

British Association for Cardiovascular Prevention and Rehabilitation

Annual Report: April 2024 - March 2025

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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.

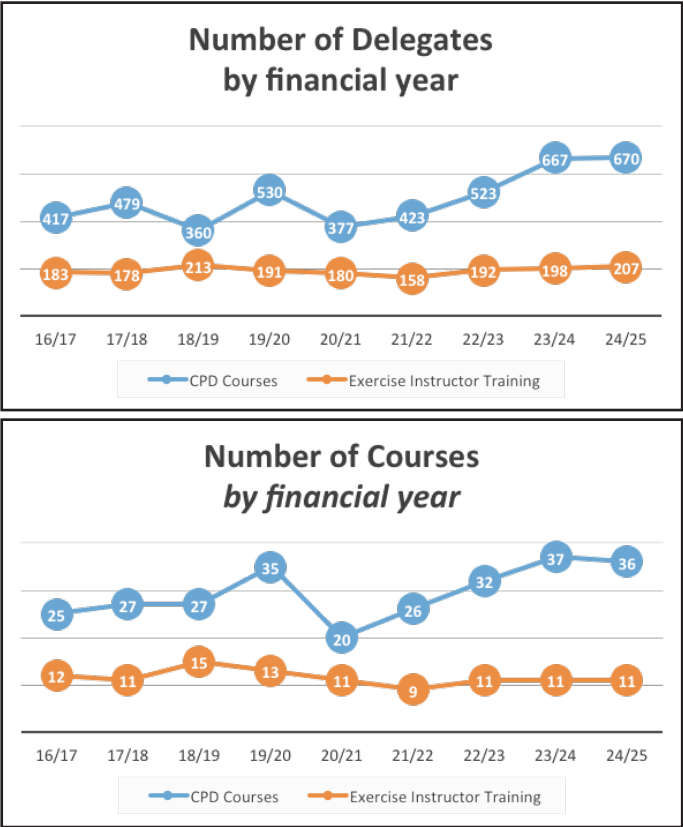


Figure 1: Annual Delegate and Course Numbers for CPD Courses and Exercise Instructor Training

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	<i>pre-recorded</i>
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



BACPR Annual Conference 2024

*Cardiovascular Disease Prevention and Rehabilitation:
Putting personalised care into practice*

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

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



“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

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

BALANCE SHEET

31 MARCH 2025

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



Susan Casnello
Treasurer and Trustee

The notes on page 8 form part of the financial statements

BRITISH ASSOCIATION FOR CARDIOVASCULAR PREVENTION AND REHABILITATION

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
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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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		<u>155,708</u>	<u>363,040</u>	<u>518,748</u>	<u>488,405</u>
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		<u>152,370</u>	<u>311,252</u>	<u>463,623</u>	<u>436,618</u>
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		<u>131,838</u>	<u>448,691</u>	<u>580,530</u>	<u>525,405</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 2025

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

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 2025

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	£ <u>9,669</u>
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	<u>2,032</u>	<u>2,032</u>
	£ <u>6,232</u>	£ <u>6,232</u>

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 2025

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

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	<u>110,520</u>		<u>98,543</u>	
		195,463		183,386
Project costs				
Course development fees	<u>6,544</u>		<u>4,948</u>	
		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	<u>87,876</u>		<u>73,396</u>	
		109,245		94,526
CONFERENCE FUND				
Administration and speakers expenses	43,197		44,136	
IT	7,350		6,772	
Venue	<u>49,424</u>		<u>50,701</u>	
		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	<u>575</u>		<u>665</u>	
		52,399		52,150
	<u>£ 463,623</u>		<u>£ 436,619</u>	