CREW

England & Wales · Charity number 1163338

Details

Other names	CARDIAC REHABILITATION EXERCISE WALKING
Status	Registered
Legal form	CIO
Registered	2015-08-28
Register	View on the Charity Commission register

Contact

Address	28 Pavilion View Huddersfield HD3 3WU
Phone	07982728548
Email	crewpartners.hsg@gmail.com
Website	www.crewheartsupport.co.uk

Activities

Objects: THE RELIEF OF SICKNESS AND TO ASSIST IN PREVENTION AND REHABILITATION OF ALL PERSON WHO HAVE, OR WHO ARE AT RISK OF DEVELOPING CARDIOVASCULAR DISEASE, RESIDING PERMANENTLY OR TEMPORARILY IN YORKSHIRE AND LANCASHIRE.

Activities: CREW offers walking programmes mainly for anyone at risk from cardiovascular disease but also for people with other medical conditions and social needs. CREW promotes exercise classes run by fully qualified, self-employed British Association for Cardiac Rehabilitation (BACR) or Cardiac Phase 4 rehab instructors. CREW provides defibrillators for both walks and exercise classes.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Recreation
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Bradford City
- Calderdale
- Kirklees
- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£8,256	£22,133	-	-
2024-02-29	£87,932	£8,337	-	-
2023-02-28	£10,817	£8,635	-	-
2022-02-28	£20,090	£29,816	-	-
2021-02-28	£40,569	£29,081	-	-

Trustees

Name	Role	Appointed
Edwin Birks	Chair	2018-08-17
BARBARA GREGSON		2015-08-28
Charles Young		2021-10-01
Deborah Barton		2021-10-01
Eilleen Connolly		2019-01-07
Jack Porteus		2023-10-18
John Elsbury		2025-11-26
Pankajni Trivedi		2023-10-18
Robert Henley		2022-10-19
Warren Nicholls		2022-10-19

CREW

England & Wales - Charity number 1163338

Accounts

Crew Heart Support Group

Registered Charity Number: 1163338

Company No: CE004443

Affiliated to the British Heart Foundation as a Heart Support Group

Annual Report and Financial Statements

for the Year Ended 28th February 2025

Contents	**Page**

Crew Heart Support Group
Trustees report for the year ended 28 February 2025

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 28 February 2025.

REFERENCE AND ADMINISTRATIVE DETAILS
Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

E. Birks
E. Connolly
P. Fordham
B. Gregson
D. Barton
C. Young
R. Henley
W. Nicholls
P. Trivedi
J. Porteus

Company No. CE004443
Charity No. 1163338

Registered Office

28 Pavilion View
Huddersfield
HD3 3WU

Cardiac Rehabilitaion through Exercise and Walking HSG Trustees' annual report: (TAR)

CREW's core activities are to benefit all of those who have, or are at risk of, some form of cardiovascular disease and is centred on the known recognized structures of an affiliated 'Heart Support Group'(HSG) within the British Heart Foundations 300+ independently run groups nationwide.
CREW HSG operates for the benefit of members who need:
Cardiac rehabilitation after hospitalization programmes have finished.
Support in reducing risk factors for future Cardiovascular disease, Diabetes, Hypertension, Strokes etc.

Our activities therefore are the continuation of a medical or health professionals' intervention. They are related to secondary care to ensure that members and their carers have a peer dependent organization which enables them to continue with a lifestyle that includes walking for health and regular exercise with there associated health benefits.

Details of our activities

CREW HSG is linked to the NHS Social Prescribers, Staying Well and GP surgeries in Calderdale and supports patients who have been advised by their clinician to join structured exercise and walking groups as part of their future wellbeing, mental awareness and health.

Activities to facilitate the above are:

- Weekly walking groups for all abilities, with qualified walk leaders.
- Our self-guided walking programme.

CREW HSG also promotes exercise classes (aerobic through structured programmes and Tai Chi for health) operating under the 'Active Rainbow Wellness Hub'. The Wellness Hub incorporates 5 fully qualified, self-employed British Cardiac Phase 4 rehab instructors operating in 4 core centres and 10 village and community group facilities.

Walk Leader training is provided by a professional organisation (SPLAT). The training includes the suitability of Health Walks and the risk assessments required to enable good practise and the safety of all our members.

Professional trainers are brought in by CREW to train our members in first aid with CPR and use of defibrillators, which we provide at our the Wellness Hub exercise centres and during walks.

Other activities to supplement the above

Social activities for our members, their families and friends includes organised weekly lunches, an annual lunch and summer social evening.

We provide website information, available to all the community, which includes news about our weekly walking programmes and self-guided walks in the area, plus the contact information for our walk leaders.

Crew Heart Support Group
Trustees report (continued) for the year ended 28 February 2025

Achievement and 2024/5 performance:

The Trustees are once again pleased to report that we have had a very successful 12 months. Our membership has once again increased with new members attending our walking groups.

We continued our partnerships with NHS Social Prescribers and Staying Well teams to enable us to offer people the chance to join all or our activities, which is of benefit for physical exercise and mental wellbeing.

The exercise classes, operating under the 'Active Rainbow Wellness Hub', also had another successful 12 months and we have been able to introduce new classes. CREW HSG have assisted the instructors during the year with continued support as needed and with first aid training for both instructors and walk leaders.

The Trustees decided that it was in the best interest of the organisation and its members to continue to have our own comprehensive insurance policy, which we renewed with Zurich Insurance.

