised and in ensuring that all runs efficiently; to both a huge thank you.

Thanks also to all of our tutors who worked so hard over the last year to continue to develop and deliver high quality education and training across all the core components of CVPR.

Sally Hinton
BACPR Executive Director

Dr Aynsley Cowie, PhD
BACPR Education and Training Lead

British Heart Foundation Clinical Research Collaborative (BHF CRC) Report

BACPR BHF CRC is part of the BHF-CRC and includes an established clinical study group (CSG) which aims to support the membership to drive forward the CVPR research agenda.

In 2022-2023, we had a busy year finalising the research Priority Setting Project (PSP), continuing our work with the BHF CRC, supporting ongoing research projects, and developing the research pages within the BACPR website.

The following represents an overview of the activities completed during those past twelve months:

PSP: This project was facilitated and funded by the BHF CRC and started in March 2021. The PSP contained 5 steps to identifying the priority research questions in the field of CVPR. Between June and August 2022, step 4 of this project (2nd e-survey to rank importance of new questions suggested in 1st survey) was successfully implemented and completed. The planned approach to step 5 (a partner & stakeholder workshop) had to be altered due to the COVID-19 public health restrictions. Instead, a 3rd e-survey (to identify the final top 10 research priorities) was distributed and promoted to delegates of the October BACPR Annual Conference. This was an effective approach and allowed the results of step 5 and the top 10 priority research questions to be shared in a conference session on day two.

The PSP was completed by the BACPR-CRC on time and within budget. The project was shared on the BACPR website and written up as a manuscript and submitted to the Open Heart journal in January. The article was published end of March 2023. The output from the project was discussed at the CSG meeting in February and it was proposed that the BACPR research priorities could inform future BHF CRC funded applications and CSG collaborative working groups could be developed around one or two of the priorities as an exercise to drive forward the CVPR research agenda.

BHF CRC Development Fund: Existing Research Development Funded (RDF) projects have continued to progress during this year. One of the projects (the NOCAD study) is expected to publish two papers from their outputs prior to summer 2023. From the 2022 Spring and Autumn call for submissions to the RDF, we granted letters of support for three applications (1 spring & 2 Autumn), however all were unsuccessful in attaining funding at these rounds. Feedback from BHF CRC review panel has prompted the BACPR clinical study group to develop a plan of work to

support future applicants. With support from the BHF CRC, our plans include offering research funding workshops and developing an online/digital guidance resource. We will also seek to encourage future member applicants to consider the BACPR list of research priorities from the PSP.

Clinical Study group leadership/membership: Dr Sheona McHale has taken up the leadership role from Dr Aynsley Cowie as of January 2023. As at 31/03/2023, CRC group composition includes 10 members with two vacancies and no representation from Wales or Northern Ireland. Over the year recruitment advertisements failed to recruit from Wales and Northern Ireland and we are now exploring a targeted approach to CSG recruitment in those areas.

Cochrane Review - Interventions for Alcohol Abstinence: Six individuals from BACPR have been supported by experienced Cochrane researchers to author and publish a Cochrane protocol paper examining interventions for alcohol abstinence in people with atrial fibrillation. The protocol paper was published in the Cochrane library on 17th February 2023 and the team are currently working on the systematic review of the existing evidence base.

https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD015004/epdf/abstract

BACPR Website Research: Dr Aynsley Cowie and Dr Tom Butler have developed four pages within the website. The pages reflect the four key goals within the research strand of the 2022-2025 strategy document.

Dr Sheona McHale
CSG Lead

Exercise Professionals Group (EPG) Report

BACPR EPG is a dedicated BACPR steering group focusing on matters relating to the role of physical activity and exercise in the prevention and management of cardiovascular disease.

BACPR EPG Committee:

Vicky Hatch	Past Chair and BACPR EIN representative
Susan Young	Chair and ACPICR representative
Helen Alexander	ACPICR representative
Lindsay Smith	BACPR EIN representative
Eddie Caldow	BASES representative
Prof John Buckley	Founder Member

Overall Aim of Group

- Provide support to BACPR in relation to physical activity and exercise, promoting education and collaborative opportunities to BACPR members with a particular interest in the exercise component of cardiovascular rehabilitation
- Respond to queries in relation to physical activity and exercise on behalf of BACPR
- Provide guidance and standards in relation to physical activity and exercise in the prevention and management of cardiovascular disease
- Organise an annual BACPR EPG Study Day

Activities in the last 12 months include:

- Ongoing response to BACPR members for physical activity and exercise related questions
- Screening of applications and provision of assessors for the BACPR Advanced Exercise Professional Award, and ongoing development of the Award pathway and process
- Organisation and delivery of the BACPR Webinar 'Outdoor Exercise' (November 2022)
- Organisation of the 2023 Annual BACPR EPG Study Day 'Exploring Complexity and Cardiovascular Exercise Provision' (12th May 2023)
- Peer review of ACPICR patient information leaflets
- Maintained strong links with BACPR Council

BACPR EPG Study Day 2023

'Exploring Complexity and Cardiovascular Exercise Provision'.

After evaluating feedback regarding the hybrid approach of the 2022 BACPR EPG Study Day and the uptake of views of recorded sessions after the event, the 2023 BACPR EPG Study Day will be an in-person only event to be held on 12th May 2023 at Aston University, Birmingham. The theme of the Study Day is *'Exploring Complexity and Cardiovascular Exercise Provision'*.

Topic ideas from delegates who attended the 2022 Study Day were considered when planning the 2023 event, and confirmed topics included novel variations on a theme in assessing functional capacity, taking a multimorbidity approach to exercise-based rehabilitation, the effects of lifestyle, exercise and the breath on cardiac arrhythmia, prescribing resistance exercise for sarcopenia, and including resistance-based exercise into cardiovascular rehabilitation programmes. With a keynote session on cardio-oncology exercise considerations by Professor Anna Campbell, AGMs and updates from ACPICR, BACPR EIN and BASES, and the official launch of the updated ACPICR Standards for Physical Activity and Exercise in the Cardiovascular Population, EPG hope the 2023 Study Day will be met with the same success as previous years.

Susan Young
BACPR Exercise Professional Group Chair

Exercise Instructor Network (EIN) Report

EIN Committee

Past Chair, Brian Begg **Chair**, Vicky Hatch **Secretary,** Lindsay Smith
Dr Sheona McHale, Emma Spalding, Toby Whitehead, Dr Stefan Birkett

The committee meets regularly online to promote the interests, knowledge and professional profile of BACPR qualified exercise instructors.

BACPR EIN CPD and networking opportunities

Several online workshops were delivered by members of the EIN committee during the latter half of 2022 and early 2023. The workshops offered the opportunity for advice and discussion around different session formats for long-term/Phase IV exercise sessions and maintaining referrals from Core/Phase III cardiovascular rehabilitation programmes. These conversations highlighted the importance of networking amongst the exercise instructor community, and so, a pilot online 'networking hour' was offered in April 2023. This was facilitated by EIN committee members, but the agenda was driven by the attendees themselves. Further monthly 'networking hours' are now being planned throughout 2023.

The themes of these discussions will inform future CPD topics.
A specific EIN area on the BACPR Medshr platform is also being developed.

Social media and other activity

Plans are ongoing to create a more discursive and supportive platform for BACPR instructors on social media where information and ideas can be shared. This is likely to be within the current BACPR Medshr platform.

A new EIN logo is being finalised, initially for use at BACPR events where the EIN has a presence. Discussions around use of the logo by qualified instructors in their long-term/Phase IV cardiovascular rehabilitation work e.g., on their clothing and marketing materials is ongoing. Further consideration is required around management of the use of any potential logo.

Advanced Exercise Professional Award

- The application and assessment process has now been streamlined, to ensure transparency and consistency. A team of assessors is also in place. Currently, there are 2 candidates in progress.
- BACPR Exercise Professionals Group (EPG) Position Statement 2019 (Version 3) remains the overarching guidance for eligibility and includes the details of minimum qualifications and competences.

Vicky Hatch
BACPR Exercise Instructor Network Chair

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

"Promoting excellence in cardiovascular disease prevention and rehabilitation"

The British Association for Cardiovascular Prevention and Rehabilitation

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Registered Charity Number 1135639
Company limited by guarantee. Registered in England 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Eileen Kathryn Carver - President
Jennifer Rachel Hannay - Secretary
Susan Casnello - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

Report of the Trustees for the year ended 31st March 2023

The Trustees present their report along with the financial statements for the year ended 31st March 2023

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, prevention, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2023 was £458,947 (2022 = £378,997)
Total expenditure for the year ended 31st March 2023 was £380,135 (2022 = £321,668)
Income exceeded expenditure by £78,812 (2022 = Surplus £57,329)
Funds held on deposit increased from £401,530 to £436,509

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2023 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 2023 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2023, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Incoming resources	9				
Education fund			357,512	357,512	278,117
Conference fund		69,014		69,014	75,489
Members fund		32,421		32,421	25,391
Total incoming resources		101,435	357,512	458,947	378,997
Resources expended	10				
Education fund			282,018	282,018	236,934
Conference fund		63,698		63,698	57,941
Members fund		34,419		34,419	26,793
Total resources expended		98,117	282,018	380,135	321,668
Net incoming resources for the year		3,318	75,494	78,812	57,329
Total funds brought forward		119,666	275,140	394,806	337,477
Total funds carried forward		122,984	350,634	473,618	394,806

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2023

	Notes	2023	2022
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		436,509	401,530
Prepayments		41,308	-
		477,817	401,530
Creditors - amounts falling due within one year	3	4,200	6,725
Net current assets		473,617	394,805
Total net assets		£ 473,618	£ 394,806
Funds			
Restricted funds		350,634	275,140
Unrestricted funds		122,984	119,666
		£ 473,618	£ 394,806

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2023 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

	Fixed Assets
Cost	
At 1st April 2022 and 31st March 2023	9,670
Depreciation	
At 1st April 2022	9,669
Charge for the year	-
At 31st March 2023	£ 9,669
Net book value	
31st March 2023	£ 1
31st March 2022	£ 1

