



EVELINA CHILDREN'S HEART ORGANISATION LIMITED

(A Company Limited by Guarantee)

Registered Charity Number 1146494

Company Number 7867592

REPORT OF THE BOARD OF TRUSTEE DIRECTORS

FOR THE PERIOD 1 JANUARY 2022 TO 31 DECEMBER 2022

Evelina Children's Heart Organisation Limited
(A company limited by guarantee)

Report of the Board of Trustee Directors for the Period 1 January 2022 to 31 December 2022

Charity Name Evelina Children's Heart Organisation Limited
Working name ECHO
Charity registration number 1146494
Company number 7867592
Registered Office Canterbury House, 1 Royal Street, London SE1 7LL

Board of Trustee Directors

Chair Patricia Jane Ward until August 2022 Steve Wood from September 2022

Treasurer Alex Bicknell

Trustees

- Alex Bicknell
- Joanna Eyeson
- Stephen Wood
- Marc Harry
- Jane Ward
- Lynne Powrie (appointed 23 March 2022)

Leavers

- James Pincus (appointed 12 September 2012, resigned 23 March 2022)

Staff

- **Chief Executive** Samantha Johnson
- **Community & Administration Manager** Emma Orpin
- **Fundraising & Development** Kate Smith
- **Community Coordinator** Vashti MacDonald-Clink
- **Youth Worker** Tania Weekes (start date 4 April 2022)

Leavers

- **Head of Operations** Siobhan Morton (17 September 18 - 24 August 22)
- **Impact & Development Lead** Tracey Parry (28 March 22 - 20 October 22)
- **Communications & Volunteering Coordinator** Sinéad Houlihan (17 Sept 18 – 24 Aug 22)

Independent Accountant

Drive Business Services 52 Crown Drive, Inverness, IV2 3QG

Bank

CAF Bank 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

Letter from the Chief Executive

ECHO emerged from the constraints of Covid a more resourceful organisation, ready to expand its community of families, partners, staff, and volunteers. Throughout 2022, the charity has extended its geographical base and the range and reach of its services.

By facing head-on, the uncertainties of 2020 and 2021, we have developed resilience to support families and our professional colleagues through individual and collective challenges. This report showcases the highlights of 2022 and sets the scene for the work ahead to reach underserved sections of the congenital heart community.

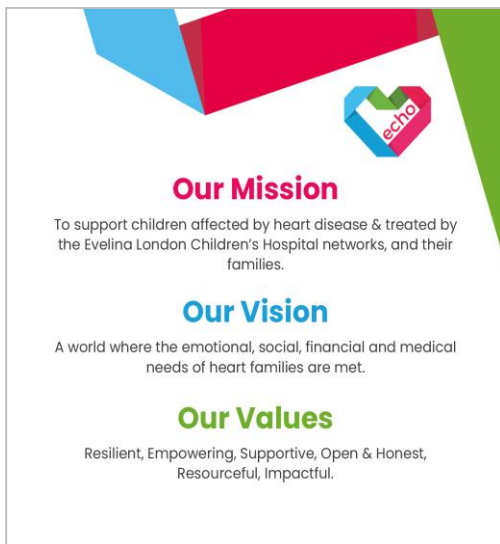
ECHO's primary focus is always to respond to the needs of children treated for heart conditions within the Evelina London Children's Hospital networks and their families. We are proud to be an independent charity -- we receive no funding from the government or the NHS -- but to best serve our families, we build long-lasting relationships with a wide range of partners. We work to ensure that our contacts with individuals are consistently positive – and, where possible, life-enhancing – professional and effective.

With that focus on the individual in mind, I am delighted to report ways in which we scaled up our offer. During 2022 we:



- Welcomed 83 new families (332 individuals - 163 children) to the ECHO Heart community, bringing the total number of active members to over 8,000.
- Extended the age range for support for children with CHD and their siblings from 0-18 years up to age 25 to give additional time for our young people to grow in confidence, resilience, and skills to flourish in adulthood
- Provided over 900 *ECHO Cares* packs to give comfort and practical help to parents whose children have arrived at the hospital in an emergency or those who stay in hospital for a procedure.
- Offered more opportunities for exchanging information and insights between heart parents by launching an online Forum
- Expanded our Teens' service, investing for the first time in a full-time youth worker, giving more opportunities for our young people to develop their talents, skills, and voices as they had fun together
- Ran more than 25 events that provided connection, challenge, sparkle, and self-discovery both online and in person.





- Introduced the ECHO QR code to the Evelina London & Princess Royal London Hospitals for children's cardiac clinic letters
- Increased our representation for the CHD community at nurse wellbeing days by attending conferences and playing an active role on boards and committees, including the CHD Network PPV Group, Wellcome/EPSRC Centre for Medical Engineering Public Engagement Advisory Board, Cardiac youth worker group, Healthcare youth workers, RBHKHP partnerships.
- Gave wings to creativity through five Teens Virtual Film Club sessions with an average of 6-10 households online each time. We set up the Film Club during lockdown to bring ECHO's young people together online to learn film techniques to create footage about their lives and passions

- Premiered our film *At Home But Not Alone – More Than Our Hearts* in three virtual VIP screenings for young people after 18 months of creating through the Virtual Film Club
- Co-created artwork at the interface between art, AI, and CHD. Our partners from King's College London brought together ECHO Teens with some of its heart researchers, artists, and a patient group to co-create a piece of art that will form part of an exhibition called *AI and Health* at the Science Gallery London for six months in 2023.