Socially we had an evening at Queens Sports Club with 55 members attending, including supper, quiz and raffle. Our Annual lunch in January 25 was held at the Maypole Inn, Warley, and was well attended, meeting up with friends we hadn't seen for a while and we had anexcellent meal and included a raffle.

Keep Fit for All, a national organisation, with a branch covering Huddersfield and Halifax decided to support CREW HSG during 2024. They held a walk, garden party and social event to raise money for CREW, which a number of our members attended and were made very welcome. In March we attended their 100 Years Birthday Party, when they presented CREW with £370.17, raised from their efforts.

In March 2025 one of our Founding Members, Maureen Longridge, sadly passed away, Maureen was No. 1 on our members list and the person who suggested the name of CREW. We were both saddened but pleased to recieve £150.00 from a collection at her funeral.
The bulk of our funds remains invested with CCLA, the UK's largest charity fund manager, to obtain a better return.
During the financial year we have continued to work with the Yorkshire Ambulance Service Charity Trust. We work with them to put more defibrillators into communities in Kirklees and Calderdale, and the information details have been sent out to start the process of future applications.

Trustees	10
Lotto manager	1

Paid Project Instructor to supervise the 'Wellness Hub'

The Instructor was paid expenses only

Annual report on Income and Expenditure

	2025	2024
	£	£
Cash/Bank Balance B/Fwd	92,315	12,407
Income	8,256	87,932
Expenditure	22,133	8,024
Cash/Bank Balance C/Fwd	**78,438**	**92,315**

Public Benefit Statement

In setting our objectives and planning our activities, the Trustees of CREW have paid due regard to the Charities Commission guidance on public benefit.

Crew Heart Support Group
Trustees report (continued) for the year ended 28 February 2025

Statement of trustees' responsibilities in relation to the financial statements

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the Board of Trustees on 26 November 2025

Edwin Birks (Trustee)

Crew Heart Support Group
Independent Examiner's Report

Independent examiner's report to the trustees of CREW

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 28 February 2025, which are set out on pages 7 to 13.

Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors 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 charitable 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 charity's accounts as carried out under section 145 of the Charities Act ('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 material 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 accounts do not accord with those records; or
3. the accounts 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 accounts 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 (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.

Signed
Simon Bottomley ACMA CGMA
26 November 2025

1 Longfield
Stainland Road
Holywell Green
Halifax
HX4 9AE

Crew Heart Support Group
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 28 February 2025

	Notes	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Income from:					
Grants, donations and legacies	2	1,863		1,863	82,626
Other fundraising activities	3	3,576		3,576	4,848
Bank Interest		2,817		2,817	458
Total Income		**8,256**	**0**	**8,256**	**87,932**
Expenditure on:					
Charitable activies	4	8,378	235	8,613	3,513
Other	5	12,865	655	13,520	4,824
Total Expenditure		**21,243**	**890**	**22,133**	**8,337**
Net Income		(12,987)	(890)	(13,877)	79,595
Transfer between Funds		1,775	(1,775)	0	0
Net movement in funds		**(11,212)**	**(2,665)**	**(13,877)**	**79,595**
Fund balances brought forward		89,650	2,665	92,315	12,720
Fund balances carried forward		**78,438**	**0**	**78,438**	**92,315**

Crew Heart Support Group
Balance Sheet
as at 28 February 2024

	Notes	2025 £	2024 £
Fixed Assets			
Tangible assets	8	0	0
		0	**0**
Current Assets			
Cash at bank and in hand	9	78,438	92,315
		78,438	**92,315**
Creditors: Amounts falling due within one year	10	0	0
Net current assets		**78,438**	**92,315**
Net assets		**78,438**	**92,315**
Funds			
Restricted funds		0	2,665
Unrestricted funds		78,438	89,650
Total funds		**78,438**	**92,315**

For the year ending 28th February 2025 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with Section 476 of the same Act. The Trustees, who are also Directors for the purpose of Company Law, acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and of the preperation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with FRS 102.

The Financial Statements were approved by the Board of Trustees on 27/11/2025.

E. Birks

Trustee

27 November 2025

Crew Heart Support Group
Statement of Cash Flows
for the year ended 28 February 2025

	2024 £	2023 £
Cash flows from operating activities		
Net Income per Statement of Financial Activities	(13,877)	79,595
Adjustments for:		
Depreciation		313
Net cash provided by operating activities	(13,877)	79,908
Net increase in cash and cash equivalents	(13,877)	79,908
Cash and cash equivalents at the start of the year	92,315	12,407
Cash and cash equivalents at the end of the year	**78,438**	**92,315**
Components of cash and cash equivalents		
Cash and bank balances	78,438	92,315
Total cash and cash equivalents	**78,438**	**92,315**

Crew Heart Support Group
Notes to the Accounts
for the year ended 28 February 2025

1. Accounting Policies

Basis of Accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.The charity constitutes a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.
Donated goods for resale are valued at the amount actually realised upon their sale.
Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

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 or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

2. Income from Donations, Grants and Legacies

	2025 Unrestricted Funds	2025 Restricted Funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Donations	570		570	1,235
Grants			0	2,860
Legacies			0	78,531
HMRC Gift Aid	1,293		1,293	0
Total	**1,863**	**0**	**1,863**	**82,626**

3. Income from other fundraising activities

	2025 Unrestricted	2025 Total	2024 Total
	£	£	£
Other fundraising Income	3,576	3,576	4,848

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2025

4. Expenditure on charitable activities

	2025 Unrestricted	2025 Restricted	2025 Total	2024 Total
	£	£	£	£
Misc Equipment		35	35	574
Training		200	200	0
Defibrillators	3,550		3,550	0
Exercise classes	3,708		3,708	0
Social Events	1,120		1,120	2,939
Total expenditure on charitable activities	**8,378**	**235**	**8,613**	**3,513**

5. Other Expenditure

	2025 Unrestricted	2025 Restricted	2025 Total	2024 Total
	£	£	£	£
Self employed contractors	12,071	655	12,726	3,848
Depreciation	0		0	313
General Administration	794		794	663
Total other expenditure	**12,865**	**655**	**13,520**	**4,824**

6. Salary and Pension Costs

All work is carried out by self employed contractors so there are no employees or pension plan.