3 **Creditors**

	2023	2022
Amounts falling due within one year		
Trade creditors	£ 4,200	£ 6,725

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2023 were:-

(i) Education account

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	2023		2022	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		353,519		275,117
EPG sponsorship		3,993		3,000
		357,512		278,117
CONFERENCE FUND				
Registration	24,514		16,939	
Sponsorship and exhibitors	44,500		58,550	
		69,014		75,489
MEMBERS FUND				
Membership fees	31,624		24,291	
Miscellanous income	797		1,100	
		32,421		25,391
		458,947		378,997
EXPENSES				
Resources expended (page 10)		380,135		321,668
Net outgoing resources for the year		£ 78,812		£ 57,329

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2023

	2023		2022	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	3,230		4,140	
Professional fees	4,200		4,200	
Course expenses	32,984		21,926	
Online and IT costs	14,179		14,883	
Travel and subsistence	4,298		335	
Tutor fees	95,821		79,545	
		154,711		125,029
Project costs				
Course development fees	4,073		10,598	
		4,073		10,598
EDUCATION ADMINISTRATION COSTS				
Office rental	11,765		10,259	
Office expenses	4,335		2,929	
General postage costs	9,305		6,356	
Salaries	97,828		87,162	
		123,234		106,706
CONFERENCE FUND				
Administration and speakers expenses	21,629		20,849	
IT	8,200		-	
Venue (includes £9,628 for 2023)	33,869		35,892	
		63,698		56,741
MEMBERS FUND				
Administration	24,661		18,949	
Council activity and projects	7,913		2,216	
Advertising	270		180	
Connect newsletter	1,575		1,248	
		34,419		22,593
		£ 380,135		£ 321,667

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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Incoming resources and expenditure	**9 - 10**

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Eileen Kathryn Carver - President
Jennifer Rachel Hannay - Secretary
Susan Casnello - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

Report of the Trustees for the year ended 31st March 2023

The Trustees present their report along with the financial statements for the year ended 31st March 2023

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, prevention, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2023 was £458,947 (2022 = £378,997)
Total expenditure for the year ended 31st March 2023 was £380,135 (2022 = £321,668)
Income exceeded expenditure by £78,812 (2022 = Surplus £57,329)
Funds held on deposit increased from £401,530 to £436,509

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2023 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 2023 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2023, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Incoming resources	9				
Education fund			357,512	357,512	278,117
Conference fund		69,014		69,014	75,489
Members fund		32,421		32,421	25,391
Total incoming resources		101,435	357,512	458,947	378,997
Resources expended	10				
Education fund			282,018	282,018	236,934
Conference fund		63,698		63,698	57,941
Members fund		34,419		34,419	26,793
Total resources expended		98,117	282,018	380,135	321,668
Net incoming resources for the year		3,318	75,494	78,812	57,329
Total funds brought forward		119,666	275,140	394,806	337,477
Total funds carried forward		122,984	350,634	473,618	394,806

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2023

	Notes	2023	2022
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		436,509	401,530
Prepayments		41,308	-
		477,817	401,530
Creditors - amounts falling due within one year	3	4,200	6,725
Net current assets		473,617	394,805
Total net assets		£ 473,618	£ 394,806
Funds			
Restricted funds		350,634	275,140
Unrestricted funds		122,984	119,666
		£ 473,618	£ 394,806

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2023 and signed on their behalf by:-

Susan Casnello

Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

	Fixed Assets
Cost	
At 1st April 2022 and 31st March 2023	9,670
Depreciation	
At 1st April 2022	9,669
Charge for the year	-
At 31st March 2023	£ 9,669
Net book value	
31st March 2023	£ 1
31st March 2022	£ 1

3 **Creditors**

	2023	2022
Amounts falling due within one year		
Trade creditors	£ 4,200	£ 6,725

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2023 were:-

(i) Education account

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2023

	2023		2022	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		353,519		275,117
EPG sponsorship		3,993		3,000
		357,512		278,117
CONFERENCE FUND				
Registration	24,514		16,939	
Sponsorship and exhibitors	44,500		58,550	
		69,014		75,489
MEMBERS FUND				
Membership fees	31,624		24,291	
Miscellanous income	797		1,100	
		32,421		25,391
		458,947		378,997
EXPENSES				
Resources expended (page 10)		380,135		321,668
Net outgoing resources for the year		£ 78,812		£ 57,329

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2023

	2023		2022	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	3,230		4,140	
Professional fees	4,200		4,200	
Course expenses	32,984		21,926	
Online and IT costs	14,179		14,883	
Travel and subsistence	4,298		335	
Tutor fees	95,821		79,545	
		154,711		125,029
Project costs				
Course development fees	4,073		10,598	
		4,073		10,598
EDUCATION ADMINISTRATION COSTS				
Office rental	11,765		10,259	
Office expenses	4,335		2,929	
General postage costs	9,305		6,356	
Salaries	97,828		87,162	
		123,234		106,706
CONFERENCE FUND				
Administration and speakers expenses	21,629		20,849	
IT	8,200		-	
Venue (includes £9,628 for 2023)	33,869		35,892	
		63,698		56,741
MEMBERS FUND				
Administration	24,661		18,949	
Council activity and projects	7,913		2,216	
Advertising	270		180	
Connect newsletter	1,575		1,248	
		34,419		22,593
		£ 380,135		£ 321,667

THE BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

England & Wales - Charity number 1135639

Accounts

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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Incoming resources and expenditure	**9 - 10**

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Eileen Kathryn Carver - President
Jennifer Rachel Hannay - Secretary
Heather Dawn Probert - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

Report of the Trustees for the year ended 31st March 2022

The Trustees present their report along with the financial statements for the year ended 31st March 2022

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, preventions, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2022 was £378,997 (2021 = £288,261)
Total expenditure for the year ended 31st March 2022 was £321,668 (2021 = £262,417)
Income exceeded expenditure by £57,329 (2021 = Surplus £25,844)
Funds held on deposit increased from £401,531 to £333,680

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2022 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 2022 and signed on their behalf by:-

Heather Dawn Probert
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2022, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Incoming resources	9				
Education fund			278,117	278,117	256,430
Conference fund		75,489		75,489	-2,480
Members fund		25,391		25,391	34,311
Total incoming resources		100,880	278,117	378,997	288,261
Resources expended	10				
Education fund			236,934	236,934	216,046
Conference fund		57,941		57,941	13,884
Members fund		26,793		26,793	32,487
Total resources expended		84,734	236,934	321,668	262,417
Net incoming resources for the year		16,146	41,184	57,329	25,844
Total funds brought forward		103,522	233,956	337,478	311,633
Total funds carried forward		119,668	275,140	394,807	337,477

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2022

	Notes	2022	2021
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		401,531	333,680
Prepayments		-	12,816
		401,531	346,496
Creditors - amounts falling due within one year	3	6,725	9,020
Net current assets		394,806	337,476
Total net assets		£ 394,807	£ 337,477
Funds			
Restricted funds		275,140	274,341
Unrestricted funds		119,668	88,982
		£ 394,807	£ 363,323

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2022 and signed on their behalf by:-

Heather Dawn Probert
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

		Fixed Assets
Cost		
At 1st April 2021 and 31st March 2022		9,670
Depreciation		
At 1st April 2021		9,669
Charge for the year		-
At 31st March 2022	£	9,669
Net book value		
31st March 2022	£	1
31st March 2021	£	1

3 **Creditors**

	2022	2021
Amounts falling due within one year		
Trade creditors	£ 6,725	£ 4,200

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2022 were:-

(i) Education account

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	2022		2021	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		275,117		256,430
EPG sponsorship		3,000		-
		278,117		256,430
CONFERENCE FUND				
Registration	16,939		2,390	
Registration refund - 2020	-		-7,870	
Sponsorship and exhibitors	58,550		3,000	
		75,489		-2,480
MEMBERS FUND				
Membership fees	24,291		33,651	
Miscellanous advertising income	1,100		660	
		25,391		34,311
		378,997		288,261
EXPENSES				
Resources expended (page 10)		321,668		262,417
Net outgoing resources for the year		£ 57,329		£ 25,844

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2022

	2022		2021	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	4,140		4,700	
Course expenses	21,926		16,964	
Online and IT costs	14,883		26,751	
Travel and subsistence	335		1,823	
Tutor fees	79,545		82,374	
		120,829		132,612
Project costs				
Course development fees		10,598		1,889
EDUCATION ADMINISTRATION COSTS				
Office rental	10,259		10,259	
Office expenses	8,085		11,090	
Covid grant received	-		-10,000	
Salaries	87,162		70,195	
		105,506		81,544
CONFERENCE FUND				
Administration and speakers expenses	22,049		13,884	
Venue	35,892		-	
		57,941		13,884
MEMBERS FUND				
Administration	18,949		27,484	
Council costs	2,216		-	
Professional fees	4,200		4,290	
Advertising	180		90	
Connect newsletter	1,248		624	
		26,793		32,488
		£ 321,668		£ 262,417

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2021-22

The British Association for Cardiovascular Prevention and Rehabilitation is an affiliated group of the British Cardiovascular Society

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Exercise Instructor Network (EIN) Report 16

President's Report

This year has remained unsettling for health care provision in the United Kingdom and this has been felt by the BACPR membership.

Cardiac rehabilitation is showing signs of recovering from the pandemic, programmes are recommencing but there remain significant challenges. We are seeing cardiac rehabilitation professionals with many years of experience retiring, resulting in services rebuilding with inexperienced staff. In some parts of our nations staff remain redeployed supporting other NHS services. Resuming face to face delivery also varies across the nations and teams are reporting that the individual demand for home or group based programmes cannot always be met due to resources. Staff report that running hybrid programmmes requires additional staff resource to monitor both groups participating and this is not always possible. This will take time to work out, but on a positive note many services, in England at least, are receiving funding for new work from their Cardiac Network. This money is currently non-recurring but it is a positive step in addressing the inequalities we know exist and building on our ethos to deliver individualised comprehensive rehabilitation and prevention programmes.

BACPR council can empathise with the challenges of running hybrid events. We ran our first ever hybrid conference in Belfast in October 2021. It was a pleasure to be able to meet together again and despite the relatively small number of in-person delegates the ability to sit around a table and share our successes and challenges was superior to the world of Zoom from which we are emerging. Ensuring both audiences had a good conference experience was our goal but the advantages of the in person experience and the ability to network with colleagues and in many cases rekindle friendships built over the years influenced our decision to run with a face to face offer only for Birmingham 2022.

