

Somerville Heart Foundation

England & Wales · Charity number 1138088

Details

Other names	GROWN UP CONGENITAL HEART PATIENTS ASSOCIATION, GUCH PA, THE SOMERVILLE FOUNDATION
Status	Registered
Legal form	Charitable company
Company number	07285409
Registered	2010-09-16
Register	View on the Charity Commission register

Contact

Address
Ground Floor
7 Friars Courtyard
30-32 Princes Street
Ipswich
Suffolk
IP1 1RJ

Phone 01473252007

Email info@sfhearts.org.uk

Website www.sfhearts.org.uk

Activities

Objects: 1. THE RELIEF OF POVERTY, SICKNESS AND DISTRESS AMONGST THOSE PERSONS WHO HAVE A HEART DISORDER OF ANY FORM OR WHO HAVE UNDERGONE HEART SURGERY OF ANY KIND BY SUCH MEANS AS ARE CHARITABLE.2. THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC IN RELATION TO ALL ASPECTS OF HEART DISORDERS OR ABNORMALITIES.NOTHING IN THIS MEMORANDUM AND ARTICLES OF ASSOCIATION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CHARITY FOR PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005

Activities: 1. The relief of poverty, sickness and distress amongst those persons who have a heart disorder of any form orwho have undergone heart surgery of any kind, by such means as are charitable.2. The advancement of the education of the public in relation to all aspects of heart disorders or abnormalities.

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£286,265	£144,426	-	-
2023-12-31	£229,726	£170,765	-	-
2022-12-31	£152,504	£157,643	-	-
2021-12-31	£144,711	£131,561	-	-
2020-12-31	£137,962	£108,113	-	-

Trustees

Name	Role	Appointed
MS KENNEDY	Chair	
Crispin Somerville		2018-03-23
Dr Andrew Leslie Smith		2025-06-24
Dr Fiona Walker		2020-05-27
Leigh Nisbet		2019-06-06
Lewis Barnes		2017-05-24
Michael Rosen		2019-03-07
ROBERT NICOLL		2012-08-01
Sheena Vernon		2025-03-24
Simon Steel		2025-06-24

Somerville Heart Foundation

England & Wales - Charity number 1138088

Accounts

COMPANY REGISTRATION NUMBER: 07285409

CHARITY REGISTRATION NUMBER: 1138088

**Somerville Heart Foundation
Company Limited by Guarantee
Unaudited financial statements
31 December 2024**

Somerville Heart Foundation

Company Limited by Guarantee

Financial statements

Year ended 31 December 2024

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Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 December 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Reference and administrative details

Registered charity name	Somerville Heart Foundation
Charity registration number	1138088
Company registration number	07285409
Principal office and registered office	7 Friars Courtyard 30-32 Princes Street Ipswich Suffolk IP1 1RJ

The trustees

The trustees who served during the year and at the date of approval were as follows:

F Kennedy (Chair)
R Nicoll (President)
L Barnes (Vice President)
M Rosen (Treasurer)
L Nisbet
C Somerville
S Vernon (Appointed 24/03/2025)
F Walker

Company secretary	A Woods
Independent examiner	A Robinson FCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
Scottish charity registration no.	SC049673
Bankers	TSB Bank Plc 16 Buttermarket Ipswich Suffolk IP1 1BG

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Objectives and activities

Our Charitable objectives

1. The relief of poverty, sickness and distress amongst those persons who have a heart disorder of any form or who have undergone heart surgery of any kind, by such means as charitable.
2. The advancement of the education of the public in relation to all aspects of heart disorders or abnormalities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Vision

That every adult born with a heart condition receives excellent medical care and lead healthy, happy lives and reach their full potential.

Mission

Provide support, advocacy, communication and a community for people who have been born with an (congenital) abnormality of the heart and/or cardiovascular system, who reach adolescence and adulthood.

Aims & objectives

- Provide all those we represent with accurate, timely information and advice, to allow them to grasp opportunities, take informed decisions and make positive lifestyle choices.
- To combat loneliness, isolation and poverty for those we represent and their families.
- Fight discrimination through campaigns, education and the promotion of the rights of those we represent.
- To enable those we represent to share and learn from experiences and support each other and become their own best advocates.

Our USP

We are the ONLY UK-wide charity supporting adults born with all forms of heart condition.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Achievements and performance

Somerville Heart Foundation (SHF) is the only UK wide registered charity working with young people and adults born with a heart condition (congenital heart disease or CHD). The incidence of CHD is approximately 10 in 1000 live births worldwide and remains one of the most common conditions affecting new born infants. This population is increasing exponentially because of improved life expectancy due to the many successes and developments in the treatment and management of CHD. Currently there are more adults than children living with CHD and more adults living to an older age. As a result, SHF needs to provide a range of information, help and support to meet a wide spectrum of need for people living with CHD at different stages of their lives.

CHD refers to structural abnormalities of the heart that are present at birth, even if diagnosed much later in life. They occur during the foetal development of the heart; the causes are multifactorial and there may be a genetic component. Some congenital cardiac conditions are associated with genetic/chromosomal abnormalities.

For thirty years Somerville Heart Foundation (SHF) or Grown-Up Congenital Heart (GUCH) Patients Association, as it was originally known, has campaigned and advocated for improved treatment for young people and adults living with a congenital heart condition. SHF represents patients at national level promoting the rights and needs of adults who have a congenital heart defect. We provide support, advocacy, communication and a community for those we are here to help. We also campaign for their rights to receive excellent medical care to enable them to lead happy, healthy and longer lives.

The majority of trustees and volunteers are themselves heart patients and have personal experience of living with a congenital heart condition or clinicians who work in the speciality. This brings a great deal of empathy and understanding to our work, the organisation has a strong, supportive "family feel". The charity is user led, its direction of travel and services are based entirely on the needs of patients.

Somerville Heart Foundation is entirely independent and receives no funding from central or local government. All our frontline services are free of charge and rely primarily on donations and fundraising.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Our beliefs

At Somerville Heart Foundation we believe that every adult born with a congenital heart condition in the UK should have:

- Access to all necessary healthcare, delivered by appropriate specialists, quickly and easily. This includes access to mental health and psychological support where needed.
- An understanding of their condition to confidently make lifestyle choices and be joint decision-makers in their healthcare if they so desire.
- Have their voice heard in decisions made about healthcare delivery that affects their care. "Nothing about us, without us".
- Knowledge about living with their condition to include driving, pregnancy, menopause, exercise etc.
- The confidence to talk about their condition to family, friends and in the workplace when required.
- Be recognised as someone with a long-term condition in the same manner as diseases such as diabetes.
- The ability to live their best life.

The organisation uses a combination of surveys, Facebook, X (formerly Twitter), the Somerville Heart Foundation website and focus groups to keep the conversation flowing with patients and continues to campaign and advocate with and for them.

Information and support

The impact of CHD can be subtle and adversely affect quality of life for some patients. Adults living with a congenital heart condition may encounter a variety of difficulties related to their heart condition at different times in their life and require specific information, advice and support. This might be due to psychological issues/mental health difficulties related to earlier experiences of treatment in childhood or a change in their current heart condition, the need for further surgery, women who want to start a family, patients on the transplant pathway or those who experience financial distress for whom the simple things in life that others take for granted, can be particularly hard.

We aim to create a community where those living with a congenital heart condition can share experiences and support each other, combat the isolation felt by so many, help allay their anxieties as well as those of their families. A range of services and activities enable the provision of information and support in a variety of different ways through face-to-face engagement, online activity and via social media.

The Somerville Heart Foundation website www.sfhearts.org.uk contains information, advice, patient stories, useful articles with details and links to each Congenital Heart Network that includes individual Level 1, Level 2 and Level 3 centres across the UK.

In addition, there are videos of webinars and recordings of talks from our annual Hearts Together conferences. Work is currently underway to refresh the website, update and expand the content.

Our social media platforms perform an essential role enabling our ACHD community to communicate with each other. The number of followers between the four platforms: Facebook, X, Instagram and LinkedIn continues to grow reaching a wide range of patients, healthcare professionals and supporters. Somerville Heart Foundation also uses YouTube to provide information videos to support patients. We have a moderated, closed Facebook group for patients which creates a sense of community, enables peer to peer discussion and support between patients when they feel they need it. There is also a Facebook group for 'Heart Families', so loved ones and the extended family can access support too.

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Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

We publish a range of information leaflets that are available at the specialist congenital heart centres, from the SHF office and directly via the website (in the members area) covering a variety of subjects:

- Lifestyle issues
- A Guide to Adult Cardiac Care
- Travel Insurance
- GUCH (Grown Up Congenital Heart Disease) and Pregnancy
- Contraception for women with a heart condition
- Personal Health Passport

An information leaflet about the menopause is near completion, we are also working on leaflets about exercise and sexual health to add to the portfolio.

We publish our magazine Upbeat online every quarter in Spring, Summer, Autumn and Winter. The Spring issue is a printed version distributed to the ACHD teams and Specialist Centres.

The telephone advice line **0300 0151 998** is available to patients, relatives and carers to provide practical advice, a listening ear, and emotional support.

We are able to provide financial assistance for certain items and expenses such as travel costs for people requiring more frequent hospital appointments and investigations due to their underlying heart condition or for instance, patients who are pregnant and have been affected by the cost of living crisis or loss of income due to ill health.

We fund coagucheck machines for patients who need to take warfarin and require regular blood tests to monitor their blood clotting enabling them to do this at home rather than travelling to a hospital clinic.

We partner with a number of specialists who can provide advice about retirement, mortgages, life assurance and pension advice, wills and power of attorney. We also partner with an employment law specialist who can provide free initial advice and is able to support patients with concerns regarding work.

We work with a travel insurance provider and are able to provide information about travelling with a congenital heart condition.

Regular online 'coffee and catch up' support meetings take place fortnightly.

Mental health support

We know from work previously undertaken at SHF that difficulties with mental health remain a hidden yet distressing problem. Patients reported having personally experienced depression, panic attacks, anxiety and needle phobia. Caroline is a Mental Health and Wellbeing Counsellor who was born with a heart condition so is able to understand some of the difficulties and anxieties associated with living with CHD.

We are expanding the psychological support provided at SHF and have recruited two Postdoctoral Clinical Psychologists from Glasgow Caledonian University due to commence in early 2025. This very exciting development has involved a considerable amount of work.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Educational and engagement

During 2024 we have continued to work and strengthen our relationships with the CHD networks and specialist centres across the UK. Representatives from SHF have attended a number of events in different parts of the country. This is an important opportunity to raise awareness of the organisation, the services and resources we provide. In addition, it enables us to meet and make contacts with clinicians involved in the care of people who have a congenital heart condition. We were pleased to be invited to, attend and present at the following events and courses:

- Congenital Heart Awareness Day, St Bartholomew's Hospital, London, 7th February 2024.
- Little Heart Matters Open Day and Annual General Meeting, Yarnfield Centre, Staffordshire, 23rd March 2024.
- EuroACHD 2024, Royal College of Physicians, London, 15th - 16th April 2024.
- ACHD awareness day 23rd April, Royal Papworth Hospital.
- The Role of the Third Sector in ACHD Care, ACHD Course, St Bartholomew's Hospital, London, 2nd May 2024.
- National training day for ACHD trainees in association with the British Congenital Cardiac Association(BACCA) 15th July 2024.

The 19th Annual Conference "Hearts Together" was held in Bristol on 11th May 2024 in partnership with the South West and South Wales Congenital Heart Network Team. The event was a great success, with 90 people coming together to gain valuable information and support about congenital heart disease. A series of focus groups provided us with important feedback about issues that matter most to members which will inform future work as a matter of priority.

Transition Project 2022-2024

Following a successful grant application in 2022, we have been able to offer funding and support to each of the eleven CHD networks across the UK to organise an event for young people moving from paediatric to adult care. These events have provided a wonderful opportunity for young people to meet others with CHD, have fun and find out more about the support and services available at SHF. The project concluded at the end of July 2024. All eleven CHD networks engaged with us, 8 events took place at various activity centres and a school across the UK. We have been delighted to reach so many young people and their families via our events across the country.

Feedback has been excellent and demonstrated the importance and value of peer support together with an increased awareness of support and services available at the CHD centres and at SHF, as a result our membership continues to increase.

We have produced some new resources which are available to view on SHF website in the members area (sign up for free) under support & services.

Short films were made during the events with permission about:

- The process of transition, informal interviews with young people speaking about their experiences of transition and the psychological impact of living with CHD.
- Transition events, footage of some of our transition events demonstrating the process of moving to adult services with healthcare professionals talking about the services they provide.
- Wellbeing (by our Wellbeing Counsellor).
- Someone in our street (to increase awareness of CHD).

Additional resources include:

- A webinar by the King's Trust (previously Prince's Trust).
- Transition toolkit.

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Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

During 2024 we were pleased to be invited to and attend the following transition events:

- East Midlands CHD Network held at Glenfield Hospital on 15th February.
- The Yorkshire & Humberside CHD Network event hosted by St Peter's School, York on 15th June.
- 'Moving on Up' for young people organised by The Lifelong CHD Network and held at the 360 degree centre, Brighton on 29th June.

The work has provided a springboard to run more regular events, some specifically for young people to which we have been invited and had the pleasure of attending:

- Launch of the West Midland Women and Children's Network held at Walsall Football Club on 7th March 2024.
- East Midlands CHD Network launch 20th March 2024.
- Patient information evening at the Golden Jubilee Conference Centre, Glasgow on 8th May 2024.
- Transition Event held at The Golden Jubilee Hospital, Glasgow on 29th August 2024 (following the success of last year's event).

Youth @ Heart

We were delighted to announce our merger with Youth@Heart (Y@H) on 1st November 2024 and welcome Xander Patel Cook, Senior CHD Health Youth Worker to the SHF team. Y@H was set up to empower, inform and support teenagers, young adults aged 13 - 24 and their families living with CHD across South West England and South Wales. This has been such an exciting development and we are looking forward to continuing and building upon the wonderful services of Y@H in 2025 and the years to come.

Advocacy

SHF was pleased to attend a CHD workforce summit organised by NHS England on 20th November 2024 to discuss issues currently facing the CHD workforce and develop a long-term strategy for a resilient and sustainable CHD workforce.

We continue to work with the Cardiothoracic Transplant Patient Advisory Group (CTAG) and actively support their campaign to improve access to heart transplant for ACHD patients.

SHF has been invited by NHS England to become involved in the work of the Transformation Programme for Adult and Lung Transplants to improve access, patient experience and outcomes from heart and lung transplants, with long-term sustainable services. The programme will last up to three years. As part of this work, we were delighted to attend the Implementation Steering Group for Organ Utilisation (ISOU) Commissioning Symposium, London on 6th November 2024 to explore current issues with commissioning and opportunities for improvement. Patient experience is central to the programme and we are delighted that Richard Bird, SHF Wellbeing Counsellor has kindly agreed to represent SHF on the NHSE Patient Engagement Group.

In May 2024 SHF registered as a stakeholder with the National Institute for Health and Care Excellence (NICE) voluntary and community sector forum.

Research

The Congenital Heart Audit: Measuring Progress in Outcomes Nationally (CHAMPION) study, the aim of which is to improve how the quality of congenital heart services is measured and reported in England is near completion. This UK population based study is an important development in the management and care of ACHD patients. The findings and related publications will be shared when available.

A sincere thank you to all the people who have contributed to the research.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

International Links

Somerville Heart Foundation continues to collaborate with partner organisations throughout the world campaigning for better patient services, fight discrimination and improve the lives of CHD patients.

The President of SHF is now Treasurer for the European Congenital Heart Disease Organisation (ECHDO), having previously held the position of Vice President. SHF is also a member of Global Alliance for Rheumatic and Congenital Hearts (Global ARCH) a worldwide assembly of patient support organisation.

Volunteers

Somerville Heart Foundation is very grateful for the help and support given by volunteers at every level within the organisation as well as:

- Dr L Morton who continues to work tirelessly on behalf of congenital heart patients in Scotland.
- The Moderators who manage social media.
- The Trustees who willingly give their time to help ensure the organisation is governed effectively.
- The General Manager and Somerville Heart Foundation office staff.
- The volunteer fundraisers who held events in the community to realise much needed funds.
- Individuals who provide information and articles for the website, social media and Upbeat.
- Our Videographers who have created short films for us about transition, filming the conference and attending events to interview willing participants.

Fundraising

We are extremely grateful to all those who so generously devote time and energy fundraising for SHF.

Paid membership really helps provide an annual income that makes our future more stable and means we can strengthen our services and offer more support where it is needed.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Financial review

Somerville Heart Foundation has benefitted from additional support with donations from individuals taking part in sponsored events.

During the year the total income amounted to £277,578 (2023: £222,917) of which income from donations and legacies increased to £211,409 from £155,739, income from other trading activities decreased to £61,573 from £63,292.

The total expenditure amounted to £166,426 (2023: £170,765) with expenditure on charitable activities decreasing to £156,196 from £161,424 in the preceding period. The charity's net income for the year which includes a net gain on investments of £8,687 (2023: £6,809) amounted to £119,839 (2023: £58,961).

As a result of the net income in the year total funds carried forward has increased to £413,505 (2023: £293,666). Of which, £311,653 (2023: £236,497) is unrestricted.

Cash funds have also increased as a result of the net income in the year, with cash funds available at the year end totalling £251,171 (2023: £145,507).

Reserves policy

The organisation normally expects to hold up to one year's unrestricted expenditure in a reserve fund, which based on 2024 activities would amount to £147,109. Somerville Heart Foundation's unrestricted reserves held at the year-end date amounted to £311,653 (2023: £236,497) which is in surplus to the policy.

The trustees, mindful of the current economic climate, will look to expense reserves in excess of the policy over the coming years.

Plans for future periods

Going into the spring of 2025, the trustees finalised a budget for the year in which the projection was for the charity to return to a largely balanced budget and a restored reserves policy as referred to above.

The effect of Covid-19 since March 2020 has had a significant effect on the operations of the charity at all levels and continues to do so as this report is being finalised and approved.

Many of the fundraising events from which the Charity routinely secures its mainstream funding have been curtailed or no longer take place. All patient services have been restored and indeed increased but we continue to develop services and support.

Somerville Heart Foundation has received significant gifts of time and commitment to assist with providing care and services to the patients since.

Our services and support are in demand more than ever with the helpline having seen a 2,000% increase during the early stages of the Covid-19 pandemic and many of those people accessing our other services and support as well.