7. Restricted Funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Sport England	530			(530)	0
West Yorkshire CA	1,480		235	(1,245)	0
Community Foundation for Calderdale	656		656		0
	2,666	**0**	**891**	**(1,775)**	**0**

Fund Name	Purpose of Restriction
Sport England	Back to Play - Re-starting exercise classes in 4 different locations
West Yorkshire CA	Provision of training for First Aid and to be a Walk Leader
Community Foundation for Calderdale	Paying group Secretary for 12 months

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2025

8. Tangible Fixed Assets

	2025	2024
	£	£
Net Book Value b/f	0	313
Additions		
Depreciation	0	313
Net book value c/f	**0**	**0**

9. Cash at Bank and in Hand

	2025	2024
	£	£
Bank	78,438	92,315
Cash	0	0
	78,438	**92,315**

10. Creditors and Accruals

	2025	2024
	£	£
Amounts falling due within one year	0	0

11. Trustee Expenses

No trustees received any expenses during this or the previous year.

12. Related Party Transactions

Trustee Expenses

No trustee received any expenses in this year or the prior year

Trustee Remuneration and Benefits

No trustee received any remuneration or benefits in this year or the prior year

Accounts

Crew Heart Support Group

Registered Charity Number: 1163338

Company No: CE004443

Affiliated to the British Heart Foundation as a Heart Support Group

Annual Report and Financial Statements

for the Year Ended 28th February 2024

Contents	Page

Crew Heart Support Group
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The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 28 February 2024.

REFERENCE AND ADMINISTRATIVE DETAILS
Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

E. Birks	
E. Connolly	
P. Fordham	
B. Gregson	
D. Barton	
C. Young	
R. Henley	
T. Wall	Resigned October 18th 2023
W. Nicholls	
J. Porteus	Appointed October 18th 2023
P. Trivedi	Appointed October 18th 2023

Company No. CE004443
Charity No. 1163338

Registered Office

28 Pavilion View
Huddersfield
HD3 3WU

Cardiac Rehabilitaion through Exercise and Walking HSG Trustees' annual report: (TAR)

CREW's core activities are to benefit all of those who have, or are at risk of, some form of cardiovascular disease and is centred on the known recognized structurers of an affiliated 'Heart Support Group'(HSG) within the British Heart Foundations 300+ independently run groups nationwide.
CREW HSG operates for the benefit of members who need:
Cardiac rehabilitation after hospitalization programmes have finished.
Support in reducing risk factors for future Cardiovascular disease, Diabetes, Hypertension, Strokes etc.

Our activities therefore are the continuation of a medical or health professionals' intervention. They are related to secondary care to ensure that members and their carers have a peer dependent organization which enables them to continue with a lifestyle that includes walking for health and regular exercise with there associated health benefits.

Details of our activities

CREW HSG is linked to the NHS Social Prescribers, Staying Well and GP surgeries in Calderdale and supports patients who have been advised by their clinician to join structured exercise and walking groups as part of their future wellbeing, mental awareness and health.

Activities to facilitate the above are:
- Weekly walking groups for all abilities, with qualified walk leaders.
- Our self-guided walking programme.

CREW HSG also promotes exercise classes (aerobic through structured programmes and Tai Chi for health) operating under the 'Active Rainbow Wellness Hub'. The Wellness Hub incorporates 5 fully qualified, self-employed British Cardiac Phase 4 rehab instructors operating in 4 core centres and 10 village and community group facilities.

Walk Leader training is provided by a professional organisation (SPLAT). The training includes the suitability of Health Walks and the risk assessments required to enable good practise and the safety of all our members.

Professional trainers are brought in by CREW to train our members in first aid with CPR and use of defibrillators, which we provide at our the Wellness Hub exercise centres and during walks.

Other activities to supplement the above

Social activities for our members, their families and friends includes organised weekly lunches, an annual lunch and summer social evening.

We provide website information, available to all the community, which includes news about our weekly walking programmes and self-guided walks in the area, plus the contact information for our walk leaders.

Crew Heart Support Group
Trustees report (continued) for the year ended 28 February 2024

Achievement and 2023/4 performance:

The Trustees are once again pleased to report that we have had a very successful 12 months. Our membership has once again increased with new members attending our walking groups.

We continued our partnerships with NHS Social Prescribers and Staying Well teams to enable us to offer people the chance to join all or our activities, which is of benefit for physical exercise and mental wellbeing.

The exercise classes, operating under the 'Active Rainbow Wellness Hub', also had another successful 12 months and we have been able to introduce new classes. CREW HSG have assisted the instructors during the year with continued support as needed and with first aid training for both instructors and walk leaders.

The Trustees decided that it was in the best interest of the organisation and its members to have our own comprehensive insurance policy. An appropriate policy has been purchased from Zurich Insurance.