We continue to look for ways to offer members the best service possible. Although conference in 2022 will be in-person only there are situations in which on-line events are of benefit. Webinars, utilised during the pandemic to ensure education was available, will remain a membership benefit. The education team will build this into their annual programme. The introduction of monthly members hours has also been a great success. They are held monthly via MS Teams and any member can register to link in. The format is small group discussions with Council members and already these have led to webinar topics and potential major projects for Council to undertake over the coming year.

Our work with BCS saw the new website launched in early 2022 and I hope the transition was seamless for you as a member. The new website includes the Medshr platform for case study and guideline discussion which will replace the discussion forums on the BACPR website during the latter part of 2022.

BACPR is also working with the British Society for Heart Failure (BSH) on "The F word" campaign. A key part of this is assisting those with heart failure to manage fatigue. As rehabilitation professionals we are aware that assisting individuals to self manage activity is a key goal of a comprehensive rehabilitation programme. We ran a very well supported webinar in February with BSH highlighting the range of rehabilitation programmes available for those with heart failure. Increasing the numbers of those with heart failure being offered a rehabilitation programme remains a focus in the 4th Edition BACPR standards and core components due for completion in Autumn of 2022.

Promoting research across the BACPR community is of increasing importance and we, as the BACPR clinical study group (CSG), continue to work with the BHF clinical research collaborative. It is vital that we evidence the work we are undertaking, particularly, in the light of changes made during the pandemic. Through the CSG we have successfully supported the funding of projects by the BHF CRC. The CSG are currently undertaking a piece of work to identify the research priorities as identified by our members and this will help inform the research projects we support going forwards. Ensuring our voice is heard at the highest level is an effective way of keeping cardiac rehabilitation and prevention on the national agenda. There are council members involved in this across the all the nations and I would encourage all members to become involved in strategic planning in your local area.

We have reviewed and renewed our Strategy for the period covering April 2022 to March 2025. Building on the previous strategy and reviewing the current focus of BACPR we now have measurable strategic aims across four domains. These are Promotion and Policy, Member Support, Education and Research. These will inform the priorities and direction of BACPR during that period and the full document is available on the website.

Thank you to all of the BACPR Council who dedicate their time to promote excellence in CVD prevention and rehabilitation. Thank you to those who have completed their time on Council over the past year your contribution has been greatly appreciated.

As a council we rely heavily on our executive and administration team. Thank you to Val. at BCS, Vivienne and Penny from BACPR Education and to Sally Hinton, BACPR Executive Director, the lynchpin of the association, who has a wealth of knowledge and is a great support to me in my role as President. Sally continues to represent BACPR on a number of national strategic forums to ensure our voice is heard and that the spotlight remains on CVD prevention and rehabilitation. We have appointed a BACPR Education Lead, initially on a one year contract, to support the existing team and we welcomed Dr Aynsley Cowie into the role. She is already making real progress only a few months into the role.

As an Association we remain in a strong position, we are in a stable and sustainable financial position, and we have a Council and body of members who are most definitely passionate about promoting excellence in CVD prevention and rehabilitation. I look forward to the challenges the year ahead brings us and will do my utmost to ensure we remain responsive to the needs of our members, and through the patients and clients we support.

With very best wishes

Kathryn Carver
BACPR President

Treasurer's Report

The BACPR's accounts for the year ending 31st March 2022 were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

The financial performance of the association continues to demonstrate robust financial management and account monitoring. The total income for 2020/2021 was £378,997. This is an increase from the previous year of £288,261. This is as a result of being able to return to running our face to face conference (including sponsorship) in 2021 and also an increase in education provision in comparison to the previous year. We have kept overall costs down due to less council activity expenditure with a planned return to alternating online with in person meetings for the coming year. The closing balance showed a surplus of £57,329, which is an increase on the previous year. We continue to keep the associations operational day to day running costs well controlled.

We are delighted to have continued engagement with our key Sponsors in 21/22. The President and Council strive to secure sponsorship to help support activities of the council and particularly its annual conference.

The BACPR Training and Education programme continues to be a popular and highly acclaimed provider of accredited training in cardiac rehabilitation. The education team was extremely adaptable during COVID and made a swift transition to online modes of delivery, with some courses starting to offer some face to face sessions in latter months. This has ensured ongoing financial stability.

The end of year closing balance of £394,807 demonstrates a healthy and robust financial position for the BACPR. We are able to cover our essential annual operating costs as well as being able to explore new projects for the benefit of our members. This regular and consistent monitoring of its financial performance will ensure the BACPR continues to be strong and resilient for future years.

	2018 - 19	2020 - 2021	2021 - 2022
Opening Balance	**335,581**	**302,672**	**337,477**
Income			
Membership	38,674	34,311	25,391
Conference	67,340	-5,480	75,489
Education	288,952	256,430	278,117
Total Income	**418,430**	**288, 261**	**378,997**
Expenditure			
Membership	65,128	32,487	26,793
Conference	92,332	13,884	57,941
Education	293,878	216,046	236,046
Total Expenditure	**451,338**	**262,417**	**321,668**
Surplus (-Loss)	**-32,909**	**+25,844**	**+57,329**
Closing Balance	**302,672**	**337,477**	**394,807**

***Table 1**: Summary of financial position*

The full financial report is available within the Members' Area at www.bacpr.com or via the Charities' Commission Website at www.charity-commission.gov.uk.

Heather Probert
Treasurer

Secretary's Report

Membership

The membership numbers (958 at March 2022) continue to show the diversity of professions engaged in cardiovascular prevention and rehabilitation. Membership renewals dropped during the height of the COVID pandemic but have since increased again. A return to some face-to-face training events and courses also stimulated new membership as well as the online webinar events. The BACPR 2021 hybrid conference provided delegates with the option of attendance either in person or virtually which continued to support attendance and membership during the pandemic.

Membership by Profession	March 2022	April 2021
Overall total	958	879
BACPR Exercise Instructor	285	356
Dietitian	14	13
Doctor	22	22
Exercise Physiologist	35	40
Nurse	293	267
Occupational Therapist	11	12
Other Exercise Professional	23	18
Physiotherapist	133	121
Psychologist	3	2
Research Fellow/Academic	14	12
Other	25	16
Not Specified	0	0

Council Elections

During the 2021-22 period, elections were held for Ordinary Officer council members. Ruby James was re-elected to Council, and we also welcomed Natalie Graham and Susan Casnello as Ordinary Officers. Simon Nicholls stepped down from Council at the end of his term. Elections for the position of President-Elect were also held, however no nominations were received.

Claire Dobson took over the co-opted role for British Heart Foundation from Joanne Oliver and Lisa Spratt took over from Maria Mooney as a co-opted representative from Northern Ireland, Northern Ireland was not represented through elected council.

BACPR Council Members and Staff (as of March 2022)

Position	Name	Profession	Country
Executive Officers			
President	Dr Kathryn Carver	Nurse	England
President Elect	Vacant position		
Immediate Past President	Prof Susan Dawkes	Nurse	Scotland
Treasurer	Heather Probert	Physiotherapist	England
Secretary	Jennifer (Jen) Hannay	Exercise Physiologist	England
Scientific Officer	Dr Tom Butler	Dietician	England
Communication and Digital Officer	Ceri Roberts	Nurse	England
Ordinary Officers (Elected)			
	Gill Farthing	Nurse	England
	Dr Carolyn Deighan	Psychologist	Scotland
	Simone Meldrum	Nurse	England
	Jennifer (Jenny) Aindow	Occupational Therapist	England
	Alison Allen	Nurse	Wales
	Ruby James	Occupational Therapist	Wales
	Simon Nichols	Exercise Physiologist	England
	Natalie Graham	Exercise Physiologist	England
	Susan Casnello	Nurse	England

Co-opted officers	
Northern Ireland representative	Lisa Spratt
British Heart Foundation (BHF) representative	Joanne Oliver
National Audit of Cardiac Rehabilitation (NACR) representative	Prof Patrick Doherty
British Society for Heart Failure (BSH)	Dr Simon Beggs
Cardiovascular Care Partnership (CCP)/Patient Representative	Sarah Brown
Primary Care representative	Dr Hayes Dalal
Public Health representative	Alison Iliff
British Junior Cardiologists' Association (BJCA)	Nikhil Ahluwalia
BHF Clinical Research Collaborative (CRC) representative	Aynsley Cowie
Exercise Professionals Group (EPG) Chair	Vicky Hatch
Exercise Instructor Network (EIN) Chair	Vicky Hatch

Employed Staff	
Executive director/Education director	Sally Hinton
Education coordinator	Vivienne Stockley
Education Administrator	Penny Hudson
BCS Affiliates Coordinator	Val Collins
IT Support	BCS IT Department

Further information on current BACPR Council and staff can be found in the 'About' section at www.bacpr.org

Communication

BACPR members continue to regularly make use of the enquiry facility on the website and through email. Enquires continue to cover various aspects of cardiovascular prevention and rehabilitation and the delivery of services, as they come out of COVID imposed restrictions. Expert groups and professionals have continued to respond to complex enquiries forwarded on to them, with evidence-based explanations and clarification. Thank you to all those who have given such support.

New monthly online member networking sessions were started in February 2022 which have provided a new way of members to connect and offer peer support. These have been met with extremely positive feedback.

Our social media presence continues with accounts on Twitter, Facebook, Instagram and LinkedIn. An increase in following of these accounts continues which supports the dissemination of current affairs both within the organisation and the wider cardiovascular specialty.

Twitter: @bacpr
Instagram: @bacpr1
Facebook: @bacpr1
LinkedIn: British Association for Cardiovascular Prevention and Rehabilitation

e-Bulletins and Connect

There continues to be some excellent content from services around the country, and world, highlighting commitment from all professionals in their pursuit of delivering an excellent service to their patients, especially in a post pandemic landscape. We continue to receive service delivery reports highlighting exceptional work in the development of their respective services. We have continued with delivering a digital version of Connect to all members twice yearly.

This new format allows for increased usability with hyperlinks to relevant materials. This format continues to support the organisation in meeting the NHS target of going paperless by 2027.