Somerville Heart Foundation

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Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Projected income and expenditure

Looking forward, the projected income is very likely to be reduced for 2025 as it is getting increasingly difficult to raise funds for charitable causes whilst the economic difficulties leave individuals with less disposable income. In a similar way, costs of maintaining the charity's services are becoming more expensive in numerous respects including payroll, office overheads and providing necessary patient services.

Structure, governance and management

The charity is a company limited by guarantee. The organisation is therefore governed by its Memorandum and Articles of Association. The charity was incorporated on 15 June 2010 and began operating on 1 January 2011. Following the transfer of all operations, assets and liabilities from GUCH PA, the unincorporated charity (number 1041866) on that date.

The trustees, who are also directors for the purpose of Company law, are seen on the officers and information page of the financial statements.

Day to day management may be delegated to staff through the General Manager, however the board of trustees remains fully responsible for the running of the organisation.

Services are based upon the needs of the Charity's beneficiaries. These are identified through formal surveys, questionnaire, information and individual patients, our website and focus groups.

Trustee recruitment and training

Where possible trustee recruitment follows best practice as outlined within the Governance Code. Trustees are chosen to give the Somerville Heart Foundation a range of skills and expertise to ensure the charity is managed effectively. The trustee Board recruits experienced professionals including those who were born with heart conditions.

Potential trustees attend an informal interview with the Chairman of the trustees and undergo appropriate background and reference checks. Once appointed they are given an overview of the organisation by the Chairman, a copy of its policies and procedures as well as an up to date set of accounts. Trustees are also given a copy of the Charity Commission advice leaflet CC3, "The Essential Trustee What you need to Know", The Governance Code and have access to the Suffolk Academy for Voluntary Organisations' online governance learning material. They also receive the PB3 document, 'Public Benefit reporting' and are required to complete a "Declaration of Interest form".

There is no one external to the charity that is entitled to appoint trustees.

Public benefit

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commissions guidance on public benefit when setting the objectives for the year.

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2011.

Related parties

The organisation works informally with other charities including Little Hearts Matter, ECHO (Evelina Childrens' Heart Hospital) British Heart Foundation and the Childrens' Heart Foundation and Ipswich Disability Advice Services in order to meet its charitable objectives, these form the CHD Voice - a group known as the Children and Congenital Heart Forum.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2024

Risk management

The major risks to the charity have been and continue to be identified and reviewed. Systems have been established to mitigate these risks.

Independent examiner reappointment

A resolution to appoint A Robinson FCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

The trustees' annual report was approved on 3 September 2025 and signed on behalf of the board of trustees by:

M Rosen
Trustee and Treasurer

Somerville Heart Foundation

Company Limited by Guarantee

Independent examiner's report to the trustees of Somerville Heart Foundation

Year ended 31 December 2024

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 December 2024 which comprise the statement of financial activities (including income and expenditure account), balance sheet and the related notes.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

Somerville Heart Foundation

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Independent examiner's report to the trustees of Somerville Heart Foundation *(continued)*

Year ended 31 December 2024

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A Robinson FCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

3 September 2025

Somerville Heart Foundation

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 December 2024

		2024		2023	
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income					
Donations and legacies	5	147,409	64,000	211,409	155,739
Other trading activities	6	61,573	–	61,573	63,292
Investment income	7	4,596	–	4,596	3,886
Total income		<u>213,578</u>	<u>64,000</u>	<u>277,578</u>	<u>222,917</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		6,532	653	7,185	7,227
Charitable activities	8	137,809	18,387	156,196	161,424
Other expenditure		2,768	277	3,045	2,114
Total expenditure		<u>147,109</u>	<u>19,317</u>	<u>166,426</u>	<u>170,765</u>
Net income and net movements in funds before gains and losses on investments					
		66,469	44,683	111,152	52,152
Net gains/(losses) on investments including fair value movements					
		8,687	–	8,687	6,809
Net income and net movement in funds		<u>75,156</u>	<u>44,683</u>	<u>119,839</u>	<u>58,961</u>
Reconciliation of funds					
Total funds brought forward		236,497	57,169	293,666	234,705
Total funds carried forward		<u>311,653</u>	<u>101,852</u>	<u>413,505</u>	<u>293,666</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 16 to 25 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Balance sheet

31 December 2024

	Note	2024 £	£	2023 £	£
Fixed assets					
Investments	11		164,972		150,882
Current assets					
Debtors	12	5,740		2,031	
Cash at bank and in hand		251,171		145,507	
		<u>256,911</u>		<u>147,538</u>	
Creditors: Amounts falling due within one year	13	<u>(8,378)</u>		<u>(4,754)</u>	
Net current assets			248,533		142,784
Total assets less current liabilities			413,505		293,666
Net assets			<u>413,505</u>		<u>293,666</u>
Funds of the charity					
Restricted funds			101,852		57,169
Unrestricted funds			311,653		236,497
Total charity funds	15		<u>413,505</u>		<u>293,666</u>

For the year ending 31 December 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements 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 3 September 2025, and are signed on behalf of the board by:

M Rosen
Trustee and Treasurer

Company registration number: 07285409

The notes on pages 16 to 25 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 December 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 7 Friars Courtyard, 30-32 Princes Street, Ipswich, Suffolk, IP1 1RJ.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The accounts have been prepared on the going concern basis and the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected income and expenditure for the next 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Pensions

The charity operates a defined contribution pension scheme. Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided.

Income tax

As a registered charitable company, the activities are exempt from United Kingdom Income and Corporation taxation, provided that the income is applied to charitable purposes.

Leasing

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds where necessary, are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Income from donations and legacies is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when it is considered probable that the income will be received.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Investment income consists of bank interest and dividends receivable and is accounted for when receivable.

Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates.

Cost of raising funds comprise of the costs associated with attracting voluntary income and the cost of trading for fundraising purposes.

Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs are included within charitable expenditure. These are costs associated with the constitutional and statutory requirement of the charity and include the examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of resources.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

3. Accounting policies *(continued)*

Investments

Listed investments are measured at fair value with changes in fair value being recognised in income or expenditure.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Somerville Foundation is a registered charity and a company limited by guarantee, which is not liable to corporation tax. The members of the company are the trustees and directors named on the information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations			
Donations and gifts	38,210	10,000	48,210
Youth @ Heart	–	54,000	54,000
Legacies			
Legacies receivable	109,199	–	109,199
	<u>147,409</u>	<u>64,000</u>	<u>211,409</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations and gifts	44,655	–	44,655
Youth @ Heart	–	–	–
Legacies			
Legacies receivable	111,084	–	111,084
	<u>155,739</u>	<u>–</u>	<u>155,739</u>

During the year, income was received from the Youth @ Heart charity following a merger of the two entities. As such, a restricted fund has been created in the year to continue the charitable activities historically undertaken by Youth at Heart.

6. Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Membership	12,890	–	12,890
Fundraising events	38,932	–	38,932
Lottery income	9,751	–	9,751
	<u>61,573</u>	<u>–</u>	<u>61,573</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Membership	10,728	–	10,728
Fundraising events	22,906	19,500	42,406
Lottery income	10,158	–	10,158
	<u>43,792</u>	<u>19,500</u>	<u>63,292</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

7. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Income from fixed asset investments	4,596	4,596	3,886	3,886

8. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Wages, salaries and pension contributions	83,596	12,967	96,563
Events and course expenses	15,321	1,532	16,853
Office expenses	8,944	894	9,838
Rent and room hire	11,686	1,169	12,855
Insurance and subscriptions	134	13	147
Bank charges	1,597	160	1,757
IT expenses	2,945	294	3,239
Project funding	10,215	1,021	11,236
Independent examiner costs	3,371	337	3,708
	<u>137,809</u>	<u>18,387</u>	<u>156,196</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Wages, salaries and pension contributions	90,364	9,036	99,400
Events and course expenses	18,980	1,898	20,878
Office expenses	5,024	502	5,526
Rent and room hire	8,261	826	9,087
Insurance and subscriptions	1,090	109	1,199
Bank charges	1,267	127	1,394
IT expenses	9,060	906	9,966
Project funding	4,410	7,434	11,844
Independent examiner costs	1,936	194	2,130
	<u>140,392</u>	<u>21,032</u>	<u>161,424</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	92,163	90,945
Social security costs	1,767	6,709
Other pension costs	2,633	1,746
	<u>96,563</u>	<u>99,400</u>

The average head count of employees during the year was 5 (2023: 6).

As a small charity, all of our staff have a front facing role, helping and supporting Grown Up Congenital Heart patients staff including our General Manager who staffs the helpline, looks after volunteers, supports patients at events and through our social media and information and advice services as well as campaigning and advocating.

The key management personnel of the charity comprise the Trustees and Management positions of the charity. The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel of the charity were £40,832 (2023: £39,120).

No employee received employee benefits of more than £60,000 during the year (2023: £Nil).

10. Trustee remuneration and expenses

No members of the management committee or any person connected with them has received or is due to receive any remuneration for the year directly or indirectly from Charity funds. Trustees were reimbursed expenses amounting to £34 (2023: £1,230) during the year.

11. Investments

	Listed investments £
Cost or valuation	
At 1 January 2024	150,882
Additions	74,036
Disposals	(66,077)
Fair value movements	6,131
At 31 December 2024	<u>164,972</u>
Impairment	
At 1 January 2024 and 31 December 2024	
Carrying amount	
At 31 December 2024	<u>164,972</u>
At 31 December 2023	<u>150,882</u>

All investments shown above are held at valuation.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

11. Investments *(continued)*

Financial assets held at fair value

Fair value is determined by an externally provided investment portfolio managed by Rathbone Investment Management Limited at each reporting date.

The historical cost as at the year end is £147,080 (2023: £134,973).

12. Debtors

	2024	2023
	£	£
Trade debtors	1,112	545
Prepayments and accrued income	4,628	1,486
	<u>5,740</u>	<u>2,031</u>

13. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Accruals and deferred income	8,378	4,754
	<u>8,378</u>	<u>4,754</u>

14. Deferred income

	2024	2023
	£	£
At 1 January 2024	2,479	4,968
Amount released to income	(2,479)	(4,968)
Amount deferred in year	–	2,479
At 31 December 2024	<u>–</u>	<u>2,479</u>

Deferred income relates to conditional grant income received in the year on behalf of projects being completed in following years.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

15. Analysis of charitable funds

Year ended 31 December 2024

	1 Jan 2024 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2024 £
Restricted funds					
Fellowship fund	41,813	–	(1,150)	–	40,663
COVID hardship fund	2,810	–	(568)	–	2,242
PEARS fund	12,546	–	(12,546)	–	–
Youth @ Heart fund	–	54,000	(5,053)	–	48,947
Heartbeat fund	–	10,000	–	–	10,000
	<u>57,169</u>	<u>64,000</u>	<u>(19,317)</u>	<u>–</u>	<u>101,852</u>
Designated funds					
S Shackman legacy fund	155,008	–	–	–	155,008
Investment reserve	15,909	–	–	1,983	17,892
Website fund	–	10,000	–	–	10,000
	<u>170,917</u>	<u>10,000</u>	<u>–</u>	<u>1,983</u>	<u>182,900</u>
Unrestricted funds					
General fund	65,580	212,265	(147,109)	(1,983)	128,753
Total funds	<u>293,666</u>	<u>286,265</u>	<u>(166,426)</u>	<u>–</u>	<u>413,505</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

Year ended 31 December 2023

	1 Jan 2023 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2023 £
Restricted funds					
Fellowship fund	43,213	–	(1,400)	–	41,813
COVID hardship fund	3,100	–	(290)	–	(2,810)
PEARS fund	–	17,000	(4,454)	–	(12,546)
Richard Kirkman Trust fund	–	(2,500)	(15,737)	13,237	–
	<u>46,313</u>	<u>19,500</u>	<u>(21,881)</u>	<u>13,237</u>	<u>57,169</u>
Designated funds					
S Shackman legacy fund	155,008	–	–	–	155,008
Investment reserve	2,923	–	–	12,986	15,909
	<u>157,931</u>	<u>–</u>	<u>–</u>	<u>12,986</u>	<u>170,917</u>
Unrestricted funds					
General fund	30,461	203,417	(142,075)	(26,223)	65,580
Total funds	<u>234,705</u>	<u>229,726</u>	<u>(170,765)</u>	<u>–</u>	<u>293,666</u>

Restricted fund purposes:

Fellowship fund - The Fellowship Fund supports the education and training of professionals who provide services to congenital heart patients. Funding was provided mainly from fundraising events.

COVID Hardship fund - income is restricted to support vulnerable patients during the difficult Covid-19 period and thereafter.

Youth @ Heart fund - The income received within this fund is restricted to the ongoing services and activities of Youth @ Heart.

Heartbeat fund - The income received within this fund is restricted to the purposes set out by the fund provider.

The following restricted projects have been completed:

PEARS fund - The income received within this fund is restricted to the purposes set out by the fund provider and was completed in July 2024.

Richard Kirkman Trust fund - The income received within this fund is restricted to the purposes set out by the fund provider and was completed in the prior year.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2024

Designated fund purposes:

S Shackman legacy fund - The organisation is able at its discretion to draw down funds from the legacy left by S Shackman. This is planned expenditure in line with advice from the Charity Commission that the legacy should be used for beneficiaries and gradually reduced over time.

Investment reserve - represents amounts set aside to reflect the overall movement in investments between the current value and cost.

16. Analysis of net assets between funds

Year ended 31 December 2024

	Investments £	Net current assets £	Total £
Restricted funds	–	101,852	101,852
Unrestricted funds	164,972	146,681	311,653
	<u>164,972</u>	<u>248,533</u>	<u>413,505</u>

Year ended 31 December 2023

	Investments £	Net current assets £	Total £
Restricted funds	–	57,169	57,169
Unrestricted funds	150,882	85,615	236,497
	<u>150,882</u>	<u>142,784</u>	<u>293,666</u>

17. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2024 £	2023 £
Not later than 1 year	<u>9,000</u>	<u>6,000</u>

18. Related parties

During the year the charity received donations from F Kennedy totalling £10,000 (2023: £Nil). F Kennedy is the Chair of this charity, Somerville Heart Foundation.

There were no other related party transactions in this or the prior year.

Somerville Heart Foundation

England & Wales - Charity number 1138088

Accounts

COMPANY REGISTRATION NUMBER: 07285409

CHARITY REGISTRATION NUMBER: 1138088

**Somerville Heart Foundation
Company Limited by Guarantee
Unaudited financial statements
31 December 2023**

Somerville Heart Foundation

Company Limited by Guarantee

Financial statements

Year ended 31 December 2023

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Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 December 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Reference and administrative details

Registered charity name	Somerville Heart Foundation
Charity registration number	1138088
Company registration number	07285409
Principal office and registered office	7 Friars Courtyard 30-32 Princes Street Ipswich Suffolk IP1 1RJ

The trustees

The trustees who served during the year and at the date of approval were as follows:

F Kennedy (Chair, appointed 11 January 2023)
R Nicoll (President)
L Barnes (Chair from 12 July 2022 to 11 January 2023, Vice President)
M Rosen (Treasurer)
L Nisbet
C Somerville
F Walker

Company secretary	A Woods
Independent examiner	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
Scottish charity registration no.	SC049673
Bankers	TSB Bank Plc 16 Buttermarket Ipswich Suffolk IP1 1BG

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Objectives and activities

Our Charitable objectives

1. The relief of poverty, sickness and distress amongst those persons who have a heart disorder of any form or who have undergone heart surgery of any kind, by such means as charitable.
2. The advancement of the education of the public in relation to all aspects of heart disorders or abnormalities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Vision

That every adult born with a heart condition receives excellent medical care and lead healthy, happy lives and reach their full potential.

Mission

Provide support, advocacy, communication and a community for people who have been born with an (congenital) abnormality of the heart and/or cardiovascular system, who reach adolescence and adulthood.

Aims & objectives

- Provide all those we represent with accurate, timely information and advice, to allow them to grasp opportunities, take informed decisions and make positive lifestyle choices.
- To combat loneliness, isolation and poverty for those we represent and their families.
- Fight discrimination through campaigns, education and the promotion of the rights of those we represent.
- To enable those we represent to share and learn from experiences and support each other and become their own best advocates.

Our USP

We are the ONLY UK-wide charity supporting adults born with all forms of heart condition.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Achievements and performance

Somerville Heart Foundation (SHF) is the only UK wide registered charity for young people and adults born with a heart condition (congenital heart disease or CHD). The incidence of CHD is approximately 10 in 1000 live births worldwide and remains one of the most common conditions affecting new born infants. This population is increasing exponentially because of improved life expectancy due to the many successes and developments in the treatment and management of CHD. Currently there are more adults than children living with CHD and more adults living to an older age. As a result, SHF needs to provide a range of information, help and support to meet a wide spectrum of need for people living with CHD at different stages of their lives.

CHD refers to structural abnormalities of the heart that are present at birth, even if diagnosed much later in life. They occur during the foetal development of the heart; the causes are multifactorial and there may be a genetic component. Some congenital cardiac conditions are associated with genetic/chromosomal abnormalities.

For thirty years Somerville Heart Foundation (SHF) or Grown-Up Congenital Heart (GUCH) Patients Association, as it was originally known, has campaigned and advocated for improved treatment for young people and adults living with a congenital heart condition. SHF represents patients at national level promoting the rights and needs of adults who have a congenital heart defect. We provide support, advocacy, communication and a community for those we are here to help. We also campaign for their rights to receive excellent medical care to enable them to lead happy, healthy and longer lives.

The majority of trustees and volunteers are themselves heart patients and have personal experience of living with a congenital heart condition or clinicians who work in the speciality. This brings a great deal of empathy and understanding to our work, the organisation has a strong, supportive "family feel". The charity is user led, its direction of travel and services are based entirely on the needs of patients.

Somerville Heart Foundation is entirely independent and receives no funding from central or local government. All our frontline services are free of charge and rely primarily on donations and fundraising.

The organisation uses a combination of surveys, Facebook, X (formerly Twitter), the Somerville Heart Foundation website and focus groups to keep the conversation flowing with patients and continues to campaign and advocate with and for them.