To promote CREW we attended the Memory Lane Party at Crow Wood Park, Sowerby Bridge in July 2023 where we handed out leaflets, talked to visitors and had a Tombola at our stall.

Socially we had an evening at Queens Sports Club with 70 members attending, including supper, quiz and raffle. Our Annual lunch in January 24 was again well attended meeting up with friends we hadn't seen for a while.

Keep Fit for All, a national organisation, with a branch covering Huddersfield and Halifax decided to support CREW HSG. They held a walk, garden party and social event to raise money for CREW, which a number of our members attended and were made very welcome.

At the end of November 2022 one of our long standing members Rosemary Miller sadly passed away. Then in September 2023 we were told that the executors of her estate had decided to give the balance of some £75,000 to CREW HSG. Though very welcome this did leave the Trustees in a dilemma, we didn't just want to invest the money but do something constructive with it.
Since year end we have invested the bulk of the funds with CCLA, the UK's largest charity fund manager,to obtain a better return. We decided to offer our Secretary the opportunity to become our part-time Co-ordinator to promote CREW HSG.
Our defibrillators were 15 years old so these have been replaced from the Yorkshire Ambulance Service Charity. We are also going to work with them to put more defibrillators into communities in Kirklees and Calderdale.

Trustees	9
Lotto manager	1

Paid Project Instructor to supervise the 'Wellness Hub'

The Instructor was paid expenses only

Annual report on Income and Expenditure

	2024	2023
	£	£
Cash/Bank Balance B/Fwd	12,407	10,233
Income	87,932	8,707
Expenditure	8,024	6,533
Cash/Bank Balance C/Fwd	**92,315**	**12,407**

Public Benefit Statement

In setting our objectives and planning our activities, the Trustees of CREW have paid due regard to the Charities Commission guidance on public benefit.

Statement of trustees' responsibilities in relation to the financial statements

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the Board of Trustees on 27 November 2024

Edwin Birks (Trustee)

Crew Heart Support Group
Independent Examiner's Report

Independent examiner's report to the trustees of CREW

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 28 February 2024, which are set out on pages 7 to 13.

Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors 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 charitable 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 charity's accounts as carried out under section 145 of the Charities Act ('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 material 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 accounts do not accord with those records; or
3. the accounts 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 accounts 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 (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.

Signed
Simon Bottomley ACMA CGMA
27 November 2024

1 Longfield
Stainland Road
Holywell Green
Halifax
HX4 9AE

Crew Heart Support Group
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 28 February 2024

	Notes	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Income from:					
Grants, donations and legacies	2	79,766	2,860	82,626	6,885
Other fundraising activities	3	4,848		4,848	1,822
Bank Interest		458		458	0
Total Income		**85,072**	**2,860**	**87,932**	**8,707**
Expenditure on:					
Charitable activies	4	3,322	191	3,513	3,285
Other	5	2,619	2,205	4,824	3,559
Total Expenditure		**5,941**	**2,396**	**8,337**	**6,844**
Net Income		79,131	464	79,595	1,863
Transfer between Funds				0	0
Net movement in funds		**79,131**	**464**	**79,595**	**1,863**
Fund balances brought forward		10,519	2,201	12,720	10,857
Fund balances carried forward		**89,650**	**2,665**	**92,315**	**12,720**

Crew Heart Support Group
Balance Sheet
as at 28 February 2024

	Notes	2024 £	2023 £
Fixed Assets			
Tangible assets	8	0	313
		0	**313**
Current Assets			
Cash at bank and in hand	9	92,315	12,407
		92,315	**12,407**
Creditors: Amounts falling due within one year	10	0	0
Net current assets		**92,315**	**12,407**
Net assets		**92,315**	**12,720**
Funds			
Restricted funds		2,665	2,201
Unrestricted funds		89,650	10,519
Total funds		**92,315**	**12,720**

For the year ending 28th February 2024 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with Section 476 of the same Act. The Trustees, who are also Directors for the purpose of Company Law, acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and of the preperation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with FRS 102.

The Financial Statements were approved by the Board of Trustees on 27/11/2024.

E. Birks
Trustee
27 November 2024

Crew Heart Support Group
Statement of Cash Flows
for the year ended 28 February 2024

	2024 £	2023 £
Cash flows from operating activities		
Net Income per Statement of Financial Activities	79,595	1,863
Adjustments for:		
Depreciation	313	311
Net cash provided by operating activities	79,908	2,174
Net increase in cash and cash equivalents	79,908	2,174
Cash and cash equivalents at the start of the year	12,407	10,233
Cash and cash equivalents at the end of the year	**92,315**	**12,407**
Components of cash and cash equivalents		
Cash and bank balances	92,315	12,407
Total cash and cash equivalents	**92,315**	**12,407**

Crew Heart Support Group
Notes to the Accounts
for the year ended 28 February 2024

1. Accounting Policies

Basis of Accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.The charity constitutes a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.
Donated goods for resale are valued at the amount actually realised upon their sale.
Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2024

Tangible fixed assets

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

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 or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

2. Income from Donations, Grants and Legacies

	2024 Unrestricted Funds £	2024 Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Donations	1,235		1,235	1,664
Grants		2,860	2,860	3,221
Legacies	78,531		78,531	2,000
Total	**79,766**	**2,860**	**82,626**	**6,885**

3. Income from other fundraising activities

	2024 Unrestricted £	2024 Total £	2023 Total £
Other fundraisinging Income	4,848	4,848	1,822

4. Expenditure on charitable activities

	2024 Unrestricted £	2024 Restricted £	2024 Total £	2023 Total £
Misc Equipment	383	191	574	70
Training			0	2,642
Social Events	2,939		2,939	573
Total expenditure on charitable activities	**3,322**	**191**	**3,513**	**3,285**

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2024

5. Other Expenditure

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Self employed contractors	1,688	2,160	3,848	3,082
Depreciation	313		313	311
General Administration	618	45	663	166
Total other expenditure	**2,619**	**2,205**	**4,824**	**3,559**

6. Salary and Pension Costs

All work is carried out by self employed contractors so there are no employees or pension plan.