As Chief Executive, I am grateful to every person who has given their time, skill, effort, passion, or finances to enable the charity to pre-empt and respond to the needs of children and families affected by congenital heart disease (CHD), acquired and inherited conditions in 2022 and to plan for even more of this vital work for the years to come.

Samantha Johnson, CEO

About ECHO

ECHO supports families affected by children's heart conditions at every stage of their journey, helping from diagnosis (often during pregnancy) through to a child's teenage years and beyond as they transition to adult cardiology services. ECHO connects the children's heart community by bringing together children and young people with heart conditions, their families, and medical professionals. This strong network at all life stages of the child's journey with CHD is often accessed in a crisis and again years later at different milestones. Many of our members regard ECHO as a second family.

Key services

Information and guidance: ECHO provides information and advice via our website, leaflets, social media, newsletters, books for children, and specialist discharge and pregnancy information packs.

Antenatal classes: ECHO funds bespoke cardiac antenatal classes for parents whose unborn child has been diagnosed with a heart condition.



Parent (or carer)/patient advocacy: ECHO represents parents (or carers) and patients locally and nationally to improve parent or carer/patient experience.

Hospital resources: We redesign and revitalize spaces within Evelina London, including the parent's room and psychology space.

Comfort packs: Packs for parents whose children have arrived at the hospital in an emergency, containing practical help at a time when nothing else is available. Gift packages on Mother's and Father's Day.



Events: Gatherings and activities for children with heart conditions, their parents, and siblings, helping to reduce isolation, promote wellbeing, improve local support networks, and enable families to meet others who are experiencing a similar situation.

Parent-to-Parent support: ECHO organises and trains volunteers who provide emotional support at the hospital, on the telephone, via email, or through organising and participating in local events.

Online support: ECHO manages a closed Facebook group enabling heart parents to meet online and share stories, Happiness Hubs that focus on wellbeing, and a dedicated online ECHO Forum.

ECHO Teens: Information and guidance, fun activities, and helping young people transition to adult hospital services.

Bereavement support: Remembrance gatherings and small bereavement grants.

Toys and crafts: Toys and crafts for children at Evelina London Children's Hospital.

Equipment that cannot be provided by the NHS Small, practical equipment that cannot be funded by the NHS.

Offering support and reassurance for every single member of the family (fathers, mothers, carers, and siblings) in a variety of ways, from information and guidance to gatherings designed specifically for that member of the family.

ECHO Red Letter Days in 2022

January

Winter Walk -- with the marathon, half marathon, and 10k options -- the first of several externally-organised fundraising events throughout the year that gave our supporters a chance to stretch themselves against their own goals for fitness and fundraising.

February

Ziplining to raise awareness at Hangloose Bluewater, England's longest zipline.

March

Mother's Day Packs – carefully put together by volunteers from ECHO who had been through long hospital stays and wanted to give back.

April

BMX Bunny Hop – over 200 BMX riders enjoyed a ride out with a special trip to the children's hospital for an Easter Craft & Egg drop.

May

Up and Over Challenge – Raising the Roof on Transition, with 20 young people plus 20 parents and volunteers. As well as engaging in the physical challenge of climbing over London's O2 arena, other activities gave ECHO's teenage members a chance to shape the new young people's service and to explore their thoughts and feelings about their medical transition. Their conversations revealed that several of the young people had never spoken about the prospect of leaving paediatric care and moving across to adult care. This empowered the group to ask questions they have never asked before and share their worries and anxieties in a safe space, supported by trusted adults and others with shared lived experiences.

June

Father's Day Packs- Put together by a new corporate partner, MACE, in order to give ECHO Dads a little treat made special by the donation from Joseph & Joseph of water bottles.

July

Plans to explore how ECHO could use 3D-printed hearts as a resource in our family room with Nick Byrne (Evelina) and Karen McCarthy (RBH) begun.

August

ECHO's Summer Fun Day BBQ at Ronald McDonald House near the Evelina London Children's Hospital. The event enabled over 100 ECHO members to connect.

"Thank you so much to all the ECHO team and volunteers for today's Summer Fun Day BBQ. We had a wonderful time. It was special to see some of the nurses and doctors that cared for our son and also lovely to connect with other heart families,"

September

World Heart Day Station Collection

October

New Scientist Live Exhibition - made possible through our long-standing and close collaboration with King's College London, this was a rich informal learning opportunity for 10 of our young people.

Family Fun Day at Kent Life Farm. Over 100 people -- 29 families, plus staff, volunteers, and supporters -- came together to explore the farm, carve pumpkins, paint pottery, and enjoy each other's company.