Website

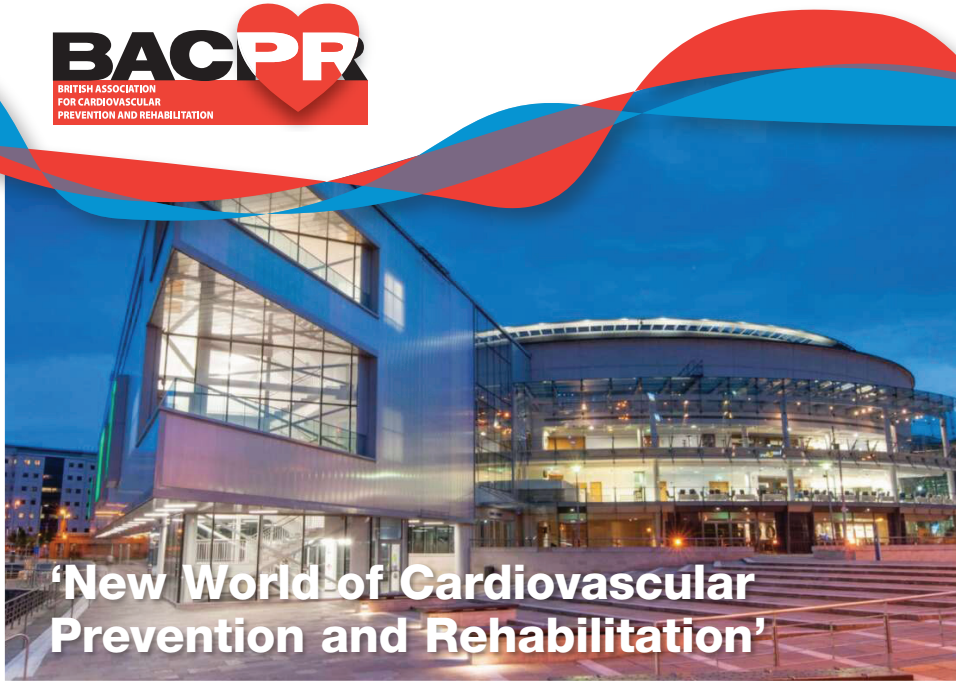
The new BACPR website, in conjunction with the BCS, went live in February 2022 with positive feedback from members on the new look. The online members forum continues to be utilised by members for peer support. This member forum will transition over to the MedShr platform in the coming months which brings additional useability with the option for sharing webinar recordings.

Travel Award

Due to the COVID restrictions this was suspended.

Jen Hannay
BACPR Honorary Secretary





Conference Report

BACPR Annual Conference 2021
‘New World of Cardiovascular Prevention and Rehabilitation’

Following from the disruption to the previous years conference, the location for the 2021 Annual Conference was “rolled over”, with the venue being the ICC, Belfast. Speakers for the 2021 event had been briefed that this should not be another “lets talk about how COVID ruined things” kind of affair, but rather what innovations and refinements are now embedded in cardiac rehab, and what impact are they having.

The programme was a good mix of multiple health professionals. We began with a welcome from Professor Susan Dawkes, outlining the planned updates to the new standards and core components (SCCs). This was followed by the keynote session from Prof Robyn Gallagher considering the international perspectives on cardiac rehab. Richard Forsyth delivered a session focusing on the recovery and support for people living with CVD, followed by an online networking room with hot topic session 1 – Psychosocial health/health behaviour

change. Following this we had the spotlight session on heart failure, with Dr Simon Beggs outlining new developments in 2021, proceeded by a session on challenges and opportunities for service delivery, and finally the role of nutrition in the management of heart failure (delivered by Rebecca Jones). AstraZeneca lead the afternoon sessions with the initial talk covering care optimisation for people with multiple conditions. This was immediately followed by an online breakout room for the NACR update. We then had hot topic session 2 – lifestyle risk factor management, followed by Dr Aynsley Cowie discussing the BACPR research agenda, Dr Clare Lane discussing psychological trauma, and finally Dr Shahed Ahmad discussing CVD prevention strategies.

Day 2 begun with Dr Tee Joo Yeo discussing technology use in CR, followed by Professor Patrick Doherty and Dr Alex Harrison considering whether group-based CR would ever be what it once was. Dr David Adlam led the discussion on SCAD followed by the patient perspective from Pauline O'Shea. Hot topic 3 – Medical risk factor management followed, before Dr Patrick Donnelly discussed the specifics of a primary prevention programme. We then had 2 short presentations from Simone Rowlands and Heather Probert on hybrid programmes. Following lunch there was a sponsored session from A. Menarini titled 'Optimising medical management and cardiovascular risk reduction in patients with stable angina'. The final session of the afternoon started with Dr Matthew Fay discussing AF, Dr Bola Owolabi focusing on the impact of health inequalities on CVD, and finally Dr Martha Gulati explaining the impact of sex-based differences in CVD prevention.

There were some important considerations to note regarding the format of the conference, namely the hybrid option that we offered. Many speakers delivered their sessions live online (as has been the case with other conferences in 2021), however we still offered the option for delegates to attend in person. There is significant benefit of in-person conferences on networking and making professional connections (as well as reconnecting again as a community). By offering an in "person option" we hoped to support this. All sessions were streamed live allowing those not able to attend in person to watch, and also ask questions during the presentations.

BACPR Annual Conference 2022

'Cardiovascular Prevention and Rehabilitation – a renewed and contemporary approach'

After evaluation of the hybrid approach of the 2021 conference we are delighted to be offering this year's conference as face to face, at the Birmingham Conference and Events Centre (BCEC), Birmingham, UK.

The conference has been organised with the programme sessions split into various themes. We hope this gives a more cohesive programme and also allows us to do more initiatives to engage the speakers and audience members.

The programme has speakers from a range of health professionals reflecting the MDT and the talks will cover all the core components of cardiovascular prevention and rehabilitation.

Dr Tom Butler
BACPR Scientific Officer

Education and Training Report

In 2021-22, we continued to provide a range of virtual learning opportunities, whilst starting to plan for the return of face-to-face training delivery for some of our courses in 2022-23. The education team led in planning and organising the hybrid BACPR Annual Conference in Belfast in October 2021 and the virtual EPG spring study day in May 2021.

There were 9 BACPR Exercise Instructor Qualification courses delivered to 154 instructors over the year. A further 561 BACPR instructors completed their online revalidation. Additionally, 124 instructors took part in six online workshops run throughout the year. The BACPR Exercise Instructor Qualification continues to be the UK's leading Specialist Cardiac Exercise Instructor Training course, recognised by both the Register of Exercise Professionals (REPs) Ireland and CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

During 2021-22, our comprehensive CPD programme of short courses continued to be delivered virtually, with a total of 423 delegates attending 27 courses throughout the year. We continued to link with higher education and delivered MSc modules at University of Chester and University College of London.

We successfully delivered three short webinars:

- Psychosocial Health - 21st April 2021 — 367 registrations
- Medical Risk Management - 8th September 2021 — 188 registrations
- Nutrition and Heart Failure - 30th March 2022 — 198 registrations

On 16th February 2022, we collaborated with BSH on a webinar focused on 'Heart Failure Rehabilitation – Fit for the future?'.

The education programme continues to have national recognition from The CPD Certification Scheme. Several of our CPD short courses, and our online modules, have endorsement from the scheme. Each of our modules focuses on one of the six BACPR core components and provides a useful overview of the specialty for those new to the CVPR field. From February 2022, our online modules became free of charge for BACPR members. For non-members, the introductory module is free of charge, and all other modules available to access for £25.

In March 2022, Aynsley Cowie joined the education team to help with the development of the programme as we move forwards post-pandemic. As ever, a huge thank you to Vivienne, Penny and all the tutors who worked so hard over the last year to continue delivering quality education and training across all the core components of CVPR.

Sally Hinton
BACPR Education Director

CIMSPA Education Partner | Training Provider

registered professional respirelandie

CPD The CPD Certification Service

Exercise Professionals Group (EPG) Report

BACPR EPG is a dedicated BACPR steering group focusing on matters relating to the role of physical activity and exercise in the prevention and management of cardiovascular disease.

BACPR EPG Committee:

Vicky Hatch	Past Chair and BACPR EIN representative
Susan Young	Chair and ACPICR representative
Helen Alexander	ACPICR representative
Lindsay Smith	BACPR EIN representative
Eddie Caldow	BASES representative
Prof John Buckley	Founder Member

Overall Aim of Group

- Provide support to BACPR in relation to physical activity and exercise, promoting education and collaborative opportunities to BACPR members with a particular interest in the exercise component of cardiovascular rehabilitation
- Respond to queries in relation to physical activity and exercise on behalf of BACPR
- Provide guidance and standards in relation to physical activity and exercise in the prevention and management of cardiovascular disease
- Organise an annual BACPR EPG Study Day

Activities in the last 12 months include:

- Ongoing response to BACPR members for physical activity and exercise related questions posted on the BACPR forum or emailed directly to BACPR
- Launch of the BACPR Advanced Exercise Professional Award. A number of the committee also contribute to the assessment of applicants progressing through the Award process
- Peer review of ACPICR patient information leaflets
- Organisation of the 2022 Annual BACPR EPG Study Day *'Focusing on Inequalities'*
- Maintained strong links with BACPR Council

BACPR EPG Study Day 2022

It was a pleasure to return to Aston University in May to host the 2022 BACPR EPG Study Day *'Focusing on Inequalities'*, our first in-person delivery of this event since 2019. A 'hybrid' approach was used, with some pre-recorded online content available to all delegates, including those unable to attend in person, and an excellent programme of speakers on the day whose presentations were uploaded to an online platform for all delegates to view at their leisure after the event.

Vicky Hatch opened the event by leading us in saying a fond farewell to our colleague and friend, Dr. Simon Nichols, who has now stepped down from the EPG committee. Our first in-person speaker, Dr. Jenni Jones, then delivered a thought-provoking presentation outlining the benefits of virtual delivery as a way to widen access to cardiovascular prevention and rehabilitation programmes, and it was an honour to have a patient speak to us later in the day about her experience of accessing a virtually-delivered core cardiovascular rehabilitation programme of exercise. A number of in-person speakers and pre-recorded presentations highlighted the wide spectrum of conditions that can benefit greatly from attending cardiovascular prevention and rehabilitation, but are less often referred, including Dr. Jennifer Reed joining the Q&A live from Canada to answer questions on exercise for individuals living with AF. Dr. Coral Hansen closed the day by echoing themes from some of our other speakers in encouraging us to think differently about how we deliver the exercise component of our services to break down barriers for those less likely to attend.