7. Restricted Funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Sport England	530				530
West Yorkshire CA	1,671		191		1,480
Community Foundation for Calderdale		2,860	2,204		656
	2,201	**2,860**	**2,395**	**0**	**2,666**

Fund Name	**Purpose of Restriction**
Sport England	Back to Play - Re-starting exercise classes in 4 different locations
West Yorkshire CA	Provision of training for First Aid and to be a Walk Leader
Community Foundation for Calderdale	Paying group Secretary for 12 months

8. Tangible Fixed Assets

	2024	2023
	£	£
Net Book Value b/f	313	624
Additions		
Depreciation	313	311
Net book value c/f	**0**	**313**

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2024

9. Cash at Bank and in Hand

	2024	2023
	£	£
Bank	92,315	12,407
Cash	0	0
	92,315	**12,407**

10. Creditors and Accruals

	2024	2023
	£	£
Amounts falling due within one year	0	0

11. Trustee Expenses

No trustees received any expenses during this or the previous year.

12. Related Party Transactions

Trustee Expenses

No trustee received any expenses in this year or the prior year

Trustee Remuneration and Benefits

No trustee received any remuneration or benefits in this year or the prior year

Accounts

Crew Heart Support Group

Registered Charity Number: 1163338

Company No: CE004443

Affiliated to the British Heart Foundation as a Heart Support Group

Annual Report and Financial Statements

for the Year Ended 28th February 2023

Contents **Page**

Crew Heart Support Group
Trustees report for the year ended 28 February 2023

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 28 February 2023.

REFERENCE AND ADMINISTRATIVE DETAILS
Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

E. Birks	
E. Blackbond - Firth	Resigned 09/09/2022
J. Boyle	Resigned 09/09/2022
C. Bracegirdle	Resigned 09/09/2022
S.L. Chevolleau	Resigned 09/09/2022
E. Connolly	
P. Fordham	
B. Gregson	
A. Tudor	Resigned 09/09/2022
D. Barton	
C. Young	
R. Henley	Appointed 19/10/2022
T. Wall	Appointed 19/10/2022
W. Nicholls	Appointed 19/10/2022

Company No. CE004443
Charity No. 1163338

Registered Office

28 Pavilion View
Huddersfield
HD3 3WU

Cardiac Rehabilitaion through Exercise and Walking HSG Trustees' annual report: (TAR)

CREW's core activities are to benefit all of those who have, or are at risk of, some form of cardiovascular disease and is centred on the known recognized structurers of an affiliated 'Heart Support Group'(HSG) within the British Heart Foundations 300+ independently run groups nationwide.

CREW HSG operates for the benefit of members who need:

Cardiac rehabilitation after hospitalization programmes have finished.

Support in reducing risk factors for future Cardiovascular disease, Diabetes, Hypertension, Strokes etc.

Our activities therefore are the continuation of a medical or health professionals' intervention. They are related to secondary care to ensure that members and their carers have a peer dependent organization which enables them to continue with a lifestyle that includes walking for health and regular exercise with there associated health benefits.

Details of our activities

CREW HSG is linked to the NHS Social Prescribers, Staying Well and GP surgeries in Calderdale and supports patients who have been advised by their clinician to join structured exercise and walking groups as part of their future wellbeing, mental awareness and health.

Activities to facilitate the above are:

- Weekly walking groups for all abilities, with qualified walk leaders.
- Our self-guided walking programme.

CREW HSG also promotes exercise classes (aerobic through structured programmes and Tai Chi for health) operating under the 'Active Rainbow Wellness Hub'. The Wellness Hub incorporates 5 fully qualified, self-employed British Cardiac Phase 4 rehab instructors operating in 4 core centres and 10 village and community group facilities.

Walk Leader training is provided by a professional organisation (SPLAT). The training includes the suitability of Health Walks and the risk assessments required to enable good practise and the safety of all our members.

Professional trainers are brought in by CREW to train our members in first aid with CPR and use of defibrillators, which we provide at our the Wellness Hub exercise centres and during walks.

Other activities to supplement the above

Social activities for our members, their families and friends including organised weekly lunches, an annual lunch and summer social evening.

We provide website information, available to all the community, which includes news about our weekly walking programmes and self-guided walks in the area, plus the contact information for our walk leaders.

Achievement and 2022/3 performance:

The Trustees are pleased to report that we have had a very successful 12 months. Our membership has once again increased with new members attending our walking groups.

We were able to continue our walks with no COVID restrictions during this period: groups of over 25 people regularly attended our Tuesday walks, with an increase in numbers on our Monday and Thursday surgery walks and our Friday longer walk. In total we had between 50 and 60 attending each week. Sadly, some of our long-term members had to retire from our walking groups.

We continued to work with the NHS Social Prescribers and Staying Well to offer people the chance to join our walking groups, not only for exercise but for their mental wellbeing.

The exercise classes, operating under the ‘Active Rainbow Wellness Hub’, also had a very successful 12 months with new classes introduced to meet the demand. CREW continued to support the instructors during the year with grants to carry out their classes. We also provided a ‘Cardiac Rehabilitation Instructors' Course’ for all our instructors to update their skills.