November

Workshop 1 for the Co-production of Art project with Kings College London and 10 ECHO young people

December

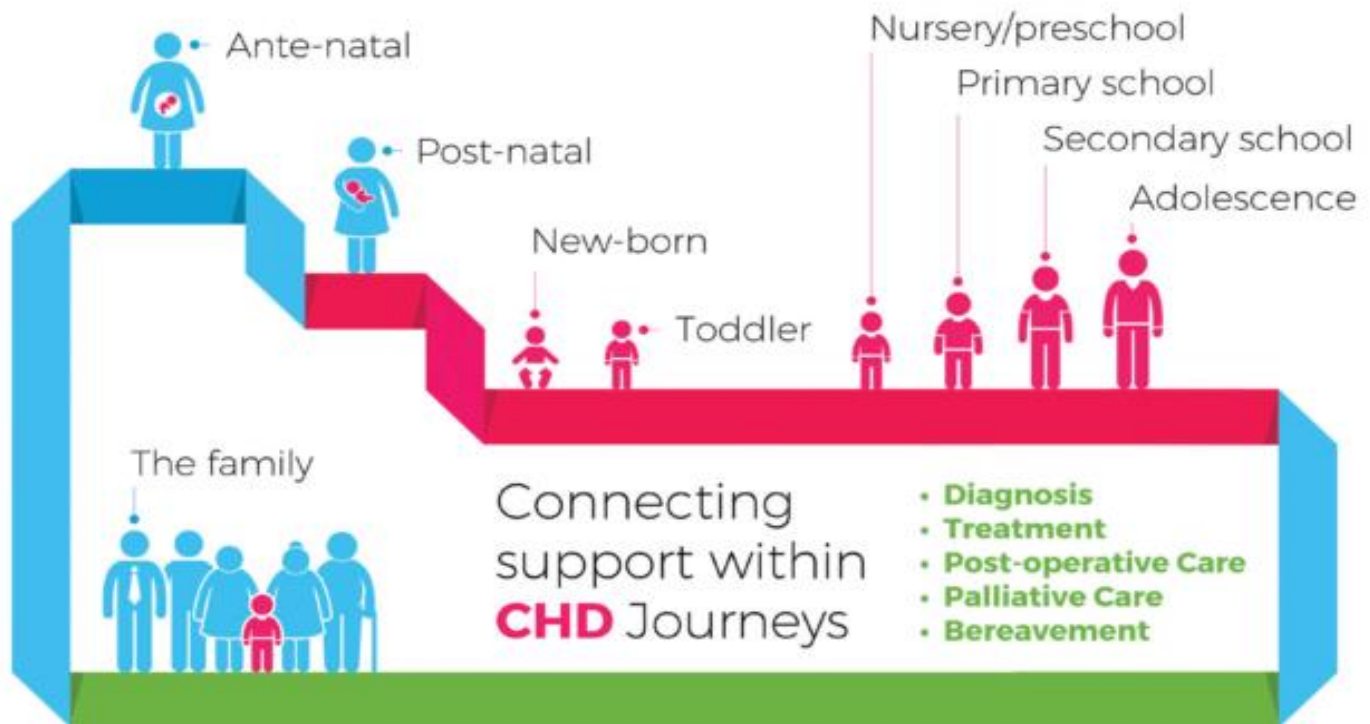
BMX LIFE London Santa Cruise for over 600 people

Stranger Sings theatre trip for twenty 16 to 25 year olds

Online Escape Room for fifteen 11 to 17-year-olds



Who we supported and how



Parents and carers whose children are diagnosed with a heart condition

We are there for families from the moment a diagnosis with the heart health of a baby, child, or young person is suspected. Our wide range of services enables parents, carers, and the wider family to understand medical information in order to make decisions and be as well prepared as possible to support the child and its siblings through procedures, treatments, and growing up with a heart condition.

Before birth

ECHO funds bespoke cardiac antenatal classes for parents whose unborn child has been diagnosed with a heart condition. In partnership with the Tower Team midwives at Guy's and St Thomas', we ran another successful year of online classes every six weeks that were attended, on average, by 15 to 18 couples every session. These explored delivering at a specialist hospital, birth, and after birth. Experienced ECHO heart parents played an active part, providing insight and reassurance from their own experiences, with an opportunity for the class members to share their concerns and ask as many questions as they needed to.

"We had a Zoom class with the Tower team midwives and ECHO, which was so helpful and prepared us for the birth and the baby being taken to NICU," said an ECHO member.

"We went to the ECHO antenatal class, and it was the best meeting I could have gone too as it gives you lots of information about what to expect when you go into labour, who will be in the room, and it also takes you around the maternity unit and the special care unit, so it's not overwhelming if your baby needs to go there after birth," ECHO member.