I would like to take this opportunity to thank all of the speakers, delegates, EPG committee, Sally Hinton and Dr. Aynsley Cowie for a hugely successful day, and we look forward to welcoming you back to Aston next year for the 2023 BACPR EPG Study Day.

Susan Young
BACPR Exercise Professional Group Chair

Exercise Instructor Network (EIN) Report

EIN Committee

Past Chair, Brian Begg **Chair**, Vicky Hatch **Secretary,** Lindsey Smith

Sheona McHale, Emma Spalding, Toby Whitehead, Stefan Birkett

The committee meets regularly online to promote the interests, knowledge and professional profile of Phase IV qualified exercise instructors.

BACPR EIN CPD opportunities

- A short survey was conducted at the end of December 2021 amongst EIN Phase IV exercise professionals, to capture changes in Phase IV cardiac rehabilitation exercise session delivery in the aftermath of COVID 19. The results of this survey were used to help inform the content of future study days and workshops.
- The first updated workshop was delivered virtually on 05/09/2022. This is the first training for EIN members since May 2021. The workshop included advice and discussion around different session formats for Phase IV exercise sessions and maintaining referral from local Phase III cardiovascular rehabilitation programmes. These aspects of Phase IV delivery have been particularly challenging post COVID. Feedback from delegates was very positive.

Social media and other activity

- Plans are being discussed in order to create a more discursive and supportive platform for Phase IV instructors on social media where information and ideas can be shared.
- In addition, a new EIN logo is being planned, for use by qualified instructors in their Phase IV cardiovascular rehabilitation work e.g., on their clothing and marketing materials. The design is currently being finalised and will be submitted to BACPR council for approval.
- Other ideas to strengthen the Phase IV community include offering local networking opportunities and the possibility of developing a catalogue of music appropriate for various Phase IV class formats.

Advanced Exercise Professional Award

- This award was fully launched at the EPG study day 13/05/2022. 4 candidates have now successfully completed this award.
- BACPR Exercise Professionals Group (EPG) Position Statement 2012 (version 2) remains the overarching guidance for eligibility and includes the details of minimum qualifications and competences.

Vicky Hatch

BACPR Exercise Instructor Network Chair

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

"Promoting excellence in cardiovascular disease prevention and rehabilitation"

The British Association for Cardiovascular Prevention and Rehabilitation

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Eileen Kathryn Carver - President
Jennifer Rachel Hannay - Secretary
Heather Dawn Probert - Treasurer

PRINCIPAL OFFICE

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London
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INDEPENDENT EXAMINER

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Charity number
1135639

Report of the Trustees for the year ended 31st March 2022

The Trustees present their report along with the financial statements for the year ended 31st March 2022

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, preventions, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2022 was £378,997 (2021 = £288,261)
Total expenditure for the year ended 31st March 2022 was £321,668 (2021 = £262,417)
Income exceeded expenditure by £57,329 (2021 = Surplus £25,844)
Funds held on deposit increased from £401,531 to £333,680

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish.
The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Report of the Trustees for the year ended 31st March 2022 continued

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 2022 and signed on their behalf by:-

Heather Dawn Probert
Treasurer and Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2022, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date:

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Incoming resources	9				
Education fund			278,117	278,117	256,430
Conference fund		75,489		75,489	-2,480
Members fund		25,391		25,391	34,311
Total incoming resources		100,880	278,117	378,997	288,261
Resources expended	10				
Education fund			236,934	236,934	216,046
Conference fund		57,941		57,941	13,884
Members fund		26,793		26,793	32,487
Total resources expended		84,734	236,934	321,668	262,417
Net incoming resources for the year		16,146	41,184	57,329	25,844
Total funds brought forward		103,522	233,956	337,478	311,633
Total funds carried forward		119,668	275,140	394,807	337,477

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2022

	Notes	2022	2021
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		401,531	333,680
Prepayments		-	12,816
		401,531	346,496
Creditors - amounts falling due within one year	3	6,725	9,020
Net current assets		394,806	337,476
Total net assets		£ 394,807	£ 337,477
Funds			
Restricted funds		275,140	274,341
Unrestricted funds		119,668	88,982
		£ 394,807	£ 363,323

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the Board of Trustees and authorised for issue on
2022 and signed on their behalf by:-

Heather Dawn Probert
Treasurer and Trustee

The notes on page 8 form part of the financial statements

1 **Principle accounting policies**

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 **Tangible fixed assets**

		Fixed Assets
Cost		
At 1st April 2021 and 31st March 2022		9,670
Depreciation		
At 1st April 2021		9,669
Charge for the year		-
At 31st March 2022	£	9,669
Net book value		
31st March 2022	£	1
31st March 2021	£	1

3 **Creditors**

	2022	2021
Amounts falling due within one year		
Trade creditors	£ 6,725	£ 4,200

4 **Funds**

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2022 were:-

(i) Education account

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2022

	2022		2021	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		275,117		256,430
EPG sponsorship		3,000		-
		278,117		256,430
CONFERENCE FUND				
Registration	16,939		2,390	
Registration refund - 2020	-		-7,870	
Sponsorship and exhibitors	58,550		3,000	
		75,489		-2,480
MEMBERS FUND				
Membership fees	24,291		33,651	
Miscellanous advertising income	1,100		660	
		25,391		34,311
		378,997		288,261
EXPENSES				
Resources expended (page 10)		321,668		262,417
Net outgoing resources for the year		£ 57,329		£ 25,844

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2022

	2022		2021	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	4,140		4,700	
Course expenses	21,926		16,964	
Online and IT costs	14,883		26,751	
Travel and subsistence	335		1,823	
Tutor fees	79,545		82,374	
		120,829		132,612
Project costs				
Course development fees		10,598		1,889
EDUCATION ADMINISTRATION COSTS				
Office rental	10,259		10,259	
Office expenses	8,085		11,090	
Covid grant received	-		-10,000	
Salaries	87,162		70,195	
		105,506		81,544
CONFERENCE FUND				
Administration and speakers expenses	22,049		13,884	
Venue	35,892		-	
		57,941		13,884
MEMBERS FUND				
Administration	18,949		27,484	
Council costs	2,216		-	
Professional fees	4,200		4,290	
Advertising	180		90	
Connect newsletter	1,248		624	
		26,793		32,488
		£ 321,668		£ 262,417

THE BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

England & Wales - Charity number 1135639

Accounts

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report 2020-21

The British Association for Cardiovascular Prevention and Rehabilitation is an affiliated group of the British Cardiovascular Society

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Exercise Instructor Network (EIN) Report 16

President's Report

We continue to live in unprecedented times. None of us had heard of COVID-19 until the end of 2019 but it has had such a profound effect on our lives and how we work. We are far from 'back to normal' but perhaps embracing a 'new normal'. Earlier in 2019, Professors Thompson, Ski and Clark described the situation with cardiac rehabilitation as 'akin to 40 years in the wilderness'. Medicine and healthcare had changed so much over the years but cardiac rehabilitation and secondary prevention of cardiovascular disease perhaps less so. Clinical guidelines, including the BACPR Standards and Core Components, stipulated that a menu-based approach should be used to provide an individualised pathway of care for cardiac rehabilitation and yet some patients were given little choice of delivery mode or venue. This seemed to be as a result of the way services had been designed and the finite resource available to deliver the cardiac rehabilitation. It was difficult to consider new and better ways of working to enhance uptake of cardiac rehabilitation and improve patient outcome when we were always so busy and did not have enough 'head space' to think differently.

Then COVID struck and literally overnight, teams had to adapt to new ways of working and it has been great to hear about how cardiac rehabilitation teams have adapted to the pandemic and continued as far as possible, to support patients. The novel and innovative approaches to cardiac rehabilitation have been impressive. Not much good has come from the COVID situation but one positive is that it has led to some fantastic innovative practice and has really pushed us to look for different ways of delivering cardiovascular disease (CVD) prevention and rehabilitation. We want to ensure our practice, new or otherwise, is evidence-based and so for some of the new approaches and delivery modes it may be that we need to gather the appropriate evidence or evaluate how we are supporting patients. I am keen that when finally this pandemic is over (soon I hope!) that we keep the newer ways of working that are beneficial for our patients and their outcomes and not simply revert to pre-COVID practices. The NHS England Long-Term Plan and other national strategy documents have set up some stretching targets and we will only achieve these through service reform and embracing alternative ways of working. I do not think we need to work harder (as we cannot) but we need to work differently and smarter. I recognise though that the situation is still challenging and services not yet fully restored but I know everyone involved is working with the current constraints as best they can to support patients as much as possible. Thank you for all the hard work. It is most appreciated.

Given the new ways of working some of the BACPR Council and I have been working on an update to the Standards and Core Components. We are keen that these continue to be evidence-based and so we will base our recommendations on the best available evidence. We should be able to share the update to the core components at the annual conference in October and the new standards by the yearend. As I mentioned previously though, we were cognisant that some new practices may not yet have the underpinning evidence and so we will also consider the new standards in the context in which we are currently practicing and produce a supplement to share some areas of good or best practice. We hope this will be helpful in helpful.

It has been a rather busy year for a variety of reasons. Sadly we could not hold our annual conference in Belfast in October 2020 but instead we held an online conference for the first time. It was great and the feedback we received was incredibly positive. Hearing that people who would not normally be able to attend a face-to-face conference were able to join us was great and it felt quite inclusive. I thought that the quality of the speakers was excellent and hearing more about the impact COVID has had on cardiac rehabilitation provision, what we could learn from this and the innovations that have already been put in place was really helpful. Our success in hosting this conference online has resulted in BACPR providing regular webinars. All of these have been well attended and have stimulated discussion and debate which will ultimately enhance all of our practice. We do plan to continue these and if you have any suggestions of topics for the webinars then please let us know.

For this year I am absolutely delighted that we will be hosting a conference where we can attend in person. This though will be our first venture into a hybrid conference. Some people will be attending in person in Belfast, while others can join online. If you are like me you will be desperate to get back to in person events as I miss the networking opportunities but I am also conscious of the need to keep us all safe. However people join the conference in 2021 I hope it will be a useful event that will update you on the latest research in the field, stimulate you to consider your working practices and how these could perhaps be enhanced as well as provide an opportunity to share experiences and network. Organising conferences is never easy but having a hybrid approach takes this to a whole new level of complexity but I am sure it will be worth it. I am indebted to the conference organising committee led by Dr Tom Butler, BACPR Scientific Officer, for the hard work. Without them it would not happen.