In July 2022, we were able to hold our first members’ social evening since COVID; it was very well supported by our members, their families and friends. Various activities took place during the evening, which also helped to raise some funds for our charity.

In January 2023, we held our second Annual lunch in one of Halifax’s premier restaurants which once again went extremely well. It enabled our members to get together and meet many old friends not seen for a while.

Volunteers

Trained Walk Leaders	10
Trustees	9
Lotto manager	1

Paid Project Instructor to supervise the ‘Wellness Hub’

The Instructor was paid expenses only

Annual report on Income and Expenditure

	2023	**2022**
	£	**£**
Cash/Bank Balance B/Fwd	10,233	19,649
Income	8,707	20,090
Expenditure	6,533	29,816
Cash/Bank Balance C/Fwd	12,407	10,233

Public Benefit Statement

In setting our objectives and planning our activities, the Trustees of CREW have paid due regard to the Charities Commission guidance on public benefit.

Statement of trustees' responsibilities in relation to the financial statements

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the Board of Trustees on November 29th 2023

Edwin Birks (Trustee)

Crew Heart Support Group
Independent Examiner's Report

Independent examiner's report to the trustees of CREW

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 28 February 2023, which are set out on pages 7 to 13.

Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors 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 charitable 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 charity's accounts as carried out under section 145 of the Charities Act ('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 material 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 accounts do not accord with those records; or
3. the accounts 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 accounts 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 (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.

Signed
Simon Bottomley ACMA CGMA
29 November 2023

1 Longfield
Stainland Road
Holywell Green
Halifax
HX4 9AE

Crew Heart Support Group
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 28 February 2023

	Notes	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Income from:					
Grants, donations and legacies	2	3,664	3,221	6,885	17,264
Other fundraising activities	3	1,822	0	1,822	2,826
Total Income		**5,486**	**3,221**	**8,707**	**20,090**
Expenditure on:					
Charitable activies	4	1,349	1,936	3,285	27,975
Other	5	3,559	0	3,559	1,841
Total Expenditure		**4,908**	**1,936**	**6,844**	**29,816**
Net Income		578	1,285	1,863	(9,726)
Transfer between Funds		11	(11)	0	0
Net movement in funds		**589**	**1,274**	**1,863**	**(9,726)**
Fund balances brought forward		9,930	927	10,857	20,583
Fund balances carried forward		**10,519**	**2,201**	**12,720**	**10,857**

Crew Heart Support Group
Balance Sheet
as at 28 February 2023

	Notes	2023 £	2022 £
Fixed Assets			
Tangible assets	8	313	624
		313	**624**
Current Assets			
Cash at bank and in hand	9	12,407	10,233
		12,407	**10,233**
Creditors: Amounts falling due within one year	10	0	0
Net current assets		**12,407**	**10,233**
Net assets		**12,720**	**10,857**
Funds			
Restricted funds		2,201	927
Unrestricted funds		10,519	9,930
Total funds		**12,720**	**10,857**

For the year ending 28th February 2023 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with Section 476 of the same Act. The Trustees, who are also Directors for the purpose of Company Law, acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and of the preperation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with FRS 102.

The Financial Statements were approved by the Board of Trustees on 29/11/2023.

E. Birks
Trustee
29th November 2023

Crew Heart Support Group
Statement of Cash Flows
for the year ended 28 February 2023

	2023	2022
	£	£
Cash flows from operating activities		
Net Income per Statement of Financial Activities	1,863	(9,726)
Adjustments for:		
Depreciation	311	311
Net cash provided by operating activities	2,174	(9,415)
Net increase in cash and cash equivalents	2,174	(9,415)
Cash and cash equivalents at the start of the year	10,233	19,648
Cash and cash equivalents at the end of the year	**12,407**	**10,233**
Components of cash and cash equivalents		
Cash and bank balances	12,407	10,233
Total cash and cash equivalents	**12,407**	**10,233**

Crew Heart Support Group
Notes to the Accounts
for the year ended 28 February 2023

1. Accounting Policies

Basis of Accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.The charity constitutes a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.
Donated goods for resale are valued at the amount actually realised upon their sale.
Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2023

Tangible fixed assets

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

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 or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

2. Income from Donations, Grants and Legacies

	2023 Unrestricted Funds £	2023 Restricted Funds £	2023 Total Funds £	2022 Total Funds £
Donations	1,664		1,664	934
Grants		3,221	3,221	16,330
Legacies	2,000		2,000	0
Total	**3,664**	**3,221**	**6,885**	**17,264**

3. Income from other fundraising activities

	2023 Unrestricted £	2023 Total £	2022 Total £
Other fundraisinging Income	1,822	1,822	2,826

4. Expenditure on charitable activities

	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Total £
Self employed contractors			0	26,655
Misc Equipment		70	70	110
Premises costs for classes			0	1,098

Training	1,102	1,540	2,642	112
Social Event	247	326	573	0
Total expenditure on charitable activities	**1,349**	**1,936**	**3,285**	**27,975**

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2022

5. Other Expenditure

	2023 Unrestricted £	2023 Restricted £	2023 Total £	2022 Total £
Self employed contractors	3,082		3,082	1,430
Depreciation	311		311	311
General Administration	166		166	100
Total other expenditure	**3,559**	**0**	**3,559**	**1,841**

6. Salary and Pension Costs

All work is carried out by self employed contractors so there are no employees or pension plan.

