



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 1<sup>st</sup> October 2021  
To 30<sup>th</sup> September 2022

Period start date  
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 and fitness of people who have had a cardiac event or wish 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. Two exercise classes are provided on every Monday and Thursday evening (save for Bank Holidays).</p> <p>2. Membership of the charity (which allows participation in exercise classes) is open to all members of the public who have experienced cardiac events and/or cardiac surgery 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 suitable to undertake such exercise, which is normally checked by referral from a health specialist (e.g. their GP) or through referral from a rehabilitation programme such as "Phase 3" Cardiac Rehabilitation.</p>
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.

### 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 Trustees and/or members of the management committee.
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. Restarting live exercise sessions following restrictions connected with Covid-19.</p> <p>2. Continued provision of four evening exercise sessions per week under continued infection control procedures agreed with the management of the hospital within which the Club's exercise classes take place.</p> <p>3. Providing live exercise classes via Zoom lead by a professional instructor during a period of months when the normal gym instructor for Monday classes was not available.</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	The main source of income are the fees which members pay for participating in each exercise class. Reduced attendances following Covid have meant that fees received were not sufficient to break even and consequently a deficit was recorded for the year ended 30 <sup>th</sup> September 2022.
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	<p>The deficit for the year ended 30<sup>th</sup> September 2022 was due to reduced attendances at exercise classes following Covid.</p> <p>Whilst the charity remains solvent, reserves are only sufficient to support the charity for perhaps two years without further input of funds. At the time of this report (November 2022), the Trustees are working on various applications for grants, which if successful, will secure the longer-term future of the charity.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held to cover potential deficits – see Para 1.21 above.
Amount of reserves held	Para 1.22	£6570 as at 30 <sup>th</sup> September 2022
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, unsolicited donations are received from members and others, the main source of funds are the payments made by members for participating in exercise sessions.
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	<p>1. Reduced attendances resulting from the impact of Covid 19 resulting in annual deficits.</p> <p>2. The charity uses a gym at a local hospital to conduct exercise. This is entirely at the discretion of the hospital management.</p>

**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	<p>Election at the Annual General Meeting with the power to co-opt additional Trustees up to a maximum of twelve.</p> <p>One third of Trustees retire by rotation at each Annual General Meeting.</p>

**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	

**Reference and Administrative details**

Charity name	Wharfedale General Hospital Cardiac Club
Other name the charity uses	Wharfedale Cardiac Club
Registered charity number	1155721
Charity's principal address	c/o Physiotherapy Unit, Wharfedale Hospital Newall Carr Road 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/Secretary		
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
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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

None
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**Other optional information**

None
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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

David Farrow	
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Position (eg Secretary,  
Chair, etc)

Chairman	
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Date

11 <sup>th</sup> November 2022
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## Statement of Receipts and Payments for the year ending 30th September

2022

Funds	Year ended 30/9/22			Year ended 30/9/21	
	£	£		£	£
<b>Opening bank balances</b>					
Current Account	2615			3211	
Deposit Account	4884			4883	
	<u>7499</u>	7499		<u>8094</u>	8094
<b>Closing bank balances</b>					
Current Account	2266			3021	
Less net uncleared items	583			406	
	<u>1683</u>			<u>2615</u>	
Deposit Account	4887			4884	
	<u>6570</u>	6570		<u>7499</u>	7499
<b>Change in funds:</b>		<u>-929</u>			<u>-596</u>
<b>Source/application of funds</b>					
<b>Income</b>					
Income received from classes	5297			2802	
Sundry donations	2118			734	
Gift Aid	327			332	
Bank Interest	3			0	
Sundry Income	34			0	
	<u>7778</u>	7778		<u>3868</u>	3868
<b>Payments</b>					
Tutors' Fees	7224			3132	
Insurances	732			755	
Website/IT	0			23	
Data Protection Registration	40			40	
Stationery and postage	5			28	
Equipment maintenance	292			0	
Equipment renewals	213			0	
Sundry expenditure	38			309	
Zoom subscription	72			159	
iZettle fees	90			17	
	<u>8707</u>	8707		<u>4464</u>	4464
<b>Surplus/deficit</b>		<u>-929</u>			<u>-596</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:

*A. O'Connell*

Date:

*30 October 2022**5/LS19 603*