It has been great to see that the education courses delivered by Sally Hinton, BACPR Executive Director and the team have remained very popular and well attended. Feedback from these sessions is always excellent and I want to thank everyone who

gives up their time to contribute to this. It is most appreciated. I want to say particular thanks to Sally for her leadership with the educational provision but also to Penny and Vivienne who work so hard to support the sessions.

Ceri Roberts our Digital and Communications Officer has been doing a fantastic job increasing our reach on social media (or as I believe it is now referred to – the 'socials'). Hopefully you have seen and perhaps even contributed to the Twitter chats which have been great. Using the eBulletin and Connect magazine to keep us connected throughout the pandemic has been really useful and these have been great at sharing the hints and tips to keep the services going. I want to thank Ceri for his work.

As I come to the end of my Presidency and hand over the reigns to the fantastic President Elect, Dr Kathryn Carver, I want to express my thanks and admiration to all of the BACPR staff and Council who dedicate their time to promote excellence in CVD prevention and rehabilitation. I said last year that Sally Hinton the BACPR Executive Director is the 'backbone' of the Association and that most certainly remains the case. Sally truly goes above and beyond to not only deliver the education sessions but she represents BACPR on a multitude of national strategic forums to ensure we have our rightful place at the table to make sure CVD prevention and rehabilitation is prioritized. I want to thank Sally for her unwavering support of both the Association and I.

As an Association we have never been stronger, we are in a stable and sustainable financial position, our membership is increased, with significant increase in the exercise professional and nursing groups, and we have a Council and body of members who are most definitely passionate about promoting excellence in CVD prevention and rehabilitation. Your new President, Dr Carver, has brilliant ideas to maintain the momentum we have and I know she will increase the reach and impact we can make as an Association. I wish Kathryn all the very best and will support her as best I can with the direction she takes us in.

Finally, I want to thank the BACPR members who have supported the Association in various ways. Together, we will continue to make progress as we strive for excellence in CVD prevention and rehabilitation.

Take care
With very best wishes

Professor Susan Dawkes
BACPR President

Treasurer's Report

The BACPR's accounts for the year ending 31st March 2021 were prepared and audited by AEL Partners LLP, 201 Haverstock Hill, London NW3 4QG.

The financial performance of the association continues to demonstrate robust financial management and account monitoring. The total income for 2020/2021 was £ 288,261. This is a significant decrease from the previous year of £463,435. This is mainly due to less income generated from the conference, as we were unable to host a full annual conference in 2020. The conference income for this financial year is actually showing a deficit as we refunded registration fees received already and had made pre payments to be rolled over to Belfast 2021. We have kept overall costs down due to less council activity expenditure. We have continued all our council activity remotely. The conference expenditure was considerably less owing to not hosting a full conference. We hosted a webinar in October 2020 that was cost neutral and we were able to offer this for free to members due to sponsorship funding. The closing balance showed a surplus of £ 25,844, which is an increase on the previous year. We continue to keep the associations operational day to day running costs well controlled.

Prior to this year, income from the conference was increasing year on year, mainly due to the work to secure a healthy sponsorship fund. Although we did not host a full annual conference, we have maintained engagement with our key Sponsors and have secured future funding. We are delighted to have continued engagement with our key Sponsors. The President and Council strive to secure sponsorship to help support activities of the council and particularly its annual conference.

The BACPR Training and Education courses continue to be a popular and highly acclaimed provider of accredited training in cardiac rehabilitation. The education team was extremely adaptable and made a swift transition to online modes of delivery. This has ensured ongoing financial stability.

The end of year closing balance at £ 337,477 demonstrates a healthy and robust financial position for the BACPR. We are able to cover our essential annual operating costs as well as being able to explore new projects for the benefit of our members. This regular and consistent monitoring of its financial performance will ensure the BACPR continues to be strong and resilient for future years.

	2018 - 19	2019 - 2020	2020 - 2021
Opening Balance	**335,581**	**302,672**	**311,633**
Income			
Membership	38,674	43,684	34,311
Conference	67,340	77,000	-5,480
Education	288,952	300,611	256,430
Sponsorship	23,464	42,140	3,000
Total Income	**418,430**	**463, 435**	**288, 261**
Expenditure			
Membership	65,128	50,315	32,487
Conference	92,332	106,944	13,884
Education	293,878	297,215	216,046
Total Expenditure	**451,338**	**454,475**	**262,417**
Surplus (-Loss)	**-32,909**	**+8,961**	**+25,844**
Closing Balance	**302,672**	**311,633**	**337,477**

***Table 1**: Summary of 2020/2021 Financial position*

The full financial report is available within the Members' Area at www.bacpr.com or via the Charities' Commission Website at www.charity-commission.gov.uk.

Gill Farthing
Treasurer

Secretary's Report

Membership

The membership of 1003 at March 2021 shows the diversity of professions engaged in cardiac prevention and rehabilitation. Membership renewals remain consistent year on year. Training events and courses also stimulate new membership numbers, in particular the webinar events linked to the six BACPR core componentswhich are complimentary to BACPR members. The BACPR 2020 virtual conference overcame time and distance access barriers generating new membership from the UK and overseas. Virtual options have allowed us to reach members who, for different reasons, previously could not attend in person.

Membership by Profession	March 2021	April 2020
Overall total	1,003	711
BACPR Exercise Instructor	411	289
Dietitian	14	9
Doctor	22	22
Exercise Physiologist	43	39
Nurse	310	207
Occupational Therapist	12	8
Other Exercise Professional	20	13
Physiotherapist	140	95
Psychologist	2	2
Research Fellow/Academic	13	12
Other	15	15
Not Specified	0	0

Communication

BACPR members regularly make use of the enquiries facility on the website. These have been particularly busy with questions regarding the changing nature of the COVID situation including returning face to face delivery and adoption of hybrid innovations.The surge in enquiries about service delivery at the beginning of the pandemic was sustained throughout the year. The guidelines issued by BACPR' s Exercise Professionals Group (EPG) available via the BACPR website

has been a valuable resource addressing many of the enquiries we have received. Expert groups and professionals have continued to respond to complex enquiries forwarded on to them, with evidence-based explanations and clarification. Thank you to all those who have given such support. Our busy social media activity is reported in the Digital Communications section.

Travel Award

Due to the COVID restrictions this has been suspended.

Council Activities

During 2020 we held two elections for ordinary council members and President Elect. Dr Kathryn Carver who has served as BACPR Treasurer was successfully elected as President Elect. Dr Tom Butler, Simone Meldrum and Alison Allan were re-elected and we also welcomed Heather Probert, Jenny Aindow and Jen Hannay as ordinary officers. Dr Butler took over the role of Scientific Officer from Dr Simon Nichols, now an ordinary officer. Sheona McHale stepped down from Council but remains active on the BACPR Exercise Professional Group.

Dr Nikhil Ahluwalia was co-opted as representative from British Junior Cardiovascular Association (BJCA) taking over the role from Dr Reza Aghamohammadzadeh. Vicky Hatch and Dr Aynsley Cowie were co-opted in light of their respective EPG chair and Clinical Research Collaborative (CRC) representation.

BACPR Council & Staff (as of March 2021)

Position	Name	Profession	Country
Executive Officers			
President	Prof Susan Dawkes	Nurse	Scotland
President Elect	Dr Kathryn Carver	Nurse	England
Treasurer	Gill Farthing	Nurse	England
Secretary	Dr Carolyn Deighan	Psychologist	Scotland
Scientific Officer	Dr Tom Butler	Dietician	England
Digital and Communications officer	Ceri Roberts	Nurse/ Exercise Specialist	England
Ordinary Officer			
	Heather Probert	Physiotherapist	England
	Dr Simon Nichols	Exercise Physiologist	England
	Simone Meldrum	Nurse	England
	Jennifer (Jenny) Aindow	Occupational Therapist	England
	Alison Allen	Nurse	Wales
	Ruby Miller	Occupational Therapist	Wales
	Tracy Kitto	Nurse	England
	Jennifer (Jen) Hannay	Exercise Physiologist	England
Co-opted officers			
Northern Ireland	Maria Mooney		
BSH	Dr Simon Beggs		
CCP/Patient Rep	Sarah Brown		
NACR	Prof Patrick Doherty		
BHF	Joanne Oliver		
Primary Care	Dr Hayes Dalal		
Public Health	Alison Iliff		
EPG chair	Vicky Hatch		
CRC	Dr Ainsley Cowie		
BCJA	Dr Nikhil Ahluwalia		
Employed Staff			
Executive director/Education director		Sally Hinton	
Education coordinator		Vivienne Stockley	
Education Administrator		Penny Hudson	
BCS Affiliates Coordinator		Val Collins	
IT Support		BCS IT Department	

Further information on BACPR Council and staff can be found in the About section at www.BACPR.com

Dr Carolyn Deighan
BACPR Honorary Secretary

Communications and Digital Media

We are now nearing 4000 followers on our social media platforms; Twitter, Facebook and Instagram. This increasing following is proving to be beneficial in the dissemination of current goings on within the organisation. The ongoing Twitter chats, covering various topics that have provided very good discussion, are now scheduled on a monthly basis are proving successful with good engagement. Activity across all platforms is increasing every month helping to spread the awareness of the great work from all those within the Cardiac Rehabilitation Specialty.

e-Bulletins

There continues to be some excellent content from services around the country, and world, highlighting commitment from all professionals in their pursuit of delivering an excellent service to their patients, especially as we are now (hopefully) coming out of the pandemic. Cardiac Rehabilitation services internationally have shown exemplary commitment to their service delivery during these unprecedented times. We continue to receive service delivery reports highlighting exceptional work in the development of their respective services.

Connect

We were able to successfully deliver a new digital version of Connect. This new format allows for increased usability with hyperlink to relevant materials. The digital format allows the organisation to meet the NHS target of going paperless by 2027.

Website

We are currently developing a new website format in conjunction with the BCS. We hope that the new features will provide increased communication and support between CR professionals and the organisation. New features include a secure, forum based communication system allowing for discussion of clinical information.

Ceri Roberts
BACPR Communications and Digital Media Officer
Twitter: @bacpr Instagram: @bacpr1 Facebook: @bacpr1





Conference Report

BACPR Live Webinar (Online Conference) 2020
'Looking to the future: *learning, innovation and impact of COVID-19'*
Friday 2nd October 2020.