We held an away day on 20th March 2023 to find out what matters most to our members/community and determine our future strategy. We were able to identify the following based on the feedback.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Our beliefs

At Somerville Heart Foundation we believe that every adult born with a congenital heart condition in the UK should have:

- Access to all necessary healthcare, delivered by appropriate specialists, quickly and easily. This includes access to mental health and psychological support where needed.
- An understanding of their condition to confidently make lifestyle choices and be joint decision-makers in their healthcare if they so desire.
- Have their voice heard in decisions made about healthcare delivery that affects their care. "Nothing about us, without us".
- Knowledge about living with their condition to include driving, pregnancy, menopause, exercise etc.
- The confidence to talk about their condition to family, friends and in the workplace when required.
- Be recognised as someone with a long-term condition in the same manner as diseases such as diabetes.
- The ability to live their best life.

Information and support

The impact of CHD can be subtle and adversely affect quality of life for some patients. Adults living with a congenital heart condition may encounter a variety of difficulties related to their heart condition at different times in their life and require specific information, advice and support. This might be due to psychological issues/mental health difficulties related to earlier experiences of treatment in childhood or a change in their current heart condition, the need for further surgery, women who want to start a family, patients on the transplant pathway or those who experience financial distress for whom the simple things in life that others take for granted, can be particularly hard.

We aim to create a community where those living with a congenital heart condition can share experiences and support each other, combat the isolation felt by so many, help allay their anxieties as well as those of their families. A range of services and activities enable the provision of information and support in a variety of different ways through face-to-face engagement, online activity and via social media.

The Somerville Heart Foundation website www.sfhearts.org.uk contains information, advice, patient stories, useful articles with details and links to each Congenital Heart Network that include individual Level 1, Level 2 and Level 3 centres across the UK. In November 2023 we were delighted to announce publication of the **Scottish Congenital Heart Standards** by Healthcare Improvement, Scotland which can be accessed via a link on the website. In addition, there are videos of webinars and recordings of talks from our annual Hearts Together conferences. Work is currently underway to refresh the website, update and expand the content.

Our social media platforms perform an essential role enabling our ACHD community to communicate with each other. The number of followers between the four platforms: Facebook, X, Instagram and LinkedIn continues to grow reaching a wide range of patients, healthcare professionals and supporters. Somerville Heart Foundation also uses YouTube to provide information videos to support patients. We have a moderated, closed Facebook group for patients which creates a sense of community, enables peer to peer discussion and support between patients when they feel they need it. More recently a new Facebook group has been specifically created for 'Heart Families', so loved ones and the extended family can access support too.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

During 2023 we have continued the work rebranding and updating our information leaflets that began in January 2022 with the re-brand of the organisation. These are all available at the specialist congenital heart centres, from the SHF office and directly via the website covering a variety of subjects:

- Lifestyle issues
- A Guide to Adult Cardiac Care
- Travel Insurance
- Pregnancy
- Contraception for women with a heart condition
- Personal Health Passport

We are developing more information about the menopause which will include an information leaflet in response to feedback from focus groups about menopause held in early December 2023. Additionally, we are planning to publish information leaflets about exercise and sexual health.

We publish our magazine Upbeat online every quarter in Spring, Summer, Autumn and Winter. The Spring issue is a printed version distributed to the ACHD teams and Specialist Centres.

The telephone advice line **0300 0151 998** is available to patients, relatives, carers and healthcare professionals to provide practical advice, a listening ear, and emotional support.

We may be able to provide financial assistance for certain items and expenses such as travel costs for people requiring more frequent hospital appointments and investigations due to their underlying heart condition or for instance, patients who are pregnant and have been affected by the cost of living crisis or loss of income due to ill health.

We fund coagucheck machines for patients who need to take warfarin and require regular blood tests to monitor their blood clotting enabling them to do this at home rather than travelling to a hospital clinic.

We partner with a number of specialists who can provide advice about retirement, mortgages, life assurance and pension advice, wills and power of attorney. We also partner with an employment law specialist who can provide free initial advice and is able to support patients with concerns regarding work.

We work with a travel insurance provider and are able to provide information about travelling with a congenital heart condition.

Regular online 'coffee and catch up' support meetings take place every fortnight. This valuable regular contact can help prevent loneliness and isolation and build lifelong friendships with others who have similar experiences.

Mental health support

We know from work previously undertaken at SHF that difficulties with mental health remain a hidden yet distressing problem. Patients reported having personally experienced depression, panic attacks, anxiety and needle phobia. We currently employ a Mental Health and Wellbeing Counsellor who was born with a heart condition so is able to understand some of the difficulties and anxieties associated living with a heart condition.

An opportunity has arisen for us to expand psychological support at SHF. Thanks to Dr L Morton we are working with Glasgow Caledonian University to provide mental health support for patients to be provided by Clinical Psychologists from their postdoctoral training programme which we plan to launch in 2024.

Interestingly the impact of living with CHD on mental health has been identified a research priority by the CHD Priority Setting Group (please see 'Research' below).

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Educational and engagement

The 18th Annual Conference was held in Newcastle on 13th May 2023 in partnership with the team from the Freeman Hospital which was very well evaluated.

We were pleased to sponsor and attend the first national training day for ACHD trainees in association with the British Congenital Cardiac Association (BCCA) at the Royal Society of Medicine, London on May 22nd 2023. It was an opportunity to promote and share the work of the charity with future ACHD specialists.

During 2023 we have continued to work and strengthen our relationships with individual CHD networks and specialist centres across the UK. Representatives from SHF have attended a number of events in different parts of the country. This is an important opportunity to raise awareness of the organisation, the services and resources we provide. In addition, it enables us to meet and make contacts with clinicians involved in planning and delivering services for people who have a congenital heart condition. We were pleased to be invited and attend:

- The West Midland Congenital Heart (WMCHD) Operational Delivery Network (ODN) Transition Seminar and planning day.
- Aortic valve disease management of the patient journey in Leicester.
- The North West ACHD Study Day in Liverpool.
- Thames Valley and Wessex ODN Transition Study Day, October 16th.
- The 20th London Congenital Heart Disease Course.
- British Congenital Cardiac Association (BCCA), Annual Conference, Bristol, 14th November,
- ACHD outpatient clinic at Barts Hospital, London in December 2023.

Transition Project

The pandemic has adversely affected the process of transitioning from paediatric to adult care, many outpatient clinic appointments continue to take place virtually with some centres offering face to face clinics. Events and meet ups for young people that used to happen pre-pandemic have not restarted. Practice around the country varies considerably.

Following a successful grant application in 2022, we have been able to offer funding and support to each of the eleven CHD networks across the UK to organise an event for young people moving from paediatric to adult care.

We are delighted with the very positive response to the transition project. It has proved to be the catalyst in re-focusing attention on transition/transfer care and services, there has been much enthusiasm in seeking the views of young people about what they would like prior to organising events within each network. It has also enabled SHF to engage with each of the CHD Networks and the paediatric and adult teams involved in the care of these young people. There have been a series of meetings and conversations with paediatric and adult CHD teams involved in the transition/transfer process planning and preparing for an appropriate event.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

This work has helped us to focus on the different ways in which we can support and develop resources for young people with a congenital heart condition and find out what matters to them when they move from paediatric to adult care. We hosted two transition webinars on 23rd and 27th February to find out what matters to young people moving from paediatric to adult care, we asked:

- What are the challenges?
- What should SHF be doing that we're not?
- How can we help prepare young people to make healthcare decisions?

We have also made a short film about moving from paediatric to adult care which will be available to view on SHF website when finished. The North West, North Wales and Isle of Man CHD Network are in the process of making a video about magnetic resonance imaging (MRI) for young people with a learning disability.

We were pleased to host a webinar with The Princes Trust on 19th September about the support and programmes they offer to young people.

During 2023 we were pleased to be invited to and attend events, including:

- 'Heart Fest' for young people moving to adult care hosted by The Tile Barn in Brockenhurst and organised by The Thames Valley and Wessex CHD Network on July 8th.
- The Scottish Adult Congenital Cardiac Service event for young people in Glasgow on August 31st.
- The North West CHD Network event at Outdoor elements on September 10th.

Events and activities for young people are being planned in Bristol (South West CHD ODN) as part of our annual conference on May 11th, York (Yorkshire and Humberside CHD ODN) on June 15th, and Brighton (Lifelong CHD ODN) June 29th 2024.

We are also very pleased to have been asked to return to Glasgow to attend this year's information evening on May 9th and a further transition event on 29th August 2024.

SHF representatives have been invited to:

- Transition evening at the Norfolk and Norwich Hospital in September 2023.
- Transition Information Day for young people at the Royal Brompton Hospital by kind invitation of the Brompton Fountain at Chelsea Football Club, London in October 2023.
- ACHD outpatient clinic at Barts Hospital, London in December 2023.

Collaboration

We continue to work with the Cardiothoracic Transplant Patient Advisory Group (CTPG) and actively support their campaign to improve access to transplantation for ACHD patients. We are members and continue to support the work of the Disability Benefits Consortium and are looking.

National and International links

Somerville Heart Foundation continues to collaborate with partner organisations throughout the world campaigning for better patient services, fight discrimination and improve the lives of CHD patients.

The President of SHF is also Vice-President of the European Congenital Heart Disease Organisation (ECHDO). SHF is also a member of Global Alliance for Rheumatic and Congenital Hearts (Global ARCH) a worldwide assembly of patient support organisation.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Our President and General Manager represented SHF at the ECHDO AGM in Stockholm in March and the 8th World Congress of Pediatric Cardiology and Cardiac Surgery in Washington DC, August 27th - September 1st.

Somerville Heart Foundation also works closely with other charities in the field of congenital and inherited heart conditions as apart of the Congenital and Children's Heart Forum who represent to CHD voice to the CRG and NHS England. This includes organisations such as Children's Heart Federation, Little Hearts Matter, ECHO, Tiny Tickers etc.

In addition to the travel insurance brokers we work with a Life insurance and Mortgage broker as well as a Benefits Advisory Bureau, and other corporate partners to provide some of the services and support.

Volunteers

Somerville Heart Foundation is very grateful for the help and support given by volunteers at every level within the organisation as well as:

- Dr L Morton who continues to work tirelessly on behalf of congenital heart patients in Scotland.
- The Moderators who manage social media.
- The Trustees who willingly give their time to help ensure the organisation is governed effectively.
- The General Manager and Somerville Heart Foundation office staff.
- The ACHD Service Lead/Ambassador.
- The volunteer fundraisers who held events in the community to realise much needed funds.
- Individuals who provide information and articles for the website, social media and Upbeat.
- Our Videographer who is creating short films for us about transition, filming the conference and attending events to interview willing participants.

Fundraising

The fundraising landscape generally is undergoing a particularly difficult period, with demand on services increasing, costs soaring and funding priorities changing, income is much reduced year on year.

A combination of the effects of the pandemic, the cost-of-living crisis and a huge economic downturn have all had a huge impact on the charity's ability to raise funds, due to the economic pressures on donors, donations and sponsorship continue to fall. CAF's UK Giving report in 2022 found there were 4.9million fewer people donating to charity as peoples priorities have changed.

We receive no government funding and rely on donations and fundraising and are extremely grateful to all those who so generously devote time and energy fundraising for SHF. Every penny makes a real difference and is ploughed back into services and support for those born with a heart condition. Facebook fundraisers, small community fundraising projects, individual fundraising challenges such as walks, runs, climbs, bake sales and music events provide such vital support. There were 4 participants who generously accepted a charity challenge to not only run in the Royal Parks Half Marathon in October but also to raise vital funds.

Whilst medical advances mean that people with congenital heart disease are living much longer, the sad fact remains that some people lose their battles early and we have been extremely fortunate to receive in memory and legacy donations, which has made a huge difference to the income for 2023. Income from Legacies have been an absolute lifeline and small percentage of an estate can make a huge difference. There is a whole organisation culture of raising funds with the Trustees and office team contributing hugely. The new membership scheme, though all of our services and support are free to everyone, includes two paid levels for those who wish to give something back. Currently approximately 5% of our membership contribute and this income makes such a difference too.

We don't employ a fundraiser, so all income is ploughed back into services and support.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Research

Somerville Heart Foundation has been involved with several research projects involving Adult Congenital Heart Disease (ACHD) patients and continues to do so. As a patient organisation we welcome any research that improves the lives of those born with a heart condition and encourage participation from those whose lived experience can benefit others.

SHF continues to collaborate with the Clinical Outcome Research Unit at University College London as part of the Congenital Heart Audit: Measuring Progress in Outcomes Nationally (CHAMPION) study which aims to improve how the quality of congenital heart services is measured and reported in England. The work will focus not only on the early results of interventions in adults with CHD but also the late consequences of, for example, multiple surgeries in adults with complex diagnoses.

Two posters were presented at the 8th World Congress of Pediatric Cardiology and Cardiac Surgery in Washington 2023.

Living with congenital heart disease - what does 'good' care look like to patients and families?

Wray J, Pagel C, Coats L, Chester AH, Kennedy F, Crowe S

Data that matter - what outcomes matter to patients with congenital heart disease and their carers and which should be routinely measured?

The following paper has been published:

What was the impact of the first wave of Covid 19 on the delivery of care to children and adults with congenital heart disease? A qualitative study using online forums.

Wray et al. BMJ Open September 2021

We have been working with Dr Louise Coats at Newcastle University who is undertaking a patient experience study with a watch device that can be used for remote monitoring of heart rhythm and vital signs. The study title is "Patient Attitudes to Remote Monitoring in Adult Congenital Heart Disease".

SHF is delighted to support the CHD Priority Setting Partnership (PSP) who have determined the 10 most important areas where research is a priority for both children and adults. Interestingly the third highest on the list for adults was mental health and there was much conversation around whether it should be number one. For children it was number seven, demonstrating how the demand for psychological support increases as those with CHD age. Our former President, Michael Cumper was instrumental in in facilitating this important research and encouraging patient participation.

During the year a number of requests have been made to SHF to provide written support for research proposals for example, a study into persistent hypertension in patients with repaired coarctation of the aorta.

Investments

In accordance with the Somerville Heart Foundation's ethical investment policy, funding is invested and managed by Rathbones Investment Management Services.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Financial review

Somerville Heart Foundation has benefitted from additional support with donations from individuals taking part in sponsored events.

During the year the total income amounted to £222,917 (2022: £152,504) of which income from donations and legacies increased to £155,739 from £92,663, income from other trading activities increased to £63,292 from £55,860.

The total expenditure amounted to £170,765 (2022: £157,643) with expenditure on charitable activities increasing to £161,424 from £147,087 in the preceding period. The charity's net income for the year which includes a net gain on investments of £6,809 (2022: loss of £26,686) amounted to £58,961 (2022: net expenditure £31,825).

Reserves policy

The organisation normally expects to hold up to one year's unrestricted expenditure in a reserve fund, which based on 2023 activities would amount to £148,884. Somerville Heart Foundation's unrestricted reserves held at the year-end date amounted to £236,497 (2022: £188,392) which is in surplus to the policy.

The trustees, mindful of the current economic climate, will look to expense reserves in excess of the policy over the coming years.

Plans for future periods

Going into the spring of 2024, the trustees finalised a budget for the year in which the projection was for the charity to return to a largely balanced budget and a restored reserves policy as referred to above.

The effect of Covid-19 since March 2020 has had a significant effect on the operations of the charity at all levels and continues to do so as this report is being finalised and approved.

Many of the fundraising events from which the Charity routinely secures its mainstream funding have been curtailed or no longer take place. All patient services have been restored and indeed increased but we continue to develop services and support, while general income is down, we did receive some legacies in 2023, one to the tune of £100,589, which helped enormously.

Somerville Heart Foundation has received significant gifts of time and commitment to assist with providing care and services to the patients since.

Our services and support are in demand more than ever with the helpline having seen a 2,000% increase during the early stages of the pandemic and many of those people accessing our other services and support as well.

Projected income and expenditure

Looking forward, the projected income is very likely to be reduced for 2024 as it is getting increasingly difficult to raise funds for charitable causes whilst the economic difficulties leave individuals with less disposable income. In a similar way, costs of maintaining the charity's services are becoming more expensive in numerous respects including payroll, office overheads and providing necessary patient services.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Structure, governance and management

The charity is a company limited by guarantee. The organisation is therefore governed by its Memorandum and Articles of Association. The charity was incorporated on 15 June 2010 and began operating on 1 January 2011. Following the transfer of all operations, assets and liabilities from GUCH PA, the unincorporated charity (number 1041866) on that date.

The trustees, who are also directors for the purpose of Company law, are seen on the officers and information page of the financial statements.

Day to day management may be delegated to staff through the General Manager, however the board of trustees remains fully responsible for the running of the organisation.

Services are based upon the needs of the Charity's beneficiaries. These are identified through formal surveys, questionnaire, information and individual patients, our website and focus groups.

Trustee recruitment and training

Where possible trustee recruitment follows best practice as outlined within the Governance Code. Trustees are chosen to give the Somerville Heart Foundation a range of skills and expertise to ensure the charity is managed effectively. The trustee Board recruits experienced professionals including those who were born with heart conditions.

Potential trustees attend an informal interview with the Chairman of the trustees and undergo appropriate background and reference checks. Once appointed they are given an overview of the organisation by the Chairman, a copy of its policies and procedures as well as an up to date set of accounts. Trustees are also given a copy of the Charity Commission advice leaflet CC3, "The Essential Trustee What you need to Know", The Governance Code and have access to the Suffolk Academy for Voluntary Organisations' online governance learning material. They also receive the PB3 document, Public Benefit reporting' and are required to complete a "Declaration of Interest form".

There is no one external to the charity that is entitled to appoint trustees.

Related parties

The organisation works informally with other charities including Little Hearts Matter, ECHO (Evelina Childrens' Heart Hospital) British Heart Foundation and the Childrens' Heart Foundation and Ipswich Disability Advice Services in order to meet its charitable objectives, these form the CHD Voice - a group known as the Children and Congenital Heart Forum.

Risk management

The major risks to the charity have been and continue to be identified and reviewed. Systems have been established to mitigate these risks.

