



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st October 2023
To 30th September 2024

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> <p>3. The Charity hosts meetings of a Cardiac Peer Support Group aimed at educating members and others regarding cardiac issues and providing the opportunity to share experience.</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)

	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. Continuing to grow attendance and recruiting new members since Covid-19.</p> <p>2. Continuing to provide four evening exercise sessions under infection control arrangements agreed with the hospital which allows the Charity to use its gym for these sessions.</p> <p>3. Recruitment of new highly qualified instructor to lead Thursday sessions following retirement of long-serving instructor.</p> <p>4. Setting up and hosting a cardiac peer support group for the benefit of members and others and to generate new participants to exercise classes.</p>

Additional information (optional)

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 is the fees which members pay for participating in each exercise class. Reserves are held to cover potential deficits.
Investment performance against objectives	Para 1.41	Not applicable
Other		Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	A surplus of £2219 was recorded for the year ended 20 th September 2024. However, exercise classes resulted in an operating deficit of £1764, when disregarding grants and donations.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held to cover potential deficits.
Amount of reserves held	Para 1.22	£12969 as at 30 th September 2024
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 is 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. Medium to long term succession – Lack of volunteers to take over from the members who currently manage the club.</p> <p>2. Attendances at exercise classes falling below the break even figure resulting in continued deficits.</p> <p>3. 2. The charity uses a gym at a local hospital to conduct exercise classes. This is entirely at the discretion of the hospital management.</p>

Structure, Governance and Management

Description of charity's trusts:		None
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted?	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)

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	Wharfedale Cardiac Club (Note the cardiac peer support group hosted by the charity is known as the Otley and North Leeds Cardiac Support Group.)
Registered charity number	1155721
Charity's principal address	c/o Physiotherapy Unit, Wharfedale Hospital Newall Carr Road LS21 2LY Note: The above address is the location of the exercise classes conducted by the charity. It should NOT be used as the postal address. Preferably documents should be scanned and emailed to wghcardiacclub@gmail.com. If this is not possible then items should be posted to the Chairman c/o 410 Otley Road, Leeds, LS16 8AD

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	Trustee		
4	Michael Elam	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)

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

None

Other optional information

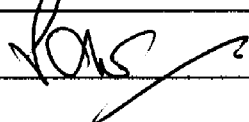
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Declarations

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 (e.g. Secretary,
Chair, etc.)

Chairman	
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Date

8 th November 2024

Statement of Receipts and Payments for the year ending 30th September 2024

	Year ended 30/9/24		Year ended 30/9/23	
Funds				
Opening bank balances				
Current Account *	485	See Note 1	1683	
Deposit Account	10264		4887	
	<u>10750</u>	10750	<u>6570</u>	6570
Closing bank balances				
Current Account	71		485	
Deposit Account	12899		10264	
	<u>12969</u>	12969	<u>10750</u>	10750
Change in funds:		<u>2219</u>		<u>4180</u>
Source/application of funds				
Income				
Attendance fees from exercise classes	8070		7244	
Phase 3 courses	480			
Sundry donations and grants	101		5721	
Gift Aid	20		500	
Net Phase 3 & Support Group Grant *	4520	See Note 2		
Bank Interest	173		77	
Sundry Income	38		101	
	<u>13402</u>	13402	<u>13643</u>	13643
Expenditure				
Tutors' Fees	7990		8245	
Insurances	1264		788	
Website/IT	149		0	
Data Protection Registration	40		40	
Stationery and postage	23		80	
Equipment maintenance	341		59	
Equipment renewals	111		0	
Sundry expenditure	464		122	
Zoom Subscription	0		0	
Qettle fees	145		130	
Phase 3 & Support Group expenditure	658			
	<u>11183</u>	11183	<u>9463</u>	9463
Surplus		<u>2219</u>	Surplus	<u>4180</u>

Note 1: After adjustment for uncleared items.

Note 2: * Grant income of £5000 received in the year and relating to setting up a support group and providing Phase 3 places has been included when received, less initial specific costs of £1138. As the programme continues future obligations will be met out of our bank funds.

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:

Date:

Blettiger

28th October 2024