The 2020 Annual conference was due to be held in Belfast and was going to address "Innovations in Practice". When COVID-19 became a pandemic, in March 2020, planning for the conference was at an advanced stage with most speakers across the two days having been confirmed, the venue booked, catering arranged, and accommodation provisionally arranged. In response to government restrictions on social contact, the BACPR took the decision to move the conference online. To support cardiovascular prevention and rehabiliation services, the theme of the conference was changed to 'Looking to the future: learning, innovation and impact of COVID-19". Sanofi sponsored the event and provided £3,000, which paid for a large part of the online platform fees. The fees paid by non-members also helped pay for the cost of the online platform.

The conference was well received by delegates and had the largest number of delegates of any BACPR event. ~500 people, including council members and presenters, registered for the event. The event was launched by BACPR president, Prof Susan Dawkes, who outlined the impact of COVID-19 on healthcare professionals and cardiovascular prevention and rehabiliation

services. Dr Simon Nichols, the BACPR Scientific Chair, then proceeded to present data from the BACPR survey. It was striking to note that ~50% of UK cardiovascular prevention and rehabiliation services had been entirely suspended between March and June 2020. Prof. Gary Ford then provided an insightful presentation on how the NHS can innovate and adapt following the COVID-19 pandemic. Richard Forsyth discussed “Cardiac Rehabiliation for the future” and explained how the British Heart Foundation will be supporting the recovery and development of cardiac rehabiliation. The following section was a sequence of applied learning presentations from healthcare professionals working in cardiovascular prevention and rehabiliation. All three presentations shared valuable insights in to the challenges and success stories that their services had experienced.

After a 15 minute break. Dr Tee Joo Yeo gave an excellent presentation on the use of technology to adapt to the COVID-19 pandemic. Based on delegate feedback, this proved to be a very popular presentation. Next, Dr Gabriella Ghisi presented the ICCPR survey findings on the impact of COVID-19 on Cardiac Rehabiliation. Similar to the BACPR survey, they found that ~50 of cardiac rehabiliation programmes had been cancelled, worldwide, during the COVID-19 pandemic. It was concerning to hear that more than 60% of cardiac rehabiliation programmes did not offer any form of remote service delivery. In the final session of the day, data from the National Audit of Cardiac Rehabiliation highlighted the impact that COVID-19 had had on UK and cardiovascular prevention and rehabiliation services. They also explored what can be learnt from the experience. The final presentation of the day was given by Prof. Dominique Hansen. Prof. Hansen gave an informative presentation that explained what evidence was available to support the use of telehealth, and for which applications it is effect. Questions and answers were then put to our presenters, by the delegates. The online event was then closed by BACPR President, Susan Dawkes.

Conference presentations are available to view in the ‘members only’ area at: www.bacpr.com.

BACPR Annual Conference 2021

'New World of Cardiovascular Prevention and Rehabilitation'

Following from the disruption to the previous years conference, the location for the 2021 Annual Conference has been "rolled over" to this year, with the venue being the ICC, Belfast. Speakers for this years event have been briefed that this should not be another "lets talk about how COVID ruined things" kind of affair, but rather what innovations and refinements are now embedded in cardiac rehab, and what impact are they having.

There are some important considerations to note at this stage regarding the format of the conference, namely the hybrid option that we are offering this year. Many speakers will be delivering their sessions live online (as has been the case with other conferences this year), however we have still offered the option for delegates to attend in person. There is likely a strong desire to return to some level of normality regarding conferences and we cannot ignore the significant benefit of in-person conferences on networking and making professional connections (as well as reconnecting again as a community). By offering an in "person option" for booking we hope to support this.

All sessions will be streamed live allowing those not able to attend in person to watch, and also ask questions during the presentations. It will be important to evaluate the success of this hybrid approach (face to face and online viewing) in order to better inform future events for the organisation.

Dr Tom Butler and Dr Simon Nichols
BACPR Scientific Officer

Education and Training Report

In 2020-2021, despite the arrival of the Covid pandemic we have continued to deliver the UK's leading Specialist Cardiac Exercise Instructor Training course recognised by both the Register of Exercise Professionals (REPs) Ireland and CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

Our comprehensive CPD programme of short courses are delivered across the UK and the Republic of Ireland with all course material regularly re-evaluated and updated to ensure delegates receive comprehensive material on every course. We have national recognition for our education programme from The CPD Certification Scheme.

This year there have been 23 Short Courses with a total of 418 delegates attending and 11 BACPR Exercise Instructor Qualification courses with a total of 182 Instructors attending over the last 12 months along with 630 BACPR instructors undergoing the on-line revalidation. We continue with our links with higher education and continue to deliver MSc modules at University of Chester and University College of London.

During this year we started a series of short webinars around the different core components of cardiovascular prevention and rehabilitation which are continuing on. There was one entitled Focus on Cardiovascular Nutrition on 18th November 2020 and one on Physical Activity and Exercise component on 13th January 2021.

Our online education platform continues to grow and now includes revalidation, resources and MCQ assessment for the BACPR Exercise Instructor Training along with short online modules to introduces the six core components. These BACPR Standards & Core Components on-line stand alone course e-modules give an overview of our specialty to our colleagues who are new to the cardiovascular health field.

The Education team led in planning and organising the Virtual Annual Conference in October 2020 and the virtual EPG spring study day in April 2021 .

Finally, as ever a massive thank you to Vivienne, Penny and all the tutors who worked so hard over the last year to continue delivering quality education and training across all the core components of cardiovascular disease prevention and rehabilitation.

Sally Hinton
BACPR Education Director

Exercise Professionals Group (EPG) Report

Following a number of changes, the EPG Committee now consists of:

Dr Simon Nichols	Past chair and BASES representative
Vicky Hatch	Chair and BACPR EIN representative
Eddie Caldow	BASES representative
Helen Alexander	ACPICR representative
Susan Young	ACPICR representative
Lindsey Smith	BACPR EIN representative
Prof John Buckley	Founder Member

Overall Aim of Group

To develop practice standards and guidelines, offer training and continuing professional development, advise professional groups, charities, associations on matters pertaining to patient/client guidance, professional practice, or research of physical activity and exercise in relation to cardiovascular disease and prevention.

In the last 12 months members of the committee have:

- Provided ongoing support to BACPR members (and non members!) during COVID restrictions. We have answered e mail queries, publishing an update to the EPG guideline document which includes advice on restarting and revising delivery to maintain effective rehabilitation services in a 'post COVID' landscape and offered virtual workshops to facilitate the sharing of ideas and practical advice to restart Phase IV services.
- Continued the work to develop a route to competency for each of the three professional groups. This has now been completed and final draft documents are being proof read prior to publication.
- Continued the development of the certified exercise specialist practitioner; Application and assessment documentation is now in the final stages. There are a number of interested applicants ready to apply.
- Replied to questions posted on BACPR members forum and to other individual queries.
- Commented on patient/client information and professional practice in the UK and other countries.
- Maintained strong links with Council; Vicky Hatch and Dr Simon Nichols currently sit on Council.

EPG Study Day 2021

Due to ongoing restrictions and concerns re: COVID, Annual EPG study day on Friday 14th May 2021 took place virtually. All of the booked speakers from 2021 kindly agreed to speak, including our keynote speaker Professor Dominique Hansen from the University of Hasselt, Belgium.

Thanks to all EPG committee members and to Sally Hinton, who helped behind the scenes to manage the audience questions, and ensure that despite being a virtual event, there was good opportunity for interaction. The feedback from the event showed that just over 90% of the delegates that gave feedback rated the event as very good or excellent.

Vicky Hatch
BACPR Exercise Professional Group Chair

Exercise Instructor Network (EIN) Report

EIN Committee

The EIN Committee currently consists of the following people:

Past Chair Brian Begg
Chair Vicky Hatch
Vice Chair Julie Mason
Secretary Lindsey Smith
PR Officer Katie Andrew (Plant)
Sheona McHale
Emma Spalding
Toby Whitehead
Stefan Birkett

BACPR EIN CPD Days

With the help of Sally Hinton, five BACPR EIN workshops were delivered in April /May 2021 to facilitate the sharing of ideas and offer practical advice on restarting face to face Phase IV sessions in the community. Feedback was extremely positive and attendees felt more confident in re starting their sessions. Going forward, virtual delivery of study days is being explored with new content as an effective way of ensuring that Phase IV exercise professionals remain up to date with knowledge and skills.

Communications

The BACPR EIN Facebook page, set up to share information that is of interest to BACPR qualified Exercise Instructors, BACPR members or members of the public with an interest in physical activity and health related topics, currently has just under 950 followers. Katie, Emma and Toby have worked hard to build the content and community.

Advanced Exercise Practitioner Award

See EPG Report, Bullet point 2.
BACPR Exercise Professionals Group (EPG) Position Statement 2012 (version 2) remains the overarching guidance for eligibility and includes the details of minimum qualifications and competences.