Independent examiner reappointment

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2023

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

The trustees' annual report was approved on^{26/6/2024}..... and signed on behalf of the board of trustees by:



M Rosen
Trustee and Treasurer

Somerville Heart Foundation

Company Limited by Guarantee

Independent examiner's report to the trustees of Somerville Heart Foundation

Year ended 31 December 2023

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 December 2023 which comprise the statement of financial activities (including income and expenditure account), balance sheet and the related notes.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA
27/6/2024

Somerville Heart Foundation

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 December 2023

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
Income	Note				
Donations and legacies	5	155,739	–	155,739	92,663
Other trading activities	6	43,792	19,500	63,292	55,860
Investment income	7	3,886	–	3,886	3,981
Total income		<u>203,417</u>	<u>19,500</u>	<u>222,917</u>	<u>152,504</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		6,570	657	7,227	8,158
Charitable activities	8	140,392	21,032	161,424	147,087
Other expenditure		1,922	192	2,114	2,398
Total expenditure		<u>148,884</u>	<u>21,881</u>	<u>170,765</u>	<u>157,643</u>
Net income/(expenditure) and net movements in funds before gains and losses on investments		54,533	(2,381)	52,152	(5,139)
Net gains/(losses) on investments including fair value movements		6,809	–	6,809	(26,686)
Net income/(expenditure) before transfer of funds		61,342	(2,381)	58,961	(31,825)
Transfers between funds		(13,237)	13,237	–	–
Net movement in funds		<u>48,105</u>	<u>10,856</u>	<u>58,961</u>	<u>(31,825)</u>
Reconciliation of funds					
Total funds brought forward		188,392	46,313	234,705	266,530
Total funds carried forward		<u>236,497</u>	<u>57,169</u>	<u>293,666</u>	<u>234,705</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 16 to 24 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Balance sheet

31 December 2023

	Note	2023 £	£	2022 £	£
Fixed assets					
Investments	11		150,882		119,173
Current assets					
Debtors	12	2,031		3,972	
Cash at bank and in hand		145,507		123,966	
		<u>147,538</u>		<u>127,938</u>	
Creditors: Amounts falling due within one year	13	<u>(4,754)</u>		<u>(12,406)</u>	
Net current assets			142,784		115,532
Total assets less current liabilities			293,666		234,705
Net assets			<u>293,666</u>		<u>234,705</u>
Funds of the charity					
Restricted funds			57,169		46,313
Unrestricted funds			236,497		188,392
Total charity funds	15		<u>293,666</u>		<u>234,705</u>


For the year ending 31 December 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements 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 26/6/2024....., and are signed on behalf of the board by:


M Rosen
Trustee and Treasurer

Company registration number: 07285409

The notes on pages 16 to 24 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 December 2023

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 7 Friars Courtyard, 30-32 Princes Street, Ipswich, Suffolk, IP1 1RJ.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The accounts have been prepared on the going concern basis and the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected income and expenditure for the next 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Pensions

The charity operates a defined contribution pension scheme. Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided.

Income tax

As a registered charitable company, the activities are exempt from United Kingdom Income and Corporation taxation, provided that the income is applied to charitable purposes.

Leasing

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds where necessary, are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All incoming is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received in the way of grants, legacies, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when it is considered probable that the income will be received.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Investment income consists of bank interest and is accounted for when receivable.

Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates.

Cost of raising funds comprise of the costs associated with attracting voluntary income and the cost of trading for fundraising purposes.

Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs are included within charitable expenditure. These are costs associated with the constitutional and statutory requirement of the charity and include the examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of resources.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

3. Accounting policies *(continued)*

Investments

Unlisted equity investments are initially recorded at cost, and subsequently measured at fair value. If fair value cannot be reliably measured, assets are measured at cost less impairment.

Listed investments are measured at fair value with changes in fair value being recognised in income or expenditure.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Somerville Foundation is a registered charity and a company limited by guarantee, which is not liable to corporation tax. The members of the company are the trustees and directors named on the information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Donations				
Donations and gifts	44,655	44,655	22,257	22,257
Legacies				
Legacies receivable	111,084	111,084	69,406	69,406
Grants				
Grants receivable for core activities	–	–	1,000	1,000
	<u>155,739</u>	<u>155,739</u>	<u>92,663</u>	<u>92,663</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

6. Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Membership	10,728	–	10,728
Fundraising events	22,906	19,500	42,406
Lottery income	10,158	–	10,158
	<u>43,792</u>	<u>19,500</u>	<u>63,292</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Membership	9,539	–	9,539
Fundraising events	35,804	–	35,804
Lottery income	10,517	–	10,517
	<u>55,860</u>	<u>–</u>	<u>55,860</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Income from fixed asset investments	<u>3,886</u>	<u>3,886</u>	<u>3,981</u>	<u>3,981</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

8. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Wages, salaries and pension contributions	90,364	9,036	99,400
Events and course expenses	18,980	1,898	20,878
Office expenses	5,024	502	5,526
Rent and room hire	8,261	826	9,087
Insurance and subscriptions	1,090	109	1,199
Bank charges	1,267	127	1,394
IT expenses	9,060	906	9,966
Project funding	4,410	7,434	11,844
Independent examiner costs	1,936	194	2,130
	<u>140,392</u>	<u>21,032</u>	<u>161,424</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Wages, salaries and pension contributions	96,212	3,357	99,569
Events and course expenses	18,371	1,640	20,011
Office expenses	4,950	260	5,210
Rent and room hire	8,746	460	9,206
Insurance and subscriptions	618	33	651
Bank charges	934	49	983
IT expenses	4,431	238	4,669
Project funding	3,812	–	3,812
Independent examiner costs	2,976	–	2,976
	<u>141,050</u>	<u>6,037</u>	<u>147,087</u>

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £
Wages and salaries	<u>99,400</u>	<u>99,569</u>

The average head count of employees during the year was 6 (2022: 5).

As a small charity, all of our staff have a front facing role, helping and supporting GUCH patients staff including our General Manager who staffs the helpline, looks after volunteers, supports patients at events and through our social media and information and advice services as well as campaigning and advocating.

The key management personnel of the charity comprise the Trustees and Management positions of the charity. The total employee benefits (including employer national insurance and employer pension contributions) of the key management personnel of the charity were £39,120 (2022: £38,913).

No employee received employee benefits of more than £60,000 during the year (2022: £Nil).

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

10. Trustee remuneration and expenses

Somerville Heart Foundation is operated on a trustees basis. No members of the management committee or any person connected with them has received or is due to receive any remuneration for the year directly or indirectly from Charity funds. Trustees were reimbursed expenses amounting to £1,230 (2022: £Nil) during the year.

11. Investments

	Listed investments £
Cost or valuation	
At 1 January 2023	119,173
Additions	40,109
Disposals	(13,853)
Fair value movements	5,453
At 31 December 2023	<u>150,882</u>
Impairment	
At 1 January 2023 and 31 December 2023	
Carrying amount	
At 31 December 2023	<u>150,882</u>
At 31 December 2022	<u>119,173</u>

All investments shown above are held at valuation.

Financial assets held at fair value

Fair value is determined by an externally provided investment portfolio managed by Rathbone Investment Management Limited at each reporting date.

The historical cost as at the year end is £134,973 (2022: £116,250).

12. Debtors

	2023	2022
	£	£
Trade debtors	545	351
Prepayments and accrued income	1,486	3,621
	<u>2,031</u>	<u>3,972</u>

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	4,754	12,406
	<u>4,754</u>	<u>12,406</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

14. Deferred income

	2023 £	2022 £
At 1 January 2023	4,968	–
Amount released to income	(4,968)	–
Amount deferred in year	2,479	4,968
At 31 December 2023	<u>2,479</u>	<u>4,968</u>

Deferred income relates to conditional grant income received in the year on behalf of projects being completed in following years.

15. Analysis of charitable funds

Year ended 31 December 2023

	1 Jan 2023 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2023 £
Restricted funds					
Fellowship fund	43,213	–	(1,400)	–	41,813
COVID hardship fund	3,100	–	(290)	–	2,810
PEARS fund	–	17,000	(4,454)	–	12,546
Richard Kirkman Trust fund	–	2,500	(15,737)	13,237	–
	<u>46,313</u>	<u>19,500</u>	<u>(21,881)</u>	<u>13,237</u>	<u>57,169</u>
Designated funds					
S Shackman legacy fund	155,008	–	–	–	155,008
Investment reserve	2,923	–	–	12,986	15,909
	<u>157,931</u>	<u>–</u>	<u>–</u>	<u>12,986</u>	<u>170,917</u>
Unrestricted funds					
General fund	30,461	203,417	(142,075)	(26,223)	65,580
Total funds	<u>234,705</u>	<u>229,726</u>	<u>(170,765)</u>	<u>–</u>	<u>293,666</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

Year ended 31 December 2022

	1 Jan 2022 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2022 £
Restricted funds					
Fellowship fund	44,853	–	(1,640)	–	43,213
COVID hardship fund	7,497	–	(4,397)	–	3,100
	<u>52,350</u>	<u>–</u>	<u>(6,037)</u>	<u>–</u>	<u>46,313</u>
Designated funds					
S Shackman legacy fund	112,332	46,033	(3,357)	–	155,008
Growing older scheme	6,322	–	(9,679)	3,357	–
Investment reserve	31,159	–	–	(28,236)	2,923
	<u>149,813</u>	<u>46,033</u>	<u>(13,036)</u>	<u>(24,879)</u>	<u>157,931</u>
Unrestricted funds					
General fund	64,367	106,471	(165,526)	24,879	30,461
Total funds	<u>266,530</u>	<u>152,504</u>	<u>(184,329)</u>	<u>–</u>	<u>234,705</u>

Restricted fund purposes:

Fellowship fund - The Fellowship Fund supports the education and training of professionals who provide services to congenital heart patients. Funding was provided mainly from fundraising events.

COVID Hardship Fund - income is restricted to support vulnerable patients during the difficult Covid-19 period and thereafter.

PEARS fund - The income received within this fund is restricted to the purposes set out by the fund provider.

Richard Kirkman Trust fund - The income received within this fund is restricted to the purposes set out by the fund provider.

S Shackman legacy fund - The organisation has continued to draw down funds from the legacy left by S Shackman, as the Trustees have chosen to spend funds in excess of income so that patients receive the services that they need. This is planned expenditure in line with advice from the Charity Commission that the legacy should be used for beneficiaries and gradually reduced over time.

Investment reserve - represents amounts set aside to reflect the overall movement in investments between the current value and cost.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2023

16. Analysis of net assets between funds

Year ended 31 December 2023

	Investments £	Net current assets £	Total £
Restricted funds	–	57,169	57,169
Unrestricted funds	150,882	85,615	236,497
	<u>150,882</u>	<u>142,784</u>	<u>293,666</u>

Year ended 31 December 2022

	Investments £	Net current assets £	Total £
Restricted funds	–	46,313	46,313
Unrestricted funds	119,173	69,219	188,392
	<u>119,173</u>	<u>115,532</u>	<u>234,705</u>

17. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2023 £	2022 £
Not later than 1 year	6,000	7,900
Later than 1 year and not later than 5 years	–	1,975
	<u>6,000</u>	<u>9,875</u>

18. Related parties

There have been no related party transactions in the current or prior reporting period.

Somerville Heart Foundation

England & Wales - Charity number 1138088

Accounts

COMPANY REGISTRATION NUMBER: 07285409

CHARITY REGISTRATION NUMBER: 1138088

**Somerville Heart Foundation
Company Limited by Guarantee
Unaudited financial statements
31 December 2022**

Somerville Heart Foundation

Company Limited by Guarantee

Financial statements

Year ended 31 December 2022

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Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 December 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Reference and administrative details

Registered charity name	Somerville Heart Foundation
Charity registration number	1138088
Company registration number	07285409
Principal office and registered office	7 Friars Courtyard 30-32 Princes Street Ipswich Suffolk IP1 1RJ

The trustees

The trustees who served during the year and at the date of approval were as follows:

F Kennedy (Chair, appointed 11 January 2023)
R Nicoll (Vice President until 11 July 2022, President from 12 July 2022)
L Barnes (Chair from 12 July 2022 to 11 January 2023, Vice President from 12 July 2022)
M Rosen (Treasurer)
L Nisbet
C Somerville
F Walker
M Cumper (Former President, deceased 11 July 2022)

Company secretary	A Woods
Independent examiner	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
Scottish charity registration no.	SC049673
Bankers	TSB Bank Plc 16 Buttermarket Ipswich Suffolk IP1 1BG

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

Objectives and activities

Our Charitable objectives

1. The relief of poverty, sickness and distress amongst those persons who have a heart disorder of any form or who have undergone heart surgery of any kind, by such means as charitable.
2. The advancement of the education of the public in relation to all aspects of heart disorders or abnormalities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Vision

That every adult born with a heart condition receives excellent medical care and lead healthy, happy lives and reach their full potential.

Mission

Provide support, advocacy, communication and a community for people who have been born with an (congenital) abnormality of the heart and/or cardiovascular system, who reach adolescence and adulthood.

Aims & objectives

- Provide all those we represent with accurate, timely information and advice, to allow them to grasp opportunities, take informed decisions and make positive lifestyle choices.
- To combat loneliness, isolation and poverty for those we represent and their families.
- Fight discrimination through campaigns, education and the promotion of the rights of those we represent.
- To enable those we represent to share and learn from experiences and support each other and become their own best advocates.

Our USP

We are the ONLY UK-wide charity supporting adults born with all forms of heart condition.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

Achievements and performance

Somerville Heart Foundation (SHF) remains the only UK wide registered charity working with young people and adults who were born with a heart condition (Congenital Heart Disease or CHD). CHD is the most common condition that babies are born with, there being a prevalence of around 10 out of 1,000 live births. This population is increasing exponentially because of improved life expectancy due to the many successes and developments in the treatment and management of CHD. Currently there are more adults than children living with CHD and more adults living to an older age. As a result, SHF needs to provide a range of information, help and support to meet a wide spectrum of need for people living with CHD at different stages of their lives.

CHD refers to structural or functional abnormalities of the heart that are present at birth, even if discovered much later in life. They occur during the foetal development of the heart, the causes can be broadly separated into genetic and non-genetic, for example, maternal diabetes or rubella.

Congenital heart patients were simply born with their conditions.

For thirty years the Somerville Heart Foundation or GUCH Patients Association, as it was originally known, has fought for better treatment, encouraged and facilitated research and provided services for those in greatest need. This includes ACHD (Adult Congenital Heart Disease) patients who develop mental health conditions related to their heart condition, women who want to start a family, patients on the transplant list as well as those from BAME communities amongst others, and patients who are living in financial distress and for whom simple things in life, that others take for granted, can be particularly hard. There are certain lifestyle issues faced by those with CHD as a hidden long term, life-limiting health condition.

The majority of trustees and volunteers are themselves heart patients. This brings a great deal of empathy and understanding to our work and the organisation has a strong, supportive "family feel". The charity is also user-led in that its direction of travel and services are based entirely on the needs of patients. Through surveys, Facebook, Twitter and the Somerville Heart Foundation's website the organisation is in a constant conversation with patients and is always campaigning and advocating with and for them.

Somerville Heart Foundation is entirely independent and receives no funding from central or local government. All of our frontline services are free of charge for patients and rely primarily on donations and fundraising.

Research

Somerville Heart Foundation has been involved with several research projects involving ACHD patients, and will continue to do so. SHF is collaborating with the Clinical Outcome Research Unit at University College London as part of the Congenital Heart Audit: Measuring Progress in Outcomes Nationally (CHAMPION) study which aims to improve how the quality of congenital heart services is measured and reported in England. The work will focus not only on the early results of interventions in adults with CHD but also the late consequences of, for example, multiple surgeries in adults with complex diagnoses.

The following paper has been published:

What was the impact of the first wave of Covid 19 on the delivery of care to children and adults with congenital heart disease? A qualitative study using online forums. Wray et al. BMJ Open September 2021.

Another paper has been submitted for publication:

Living with congenital heart disease in the 21st century - what does good care look like to patients and families? Wray et al.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

SHF is delighted to support the CHD Priority Setting Partnership (PSP) who have determined the 10 most important areas where research is a priority for both children and adults. Interestingly the third highest on the list for adults was Mental Health and there was much conversation around whether it should be number one. For children it was number seven, demonstrating how demand for psychological support increases as those with CHD age. Our former President, Michael Cumper was instrumental in facilitating this important research and encouraging patient participation.

Information and support

We help patients to lead happy healthy lives, dealing with the traumas of frequent surgery, worries about life expectancy, difficulties in the world of work and family life related to CHD.

Somerville Heart Foundation continues to provide information and support through traditional sources including:

1. Our quarterly newsletter.
2. Information and advice leaflets at specialist congenital heart centres.
3. Our website is full of information, advice, patient stories, useful articles and specialist centre contact details as well as videos of webinars and recording of talks from our annual Hearts Together conferences. It continues to be developed and enhanced.
4. Our membership scheme was launched in February 2021 with a dedicated members online area for patients, their families and healthcare professionals to access information to all our services and support, by the end of 2022 we had 1372 members.
5. Our Personal Health Passport which enables patients to share details of their condition with non-specialist medical services, dentists GP's etc.
6. Our social media platforms are essential in communicating with our ACHD community and our closed Facebook groups are a lifeline for peer support. Our social media presence has grown, and we now have over 7,000 followers between the four platforms: Facebook, Twitter, Instagram and LinkedIn. These reach a wide range of patients, healthcare professionals and supporters. Somerville Heart Foundation also uses YouTube to provide information videos to support patients. Our closed Facebook group for patients has nearly 1,600 members and we have a new Facebook group specifically for 'Heart Families', so loved ones and the wider family can access support too.

Wellbeing zoom sessions are run fortnightly by our Mental Health and Wellbeing Counsellor in addition to new 'transplant support sessions' which are held monthly.

Our Charity website can be found at www.sfhearts.org.uk.

Patients, professionals, relatives and carers all benefited from the flagship helpline service 0300 0151 998.

Callers received support with a wide range of enquiries including:

1. Where to find specialist centres for congenital heart patients.
2. Support with employment and signposting sources of help for welfare benefit issues.
3. Information and advice for patients travelling outside the UK and work with a travel insurance company to help source travel insurance.
4. Mental health and Wellbeing challenges.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

5. Growing older with a heart condition.
6. Recent diagnosis and contacting other people in similar situations.
7. End of life issues.
8. Bereavement.
9. Disability rights.
10. Employment rights.
11. Support for relatives and carers.
12. Support for those transferring from children to adult services (transition).
13. Retirement and Estate Planning.
14. Menopause.
15. Quality of Life.

Newsletters were published in Spring, Summer, Autumn and Winter with the Spring issue being a printed version distributed to the ACHD teams and Specialist hospitals too.

Information and advice leaflets which are available directly from our office, online and at ACHD specialist centres, informed patients about lifestyle issues, pregnancy, transition, travel, contraception and other relevant topics.

Patients experiencing discrimination at work have benefitted from our law service, sometimes helping them to stay in employment and when that hasn't been possible securing compensation to help them live their lives when they have been unfairly dismissed.