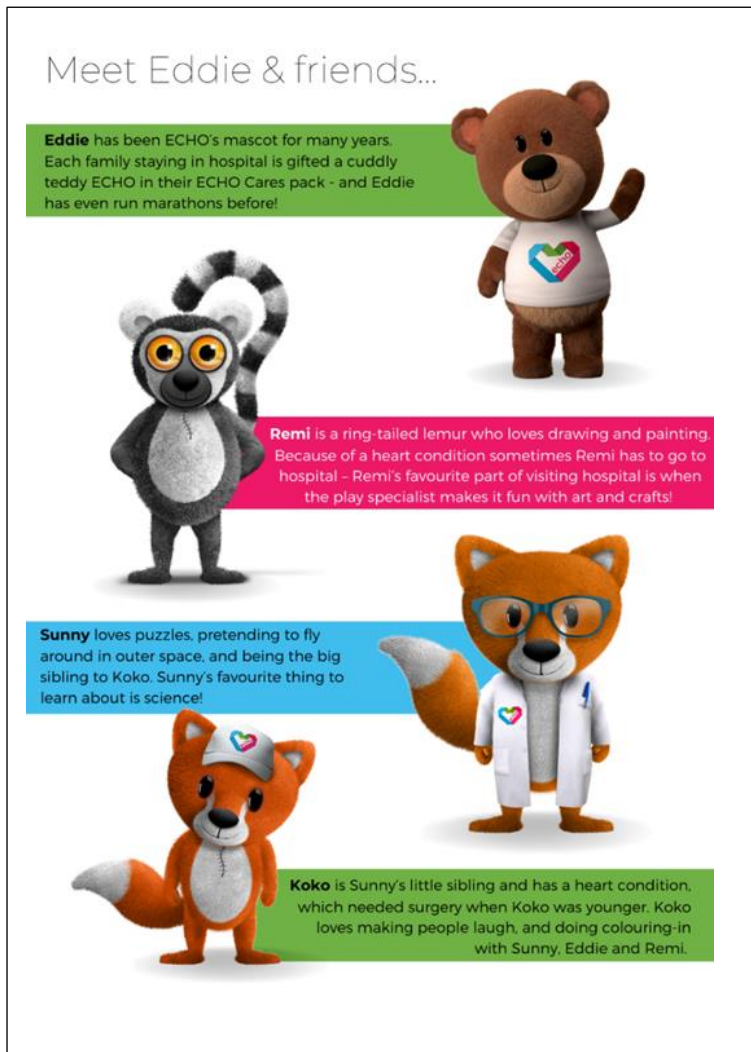
During childhood

Our Paediatric Cardiology Parents' Group, run in partnership with the cardiac psychology team, covers topics to help parents support their children who are living with a heart condition. The group met eight times online, covering topics including promoting positive behaviour,

managing the transition to young adulthood and adult services, and strategies to support children and young people with additional or neurodiversity needs.

Younger children

Eddie & Friends magazine is designed for children aged 10 and under with heart conditions who are patients in the hospital and their siblings. The 15-page magazine is packed with activities, puzzles, and jokes to help keep children entertained and offer some comfort and distraction while they recover from surgery or treatment. Each magazine also comes with 24 stickers. In 2022, we were thrilled to introduce Eddie ECHO's friends, Sunny and Koko – three new characters who will feature in our future resources.



Eddie & Friends magazine has been written with the help of Cecilia Adamou, a young writer who grew up with a heart condition and has had a heart transplant. Cecilia has been an ECHO member since she was born and continues to be a big supporter of the charity.

"In addition to being a relaxing distraction *Eddie & Friends* includes practical resources to help children under 10 talk with their grown up or cardiac team about how they are feeling, helping to alleviate some of the worry we know comes with staying in hospital. I'd like to thank those young patients, parents and carers who contributed and helped produce the magazine"

Samantha Johnson, ECHO Chief Executive

Eddie & Friends magazine was available for free from March 2022 for all children with heart conditions and their siblings who are inpatients at Evelina London including the cardiac Sky ward, PICU and those visiting the Walrus Outpatients Department. Copies have also been distributed across 27 network hospitals.

ECHO Teens

A key focus for ECHO in 2022 was to enrich and expand the ECHO Teens service offer to support our young people in their personal, social, and emotional development. Through time together in fun group activities and one-to-one support, our young people built their communication skills and confidence to ask questions, make decisions and manage their condition independently.

"ECHO has given me the confidence to find who I am," ECHO Teen member.

In April 2022, ECHO hired a full-time youth worker for the first time. During her first six months she compiled a community profile to give us a clearer understanding of the needs, interests and priorities of our young people, and workshops with them directly informed the design of

the service offer, including a greater emphasis moving forward on physical activity and sports, wellbeing and mental health and transition to adult services.



Film Club

We heard from our young people that the online support we provided made things easier for them, as they were still concerned about the pandemic and had to catch up with school and clubs.

We decided to continue with our very popular online film club for young people aged 11-18 years affected by heart conditions in order to provide young people affected by heart conditions, both patients and their siblings, a safe space to develop new skills whilst learning about self, others, and

the world around them through the mediums of film and the arts. All members of the ECHO Teens film club receive a Film Club pack in the post, including a tripod and smartphone lens filters, plus their own ECHO Teens t-shirt and tote bag. During the sessions, ECHO teen members took part in live recordings showing off their talents, voices, skills, and experiences.