7. Restricted Funds

	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
Community Foundation for Calderdale	337		326	(11)	0
Sport England	530				530
Staying Well	60		60		0
West Yorkshire CA	0	3,221	1,550		1,671
	927	**3,221**	**1,936**	**(11)**	**2,201**

Fund Name	**Purpose of Restriction**
Community Foundation for Calderdale	To support thr return of instructors back into the community following COVID.
Sport England	Back to Play - Re-starting exercise classes in 4 different locations
Staying Well	Providing a monthly male only class in Ovendon for a year.
West Yorkshire CA	Provision of training for First Aid and to be a Walk Leader

8. Tangible Fixed Assets

	2023 £	2022 £
Net Book Value b/f	624	935
Additions		
Depreciation	311	311
Net book value c/f	**313**	**624**

9. Cash at Bank and in Hand

	2023	2022
	£	£
Bank	12,407	10,226
Cash	0	7
	12,407	**10,233**

10. Creditors and Accruals

	2023	2022
	£	£
Amounts falling due within one year	0	0

11. Trustee Expenses

No trustees received any expenses during this or the previous year.

12. Related Party Transactions

The key management of the charity are the Trustees, none of whom were paid for this role.

Other Transactions with Trustees or Related Parties

Name of Trustee or Related Party	Relationship to Charity	Type of Transaction	2023 £	2022 £
Eve Firth-Blackbond	Trustee	Professional services	0	11,103
Sophie Chevolleau	Trustee	Professional services	3,082	14,726
			3,082	**25,829**

Accounts

Crew Heart Support Group

Registered Charity Number: 1163338

Company No: CE004443

Affiliated to the British Heart Foundation as a Heart Support Group

Annual Report and Financial Statements

for the Year Ended 28th February 2022

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Crew Heart Support Group
Trustees report for the year ended 28 February 2022

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 28 February 2022.

REFERENCE AND ADMINISTRATIVE DETAILS
Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

E. Birks		
E. Blackbond - Firth	Resigned 09/09/2022	
J. Boyle	Resigned 09/09/2022	
C. Bracegirdle	Appointed 01/10/2021	Resigned 09/09/2022
S.L. Chevolleau	Resigned 09/09/2022	
E. Connolly		
P. Fordham		
B. Gregson		
A. Tudor	Resigned 09/09/2022	
D. Barton	Appointed 01/10/2021	
C. Young	Appointed 01/10/2021	
R. Henley	Appointed 19/10/2022	
T. Wall	Appointed 19/10/2022	
W. Nicholls	Appointed 19/10/2022	

Company No. CE004443
Charity No. 1163338

Registered Office

28 Pavilion View
Huddersfield
HD3 3WU

Cardiac Rehabilitaion through Exercise and Walking HSG Trustees' annual report: (TAR)

CREW's core activities are to benefit the community, for all the people who have, or are at risk of some form of cardiovascular disease and is centred on the known recognized structurers of an affiliated 'Heart Support Group',

(HSG) within the British Heart Foundations 300+ nationwide independently run groups.
CREW HSG operates for the benefit of members who need to continue with:
Cardiac rehabilitation after hospitalization programmes have finished.
Support in reducing risk factors for future Cardiovascular disease, Diabetes, Hypertension, Strokes etc.

Our activities therefore are the continuation of the medical or health professionals' intervention. They are related to secondary care to ensure that members and their carers have a peer dependent organization. To enable them to continue with a lifestyle that includes regular exercise sessions alongside walking for health, covering all areas of health benefits.

Activities to facilitate the above:

Aerobic exercise classes through structured programmes.
Tai-Chi for health exercise classes
Weekly walking groups for all abilities, with qualified walk leaders.
Our self-guided walking programme.
A "Wellness Hub" which incorporates 5 fully qualified British Association for Cardiac Rehabilitation (BACR) or Cardiac Phase 4 rehab instructors, who are self-employed. We have 4 core centres and 10 village and community group facilities.

Details of our activities

CREW is linked to the NHS Social Prescribers, Staying Well and GP surgeries in Calderdale. This is for all patients who have been advised by the clinician to join structured exercise and walking groups as part of their future wellbeing, mental awareness and health.

Walk Leader training is provided by a professional organisation (SPLAT). The training includes the suitability of Health Walks and the risk assessments required to enable good practise and the safety of all our members.

Professional trainers are brought in by CREW to train our members in first aid with CPR and use of defibrillators, (which we provide at our exercise centres and walks)

Other activities to supplement the above

Social activities for our members, their families, friends and carers include organised weekly and annual members' luncheons.

We provide an in-house regular Newsletter, distributed to all members.

We provide website information, available to all the community with news on our exercise classes, weekly walking programmes and self-guided walks, along with the contact information for our tutors and walk leaders.

We provide leaflets to GP surgeries, libraries, tourist information centres and through local monthly distribution booklets, to advertise CREW.

Crew Heart Support Group
Trustees report (continued) for the year ended 28 February 2022

Achievement and 2021/2022 performance:

The Trustees report that we have had a very difficult 12 months, with the COVID pandemic taking its toll on the whole country. Fortunately, due to substantial grants from the National Lottery, Staying Well, Community Foundation for Calderdale and Sports England, we were able to offer Zoom classes, free of charge to our members and the wider community. This did see an initial increase in membership, 10-20 people, when our exercise classes were able to return to 'face to face' sessions and our walking groups could once again continue at full strength. Through the year this did rise to between 25-35 new members.

Our team of exercise instructors have had to increase their classes to meet the demands of our members.

