

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report: April 2023 - March 2024



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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 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

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

A banner for the BACPR Annual Conference 2023. The top features a stylized red and blue wave graphic. Below it, the text 'BACPR Annual Conference 2023' is written in large white letters. Underneath, the tagline 'Celebrating 30 years – building for the future' is in a smaller white font. The background is a photograph of the Cardiff Marriott Hotel, a large red brick building with a clock tower, situated on the waterfront. A blue and white sailboat is docked in the foreground on the left, and other boats are visible in the water. The sky is blue with some clouds.

BACPR Annual Conference 2023

‘Celebrating 30 years – building for the future’

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 who 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 ejection 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.

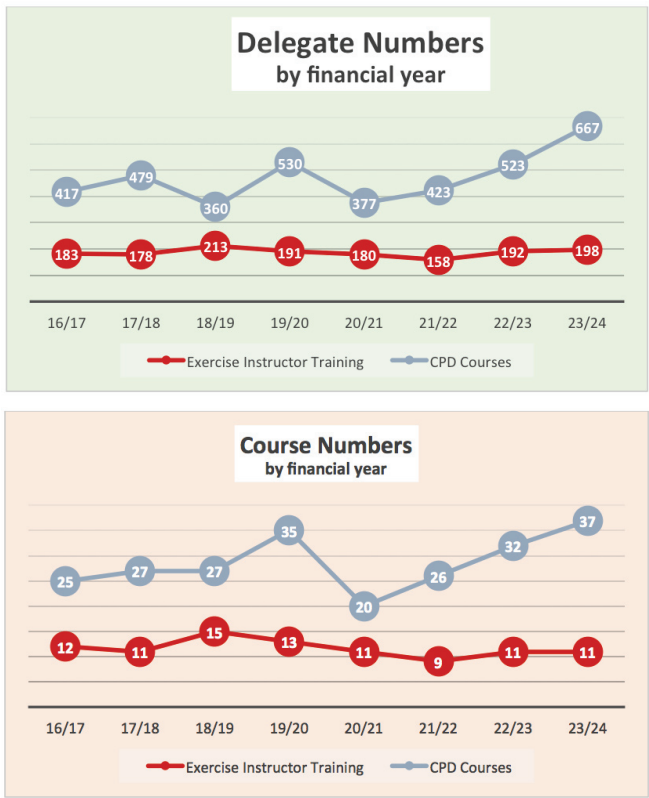


Figure 1: Annual Delegate and Course Numbers for CPD Courses and Exercise Instructor Training

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 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

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 support 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 Caldwell	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



“Promoting excellence in cardiovascular disease prevention and rehabilitation”

The British Association for Cardiovascular Prevention and Rehabilitation

9 Fitzroy Square London W1T 5HW

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bacpr@bcs.com

www.bacpr.org



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

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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
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		<u>140,760</u>	<u>347,645</u>	<u>488,406</u>	<u>458,947</u>
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		<u>153,758</u>	<u>282,860</u>	<u>436,619</u>	<u>380,135</u>
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		<u>128,501</u>	<u>396,904</u>	<u>525,405</u>	<u>473,618</u>

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

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

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

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

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 2024

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

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	<u>98,543</u>		<u>95,821</u>	
		183,386		154,712
Project costs				
Course development fees	<u>4,948</u>		<u>4,073</u>	
		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	<u>73,396</u>		<u>97,828</u>	
		94,526		123,233
CONFERENCE FUND				
Administration and speakers expenses	44,136		21,629	
IT	6,772		8,200	
Venue	<u>50,701</u>		<u>33,869</u>	
		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	<u>665</u>		<u>1,575</u>	
		52,149		34,419
	£	<u><u>436,619</u></u>	£	<u><u>380,135</u></u>

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

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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

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The objects of the charity are:-

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

Financial review

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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
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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
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:

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- 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
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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
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Total incoming resources		<u>140,760</u>	<u>347,645</u>	<u>488,406</u>	<u>458,947</u>
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		<u>153,758</u>	<u>282,860</u>	<u>436,619</u>	<u>380,135</u>
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		<u>128,501</u>	<u>396,904</u>	<u>525,405</u>	<u>473,618</u>

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

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

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

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

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 2024

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

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	<u>98,543</u>		<u>95,821</u>	
		183,386		154,712
Project costs				
Course development fees	<u>4,948</u>		<u>4,073</u>	
		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	<u>73,396</u>		<u>97,828</u>	
		94,526		123,233
CONFERENCE FUND				
Administration and speakers expenses	44,136		21,629	
IT	6,772		8,200	
Venue	<u>50,701</u>		<u>33,869</u>	
		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	<u>665</u>		<u>1,575</u>	
		52,149		34,419
	£	<u><u>436,619</u></u>	£	<u><u>380,135</u></u>