Mental health service

For many years mental illness amongst ACHD patients remained a hidden yet distressing problem. Our own research has shown the depth of need in relation to congenital heart patients mental health. Over 80% of patients who completed the survey reported having personally experienced depression, 35% having had panic attacks and over 37% reporting "acute general anxiety". The trauma of multiple medical interventions as young children may account for more than 25% of patients experiencing "needle phobia".

Somerville Heart Foundation benefits from employing two dedicated mental health and wellbeing counsellors, both of whom are CHD patients themselves.

Many of our beneficiaries experience "double discrimination" enjoying less opportunities and restricted lives due to their heart condition and being discriminated against because of the concomitant mental health problems.

Support was provided directly via our email helpline, telephone helpline, online and face to face meetings.

Additionally, patients were signposted to access local resources and services.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

Educational events

The 2022 annual Conference took place in May 2022 in partnership with the team from University Hospital Southampton at the Holiday Inn in Southampton and was very well supported.

Patients living in poverty were helped by:

1. Providing free Coagucheck machines allowing patients who were struggling financially to manage their condition.
2. The Coronavirus Support Fund supporting those with sudden and unexpected financial burdens.
3. A new Cost of Living Crisis Fund was developed to support those unable to attend their hospital appointments due to increased household costs (fuel, food etc), this mainly provides support for those being assessed for transplant, patients who are pregnant and those who are under investigation or have an increased risk of imminent Open Heart Surgery (OHS) and more regular assessments and follow-up appointments.

Encouraging Doctors into ACHD Medicine programs:

1. The Brooker Award-grant given to medical students to shadow ACHD consultants and encouraged into ACHD medicine.
2. ACHD taster session expenses to assist junior doctors to attend the course.

International links

Somerville Heart Foundation has continued to collaborate with partner organisations throughout the world to campaign for better patient services, fight for discrimination and improve the lives of CHD patients. One of the trustees represents Somerville Heart Foundation and is the Vice-President of the European Congenital Heart Disease Organisation (ECHDO). SHF is also a member of Global ARCH (Global Alliance for Rheumatic and Congenital Hearts) a worldwide assembly of patient support organisations.

Volunteers

Somerville Heart Foundation is very grateful for the help and support given by volunteers at every level within the organisation including:

1. Dr L Morton who continues to work tirelessly on behalf of congenital heart patients in Scotland.
2. Moderators who manage social media.
3. Trustees who willingly give their time to help ensure the organisation is governed effectively.
4. Volunteer fundraisers who held events in the community to realise much needed fees.
5. Individuals who provide information and articles for the website, social media and Upbeat.
6. Our Videographer who is creating awareness raising, transition and conference videos for us pro bono. He attends events to interview willing participants.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

After much consultation, there was a complete re-brand of the organisation in January 2022 from The Somerville Foundation to Somerville Heart Foundation. This was an exercise undertaken by the team and cost less than £200 to implement. This measure is designed to increase relevance and reputation.

In addition, much work has been carried out to build relations with the specialist centres and to raise awareness throughout the wider CHD networks, we also attended many events to increase awareness not only of the organisation but also of the increased support available to those with CHD:

- We were invited to sit on the CTAG Patients group (Cardiothoracic Transplant Patient Advisory Group) to improve transplant rates for CHD patients.
- Partnering with our local Disability Advice Bureau, we held an 'Exploring Benefits' webinar for our members. This recording of which is available in the members area of the website. To access support with checking their entitlements and applying for benefits/Universal Credits, patients can be signposted to this free service.
- Staff held a fundraising social night in February and a plant sale in summer - raising nearly a thousand pounds.
- We collaborated with Little Hearts Matter to hold a 'Open Day' in the West Midlands.
- 2022 saw our inaugural 'Dinner with a Doctor' event in London with Professor Jane Somerville as guest speaker.
- We were invited to the Golden Jubilee, Scottish Adult Congenital Cardiac Service (SACCS) Patient Engagement and Research Event.
- Our 17th Annual conference was held in Southampton on 21st May which received great acclaim from those who attended.
- We attended the East Midlands CHD Network event.
- Office staff attended our Team Day where we discussed 'the bigger picture' communication, collaboration, story-telling and persona scenarios.
- In September Lynda Tellett (retired Clinical Nurse Specialist from Southampton) started to help with increasing ACHD services for patients
- the 'Transplant support' zoom sessions commenced.
- We attended the National CHD Network Event in Birmingham and visited Leeds to meet the team and offer a presentation on our work.
- We attended the national bi-annual ACHD Symposium, raising awareness with a stand alongside other charities in our field.
- 4 participants raised funds at the Royal Parks Half marathon, sadly numbers are much reduced from the 10-12 that used to take part pre-pandemic
- Our videographer came to Ipswich to meet the team and discuss video content and recording talks at our conference.
- We attended a meeting in London of the CHD Voice - a Congenital and Children's Heart Forum, made up of charities supporting children with acquired and congenital heart disease and adults with congenital heart disease.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

- We were invited to and attended the Northwest patient event.
- Anna Dinsdale from Barts Hospital kindly hosted a webinar for us on 'Cardiac Medication' for our members, this was well attended online, and many others have accessed the recording since.
- A visit to St Thomas Hospital took place to meet the ACHD team there and enjoy a tour of the facilities as well as distributing SHF resources and raising awareness.
- We attended BCCA (British Congenital Cardiac Association), which was held at the ICC in Birmingham this year, followed by the West Midlands CHD network event, which we also attended and gave a talk.
- We attended the Aston Martin staff open day in Llantwit Major in Wales, where the staff team there raised over £2,000 in memory of their colleague, who was a Patron of SHF and sadly passed last year.
- We were invited to the One Heart Network transition event at Coal Drops Yard in London, where young people were informed of our services and support whilst enjoying meeting their ACHD team alongside activities such as a gaming bus, a Formula 1 simulator and a band with pizza to enjoy too.
- Reading Hockey Club, have a member with CHD who is their performance squad captain and they kindly raised awareness by wearing SHF logos on their strip and banners around their home pitch, all of these matches were recorded and photographed throughout the season.
- We entered a Christmas tree into the local church's Christmas Tree Festival, decorated with images from our Scarred FOR Life exhibitions and QR codes to our website to raise awareness and build relations in the local community.

Investments

In accordance with the Somerville Heart Foundation's ethical investment policy, funding is invested and managed by Rathbones Investment Management Services.

Financial review

Somerville Heart Foundation has benefitted from additional support with donations from individuals taking part in sponsored events.

During 2022 fundraising events were still far fewer than in previous years and the income derived by the charity was considerably lower than expected. A grant from the DCMS (Department for Digital, Culture, Media & Sport) via the National Lottery of approximately £45,000 awarded to the charity towards core funding proved invaluable in maintaining core expenditure. This grant was utilised to cover the period October 2020 to March 2021 and was credited in the financial accounts during the appropriate accounting period.

In September 2022 we were successful in applying for a grant to work with those young people transitioning/transferring from children's to adult services. This came in the form of a two year grant, the first year (2022) we received £8,500 and should receive a further £8,500 in 2023. We are in talks to hold transition events and improve the experience for young people with each of the CHD networks. This is a huge project that includes Focus groups, events and an improvement in the support they and their families receive.

During the year the total income amounted to £152,504 (2021: £144,711) of which income from donations and legacies increased to £92,663 from £90,350, income from other trading activities increased to £55,860 from £51,487.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

The total expenditure amounted to £157,643 (2021: £131,561) with expenditure on charitable activities increasing to £147,087 from £117,955 in the preceding period. The charity's net expenditure for the year which includes a net loss on investments of £26,686 (2021: gain of £16,176) amounted to £31,825 (2021: net income £29,326).

The reported deficit for the year arises principally as a substantial reduction in the fair value movement of the charity investments following the political and financial events of Autumn 2022.

Reserves policy

The organisation normally expects to hold up to one year's unrestricted expenditure in a reserve fund, which based on 2022 activities would amount to £147,087. Somerville Heart Foundation's unrestricted reserves held at the year-end date amounted to £188,392 (2021: £214,180) which is in surplus to the policy.

The trustees, mindful of the current economic climate, will look to expense reserves in excess of the policy over the coming years.

Plans for future periods

Going into the spring of 2022, the trustees finalised a budget for the year in which the projection was for the charity to return to a largely balanced budget and a restored reserves policy as referred to above.

The effect of Covid-19 since March 2020 has had a significant effect on the operations of the charity at all levels and continues to do so as this report is being finalised and approved.

Many of the fundraising events from which the Charity routinely secures its mainstream funding have been curtailed or no longer take place. All patient services have been restored and indeed increased but we continue to develop services and support, while general income is down, we did receive some legacies in 2022, one to the tune of £45,000, which helped enormously.

Somerville Heart Foundation has received significant gifts of time and commitment to assist with providing care and services to patients since.

Our services and support are in demand more than ever with the helpline having seen a 2,000% increase during the early stages of the pandemic and many of those people accessing our other services and support as well.

Projected income and expenditure

Looking forward, the projected income is very likely to be reduced for 2023 as it is getting increasingly difficult to raise funds for charitable causes whilst the economic difficulties leave individuals with less disposable income. In a similar way, costs of maintaining the charity's services are becoming more expensive in numerous respects including payroll, office overheads and providing necessary patient services.

Former President

It is with deep regret that the trustees report the death of Mr Michael Cumper on 11 July 2022. Michael was associated with the charity for many years in numerous different roles, latterly as President. He worked tirelessly for the patients and for the charity and his presence will be greatly missed.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

Structure, governance and management

The charity is a company limited by guarantee. The organisation is therefore governed by its Memorandum and Articles of Association. The charity was incorporated on 15 June 2010 and began operating on 1 January 2011. Following the transfer of all operations, assets and liabilities from GUCH PA, the unincorporated charity (number 1041866) on that date.

The trustees, who are also directors for the purpose of Company law, are seen on the officers and information page of the financial statements.

Day to day management may be delegated to staff through the General Manager, however the board of trustees remains fully responsible for the running of the organisation.

Services are based upon the needs of the Charity's beneficiaries. These are identified through formal surveys, questionnaire, information and individual patients, our website and focus groups.

Change of name

On 21 January 2022 the name of the charity was changed from The Somerville Foundation to Somerville Heart Foundation to more appropriately reflect the Charity's objectives.

Trustee recruitment and training

Where possible trustee recruitment follows best practice as outlined within the Governance Code. Trustees are chosen to give the Somerville Heart Foundation a range of skills and expertise to ensure the charity is managed effectively. The trustee Board recruits experienced professionals including those who were born with heart conditions.

Potential trustees attend an informal interview with the Chairman of the trustees and undergo appropriate background and reference checks. Once appointed they are given an overview of the organisation by the Chairman, a copy of its policies and procedures as well as an up to date set of accounts. Trustees are also given a copy of the Charity Commission advice leaflet CC3, "The Essential Trustee What you need to Know", The Governance Code and have access to the Suffolk Academy for Voluntary Organisations' online governance learning material. They also receive the PB3 document, 'Public Benefit reporting' and are required to complete a "Declaration of Interest form".

There is no one external to the charity that is entitled to appoint trustees.

Related parties

The organisation works informally with other charities including Little Hearts Matter, ECHO (Evelina Childrens' Heart Hospital) British Heart Foundation and the Childrens' Heart Foundation and Ipswich Disability Advice Services in order to meet its charitable objectives, these form the CHD Voice - a group known as the Children and Congenital Heart Forum.

Risk management

The major risks to the charity have been and continue to be identified and reviewed. Systems have been established to mitigate these risks.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2022

Independent examiner reappointment

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

The trustees' annual report was approved on27/9/2023..... and signed on behalf of the board of trustees by:



M Rosen
Trustee and Treasurer

Somerville Heart Foundation

Company Limited by Guarantee

Independent examiner's report to the trustees of Somerville Heart Foundation

Year ended 31 December 2022

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 December 2022 which comprise the statement of financial activities (including income and expenditure account), balance sheet and the related notes.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA
27/9/2023

Somerville Heart Foundation

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 December 2022

		Unrestricted funds £	2022 Restricted funds £	Total funds £	2021 Total funds £
Income	Note				
Donations and legacies	5	92,663	–	92,663	90,350
Other trading activities	6	55,860	–	55,860	51,487
Investment income	7	3,981	–	3,981	2,841
Other income		–	–	–	33
Total income		<u>152,504</u>	<u>–</u>	<u>152,504</u>	<u>144,711</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		8,158	–	8,158	11,581
Charitable activities	8	141,050	6,037	147,087	117,955
Other expenditure		2,398	–	2,398	2,025
Total expenditure		<u>151,606</u>	<u>6,037</u>	<u>157,643</u>	<u>131,561</u>
Net (expenditure)/income and net movements in funds before gains and losses on investments		898	(6,037)	(5,139)	13,150
Net gains on investments		1,092	–	1,092	16,176
Fair value movement on fixed asset investments		(27,778)	–	(27,778)	–
Net (expenditure)/income and net movement in funds		<u>(25,778)</u>	<u>(6,037)</u>	<u>(31,825)</u>	<u>29,326</u>
Reconciliation of funds					
Total funds brought forward		214,180	52,350	266,530	237,204
Total funds carried forward		<u>188,392</u>	<u>46,313</u>	<u>234,705</u>	<u>266,530</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 15 to 23 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Balance sheet

31 December 2022

	Note	2022 £	£	2021 £	£
Fixed assets					
Investments	11		119,173		145,980
Current assets					
Debtors	12	3,972		4,349	
Cash at bank and in hand		123,966		121,062	
		<u>127,938</u>		<u>125,411</u>	
Creditors: Amounts falling due within one year	13	<u>(12,406)</u>		<u>(4,861)</u>	
Net current assets			<u>115,532</u>		<u>120,550</u>
Total assets less current liabilities			<u>234,705</u>		<u>266,530</u>
Net assets			<u>234,705</u>		<u>266,530</u>
Funds of the charity					
Restricted funds			46,313		52,350
Unrestricted funds			188,392		214,180
Total charity funds	15		<u>234,705</u>		<u>266,530</u>

For the year ending 31 December 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements 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 27/9/2023, and are signed on behalf of the board by:



M Rosen
Trustee and Treasurer

Company registration number: 07285409

The notes on pages 15 to 23 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 December 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 7 Friars Courtyard, 30-32 Princes Street, Ipswich, Suffolk, IP1 1RJ.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The accounts have been prepared on the going concern basis and the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected income and expenditure for the next 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Pensions

The charity operates a defined contribution pension scheme. Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided.

Leasing

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds where necessary, are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All incoming is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received in the way of grants, legacies, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when it is considered probable that the income will be received.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Investment income consists of bank interest and is accounted for when receivable.

Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates.

Cost of raising funds comprise of the costs associated with attracting voluntary income and the cost of trading for fundraising purposes.

Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs are included within charitable expenditure. These are costs associated with the constitutional and statutory requirement of the charity and include the accountants fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of resources.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

3. Accounting policies *(continued)*

Investments

Unlisted equity investments are initially recorded at cost, and subsequently measured at fair value. If fair value cannot be reliably measured, assets are measured at cost less impairment.

Listed investments are measured at fair value with changes in fair value being recognised in income or expenditure.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Somerville Foundation is a registered charity and a company limited by guarantee, which is not liable to corporation tax. The members of the company are the trustees and directors named on the information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Donations				
Donations and gifts	91,663	91,663	58,937	58,937
Grants				
Grants receivable for core activities	1,000	1,000	31,413	31,413
	<u>92,663</u>	<u>92,663</u>	<u>90,350</u>	<u>90,350</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

6. Other trading activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Membership	9,539	9,539	12,355	12,355
Fundraising events	35,804	35,804	28,667	28,667
Lottery income	10,517	10,517	10,465	10,465
	<u>55,860</u>	<u>55,860</u>	<u>51,487</u>	<u>51,487</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Income from fixed asset investments	<u>3,981</u>	<u>3,981</u>	<u>2,841</u>	<u>2,841</u>

8. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Wages, salaries and pension contributions	96,212	3,357	99,569
Events and course expenses	18,371	1,640	20,011
Other grants	–	–	–
Office expenses	4,940	260	5,200
Rent and room hire	8,746	460	9,206
Insurance and subscriptions	618	33	651
Postage, stationery and printing	10	–	10
Bank charges	934	49	983
IT expenses	4,431	238	4,669
Coagucheck funding	3,812	–	3,812
Independent examiner costs	2,976	–	2,976
	<u>141,050</u>	<u>6,037</u>	<u>147,087</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Wages, salaries and pension contributions	69,865	4,966	74,831
Events and course expenses	1,649	8	1,657
Other grants	2,400	–	2,400
Office expenses	8,882	1,831	10,713
Rent and room hire	10,525	2,342	12,867
Insurance and subscriptions	796	212	1,008
Postage, stationery and printing	442	157	599
Bank charges	1,294	316	1,610
IT expenses	3,958	1,421	5,379
Coagucheck funding	4,772	–	4,772
Independent examiner costs	2,119	–	2,119
	<u>106,702</u>	<u>11,253</u>	<u>117,955</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	99,569	74,831

The average head count of employees during the year was 5 (2021: 5).

As a small charity, all of our staff have a front facing role, helping and supporting GUCH patients staff including:

- A patients services manager
- A mental health worker
- Our apprentice who works on a patient support, communications and events- Our General Manager who staffs the helpline, looks after volunteers, supports patients at events and through our social media and information and advice services as well as campaigning and advocating.

The key management personnel of the charity comprise the Trustees and Management positions of the charity. The total employee benefits (Including employer national insurance and employer pension contributions) of the key management personnel of the charity were £38,913 (2021: £31,101).

No employee received employee benefits of more than £60,000 during the year (2021: £Nil).

10. Trustee remuneration and expenses

Somerville Heart Foundation is operated on a trustees basis. No members of the management committee or any person connected with them has received or is due to receive any remuneration for the year directly or indirectly from Charity funds. Trustees were reimbursed expenses amounting to £Nil (2021: £122) during the year.

11. Investments

	Listed investments £
Cost or valuation	
At 1 January 2022	145,980
Additions	24,277
Disposals	(24,398)
Fair value movements	(26,686)
At 31 December 2022	119,173
Impairment	
At 1 January 2022 and 31 December 2022	
Carrying amount	
At 31 December 2022	119,173
At 31 December 2021	145,980

All investments shown above are held at valuation.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

11. Investments *(continued)*

Financial assets held at fair value

Fair value is determined by an externally provided investment portfolio managed by Rathbone Investment Management Limited at each reporting date.