The thoughts and feelings of the group were captured and produced in a short film, *Home But Not Alone – More Than Our Hearts*, which will be shared with the wider heart community at our VIP online film premiere in November 2023.



"During the lockdown, it was a bit of a hard time, and I kept on thinking back to when umm, my brother was in the Evelina with his heart condition and er, I was struggling with it a little bit, but I found the online community, just to see everyone is fine, it's just good to see everyone is thriving with or without a heart condition."
ECHO Teen member, who at the end of November, offered to become a volunteer helping to develop our offering to young people.

The whole family



Community events

Our community events give opportunities for families to understand and support each other and enable more connections for ECHO teens and siblings of children with heart conditions to take part in fun activities such as urban art together, exploring self and identity.

" Meeting other families who have been through a similar experience allowed me not to feel alone. In turn, I can identify with how it feels to go through this news and how we adapted as a family," ECHO member.
"We love the social side of ECHO, questions answered by everyone's experiences and a friendly face to just chat to is perfect,"
ECHO member.

Support in hospital

We provide equipment to make hospital stays more comfortable and bedside support through arts and crafts and activities on the ward. In 2022, we introduced a new ECHO Tea Trolley on wards in the Evelina Hospital. This gives a natural way of offering psychological first aid alongside much-appreciated beverages and treats.

Diversity and inclusivity

We have continued the conversation started in our inclusivity project with Guy's and St Thomas' and the Royal Brompton hospitals, in which over 100 families joined us in person to discuss what was important to them. ECHO members shared how hard it was for them to access Halal food and disability- and neurodiversity-friendly activities in the local area around the hospital. On the basis of these findings, in their 2022 Strategy review, ECHO's Trustees committed to prioritising diversity and inclusivity in the charity's future approaches and service offers.

NHS staff

Relationships with cardiac teams at local hospital across the CHD network developed throughout the year by our roles on boards, committees and by team ECHO going on the road and meeting with local NHS teams across Level 1 and 2 hospitals. Special thanks to the Princess Royal University Hospital (Orpington), the Royal Alexander Children's Hospital (Brighton), and Watford General (Watford), whose medical teams accepted many copies of *Eddie ECHO & Me* for their young heart patients, gave us tours of the facilities and welcomed our youth worker to a transition clinic. A special mention and thanks to the administration and secretarial teams who have also helped to ensure the ECHO QR code appears on the bottom of children's cardiac appointment letters, meaning families treated locally can also access ECHO's support.

Throughout 2022 we continued to award-nominated recipients with ECHO Excellence Award. These are unique to the cardiology departments across the Evelina London, Royal Brompton Hospital, and their networks and nominations arrived from parents, carers, patients & NHS colleagues to celebrate the difference that they make to cardiac families.

Winner of January 2022: Kirsty Stewart Paediatric Cardiology Registrar

"Kirsty is very kind and caring and meticulous. She pays close attention to caring for the whole family not just the patient, and goes above and beyond. She is often working late to make sure everything is complete and supports the SHOs well too." ECHO member

Our wellness days and involvement in staff wellbeing days allow us to present ECHO to the nursing teams and provide patient and parent feedback to the cardiac teams that would not be available within the NHS. In 2022, we saw increased referrals after nurse wellbeing days, and we plan to extend this collaboration to specialist midwives in the future.



Teamwork at every level

Volunteers

Against the trend of growth across many areas of the charity, ECHO – in common with many not-for-profit organisations -- saw a huge decline in volunteers. Our numbers reduced by 89% from 72 – 8 people because, during the pandemic, we had to stop face-to-face volunteering. Those who were able to help us online remained and provided key support to our communications, merchandise, and online support groups.

“It is lovely to have a wealth of experience in our team, and volunteers often provide an independent view on the work we are doing; we want to build a community of volunteers providing in hospital, community, admin and event support and thank everyone who gives us time” Samantha Johnson, ECHO CEO

In 2022, thanks to all our volunteers -- like those whose contributions are shown below -- we were able to continue with ECHO Ante Natal classes, provide ECHO Teens events, run a small merchandise shop, update websites and social media, and send out fundraising appeals.

Jacob: Whilst looking at recruitment, training, and retention on one day we recruited Jacob. He was locked out of his home near the ECHO office. Needing to use a phone, he found us by chance and liked what we did. Since then, Jacob has been a regular fundraising volunteer and will move into hospital support soon.



Dawn ensures the ECHO shop is functioning, the fundraisers are contacted and our care packs are delivered, Dawn also enjoys visits to the ECHO office. And keeps stock current.

Marion has been volunteering for over 10 years and has focused time this year on the Ante Natal Classes and on telephone support, Marion has lived experience of congenital heart conditions and as her own family grow into adulthood Marion dedicates time supporting those families entering the children's heart community.



Jean – Marie has kept our social media current and has worked from the USA and throughout her studies, with online and hybrid working, we have learned a lot from each other.

