



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st October 2020 Period start date
To 30th September 2021 Period end date

Charity name: Wharfedale General Hospital Cardiac Club

Charity registration number: 1155721

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The primary objective of the charity is to provide exercise opportunities aimed at preserving, improving and protecting the health of former coronary care and heart surgery patients and others wishing to exercise for preventative reasons by offering a regular exercise regime through the provision of exercise classes supervised by professionally qualified instructors.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>1. To support the primary objective of the charity as set out above through exercise classes supervised by professionally qualified instructors and provided:</p> <p>(i) Under normal circumstances (i.e. non- Covid 19 restricted), two exercise classes are provided on every Monday and Thursday evening (save for Bank Holidays).</p> <p>(ii) See further information set out below as to how continued exercise opportunities have been provided during Covid 19 restrictions in order to continue fulfilment of the charity's objectives.</p> <p>2. Membership of the charity is open to and for the benefit of all members of the public who have experienced cardiac events and/or cardiac surgery and/or have risk of cardiac events or wish to exercise for preventative reasons in order to help protect and improve their health and assist with their rehabilitation and general fitness, providing they are referred to the charity by an appropriate health specialist (e.g. their GP) or programme (e.g. Phase 3 Cardiac Rehabilitation).</p> <p>3. No fixed charge is made for exercise sessions or membership, however members are asked to make a donation at each exercise class towards the cost of running the classes and the charity recommends a set level of donation, which is reviewed annually. Members are not obliged to make the recommended donation and may donate any amount in accordance</p>

		with their means. Inability to donate does not bar members from exercise.
		4. The charity has a clear Equality and Diversity policy and is open to all members of the public, subject to the referral requirements set out in 2. above.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that, in all matters relating to the Wharfedale General Hospital Cardiac Club they have had due regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment.	Para 1.38	Not applicable
Contribution made by volunteers	Para 1.38	Serving as unpaid members of the management committee and/or as Trustees only.
Other		Not applicable

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>1. Continued provision of four evening exercise sessions each week without interruption from May 2021 to the end of the charity's financial year (and beyond) under detailed Covid-safe arrangements and despite a limited pool of local qualified instructors..</p> <p>2. For the first seven months of the Charity's "year (i.e. October 2020 to April 2021), during which it was not possible to provide gym based exercise classes due to Covid, providing ongoing exercise opportunities to members through:</p> <p>(i) Recorded videos of exercise routines led by our professional instructors available to members on YouTube free of charge.</p> <p>(ii) Providing live exercise classes via Zoom led by our professional instructors. These classes were popular with a regular core of members throughout the year.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	All activities are designed to fulfil the primary objectives of the charity as set out above and these have been met as set out above.
Performance of fundraising activities against objectives set	Para 1.41	Whilst occasional one off donations are received from members and others, the main source of funds is from "donations" made by those attending exercise classes. Whilst these donations are optional, a set amount is recommended to enable the charity to break even.
Investment performance against objectives	Para 1.41	Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	A small deficit was budgeted for the year ending 30th September due to the impact of Covid. The charity remains solvent and has sufficient reserves to continue supporting its objectives for several years even
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	A further deficit is expected in 2021-2022 as a result of the effects of Covid on attendance numbers. The Charity has sufficient reserves to withstand this even not allowing for occasional on-off donations made by members and others. Generally reserves are held for this type of eventuality.
Amount of reserves held	Para 1.22	£8094 as at 30 th September 2021
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	Not applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not applicable

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Whilst occasional one off donations are received from members and others, the main source of funds is from "donations" made by those attending exercise classes. Whilst these donations are optional, a set amount is recommended to enable the charity to break
Investment policy and objectives including any social investment policy adopted	Para 1.46	There is no policy
A description of the principal risks facing the charity	Para 1.46	Under normal circumstances (i.e. not affected by Covid 19 restrictions) the charity uses a gym at a local hospital to conduct its exercise classes. This is at the discretion of the hospital management.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Election at Annual General Meeting with additional power of existing Trustees to co-opt additional Trustees up to a maximum of twelve. One third of Trustees retire by rotation at each Annual General Meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Wharfedale General Hospital Cardiac Club
Other name the charity uses	
Registered charity number	1155721
Charity's principal address	c/o Physiotherapy Unit, Wharfedale Hospital Newell Carr Road Otley LS21 2LY

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Farrow	Chair		
2	Benjamin Jordan	Treasurer		
3	Judith Davies	Membership Secretary		
4	John Hammond	Trustee		

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address
None		

Name of chief executive or names of senior staff members (Optional information)

None

Exemptions from disclosure**Reason for non-disclosure of key personnel details**

None

Other optional information

None

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

David Farrow

Position (eg Secretary,
Chair, etc)

Chair

Date

21st November 2021

Wharfedale General Hospital Cardiac Club

Registered Charity No: 1155721

Statement of Receipts and Payments for the year ending 30th September 2021

	Year ended 30/9/2021		Year ended 30/9/2020	
Funds				
Opening bank balances:				
Current Account	3210.96		3358.41	
Deposit Account	4881.40		4676.79	
	<u>8094.36</u>	8094.36	<u>8235.20</u>	8235.20
Closing bank balances:				
Current Account	3020.88		3312.16	
Zoom fees due	0.00		171.00	
Less unpresented cheques	<u>-406.00</u>		<u>-277.70</u>	
	2614.88		3210.96	
Deposit Account	4881.88		4889.40	
	<u>7496.76</u>	7496.76	<u>8094.36</u>	8094.36
Change in funds:		<u>-595.60</u>		<u>-140.84</u>
Source/Classification of funds				
Income:				
Income received from classes	2893.75		4873.00	
Sundry donations	734.41		1100.00	
Gift Aid	331.51		0.00	
Bank interest	0.48		6.61	
Sundry income	0.00		20.81	
Other income	0.00			
	<u>3959.15</u>	3959.15	<u>6100.42</u>	6100.42
Payments				
Tutors' Fees	3112.40		4000.00	
Insurance	759.62		753.65	
Website/IT	22.80		0.00	
Data Protection Registration	49.00		40.00	
Stationery and postage	27.81		35.04	
Equipment maintenance	0.00		359.87	
Equipment renewals	0.00		0.00	
Sundry expenditure	308.94		120.00	
Zoom Subscription	159.31		71.95	
Exercise videos	0.00		850.00	
Ukulele fees	17.07			
	<u>4463.75</u>	4463.75	<u>6281.26</u>	6281.26
Surplus/deficit		<u>-595.60</u>		<u>-140.84</u>

Examiner's Report

This statement of receipts and payments has been checked to the records of the Wharfedale General Hospital Cardiac Club and found to be in accordance therewith.

Signed:

M. O. O'Brien

Date:

20th Oct 2021

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