The historical cost as at the year end is £116,250 (2021: £109,695).

12. Debtors

	2022	2021
	£	£
Trade debtors	351	178
Prepayments and accrued income	3,621	3,771
Other debtors	–	400
	<u>3,972</u>	<u>4,349</u>

13. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Trade creditors	–	240
Accruals and deferred income	12,406	4,621
	<u>12,406</u>	<u>4,861</u>

14. Deferred income

	2022	2021
	£	£
At 1 January 2022	–	28,907
Amount released to income	–	(28,907)
Amount deferred in year	4,968	–
At 31 December 2022	<u>4,968</u>	<u>–</u>

No amounts were deferred into 31 December 2022. Deferred income amounting to £4,968 relates to conditional grant income received in the year ended 31 December 2022 on behalf of projects being completed in the year ended 31 December 2023.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

15. Analysis of charitable funds

Year ended 31 December 2022

	1 Jan 2022 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2022 £
Restricted funds					
Fellowship fund	44,853	–	(1,640)	–	43,213
COVID hardship fund	7,497	–	(4,397)	–	3,100
	<u>52,350</u>	<u>–</u>	<u>(6,037)</u>	<u>–</u>	<u>46,313</u>
Designated funds					
S Shackman legacy fund	112,332	46,033	(3,357)	–	155,008
Growing older scheme	6,322	–	(9,679)	3,357	–
Investment reserve	31,159	–	–	(28,236)	2,923
	<u>149,813</u>	<u>46,033</u>	<u>(13,036)</u>	<u>(24,879)</u>	<u>157,931</u>
Unrestricted funds					
General fund	64,367	106,471	(165,526)	24,879	30,461
Total funds	<u>266,530</u>	<u>152,504</u>	<u>(184,329)</u>	<u>–</u>	<u>234,705</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

Year ended 31 December 2021

	1 Jan 2021 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2021 £
Restricted funds					
Fellowship fund	44,853	–	–	–	44,853
COVID hardship fund	15,000	–	(7,503)	–	7,497
Somerville hardship fund	3,750	–	(3,750)	–	–
	<u>63,603</u>	<u>–</u>	<u>(11,253)</u>	<u>–</u>	<u>52,350</u>
Designated funds					
S Shackman legacy fund	114,832	–	–	(2,500)	112,332
Growing older scheme	–	15,223	(8,901)	–	6,322
Investment reserve	26,103	–	–	5,056	31,159
	<u>140,935</u>	<u>15,223</u>	<u>(8,901)</u>	<u>2,556</u>	<u>149,813</u>
Unrestricted funds					
General fund	32,666	129,488	(95,231)	(2,556)	64,367
Total funds	<u>237,204</u>	<u>144,711</u>	<u>(115,385)</u>	<u>–</u>	<u>266,530</u>

Fellowship fund - The Fellowship Fund supports the education and training of professionals who provide services to congenital heart patients. Funding was provided mainly from fundraising events.

COVID Hardship Fund - income is restricted to support vulnerable patients during the difficult Covid-19 period and thereafter.

Somerville Hardship Fund - income is restricted to support vulnerable patients in line with the objectives of the charity and was fully expensed as at the year end date.

S Shackman legacy fund - The organisation has continued to draw down funds from the legacy left by S Shackman, as the Trustees have chosen to spend funds in excess of income so that patients receive the services that they need. This is planned expenditure in line with advice from the Charity Commission that the legacy should be used for beneficiaries and gradually reduced over time. £46,033 received during 2022 relates to further final legacy income.

Growing older scheme - Fund established to help ACHD patients with all aspects of life as they grow older.

Investment reserve - represents amounts set aside to reflect the overall movement in investments between the current value and cost.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2022

16. Analysis of net assets between funds

Year ended 31 December 2022

	Investments £	Net current assets £	Total £
Restricted funds	–	46,313	46,313
Unrestricted funds	119,173	69,219	188,392
	<u>119,173</u>	<u>115,532</u>	<u>234,705</u>

Year ended 31 December 2021

	Investments £	Net current assets £	Total £
Restricted funds	–	52,350	52,350
Unrestricted funds	145,980	68,200	214,180
	<u>145,980</u>	<u>120,550</u>	<u>266,530</u>

17. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2022 £	2021 £
Not later than 1 year	7,900	3,950
Later than 1 year and not later than 5 years	1,975	–
	<u>9,875</u>	<u>3,950</u>

18. Related parties

There have been no related party transactions in the current or prior reporting period.

Somerville Heart Foundation

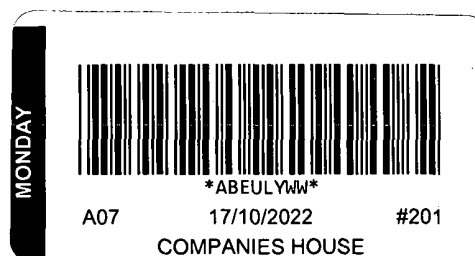
England & Wales - Charity number 1138088

Accounts

COMPANY REGISTRATION NUMBER: 07285409

CHARITY REGISTRATION NUMBER: 1138088

**Somerville Heart Foundation
Company Limited by Guarantee
Unaudited financial statements
31 December 2021**



Somerville Heart Foundation

Company Limited by Guarantee

Financial statements

Year ended 31 December 2021

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Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 December 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2021.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Reference and administrative details

Registered charity name	Somerville Heart Foundation
Charity registration number	1138088
Company registration number	07285409
Principal office and registered office	7 Friars Courtyard 30-32 Princes Street Ipswich Suffolk IP1 1RJ

The trustees

The trustees who served during the year and at the date of approval were as follows:

L Barnes (Chair)
J Somerville (Former President, resigned 26 January 2021)
M Cumper (Former President, deceased 11 July 2022)
M Rosen (Treasurer)
F Kennedy
R Nicoll (Vice President)
C Somerville
L Nisbet
F Walker

Company secretary	A Woods
Independent examiner	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
Scottish charity registration no.	SC049673
Bankers	TSB Bank Plc 16 Buttermarket Ipswich Suffolk IP1 1BG

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2021

Objectives and activities

The charity's objectives are:

1. The relief of poverty, sickness and distress amongst those persons who have a heart disorder of any form or who have undergone heart surgery of any kind, by such means as charitable.
2. The advancement of the education of the public in relation to all aspects of heart disorders or abnormalities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2021

Achievements and performance

Somerville Heart Foundation remains the only registered charity in the UK wide charity working with young people and adults who were born with a heart condition (ACHD, adult congenital heart disease patients). Congenital heart disease is the most common condition that babies are born with, there being a prevalence of around 10 out of 1,000 live births. This population is increasing at an estimated 6% per year however services haven't developed as the number of patients has grown. There is a huge gap between patients' needs and the needs and the helps and support that they receive.

CHD patients heart disease wasn't caused by lifestyle, smoking, diet, lack of exercise or any factor that they could have controlled themselves. Congenital heart patients were simply born with their conditions.

For nearly thirty years the Somerville Heart Foundation or GUCH Patients Association, as it was originally known, has fought for better treatment, encouraged research and provided services for those in greatest need. This includes ACHD patients who developed mental health conditions related to their heart disease, women who want to start a family, those from BAME communities and patients who are living in financial distress.

The majority of trustees and volunteers are themselves heart patients. This brings a great deal of empathy and understanding to our work and the organisation has a string and supportive "family feel". The charity is also user-led in that its direction of travel and services are based entirely on the needs of patients. Through surveys, Facebook, Twitter and the Somerville Heart Foundation's website the organisation is in a constant conversation with patients and is always campaigning and advocating with and for them.

Somerville Heart Foundation is entirely independent and receives no funding from central or local government. All of our frontline services are free of charge for patients.

Research

Somerville Heart Foundation has been involved with several research projects involving ACHD patients and will continue to do so.

Information and support

We help patients to lead happy healthy lives, dealing with the traumas of frequent surgery, worries about life expectancy, difficulties in the world of work and family life related to CHD.

Somerville Heart Foundation continues to provide information and support through traditional sources including:

1. Our quarterly newsletter.
2. Information and advice leaflets at specialist congenital heart centres.
3. Our new website was launched last year and is full of information, advice, patient stories, useful articles and specialist centre contact details. It continues to be developed and enhanced.
4. Our new membership scheme was launched in February 2021 with a dedicated members online area for patients, their families and healthcare professionals to access information to all our services and support.
5. Our health passport which enables patients to share details of their condition with non-specialist medical services, dentists GP's etc.

We also make maximum use of social media, internet and digital technology. Open and closed Facebook groups help to maintain a vibrant online community alongside the message-board on our website.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2021

Wellbeing zoom sessions are regularly run by our Wellbeing Counsellor.

Charity website found at www.tsf.org.uk. Twitter reaches a wide range of patients, professionals and supporters. Somerville Heart Foundation uses YouTube to provide information videos to support patients.

Patients, professionals, relatives and carers all benefited from the flagship helpline service 0300 0151 998.

Callers received support with a wide range of enquiries including:

1. Where to find specialist centres for congenital heart patients.
2. Support with employment and sign posting sources of help for welfare benefit issues.
3. Information and advice for patients travelling outside the UK.
4. Mental health and Wellbeing challenges.
5. Growing older with a heart condition.
6. Recent diagnosis and contacting other people in similar situations.
7. End of life issues.
8. Bereavement.
9. Disability rights.
10. Employment rights.
11. Support for relatives and carers.
12. Support for those transferring from children to adult services (transition).
13. Retirement and Estate Planning.

Newsletters were published in spring, summer, autumn and winter.

Information and advice leaflets which are available directly from our office, online and at ACHD specialist centres, informed patients about lifestyle issues, pregnancy, transition, contraception and other relevant topics.

Patients experiencing discrimination at work have benefitted from our law service, sometimes helping them to stay in employment and when that hasn't been possible securing compensation to help them live their lives when they have been unfairly dismissed.

Mental health service

For many years mental illness amongst ACHD patients remained in a hidden yet distressing problem. Our own research has shown the depth of need in relation to congenital heart patients mental health. Over 80% of patients who completed the survey reported having personally experienced depression, 35% having had panic attacks and over 37% reporting "acute general anxiety". The trauma of multiple medical interventions as young children may account for more than 25% of patients experiencing "needle phobia".

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2021

Many of our beneficiaries experience "double discrimination" enjoying less opportunities and restricted lives due to their heart condition and being discriminated against because of the concomitant mental health problems.

Somerville Heart Foundation benefits from employing a dedicated mental health and wellbeing counsellor.

Support was provided directly via our email helpline, telephone helpline and face to face meetings.

Additionally, patients were helped to access local resources and services. Free workshops were delivered, teaching patients to manage anxiety and deal with panic attacks.

Educational events

The 2020 annual Conference took place in May 2021 in partnership with the team from University Hospital Southampton at the Holiday Inn in Southampton and was very well supported.

Patients living in poverty were helped by:

1. Providing free Coagucheck machines allowing patients who were struggling financially to manage their condition.
2. The Coronavirus Support Fund supporting those with sudden and unexpected financial burdens.

Doctors encourage into ACHD Medicine programs:

1. The Brooker Award-grant given to medical students to shadow ACHD consultants and encouraged into ACHD medicine.
2. ACHD taster session expenses to assist junior doctors to attend the course.

International links

Somerville Heart Foundation has continued to work with partner organisations throughout the world to campaign for better patient services, fight for discrimination and improve the lives of CHD patients. One of the trustees is a member of the European Congenital Heart Disease Organisation (ECHDO).

Volunteers

Somerville Heart Foundation is very grateful for the help and support given by volunteers at every level within the organisation including:

1. Dr L Morton who continues to work tirelessly on behalf of congenital Heart patients in Scotland.
2. Moderators who manage social media.
3. Trustees who willingly give their time to help ensure the organisation was governed effectively.
4. Volunteer fundraisers who held events in the community to realise much needed fees.
5. Individuals who provide information and articles for the website, social media and GUCH News.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2021

Investments

In accordance with the Somerville Heart Foundation's ethical investment policy, funding is invested by Rathbones Investment Management Services.

Financial review

Somerville Heart Foundation has benefitted from additional support from donations from individuals taking part in sponsored events.

During 2021 as covid restrictions gradually unwound, the face-to-face activities of the Charity started to slowly resume. Fundraising events were still far fewer during the latter part of the year than in previous years and the income derived by the charity was considerably lower than expected. A grant from the National lottery of approximately £45,000 awarded to the charity towards core funding proved invaluable in maintaining core expenditure. This grant was utilised to cover the period September 2021 to March 2022 and was credited in the accounts during the appropriate accounting period.

During the year the total income amounted to £144,711 (2020: £137,962) of which income from donations and legacies increased to £90,350 from £82,150, income from other trading activities decreased to £51,487 from £52,511.

The total expenditure amounted to £131,561 (2020: £108,113) with expenditure on charitable activities decreasing to £117,955 from £101,848 in the preceding period. The charity's net income for the year which includes a net gain on investments of £16,176 (2020: £6,843) amounted to £29,326 (2020: £36,692).

Reserves policy

The organisation normally expects to hold up to one year's unrestricted expenditure in a reserve fund, which based on 2021 activities would amount to £120,308. Somerville Heart Foundation's unrestricted reserves held at the year-end date amounted to £214,180 (2020: £173,601) which is in surplus to the policy.

The trustees, mindful of the current economic climate, will look to expenses reserves in excess of the policy over the coming years.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees Report (incorporating the directors' report)

Year ended 31 December 2021

Plans for future periods

Going into the spring of 2021, the trustees finalised a budget for the year in which the projection was for the charity to return to a largely balanced budget and a restored reserves policy as referred to above.

The effect of Covid-19 since March 2020 has had a significant effect on the operations of the charity at all levels and continues to do so as this report is being finalised and approved.

For the greater part of 2020, the operations of the Somerville Foundation had been significantly curtailed with the suspension/curtailment of patient services and the suspension of all but "virtual" fundraising events from which the Charity routinely secures its mainstream funding. IN the latter part of 2020 and throughout 2021 all patient services have been restored and indeed increased particularly with help from the funding via the National Lottery Fund.

Further, the Somerville Foundation was thought of sufficiently highly to have received funding from H M Government through the National Lottery Community Fund in the form of a special application to the Coronavirus Community Support Fund support the charity through the difficulties of the Covid 19 pandemic. The trustees are delighted to note that the excellent work of the Somerville Foundation has been recognised for the good it delivers to the UK congenital heart patient community.

Although most staff were furloughed throughout the pandemic, the Somerville Foundation has received significant gifts of time and commitment to assist with providing care and services to the patients since

Our services and support are in demand more than ever with the helpline having seen a 2,000% increase in the early stages of the pandemic and many of those people accessing our other services and support as well. It is hoped that the substantial financial loss initially anticipated at the start of the Covid pandemic can now be avoided.

Projected income and expenditure

Looking forward, the projected income is very likely to be reduced for 2022 as it is getting increasingly difficult to raise funds for charitable causes whilst the economic difficulties leave individuals with less disposable income. In a similar way, costs of maintaining the charity's services are becoming more expensive in numerous respects including payroll, office overheads and providing necessary patient services.

Our services and support are in demand more than ever with the helpline having seen a 2,000% increase in the early stages of the pandemic and many of those people accessing our other services and support as well.

It is hoped that the substantial financial loss initially anticipated at the start of the Covid pandemic can now be avoided

Former President

It is with deep regret that the trustees report the death of Mr Michael Cumper on 11 July 2022. Michael was associated with the charity for many years in numerous different roles, latterly as President. He worked tirelessly for the patients and for the charity and his presence will be greatly missed.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) (continued)

Year ended 31 December 2021

Structure, governance and management

The charity is a company limited by guarantee. The organisation is therefore governed by its Memorandum and Articles of Association. The charity was incorporated on 15 June 2010 and began operating on 1 January 2011. Following the transfer of all operations, assets and liabilities from GUCH PA, the unincorporated charity (number 1041866) on that date. The Board decided to apply for charitable status in Scotland and was registered with the Scottish regulator, OSCR (Office of the Scottish Charity Regulator) on 21 October 2019 under registration number SC049673.

The trustees, who are also directors for the purpose of Company law, are seen on the officers and information page of the financial statements.

Day to day management may be delegated to staff through the General Manager, however the board of trustees remains fully responsible for the running of the organisation.

Services are based upon the needs of the Charity's beneficiaries. These are identified through formal surveys, questionnaire, information and individual patients, our website and focus groups.

Trustee recruitment and training

Where possible trustee recruitment follows best practice as outlined within the Governance Code. Trustees are chosen to give the Somerville Heart Foundation a range of skills and expertise to ensure the charity is managed effectively. The trustee Board recruits experienced professionals including those who were born with heart conditions.

Potential trustees attend an informal interview with the Chairman of the trustees and undergo appropriate background and reference checks. Once appointed they are given an overview of the organisation by the Chairman, a copy of its policies and procedures as well as an up to date set of accounts. Trustees are also given a copy of the Charity Commission advice leaflet CC3, "The Essential Trustee What you need to Know", The Governance Code and have access to the Suffolk Academy for Voluntary Organisations' online governance learning material. They also receive the PB3 document, Public Benefit reporting and are required to complete a "Declaration of Interest form".

There is no one external to the charity that is entitled to appoint trustees.

Related parties

The organisation works informally with other charities including Little Hearts Matter, ECHO (Evelina Childrens' Heart Hospital) British Heart Foundation and the Childrens' Heart Foundation and Ipswich Disability Advice Services in order to meet its charitable objectives.

Risk management

The major risks to the charity have been identified and reviewed. Systems have been established to mitigate these risks.