ECHO Ambassador: CHARLOTTE

Charlotte Jane, a singer, and songwriter, is still very much an active supporter of ECHO, helping to increase awareness of congenital heart disease and raising vital funds for our charity. Her nephew, Archie, was diagnosed with congenital heart disease and required heart surgery at just six days old, inspiring her song 'All My Life'. Charlotte has been training for her first London Marathon Place in April 2023

"I've been wanting to do something for a while to raise some more money for the charity and next year's marathon felt especially apt as not only is Archie due to have his big heart operation soon but it's also ECHO's 40th birthday.

Health and care professionals

We have close links with the teams who support ECHO children and their families throughout Guy's and St Thomas' NHS Foundation Trust, at the Evelina London Children's Hospital and St Thomas' Hospital, Royal Brompton Hospital and Guy's Hospital. In 2022, we particularly strengthened our collaboration with Play Therapists and the Psychology Team through the design of the Lodge in outpatients, a space both teams use with cardiac patients.

Mirroring the work of our NHS colleagues managing the merger of Guy's and St Thomas' and the Royal Brompton and Harefield hospitals, in 2022, ECHO laid foundations to work more closely with the Brompton Fountain Charity in order to provide continuity of high-quality support for families during service changes set out by NHS England.

Researchers

Our close collaboration with nearby centres of excellence in research and biomedical engineering at King's College London opened up opportunities for our young people to take part in activities featuring leading-edge science and creative arts, including New Scientist Live and the Co-Production of art for the AI and Health exhibition at the Science Gallery London.

Charities

We continued to collaborate closely with other children's heart charities, including Tiny Tickers, Little Hearts Matter, Young Hearts, CHF, and adult heart charity The Sommerville Foundation, Ronald McDonald House and the National Council for Child Health and Well-being

Corporate support

MACE corporate provided volunteers to help young people climb up and over of the O2, they also helped pack special packs for families – they are looking at ways to work with ECHO and we are excited about what opportunities we can provide. A special thanks to our corporate friends who provide excellent services at discounted rates.



Financial Review

Community and individuals

£10,888 was raised through Facebook fundraising (£22,876 in 2021) while through JustGiving we raised £57,437 (£47,854.59 was raised in 2021) and £77 via Much Loved. In total, through digital fundraising, we raised: £68,402 (£70,730.59 in 2021).

Heart Month (February) In total, we raised £10,536.72 (£1,100 in 2021). Thanks to individuals, schools, companies, and everyone who wore red

BMXLife London Santa Cruise In total, we raised £15,531.83. A special thanks to BMX Life and all riders who support ECHO annually

Reserves policy 2022

ECHO recognises that the number of reserves we need may vary year on year, and COVID-19 brought changes to all charities. It has meant ECHO is looking closely at ensuring we can secure our future and support more families. The Trustees have agreed on the following reserves policy.

If we continue to innovate and provide & current services to those we support, additional funding will be necessary to enable these services to be provided.

Planning for unforeseen emergencies and day-to-day operational costs: ECHO supported more people than over throughout the pandemic; we learned that we must hold reserves as a contingency against unexpected expenses for the future.

Uncertainty over future income or ability to raise funds linked to the pandemic: As we rebuild our in-person services post Covid-19 ensuring vital services provide confidence.

Specific costs recognised: ECHO office plans to be demolished, meaning we must move our operations. Also, the changes to London landscape of children's heart surgery through NHS England could double the number of families needing our support.

With this all-in mind, the Trustees now want to maintain free reserves in unrestricted funds at a level of approximately four to nine months of public charitable expenditure.

The board are reviewing our reserves on a regular basis and will designate funds for urgent items when appropriate.

A new strategy is being put in place, expanding service provision, which will increase the range, breadth, and frequency of services we provide to those we support; our investments in the services we provide will benefit more families from across the children's heart community.

ECHO wants to ensure the services and charity can deliver the work to all who need it as well in case of another funding crisis.

Trusts and Foundations

We have worked hard to build relationships with our funders and have had some positive multiyear funding. As a result, through Trusts and Foundations, ECHO raised £153,000 in 2022. We will continue to build on our relationships as well as reaching out to new Trusts as ECHO grows.

We are grateful to the trusts and foundations who generously supported our work including:

- The Basil Samuel Charitable Trust
- Charles S French Charitable Trust
- Arnold Clark Community Fund
- National Lottery Community Fund
- Blakemore Foundation
- BBC's Children in Need

- Tesco Bags of Help
- Garfield Weston Foundation
- SJP Foundation
- Kent Community Foundation
- TK Max Foundation
- Childwick Trust

Risk management

The trustee directors have assessed the risks the charity faces and has put in place policies to manage the risks. For example, the charity has plans in place to protect against a downturn in the level of our income, finances are kept under review, Disclosure and Barring Service (DBS) checks are made, all members of staff have a contract of employment and comprehensive staff handbook which outlines all terms and conditions of employment and staff and volunteers working directly with children, young people or vulnerable adults are DBS checked. In 2019, we worked with Tom Searle of Britrisk Safety Limited to run risk assessment training to ECHO staff and reviewed our Health and Safety & organisation's Risk Policy, so we regularly update and review these policies.