Vicky Hatch
BACPR Exercise Instructor Network Chair

BACPR
BRITISH ASSOCIATION
FOR CARDIOVASCULAR
PREVENTION AND REHABILITATION

"Promoting excellence in cardiovascular disease prevention and rehabilitation"

The British Association for Cardiovascular Prevention and Rehabilitation

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www.bacpr.com



Registered Charity Number 1135639
Company limited by guarantee. Registered in England 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Professor Susan Dawkes - President
Dr Carolyn Deighan - Secretary
Mrs Gillian Farthing - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

Report of the Trustees for the year ended 31st March 2021

The Trustees present their report along with the financial statements for the year ended 31st March 2021

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, preventions, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2021 was £288,261 (2020 = £463,435)
Total expenditure for the year ended 31st March 2021 was £262,417 (2020 = £454,475)
Income exceeded expenditure by £25,844 (2020 = Surplus £8,962)
Funds held on deposit increased from £290,315 to £333,680

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish. The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 17th June 2021 and signed on their behalf by:-

Gillian Farthing
Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2021, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date: 17th June 2021

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Incoming resources	9				
Education fund			256,430	256,430	300,611
Conference fund		-2,480		-2,480	119,140
Members fund		34,311		34,311	43,684
Total incoming resources		31,831	256,430	288,261	463,435
Resources expended	10				
Education fund			216,046	216,046	303,657
Conference fund		13,884		13,884	106,944
Members fund		32,487		32,487	43,872
Total resources expended		46,371	216,046	262,417	454,473
Net incoming resources for the year		-14,540	40,385	25,844	8,962
Total funds brought forward		118,062	193,571	311,633	302,671
Total funds carried forward		103,522	233,956	337,477	311,633

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2021

	Notes	2021	2020
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		333,680	290,315
Prepayments		12,816	25,517
		346,496	315,832
Creditors - amounts falling due within one year	3	9,020	4,200
Net current assets		337,476	311,632
Total net assets		£ 337,477	£ 311,633
Funds			
Restricted funds		233,956	193,571
Unrestricted funds		103,522	118,062
		£ 337,477	£ 311,633

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

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

These financial statements were approved by the Board of Trustees and authorised for issue on 2021 and signed on their behalf by:-

Gillian Farthing
Trustee

The notes on page 8 form part of the financial statements

1 Principle accounting policies

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 Tangible fixed assets

	Fixed Assets
Cost	
At 1st April 2020 and 31st March 2021	9,670
Depreciation	
At 1st April 2020	9,669
Charge for the year	-
At 31st March 2021	£ 9,669
Net book value	
31st March 2021	£ 1
31st March 2020	£ 1

3 Creditors

	2021	2020
Amounts falling due within one year		
Trade creditors	£ 9,020	£ 4,200

4 Funds

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2021 were:-

(i) Education account

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

	2021		2020	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		256,430		300,611
CONFERENCE FUND				
Registration	2,390		77,000	
Registration refund - 2020	-7,870		0	
Sponsorship and exhibitors	3,000		42,140	
		-2,480		119,140
MEMBERS FUND				
Membership fees	33,651		37,284	
EPG income	0		5,400	
Miscellanous income	660		1,000	
		34,311		43,684
		288,261		463,435
EXPENSES				
Resources expended (page 10)		262,417		454,473
Net outgoing resources for the year	£	25,844	£	8,962

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2021

	2021		2020	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	4,700		4,391	
Course expenses	16,964		61,167	
Online developments costs	22,886		0	
Computer and IT costs	3,865		6,442	
Tutor travel, subsistence and accommodation	1,823		47,396	
Tutor fees	82,374		94,250	
		132,611		213,646
Project costs				
Tutor fees and expenses		1,889		4,464
EDUCATION ADMINISTRATION COSTS				
Office rental	10,259		10,226	
Office expenses	11,090		7,703	
Covid grant received	-10,000		0	
Salaries	70,195		67,618	
		81,545		85,547
CONFERENCE FUND				
Administration and speakers expenses	13,884		49,671	
Venue	0		57,273	
		13,884		106,944
MEMBERS FUND				
Administration	27,483		22,189	
Council costs	0		9,029	
Professional fees	4,290		4,200	
Advertising	90		452	
Connect newsletter	624		2,949	
EPG expenses	0		2,148	
Travel awards	0		2,905	
		32,487		43,872
		£ 262,417		£ 454,473

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

Company no 5086964

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

TRUSTEES

Professor Susan Dawkes - President
Dr Carolyn Deighan - Secretary
Mrs Gillian Farthing - Treasurer

PRINCIPAL OFFICE

9 Fitzroy Square
London
W1T 5HW

INDEPENDENT EXAMINER

AEL Markhams Ltd
201 Haverstock Hill
London
NW3 4QG

Charity number
1135639

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

Report of the Trustees for the year ended 31st March 2021

The Trustees present their report along with the financial statements for the year ended 31st March 2021

Constitution and objects

British Association for Cardiovascular Prevention and Rehabilitation is a company limited by guarantee without share capital, incorporated on 29th March 2004. BACPR was constituted on 11th September 1993 and is a registered charity no 1031354.

The objects of the charity are:-

(i) The relief of sickness of persons suffering from diseases of the heart and circulation.

(ii) To undertake and promote, in relation to diseases of the heart and circulation, preventions, rehabilitation, education and medical and scientific research.

Financial review

Total income for the year ended 31st March 2021 was £288,261 (2020 = £463,435)
Total expenditure for the year ended 31st March 2021 was £262,417 (2020 = £454,475)
Income exceeded expenditure by £25,844 (2020 = Surplus £8,962)
Funds held on deposit increased from £290,315 to £333,680

Investment powers and policy

Under its memorandum of Association the charity has the power to invest in any way the trustees wish. The trustees, having regard to the liquidity requirements of operating the charity have maintained a policy of keeping available funds in interest bearing deposit accounts.

Reserves policy

It is the policy of the charity to maintain unrestricted funds, which are free reserves of the charity at a level which provides sufficient funds to cover management and administration and support costs.

Risk management

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Trustees' responsibilities in relation to financial statements

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for that period. In preparing those accounts, the Trustees are required to:

* select suitable accounting policies and apply them consistently,
* make judgements and estimates that are reasonable and prudent,
* state whether applicable accounting standards and statements of recommended practice have been followed subject to any departures disclosed and explained in the financial statements; and
* prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue to operate.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the accounts comply with the Charities Acts. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to disclosure of information to auditors

So far as the trustees are aware, there is no relevant information (as defined by Section 234ZA of the Companies Act 1985) of which the charitable company's auditors are unaware and each trustee has taken all the steps they ought to have taken as a trustee in order to make them aware of any audit information and to establish that the charitable company's auditors are aware of that information.

Auditors

The auditors, AEL Markhams Ltd, will be proposed for re-appointment in accordance with Section 385 of the Companies Act 1985.

Approved by the Board of Trustees on 17th June 2021 and signed on their behalf by:-

Gillian Farthing
Trustee

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

Independent examiner's report to the trustees of British Association of Cardiovascular Prevention and Rehabilitation

We report on the accounts of the company for the year ended 31st March 2021, which are set out on pages 6 to 9.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 1993 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and we are qualified to undertake the examination by being a qualified members of the Institute of Chartered Accountants in England and Wales.

Having satisfied ourselves that the charity is not subject to audit under company law and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 145 of the 2011 Act;

- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and

- to state whether particular matters have come to my attention.

Basis of independent examiners report

Our examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented by those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

REPORT OF THE INDEPENDENT EXAMINER TO THE MEMBERS OF

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

(A COMPANY LIMITED BY GUARANTEE)

continued

Independent examiners statement

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements;

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and

- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice Accounting and Reporting by Charities

have not been met; or

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

AEL Markhams

AEL Markhams Ltd
Chartered Accountants and
Registered Auditors
201 Haverstock Hill
London NW3 4QG

Date: 17th June 2021

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

	Notes Page	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
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Net incoming resources for the year		-14,540	40,385	25,844	8,962
Total funds brought forward		118,062	193,571	311,633	302,671
Total funds carried forward		103,522	233,956	337,477	311,633

The Statement of Financial Activities include all the gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared

All the above amounts relate to continuing services

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2021

	Notes	2021	2020
		£	£
Fixed assets			
Tangible assets	2	1	1
Current assets			
Cash at bank and in hand		333,680	290,315
Prepayments		12,816	25,517
		346,496	315,832
Creditors - amounts falling due within one year	3	9,020	4,200
Net current assets		337,476	311,632
Total net assets		£ 337,477	£ 311,633
Funds			
Restricted funds		233,956	193,571
Unrestricted funds		103,522	118,062
		£ 337,477	£ 311,633

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

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

These financial statements were approved by the Board of Trustees and authorised for issue on 2021 and signed on their behalf by:-

Gillian Farthing
Trustee

The notes on page 8 form part of the financial statements

1 Principle accounting policies

Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities. In preparing the financial statements the charity follows best practice laid down in the Statement of Recommended Practice - Accounting and Reporting.

Incoming resources

Income is accounted for in the period in which it is received.

Resources expended

Expenditure is included on an accruals basis.

Tangible fixed assets

Depreciation is provided for as follows:-

Fixtures and fittings - 15% on cost

2 Tangible fixed assets

	Fixed Assets
Cost	
At 1st April 2020 and 31st March 2021	9,670
Depreciation	
At 1st April 2020	9,669
Charge for the year	-
At 31st March 2021	£ 9,669
Net book value	
31st March 2021	£ 1
31st March 2020	£ 1

3 Creditors

	2021	2020
Amounts falling due within one year		
Trade creditors	£ 9,020	£ 4,200

4 Funds

Unrestricted funds

Comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds

Comprise those funds which have been given for a particular purpose and that restricted fund must be used wholly for that charitable object. The restricted funds in operation at 31st March 2021 were:-

(i) Education account

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

	2021		2020	
	£	£	£	£
INCOME				
BACPR EDUCATION FUND				
Course income		256,430		300,611
CONFERENCE FUND				
Registration	2,390		77,000	
Registration refund - 2020	-7,870		0	
Sponsorship and exhibitors	3,000		42,140	
		-2,480		119,140
MEMBERS FUND				
Membership fees	33,651		37,284	
EPG income	0		5,400	
Miscellanous income	660		1,000	
		34,311		43,684
		288,261		463,435
EXPENSES				
Resources expended (page 10)		262,417		454,473
Net outgoing resources for the year	£	25,844	£	8,962

These notes form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

RESOURCES EXPENDED

FOR THE YEAR ENDED 31 MARCH 2021

	2021		2020	
	£	£	£	£
EXPENDITURE				
BACPR EDUCATION FUND				
General costs				
ACPICR fees	4,700		4,391	
Course expenses	16,964		61,167	
Online developments costs	22,886		0	
Computer and IT costs	3,865		6,442	
Tutor travel, subsistence and accommodation	1,823		47,396	
Tutor fees	82,374		94,250	
		132,611		213,646
Project costs				
Tutor fees and expenses		1,889		4,464
EDUCATION ADMINISTRATION COSTS				
Office rental	10,259		10,226	
Office expenses	11,090		7,703	
Covid grant received	-10,000		0	
Salaries	70,195		67,618	
		81,545		85,547
CONFERENCE FUND				
Administration and speakers expenses	13,884		49,671	
Venue	0		57,273	
		13,884		106,944
MEMBERS FUND				
Administration	27,483		22,189	
Council costs	0		9,029	
Professional fees	4,290		4,200	
Advertising	90		452	
Connect newsletter	624		2,949	
EPG expenses	0		2,148	
Travel awards	0		2,905	
		32,487		43,872
		£ 262,417		£ 454,473