Somerville Heart Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2021

Independent examiner reappointment

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

The trustees' annual report was approved on 30/9/2022..... and signed on behalf of the board of trustees by:



M Rosen
Trustee and Treasurer

Somerville Heart Foundation

Company Limited by Guarantee

Independent examiner's report to the trustees of Somerville Heart Foundation

Year ended 31 December 2021

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 December 2021 which comprise the statement of financial activities (including income and expenditure account), balance sheet and the related notes.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA
30/9/2022

Somerville Heart Foundation

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 December 2021

	Note	Unrestricted funds £	2021 Restricted funds £	Total funds £	2020 Total funds £
Income					
Donations and legacies	5	90,350	–	90,350	82,150
Other trading activities	6	51,487	–	51,487	52,511
Investment income	7	2,841	–	2,841	3,014
Other income		33	–	33	287
Total income		<u>144,711</u>	<u>–</u>	<u>144,711</u>	<u>137,962</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		11,581	–	11,581	3,963
Charitable activities	8	106,702	11,253	117,955	101,858
Other expenditure		2,025	–	2,025	2,292
Total expenditure		<u>120,308</u>	<u>11,253</u>	<u>131,561</u>	<u>108,113</u>
Net income and net movements in funds before gains and losses on investments					
		24,403	(11,253)	13,150	29,849
Net gains on investments		16,176	–	16,176	6,843
Net income and net movement in funds		<u>40,579</u>	<u>(11,253)</u>	<u>29,326</u>	<u>36,692</u>
Reconciliation of funds					
Total funds brought forward		<u>173,601</u>	<u>63,603</u>	<u>237,204</u>	<u>200,512</u>
Total funds carried forward		<u>214,180</u>	<u>52,350</u>	<u>266,530</u>	<u>237,204</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 13 to 22 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Balance sheet

31 December 2021

	Note	2021 £	£	2020 £	£
Fixed assets					
Investments	11		145,980		128,098
Current assets					
Debtors	12	4,349		12,466	
Cash at bank and in hand		<u>121,062</u>		<u>129,496</u>	
		125,411		141,962	
Creditors: Amounts falling due within one year	13	<u>(4,861)</u>		<u>(32,856)</u>	
Net current assets			120,550		109,106
Total assets less current liabilities			<u>266,530</u>		<u>237,204</u>
Net assets			<u>266,530</u>		<u>237,204</u>
Funds of the charity					
Restricted funds			52,350		63,603
Unrestricted funds			<u>214,180</u>		<u>173,601</u>
Total charity funds	16		<u>266,530</u>		<u>237,204</u>


For the year ending 31 December 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements 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 30/9/2022....., and are signed on behalf of the board by:


M Rosen
Trustee and Treasurer

Company registration number: 07285409

The notes on pages 13 to 22 form part of these financial statements.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 December 2021

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 7 Friars Courtyard, 30-32 Princes Street, Ipswich, Suffolk, IP1 1RJ.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The accounts have been prepared on the going concern basis and the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected income and expenditure for the next 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Pensions

The charity operates a defined contribution pension scheme. Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided.

Leasing

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds where necessary, are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All incoming is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received in the way of grants, legacies, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when it is considered probable that the income will be received.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Investment income consists of bank interest and is accounted for when receivable.

Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates.

Cost of raising funds comprise of the costs associated with attracting voluntary income and the cost of trading for fundraising purposes.

Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs are included within charitable expenditure. These are costs associated with the constitutional and statutory requirement of the charity and include the accountants fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of resources.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

3. Accounting policies *(continued)*

Investments

Unlisted equity investments are initially recorded at cost, and subsequently measured at fair value. If fair value cannot be reliably measured, assets are measured at cost less impairment.

Listed investments are measured at fair value with changes in fair value being recognised in income or expenditure.

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Limited by guarantee

The Somerville Foundation is a registered charity and a company limited by guarantee, which is not liable to corporation tax. The members of the company are the trustees and directors named on the information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations and gifts	58,937	–	58,937
Grants			
Grants receivable for core activities	31,413	–	31,413
Government grant income	–	–	–
	<u>90,350</u>	<u>–</u>	<u>90,350</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations and gifts	28,862	25,000	53,862
Grants			
Grants receivable for core activities	19,453	–	19,453
Government grant income	8,835	–	8,835
	<u>57,150</u>	<u>25,000</u>	<u>82,150</u>

6. Other trading activities

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Membership	12,355	12,355	–	–
Fundraising events	28,667	28,667	41,537	41,537
Lottery income	10,465	10,465	10,974	10,974
	<u>51,487</u>	<u>51,487</u>	<u>52,511</u>	<u>52,511</u>

7. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Income from fixed asset investments	<u>2,841</u>	<u>2,841</u>	<u>3,014</u>	<u>3,014</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

8. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Wages, salaries and pension contributions	69,865	4,966	74,831
Events and course expenses	1,649	8	1,657
Travel expenses and subsistence	-	-	-
Other grants	2,400	-	2,400
Office expenses	8,882	1,831	10,713
Rent and room hire	10,525	2,342	12,867
Insurance and subscriptions	796	212	1,008
Postage, stationery and printing	442	157	599
Bank charges	1,294	316	1,610
IT expenses	3,958	1,421	5,379
Coagucheck funding	4,772	-	4,772
Independent examiner costs	2,119	-	2,119
	<u>106,702</u>	<u>11,253</u>	<u>117,955</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Wages, salaries and pension contributions	65,572	-	65,572
Events and course expenses	7,545	-	7,545
Travel expenses and subsistence	68	33	101
Other grants	1,224	-	1,224
Office expenses	8,708	2,467	11,175
Rent and room hire	4,087	1,976	6,063
Insurance and subscriptions	416	201	617
Postage, stationery and printing	303	146	449
Bank charges	682	330	1,012
IT expenses	2,267	1,097	3,364
Coagucheck funding	3,451	-	3,451
Independent examiner costs	1,285	-	1,285
	<u>95,608</u>	<u>6,250</u>	<u>101,858</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	<u>74,831</u>	<u>65,572</u>

The average head count of employees during the year was 5 (2020: 5).

As a small charity, all of our staff have a front facing role, helping and supporting GUCH patients staff including:

- A patients services manager
- A mental health worker
- Our apprentice who works on a patient support, communications and events- Our National Director who staffs the helpline, looks after volunteers, supports patients at events and through our social media and information and advice services as well as campaigning and advocating.

The employment costs above, include key management personnel compensation totalling £Nil (2020: £Nil) during the year.

No employee received employee benefits of more than £60,000 during the year (2020: £Nil).

10. Trustee remuneration and expenses

Somerville Heart Foundation is operated on a trustees basis. No members of the management committee or any person connected with them has received or is due to receive any remuneration for the year directly or indirectly from Charity funds. Trustees were reimbursed expenses amounting to £122 (2020: £Nil) during the year.

11. Investments

	Listed investments £
Cost or valuation	
At 1 January 2021	128,098
Additions	32,561
Disposals	(30,855)
Fair value movements	16,176
At 31 December 2021	<u>145,980</u>
Impairment	
At 1 January 2021 and 31 December 2021	
Carrying amount	
At 31 December 2021	<u>145,980</u>
At 31 December 2020	<u>128,098</u>

All investments shown above are held at valuation.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

11. Investments *(continued)*

Financial assets held at fair value

Fair value is determined by an externally provided investment portfolio managed by Rathbone Investment Management Limited at each reporting date.

The historical cost as at the year end is £109,695 (2020: £101,995).

12. Debtors

	2021	2020
	£	£
Trade debtors	178	–
Prepayments and accrued income	3,771	12,466
Other debtors	400	–
	<u>4,349</u>	<u>12,466</u>

13. Creditors: Amounts falling due within one year

	2021	2020
	£	£
Trade creditors	240	52
Accruals and deferred income	4,621	32,804
	<u>4,861</u>	<u>32,856</u>

14. Deferred income

	2021	2020
	£	£
At 1 January 2021	28,907	–
Amount released to income	(28,907)	–
Amount deferred in year	–	28,907
At 31 December 2021	<u>–</u>	<u>28,907</u>

Deferred income amounting to £28,907 relates to conditional grant income received in the year ended 31 December 2020 on behalf of projects being completed in the year ended 31 December 2021. No amounts were deferred into 31 December 2022.

15. Government grants

The amounts recognised in the financial statements for government grants are as follows:

	2021	2020
	£	£
Recognised in income from donations and legacies:		
Government grants income	–	8,835
	<u>–</u>	<u>8,835</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

16. Analysis of charitable funds

Year ended 31 December 2021

	1 Jan 2021 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2021 £
Restricted funds					
Fellowship fund	44,853	-	-	-	44,853
COVID hardship fund	15,000	-	(7,503)	-	7,497
Somerville hardship fund	3,750	-	(3,750)	-	-
	<u>63,603</u>	<u>-</u>	<u>(11,253)</u>	<u>-</u>	<u>52,350</u>
Designated funds					
S Shackman legacy fund	114,832	-	-	(2,500)	112,332
Growing older scheme	-	15,223	(8,901)	-	6,322
Investment reserve	26,103	-	-	5,056	31,159
	<u>140,935</u>	<u>15,223</u>	<u>(8,901)</u>	<u>2,556</u>	<u>149,813</u>
Unrestricted funds					
General fund	32,666	129,488	(95,231)	(2,556)	64,367
Total funds	<u>237,204</u>	<u>144,711</u>	<u>(115,385)</u>	<u>-</u>	<u>266,530</u>

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

17. Analysis of charitable funds (continued)

Year ended 31 December 2020

	1 Jan 2020 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2020 £
Restricted funds					
Fellowship fund	44,853	–	–	–	44,853
COVID hardship fund	–	20,000	(5,000)	–	15,000
Somerville hardship fund	–	5,000	(1,250)	–	3,750
	<u>44,853</u>	<u>25,000</u>	<u>(6,250)</u>	<u>–</u>	<u>63,603</u>
Designated funds					
S Shackman legacy fund	114,832	–	–	–	114,832
Investment reserve	40,827	–	–	(14,724)	26,103
	<u>155,659</u>	<u>–</u>	<u>–</u>	<u>14,724</u>	<u>140,935</u>
Unrestricted funds					
General fund	–	112,962	(95,020)	14,724	32,666
Total funds	<u>200,512</u>	<u>137,962</u>	<u>(101,270)</u>	<u>–</u>	<u>237,204</u>

Fellowship fund - The Fellowship Fund supports the education and training of professionals who provide services to congenital heart patients. Funding was provided mainly from fundraising events.

COVID Hardship Fund - income is restricted to support vulnerable patients during the difficult Covid-19 periods.

Somerville Hardship Fund - income is restricted to support vulnerable patients in line with the objectives of the charity and was fully expensed as at the year end date.

S Shackman legacy fund - The organisation has continued to draw down funds from the legacy left by S Shackman, as the Trustees have chosen to spend funds in excess of income so that patients receive the services that they need. This is planned expenditure in line with advice from the Charity Commission that the legacy should be used for beneficiaries and gradually reduced over time.

Growing older scheme - Fund established to help ACHD patients with all aspects of life as they grow older.

Investment reserve - represents amounts set aside to reflect the overall movement in investments between the current value and cost.

Somerville Heart Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2021

18. Analysis of net assets between funds

Year ended 31 December 2021

	Investments £	Net current assets £	Total £
Restricted funds	–	52,350	60,298
Unrestricted funds	145,980	68,200	214,180
	<u>145,980</u>	<u>120,550</u>	<u>274,478</u>

Year ended 31 December 2020

	Investments £	Net current assets £	Total £
Restricted funds	–	63,603	63,603
Unrestricted funds	128,098	45,503	164,190
	<u>128,098</u>	<u>109,106</u>	<u>227,793</u>

19. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2021 £	2020 £
Not later than 1 year	3,950	7,900
Later than 1 year and not later than 5 years	–	1,975
	<u>3,950</u>	<u>9,875</u>

20. Related parties

There have been no related party transactions in the current or prior reporting period.

Somerville Heart Foundation

England & Wales - Charity number 1138088

Accounts

COMPANY REGISTRATION NUMBER: 07285409
CHARITY REGISTRATION NUMBER: 1138088

The Somerville Foundation
Company Limited by Guarantee
Unaudited financial statements
31 December 2020

The Somerville Foundation
Company Limited by Guarantee
Financial statements
Year ended 31 December 2020

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The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report)

Year ended 31 December 2020

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2020.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Reference and administrative details

Registered charity name	The Somerville Foundation
Charity registration number	1138088
Company registration number	07285409
Principal office and registered office	7 Friars Courtyard 30-32 Princes Street Ipswich Suffolk IP1 1RJ

The trustees

The trustees who served during the year and at the date of approval were as follows:

L Barnes (Chair)
J Somerville (Patron)
M Cumper (President)
M Rosen (Treasurer)
F Kennedy
R Nicoll (Vice President)
C Somerville
L Nisbet
F Walker (Appointed 27 May 2020)
J Steele (Resigned 1 June 2020)

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

Company secretary	A Woods
Independent examiner	L Thurston FCCA Lovewell Blake LLP Chartered accountants First Floor Suite 2 Hillside Business Park Bury St Edmunds IP32 7EA
Scottish charity registration no.	SC049673
Bankers	TSB Bank Plc 16 Buttermarket Ipswich Suffolk IP1 1BG

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

Objectives and activities

The charity's objectives are:

1. The relief of poverty, sickness and distress amongst those persons who have a heart disorder of any form or who have undergone heart surgery of any kind, by such means as charitable.
2. The advancement of the education of the public in relation to all aspects of heart disorders or abnormalities.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

Achievements and performance

The Somerville Foundation remains the only registered charity operating in the whole of the UK representing all young people and adults who were born with all forms of heart condition (ACHD, adult congenital heart disease). Congenital heart disease is the most common condition in birth, there being a prevalence of around 8 out of 1,000 live births. This population of young people and adults is increasing at an estimated 6% per year however services haven't developed as the number of patients has grown. There is a huge gap between patients' needs and the needs and the help and support that they receive.

As with so much of the charity sector this year, the charity has suffered from not being able to focus on increasing its income which is much needed to both maintain and grow the services we offer. It has however managed to continue to provide the support even though the call on its resources grew considerably due to the major concerns and anxieties caused by Covid-19 and the effect it might have on those with congenital heart disease.

Those with congenital CHD heart disease do not have their condition due to lifestyle, smoking, diet, lack of exercise or any factor that they could have controlled themselves. They were simply born with their condition.

For over twenty five years, The Somerville Foundation or, otherwise known by its former name GUCH Patients Association, has fought for better treatment, encouraged research and provided services for those in greatest need. Whilst an obvious physical condition, the vast majority of those with ACHD suffer from varying forms of psychological effects brought on by fear, anxiety and isolation. There are also issues relating to women wanting to start a family, those from BAME communities and those living in financial distress.

The majority of trustees and volunteers are themselves living with ACHD. This results in a great deal of empathy and understanding to our work and the organisation has a strong and supportive "family feel". The charity is also user-led in that its direction of travel and services are based entirely on the needs of those it represents. Through surveys, Facebook, Twitter and The Somerville Foundation's website the organisation is in a constant conversation and is always campaigning and advocating.

The Somerville Foundation is entirely independent and receives no funding from central or local government. All of our frontline services are free of charge for users.

Information and support

A significant aim is to support those we represent to lead happy healthy lives, dealing with the traumas of frequent surgery, worries about life expectancy, difficulties in the world of work and family life despite their condition.

The Somerville Foundation continues to provide free information and support :

1. Quarterly newsletter
2. Information and advice leaflets, also made available at the specialist adult congenital heart centres
3. Website
4. Telephone Helpline
5. Open and Closed Facebook groups, Twitter, Instagram and Linked In activity
6. Webinars both on specific subjects and general group chats

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

7. Details of specialist centres for adult congenital heart services
8. Support with employment and sign posting sources to help for welfare benefit issues
9. Mental health and Wellbeing challenges, offering relevant assistance through a dedicated mental health and wellbeing counsellor
10. Growing older with a heart condition
11. End of life issues
12. Bereavement
13. Employment and disability rights
14. Support for relatives and carers

Mental health service

For many years psychological issues and even mental illness remained in a hidden yet distressing problem. Our own research has shown the depth of need in relation to mental health. Over 80% of those who completed the survey reported having personally experienced depression, 35% having had panic attacks and over 37% reporting "acute general anxiety". The trauma of multiple medical interventions as young children may account for more than 25% of patients experiencing "needle phobia" and also accounts for so much more.

Many of our beneficiaries' experience "double discrimination" enjoying fewer opportunities and restricted lives due to their heart condition and being discriminated against because of the associated mental health problems.

The Somerville Foundation provides much needed help by employing a dedicated mental health and wellbeing counsellor.

Financial Support

Those in financial hardship were helped by:

1. Free Coagucheck machines allowing patients greater home management of their condition
2. The Hardship Fund supporting those with sudden and unexpected financial burdens
3. The B Downey Memorial fund to support taking educational courses

Research

There are regular requests for support of research projects either as a charity having representation on a research panel or providing access to those the charity represents to take part in research should they wish. The charity has a small team to evaluate requests for support as much as it feels able.

International links

The Somerville Foundation has continued to work with partner organisations throughout the world to campaign for better patient services, fight for discrimination and improve the lives of CHD patients. One of the trustees is a member of the European Congenital Heart Disease Organisation (ECHDO).

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

Volunteers

The Somerville Foundation is very grateful for the help and support given by volunteers at every level within the organisation including:

1. Our designated volunteers who work tirelessly on behalf of those with ACHD in Scotland
2. Moderators who manage social media
3. Trustees who willingly give their time to help ensure the organisation is governed effectively
4. Volunteer fundraisers who held events in the community to realise much needed fees
5. Individuals who provide information and articles for the website, social media and the newsletter

Investments

In accordance with the Somerville Foundation's ethical investment policy, funding is invested by Rathbones Investment Management Services.

Financial review

The Somerville Foundation has benefitted from additional support from a substantial award from the Lottery Fund to assist charities through the Covid pandemic. These funds replace the donations that would otherwise have been generated through fundraising events were they possible. Further, the charity was unable to fulfil its intended level of planned expenditure and was forced to furlough staff members for a considerable part of the year in order to save ongoing costs.

During the year the total income amounted to £137,962 (2019: £114,942) of which income from donations and legacies increased to £82,150 from £40,054, income from other trading activities decreased to £52,511 from £68,080.

The total expenditure amounted to £108,113 (2019: £180,925) with expenditure on charitable activities decreasing to £101,858 from £175,045 in the preceding period. The charity's net income for the year which includes a net gain on investments of £6,843 (2019: £27,130) amounted to £36,692 (2019: net expenditure of £38,853).

Reserves policy

The organisation normally expects to hold up to one year's unrestricted expenditure in a reserve fund, which based on 2020 activities would amount to £76,436. The Somerville Foundation's unrestricted reserves held at the year end date amounted to £173,601 (2019: £155,659) which is in surplus to the policy.

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

Plans for future periods

As the country slowly emerges from the series of lockdowns and moves to a "new normal" so is the charity. There will be an evaluation of whether the environment has changed and whether the charity too needs to change.