ECHO has regular staff meetings giving our team the opportunity to review policies, and we have named a trustee as policy lead- this is helpful when presenting policies to the board.

Key Risks and Mitigations

The need for ECHO is growing across all areas of our work. We are seeing more mothers and carers attend ECHO Antenatal Classes, young people taking part in *ECHO Teens*, and families who want support. Some examples of risks identified in 2022 include:

- *The need to support almost double the number of members with changes to the London Landscape of children's heart services impacting the number of families joining ECHO – We regularly review services to meet the needs of members and keep abreast of future and current changes to how other stakeholders are working through frequent information exchange meetings and presence on decision-making*
- *Staff burnout – We ensure our team are supported through professional supervision, 1:1's, and staff wellbeing. The expansion of the leadership team projected in 2023 will offer more capacity for workload management, coaching, and reflective practice.*
- *The Volunteer Co-ordinator role was respecified in 2022 to redevelop the volunteer network.*
- *Planned investment in ECHO's database infrastructure will enable better relationship management across the supporter base, including volunteers.*

As the needs for our services grow, ECHO is spending time to ensure we are resilient and here for a long time in the future.

Safeguarding

Safeguarding is paramount to us, all staff undergo training provided by NSPCC or GSTT, and we ensure that all volunteers have access to training, policies, and support they need working with children, young people, and vulnerable adults. We have a safeguarding policy and a statement that is assessable via the ECHO website. All trustees, volunteers, and staff attend safeguarding training relevant to their role.

Structure, Governance, and Management

The charity is a private company limited by guarantee (company number 7867592). The company was incorporated on 1 December 2011 (as amended by special resolution registered at Companies House on 6 March 2012) and registered as a charity on 21 March 2012. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

Recruitment and appointment of trustee directors

ECHO has a skills matrix for our board and will be recruiting according to skills and needs; we have also introduced the role of non-executive advisor to enable us to attract the skills we need on a shorter-term base.

ECHO's priority areas to recruit in the coming years will be a board member Finance (Treasurer), and Special Advisor (young person).

The directors of the company are also charity trustees for the purposes of charity law. The minimum number of trustee directors is 5, and there is no maximum. The trustee directors can be appointed in a general meeting or by the other directors. Questions arising at a meeting shall be decided by majority votes. The trustee directors are responsible for the general control and management of the charity. They give their time freely and receive no remuneration or other benefits. Any expenses reclaimed from the charity are set out in the accounts. The trustees meet approximately every 12 weeks and are responsible for decisions made in relation to the running of the charity. Members of the committee may join alternate meetings.

Plans for the future - What's next?

Looking ahead for 2023, we plan to:

- Review our services and ensure families needs are met
- Develop and expand our staff team
- Introduce a leadership team
- Produce a resource for teens aged 11-17
- Upskill our board & Staff team
- Focus on governance training and board development
- Update Eddie Echo and Me book with new branding
- Review our website, language, and communications to be more inclusive of congenital and acquired conditions.
- Prepare to reinstate our volunteer service fully.
- Develop our work on diversity and inclusivity.
- Plan to celebrate and increase awareness and fundraising activity over our 40th birthday in 2023.

Declaration

The trustee directors declare that they have approved the trustee directors' report above. Signed on behalf of the charity's trustee directors:

Jane Ward & Steve Wood, Chairs during 2022

EVELINA CHILDREN'S HEART ORGANISATION

(A company limited by guarantee)

Registered Charity number 1146494

Company Number 7867592

ACCOUNTS FOR THE PERIOD FROM 1 JANUARY 2022 TO 31 DECEMBER 2022

Evelina Children's Heart Organisation Limited
Accounts for the period from 1 January 2022 to 31 December 2022

Charity Name Evelina Children's Heart Organisation Limited

Working Name ECHO

Charity Number 1146494

Company Number 7867592

Registered Office Canterbury House, 1 Royal Street, London. SE1 7LL

Board of Trustee Directors

James Pincus	Resigned 23 March 2022
Patricia Jane Ward	
Joanna Eyeson	
Alex Bicknell	
Stephen Wood	Chair
Marc Harry	
Lynne Powrie	Appointed 23 March 2022

Independent Accountant Danestone Business Services Ltd
52 Crown Drive, Inverness. IV2 3QG

Bank CAF Bank
25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

Evelina Children's Heart Organisation Limited
Statement of Financial Activities
For the period from 1 January 2022 to 31 December 2022