The success of and importance in recognising the survival rates of those the charity represents has become more apparent and whilst the charity in the beginning was mainly supporting the younger adults, the greatly improved survival rates resulting in much older survivors means more consideration needs to be given to services in these areas as well as maintaining the services for the younger adults and all those in between. Whilst fortunate in getting older, the effects of aging play a part in the issues faced. These include natural aging issues as well as the now , and much lengthened, end of life care period. This must be evaluated and responded to adequately.

The lack of incoming funds due to a lack of events , personal financial circumstances and lack of corporate support and availability must be addressed but there will be no quick fixes.

Structure, governance and management

The charity is a company limited by guarantee. The organisation is therefore governed by its Memorandum and Articles of Association. The charity was incorporated on 15 June 2010 and began operating on 1 January 2011. Following the transfer of all operations, assets and liabilities from GUCH PA, the unincorporated charity (number 1041866) on that date. The Board decided to apply for charitable status in Scotland and was registered with the Scottish regulator, OSCR Office of the Scottish Charity Regulator) on 21 October 2019 under registration number SC049673.

The trustees, are also directors for the purpose of Company law, are seen on the officers and information page of the financial statements.

Day to day management may be delegated to staff through the General Manager, however the Board of Trustees remains ultimately responsible for the running of the organisation. Trustees, in accordance with the Memorandum and Articles of Association will resign in rotation with the three longest serving trustees resigning each year. They are eligible to put themselves forward for re-election again.

Services are based upon the needs of the Charity's beneficiaries. These are identified through formal surveys, questionnaire, information and individual patients, our website and focus groups.

The Somerville Foundation

Company Limited by Guarantee

Trustees' annual report (incorporating the directors' report) *(continued)*

Year ended 31 December 2020

Structure, governance and management

Trustee recruitment and training

Where possible Trustee recruitment follows best practice as outlined within the Governance Code. Trustees are chosen to give The Somerville Foundation a range of skills and expertise to ensure the charity is managed effectively. The Board of Trustees recruits those it considers best placed to perform the duties required by them and include both experienced professionals and those were born with heart conditions.

Potential trustees attend an informal interview with the Chairman of the Trustees and undergo appropriate background and reference checks. Once appointed they are given an overview of the organisation by the Chairman, a copy of its policies and procedures as well as an up to date set of accounts. Trustees are also given a copy of the Charity Commission advice leaflet CC3, "The Essential Trustee What you need to Know", The Governance Code and have access to the Suffolk Academy for Voluntary Organisations' online governance learning material. They also receive the PB3 document, Public Benefit reporting' and are required to complete a "Declaration of Interest form".

There is no one external to the charity that is entitled to appoint trustees.

Related parties

The organisation works informally with other charities including Little Hearts Matter, ECHO (Evelina Childrens' Heart Hospital) British Heart Foundation and the Childrens' Heart Foundation in order to meet its charitable objectives.

Risk management

The major risks to the charity have been identified and reviewed. Systems have been established to mitigate these risks.

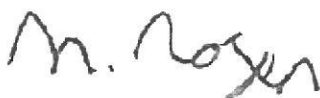
Independent examiner reappointment

A resolution to appoint L Thurston FCCA of Lovewell Blake LLP as independent examiner will be proposed at the next Annual General Meeting.

Small company provisions

This report has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

The trustees' annual report was approved on 21 September 2021 and signed on behalf of the board of trustees by:



M Rosen
Trustee

The Somerville Foundation

Company Limited by Guarantee

Independent examiner's report to the trustees of The Somerville Foundation

Year ended 31 December 2020

I report to the charity trustees on my examination of the financial statements of the company for the year ended 31 December 2020 which comprise the statement of financial activities (including income and expenditure account), balance sheet and the related notes.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

 24/9/21

L Thurston FCCA
Independent Examiner

Lovewell Blake LLP
Chartered accountants
First Floor Suite
2 Hillside Business Park
Bury St Edmunds
IP32 7EA

The Somerville Foundation

Company Limited by Guarantee

Statement of financial activities (including income and expenditure account)

Year ended 31 December 2020

		Unrestricted funds £	2020 Restricted funds £	Total funds £	2019 Total funds £
Income	Note				
Donations and legacies	5	42,697	39,453	82,150	40,054
Other trading activities	6	41,537	10,974	52,511	68,080
Investment income	7	3,014	–	3,014	3,781
Other income	8	287	–	287	3,027
Total income		<u>87,535</u>	<u>50,427</u>	<u>137,962</u>	<u>114,942</u>
Expenditure					
Raising funds					
Costs of raising donations and legacies		3,963	–	3,963	3,208
Charitable activities	9	70,181	31,677	101,858	175,045
Other expenditure		2,292	–	2,292	2,672
Total expenditure		<u>76,436</u>	<u>31,677</u>	<u>108,113</u>	<u>180,925</u>
Net income/(expenditure) and net movements in funds before gains and losses on investments		11,099	18,750	29,849	(65,983)
Net gains on investments		6,843	–	6,843	27,130
Net income/(expenditure) and net movement in funds		<u>17,942</u>	<u>18,750</u>	<u>36,692</u>	<u>(38,853)</u>
Reconciliation of funds					
Total funds brought forward		155,659	44,853	200,512	239,365
Total funds carried forward		<u>173,601</u>	<u>63,603</u>	<u>237,204</u>	<u>200,512</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 12 to 23 form part of these financial statements.

The Somerville Foundation

Company Limited by Guarantee

Balance sheet

31 December 2020

	Note	2020		2019	
		£	£	£	£
Fixed assets					
Investments	12		128,098		154,011
Current assets					
Debtors	13	12,466		10,394	
Cash at bank and in hand		129,496		43,248	
		<u>141,962</u>		<u>53,642</u>	
Creditors: Amounts falling due within one year	14	<u>(32,856)</u>		<u>(7,141)</u>	
Net current assets			109,106		46,501
Total assets less current liabilities			<u>237,204</u>		<u>200,512</u>
Net assets			<u>237,204</u>		<u>200,512</u>
Funds of the charity					
Restricted funds			63,603		44,853
Unrestricted funds			173,601		155,659
Total charity funds	16		<u>237,204</u>		<u>200,512</u>

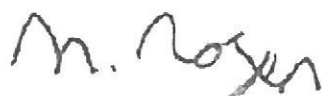
For the year ending 31 December 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements 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 21 September 2021, and are signed on behalf of the board by:



M Rosen
Treasurer

Company registration number: 07285409

The notes on pages 12 to 23 form part of these financial statements.

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements

Year ended 31 December 2020

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 7 Friars Courtyard, 30-32 Princes Street, Ipswich, Suffolk, IP1 1RJ.

2. Statement of compliance

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

The accounts have been prepared on the going concern basis and the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected income and expenditure for the next 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

The trustees have taken into account the impact of COVID-19 when assessing going concern.

Pensions

The charity operates a defined contribution pension scheme. Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided.

Leasing

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds where necessary, are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

All incoming is included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received in the way of grants, legacies, donations and gifts and is included in full in the statement of financial activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by the charity, are recognised when it is considered probable that the income will be received.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.

Investment income consists of bank interest and is accounted for when receivable.

Expenditure

All expenditure is accounted for on an accruals basis as a liability is incurred. Expenditure includes any VAT that cannot be recovered and is reported as part of the expenditure to which it relates.

Cost of raising funds comprise of the costs associated with attracting voluntary income and the cost of trading for fundraising purposes.

Charitable expenditure comprises of those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs are included within charitable expenditure. These are costs associated with the constitutional and statutory requirement of the charity and include the accountants fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis designed to reflect the use of resources.

Operating leases

Lease payments are recognised as an expense over the lease term on a straight-line basis. The aggregate benefit of lease incentives is recognised as a reduction to expense over the lease term, on a straight-line basis.

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

3. Accounting policies *(continued)*

Investments

Unlisted equity investments are initially recorded at cost, and subsequently measured at fair value. If fair value cannot be reliably measured, assets are measured at cost less impairment.

Listed investments are measured at fair value with changes in fair value being recognised in income or expenditure.

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Government grants

Government grants are recognised at the fair value of the asset received or receivable. Grants are not recognised until there is reasonable assurance that the charity will comply with the conditions attaching to them and the grants will be received.

Where the grant does not impose specified future performance-related conditions on the recipient, it is recognised in income when the grant proceeds are received or receivable. Where the grant does impose specified future performance-related conditions on the recipient, it is recognised in income only when the performance-related conditions have been met. Where grants received are prior to satisfying the revenue recognition criteria, they are recognised as a liability.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

4. Limited by guarantee

The Somerville Foundation is a registered charity and a company limited by guarantee, which is not liable to corporation tax. The members of the company are the trustees and directors named on the information page. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations			
Donations and gifts	28,862	25,000	53,862
Grants			
Grants receivable for core activities	5,000	14,453	19,453
Government grant income	8,835	—	8,835
	<u>42,697</u>	<u>39,453</u>	<u>82,150</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Donations			
Donations and gifts	39,884	170	40,054
Grants			
Grants receivable for core activities	—	—	—
Government grant income	—	—	—
	<u>39,884</u>	<u>170</u>	<u>40,054</u>

6. Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Fundraising events	41,537	—	41,537
Lottery income	—	10,974	10,974
	<u>41,537</u>	<u>10,974</u>	<u>52,511</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Fundraising events	56,000	—	56,000
Lottery income	12,080	—	12,080
	<u>68,080</u>	<u>—</u>	<u>68,080</u>

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

7. Investment income

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Income from fixed asset investments	<u>3,014</u>	<u>3,014</u>	<u>3,781</u>	<u>3,781</u>

8. Other income

	Unrestricted Funds £	Total Funds 2020 £	Unrestricted Funds £	Total Funds 2019 £
Referral income	287	287	2,252	2,252
Rental income	<u>—</u>	<u>—</u>	<u>775</u>	<u>775</u>
	<u>287</u>	<u>287</u>	<u>3,027</u>	<u>3,027</u>

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

9. Expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Wages, salaries and pension contributions	44,199	21,373	65,572
Events and course expenses	5,086	2,459	7,545
Newsletter and information sheets	–	–	–
Travel expenses and subsistence	68	33	101
Other grants	1,224	–	1,224
Office expenses	7,532	3,643	11,175
Rent and room hire	4,087	1,976	6,063
Insurance and subscriptions	416	201	617
Postage, stationery and printing	303	146	449
Bank charges	682	330	1,012
IT expenses	2,267	1,097	3,364
Coagucheck funding	3,451	–	3,451
Independent examiner costs	866	419	1,285
	<u>70,181</u>	<u>31,677</u>	<u>101,858</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Wages, salaries and pension contributions	94,483	4,754	99,237
Events and course expenses	18,828	190	19,018
Newsletter and information sheets	5,004	–	5,004
Travel expenses and subsistence	13,056	–	13,056
Other grants	1,448	–	1,448
Office expenses	5,858	399	6,257
Rent and room hire	14,691	–	14,691
Insurance and subscriptions	648	–	648
Postage, stationery and printing	5,187	–	5,187
Bank charges	993	–	993
IT expenses	6,064	–	6,064
Coagucheck funding	1,859	–	1,859
Independent examiner costs	1,583	–	1,583
	<u>169,702</u>	<u>5,343</u>	<u>175,045</u>

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2020	2019
	£	£
Wages and salaries	65,572	99,237

The average head count of employees during the year was 5 (2019: 5).

As a small charity, all of our staff have a front facing role, helping and supporting GUCH patients staff including:

- A patients services manager
- A mental health worker
- Our apprentice who works on a patient support, communications and events- Our National Director who staffs the helpline, looks after volunteers, supports patients at events and through our social media and information and advice services as well as campaigning and advocating.

No employee received employee benefits of more than £60,000 during the year (2019: £Nil).

11. Trustee remuneration and expenses

The Somerville Foundation is operated on a trustees basis. No members of the management committee or any person connected with them has received or is due to receive any remuneration for the year directly or indirectly from Charity funds. Trustees were reimbursed expenses amounting to £Nil (2019: £Nil) during the year.

12. Investments

	Listed investments £
Cost or valuation	
At 1 January 2020	154,011
Additions	32,447
Disposals	(43,637)
Fair value movements	(14,723)
At 31 December 2020	<u>128,098</u>
Impairment	
At 1 January 2020 and 31 December 2020	
Carrying amount	
At 31 December 2020	128,098
At 31 December 2019	<u>154,011</u>

All investments shown above are held at valuation.

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

12. Investments *(continued)*

Financial assets held at fair value

Fair value is determined by an externally provided investment portfolio managed by Rathbone Investment Management Limited at each reporting date.

The historical cost as at the year end is £101,995 (2019: £113,184).

13. Debtors

	2020	2019
	£	£
Prepayments and accrued income	12,466	3,954
Other debtors	—	6,440
	<u>12,466</u>	<u>10,394</u>

14. Creditors: Amounts falling due within one year

	2020	2019
	£	£
Trade creditors	52	—
Accruals and deferred income	32,804	5,839
Social security and other taxes	—	1,302
	<u>32,856</u>	<u>7,141</u>

15. Deferred income

	2020	2019
	£	£
Amount deferred in year	<u>28,907</u>	<u>—</u>

Deferred income relates to grant income received in the year ended 31 December 2020 which relates to projects being completed in the year ended 31 December 2021.

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

16. Analysis of charitable funds

Year ended 31 December 2020

	1 Jan 2020 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2020 £
Restricted funds					
Fellowship fund	44,853	–	–	–	44,853
COVID hardship fund	–	20,000	(5,000)	–	15,000
Somerville hardship fund	–	5,000	(1,250)	–	3,750
The National Lottery community fund	–	25,427	(25,427)	–	–
	<u>44,853</u>	<u>50,427</u>	<u>(31,677)</u>	<u>–</u>	<u>63,603</u>
Designated funds					
S Shackman legacy fund	114,832	–	–	–	114,832
Investment reserve	40,827	–	–	(14,724)	26,103
	<u>155,659</u>	<u>–</u>	<u>–</u>	<u>(14,724)</u>	<u>140,935</u>
Unrestricted funds					
Unrestricted income	–	87,535	(69,593)	14,724	32,666
Total funds	<u>200,512</u>	<u>137,962</u>	<u>(101,270)</u>	<u>–</u>	<u>237,204</u>

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

17. Analysis of charitable funds (continued)

Year ended 31 December 2019

	At 1 Jan 2019 £	Income £	Expenditure and Investment movements £	Transfers £	31 Dec 2019 £
Restricted funds					
B Downie memorial fund	700	170	(870)	–	–
Fellowship fund	44,853	–	–	–	44,853
Utopia fund	3,973	–	(3,973)	–	–
Echocardiogram for Jamaica	500	–	(500)	–	–
	<u>50,026</u>	<u>170</u>	<u>(5,343)</u>	<u>–</u>	<u>44,853</u>
Designated funds					
S Shackman legacy fund	168,136	–	(1,573)	(51,731)	114,832
BBC Radio 4 Appeal	–	14,981	(14,981)	–	–
Investment reserve	21,203	–	–	19,624	40,827
	<u>(189,339)</u>	<u>(14,981)</u>	<u>16,554</u>	<u>32,107</u>	<u>(155,659)</u>
Unrestricted funds					
General fund	–	99,791	(131,898)	32,107	–
	<u>239,365</u>	<u>114,942</u>	<u>(153,795)</u>	<u>–</u>	<u>200,512</u>

B Downey Memorial fund - The B Downey Memorial fund supports CHD patients with grants towards their education it was originally provided by B Downey's parents in remembrance of her.

Fellowship fund - The Fellowship Fund supports the education and training of professionals who provide services to congenital heart patients. Funding was provided mainly from fundraising events.

COVID hardship fund - This is a fund restricted for the purposes set out between the COVID hardship fund and the charity.

Somerville hardship fund - This is a fund restricted for the purposes set out between the Somerville hardship fund and the charity.

The National Lottery community fund - This is a fund restricted for the purposes set out between the National Lottery community fund and the charity. The grant was fully expended in the current year and met those restrictions.

Utopia fund - This is a fund set up to help grown up's with congenital heart disease in poverty.

Coagucheck fund - The Coagucheck fund provides machines to help patients monitor their INR levels

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

and thus manage their condition.

M Squires fund - This is a fund restricted for the purposes set out between the M Squires and the charity.

British Heart Foundation - This is a fund restricted for the purposes set out between the British Heart Foundation and the charity. The grant was fully expended in the current year and met those restrictions.

S Shackman legacy fund - The organisation has continued to draw down funds from the legacy left by S Shackman, as the Trustees have chosen to spend funds in excess of income so that patients receive the services that they need. This is planned expenditure in line with advice from the Charity Commission that the legacy should be used for beneficiaries and gradually reduced over time.

The BBC4 radio appeal fund - represents the income generated from the appeal and the expenses set aside and spent in relation to this for the year.

The investment fund - represents amounts set aside to reflect the overall movement in investments between the current value and cost for use in case of emergency.

18. Analysis of net assets between funds

Year ended 31 December 2020

	Investments £	Net current assets £	Total £
Restricted funds	–	63,603	63,603
Unrestricted funds	128,098	45,503	173,601
	<u>128,098</u>	<u>109,106</u>	<u>237,204</u>

Year ended 31 December 2019

	Investments £	Net current assets £	Total £
Restricted funds	–	44,853	44,853
Unrestricted funds	154,011	1,648	155,659
	<u>154,011</u>	<u>46,501</u>	<u>200,512</u>

The Somerville Foundation

Company Limited by Guarantee

Notes to the financial statements *(continued)*

Year ended 31 December 2020

19. Financial instruments

	2020	2019
	£	£
The carrying amount of financial instruments at 31 December were:		
Financial assets measured at amortised cost:		
Cash at bank and in hand	129,045	43,248
Financial assets measured at fair value:		
Investments	128,098	154,011
Financial liabilities measured at amortised cost:		
Trade creditors	52	—

20. Operating lease commitments

The total future minimum lease payments under non-cancellable operating leases are as follows:

	2020	2019
	£	£
Not later than 1 year	7,900	—
Later than 1 year and not later than 5 years	1,975	—
	9,875	—

21. Contingent liabilities

The charity has received income from a firm of solicitors in the year for £285 (2019: £3,564) totalling a running balance of £25,337. These monies relate to unclaimed client balances where the legal owner could not be traced. The donated monies are covered by an indemnity requiring the charity to pay back the monies should the legal owner be identified. The trustees are confident that they will not be required to repay the donations and therefore no liability has been shown in these financial statements.

22. Related parties

There have been no related party transactions in the current or prior reporting period.