	Unrestricted Funds Period Ended 31 December 2022 £	Restricted Funds Period Ended 31 December 2022 £	TOTAL FUNDS Period Ended 31 December 2022 £	TOTAL FUNDS Period Ended 31 December 2021 £
Incoming Resources (Note 3)				
Donations	129,936	152,985	282,921	290,115
Investment Income	705	0	705	42
Job Retention Grant & SSP	0	0	0	58
Total incoming resources	<u>130,641</u>	<u>152,985</u>	<u>283,626</u>	<u>290,215</u>
Costs of Providing Charitable Activities (Note 4)				
Cost of fundraising	50,975	0	50,975	44,021
Charitable Activities	99,670	128,960	228,630	173,639
Governance	763	0	763	763
Total Resources expended	<u>151,408</u>	<u>128,960</u>	<u>280,368</u>	<u>218,423</u>
Net movement in funds	<u>(20,767)</u>	<u>24,025</u>	<u>3,258</u>	<u>71,792</u>
Reconciliation of funds				
Total Funds brought forward	<u>300,923</u>	<u>11,000</u>	<u>311,923</u>	<u>240,131</u>
Total Funds carried forward	<u>280,156</u>	<u>35,025</u>	<u>315,181</u>	<u>311,923</u>

Evelina Children's Heart Organisation Limited
Balance Sheet as at 31 December 2022

		31 December 2022	31 December 2021
		£	£
Fixed Assets	(Note 5)	5,495	785
Current Assets			
Debtors/Prepayments	(Note 6)	13	13
Cash at bank and in hand		310,941	319,218
Total Current assets		<u>316,449</u>	<u>320,016</u>
Creditors falling due within one year	(Note 7)	(1,268)	(8,093)
Net Assets		<u>315,181</u>	<u>311,923</u>
Funds of the Charity			
Unrestricted Funds		160,156	300,923
Unrestricted Designated funds	(Note 8)	120,000	0
Restricted Funds	(Note 9)	35,025	11,000
Total Funds		<u>315,181</u>	<u>311,923</u>

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

* The members have not required the company to obtain an audit of its accounts 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 accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Chair **STEPHEN WOOD**
St Wood
 Date: 08/09/23

Evelina Children's Heart Organisation Limited
Notes to the Accounts

Note 1: Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the period.

Basis of Accounting

The financial statements have been prepared on the basis of the historic cost convention and in accordance with the Companies Act 2006 and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005) issued in March 2005.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Incoming resources

All incoming resources are recognised once the charity has entitlement to the resources, it is certain that the resources will be received and the monetary value of incoming resources can be measured with sufficient reliability.

Grants and donations are included in the SoFA when the charity has unconditional entitlement to the resources and incoming resources from tax reclaims are included at the same time as the gift to which they relate.

Investment income is included when receivable.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred.

Costs of generating funds are those costs incurred in attracting voluntary income.

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

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are directly allocated.

Fixed assets

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost useful life as follows:-

Computer equipment - 33.33% straight line basis

Fixtures & Fittings - 33.33% straight line basis

Note 2: Trustees Remuneration

No remuneration was paid to the trustees in the 12 month period ended 31 December 2022.
No expenses were paid during the period.

Note 3: Analysis of incoming resources

Voluntary income:

Unrestricted donations

Restricted donations

Investment income:

Bank Interest

Total

Total Funds
12 month period to
31 December 2022
£

130,026

152,895

705

283,626

Note 4: Analysis of charitable activities

Back Office/Admin

Volunteers

Information

Member Support

Total

12 month period to
31 December 2022
£

54,469

1,452

917

171,792

228,630

Note 5: Fixed Assets

	<u>Fixed Assets</u>
	<u>£</u>
<u>Cost</u>	
At 1 Jan 2022	4,017
additions	7,655
<u>At 31 Dec 2022</u>	<u>11,672</u>
<u>Depreciation</u>	
At 1 Jan 2022	3,232
Charge 2022	2,945
<u>At 31 Dec 2022</u>	<u>6,177</u>
<u>Net Book Value</u>	
At 1 Jan 2022	785
At 31 Dec 2022	<u>5,495</u>

Note 6: Analysis of Debtors/Prepayments

	<u>£</u>
Prepayment :2023 Confirmation statement	<u>13</u>

Note 7 : Analysis of Creditors

<u>Accruals</u>	<u>£</u>
Trade creditors	720
PAYE, NIC, Pension	548
	<u>1,268</u>

Note 8 : Unrestricted Designated Funds

	<u>£</u>
Provision for office space for 3 years as current office to be demolished and rebuilt.	<u>120,000</u>

Note 9 : Ringfenced Income

	<u>£</u>
Balance B/F	11,000
Ringfenced Donations	152,985
Expenditure	(128,960)
Balance C/F	<u>35,025</u>



Section A

Independent Examiner's Report

**Report to the
trustees/directors/
members of**

EVELINA CHILDREN'S HEART ORGANISATION LIMITED

**On accounts for the year
ended**

31 DECEMBER 2022

Charity no.:

1146494

Company no.:

7867592

Set out on pages

1-7

**Responsibilities and
basis of report**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31/12/2022.

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts 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**

The company's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales.

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Signed: Melza H. Linfield

Date: 07/08/2023

Name: MELZA H LINFIELD FCA

Relevant professional qualification(s) or body (if any):

ICAEW

Address:

DANESTONE BUSINESS SERVICES LIMITED

52 CROWN DRIVE

INVERNESS, IV2 3QG

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.