Walking groups initially operated in smaller groups, to comply with government guidelines. Fortunately, as time went on, more members returned, and an influx of new members ensured that some walks had increased beyond pre-COVID levels, so as much as 6 new members, attending regularly, with others occasionally.

Working with the NHS Social Prescribers and GP surgeries, we now provide short walks to suit the abilities of their patients.

We provide 4 walks each week throughout Calderdale and beyond, which are supported by 50 to 60 people each week.

Volunteers

Trained Walk Leaders	10
Trustees	9
Lotto manager	1

Paid Instructors

All instructors are self-employed and were supported by specific grants funded during the COVID pandemic.

Paid Project Instructor to supervise the 'Wellness Hub'

Instructor was paid expenses only

Annual report on Income and Expenditure

	2022	2021
	£	£
Cash/Bank Balance B/Fwd	19,649	7,850
Income	20,090	40,569
Expenditure	29,816	29,081
Cash/Bank Balance C/Fwd	10,233	19,649

Public Benefit Statement

In setting our objectives and planning our activities, the Trustees of CREW have paid due regard to the Charities Commission guidance on public benefit.

Crew Heart Support Group
Trustees report (continued) for the year ended 28 February 2022

Statement of trustees' responsibilities in relation to the financial statements

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the Board of Trustees on January 12th 2023

Edwin Birks (Trustee)

Crew Heart Support Group
Independent Examiner's Report

Independent examiner's report to the trustees of CREW

I report to the charity trustees on my examination of the accounts of the charitable company for the year ended 28 February 2022, which are set out on pages 7 to 13.

Responsibilities and basis of report

As the charity's trustees of the charitable company (and also its directors 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 charitable 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 charity's accounts as carried out under section 145 of the Charities Act ('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 material 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 accounts do not accord with those records; or
3. the accounts 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 accounts 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 (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.

Simon Bottomley

Signed
Simon Bottomley ACMA CGMA
13 January 2023

1 Longfield
Stainland Road
Holywell Green
Halifax
HX4 9AE

Crew Heart Support Group
Statement of Financial Activities
(including summary income and expenditure account)
for the year ended 28 February 2022

	Notes	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Income from:					**Restated**
Grants and donations	2	934	16,330	17,264	38,552
Other fundraising activities	3	2,826	0	2,826	2,017
Total Income		**3,760**	**16,330**	**20,090**	**40,569**
Expenditure on:					
Charitable activies	4	12,572	15,403	27,975	24,768
Other	5	1,841	0	1,841	4,313
Total Expenditure		**14,413**	**15,403**	**29,816**	**29,081**
Net Income		(10,653)	927	(9,726)	11,488
Transfer between Funds		0	0	0	0
Net movement in funds		**(10,653)**	**927**	**(9,726)**	**11,488**
Fund balances brought forward		20,583	0	20,583	9,095
Fund balances carried forward		**9,930**	**927**	**10,857**	**20,583**

Crew Heart Support Group
Balance Sheet
as at 28 February 2022

	Notes	2022 £	2021 £
Fixed Assets			
Tangible assets	8	624	935
		624	**935**
Current Assets			
Cash at bank and in hand	9	10,233	19,649
		10,233	**19,649**
Creditors: Amounts falling due within one year	10	0	(1)
Net current assets		**10,233**	**19,648**
Net assets		**10,857**	**20,583**
Funds			
Restricted funds		927	0
Unrestricted funds		9,930	20,583
Total funds		**10,857**	**20,583**

For the year ending 28th February 2022 the charitable 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 charitable company to obtain an audit of its accounts for the year in question in accordance with Section 476 of the same Act. The Trustees, who are also Directors for the purpose of Company Law, acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and of the preperation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with FRS 102.

The Financial Statements were approved by the Board of Trustees on 13/01/2023.

E. Birks

Trustee

13th January 2023

Crew Heart Support Group
Statement of Cash Flows
for the year ended 28 February 2022

	2022 £	2021 £
Cash flows from operating activities		
Net Income per Statement of Financial Activities	(9,726)	11,488
Adjustments for:		
Depreciation	311	311
Net cash provided by operating activities	(9,415)	11,799
Net increase in cash and cash equivalents	(9,415)	11,799
Cash and cash equivalents at the start of the year	19,649	7,850
Cash and cash equivalents at the end of the year	**10,234**	**19,649**
Components of cash and cash equivalents		
Cash and bank balances	10,234	19,649
Total cash and cash equivalents	**10,234**	**19,649**

Crew Heart Support Group
Notes to the Accounts
for the year ended 28 February 2022

1. Accounting Policies

Basis of Accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) and with the Charities Act 2011.The charity constitutes a public benefit entity as defined by FRS 102.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Going concern

The trustees are satisfied that there are no material uncertainties about the charity's ability to continue.

Incoming resources

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources, it is more likely than not that the trustees will receive the resources and the monetary value can be measured with sufficient reliability.

Grants and donations

Grants and donations are only included in the SOFA when the charity has unconditional entitlement to the resources. Where grants are related to performance and specific deliverables, they are accounted for as the charity earns the right to consideration by its performance.

Donated goods for resale are valued at the amount actually realised upon their sale.

Donated assets, facilities or services are valued at their estimated value to the charity. This is the price that the charity estimates it would pay in the open market for equivalent items; or services and facilities of equivalent utility to the charity.

Expenditure and liabilities

Expenditure is recognised on an accrual basis as a liability is incurred. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out the resources and the amount of the obligation can be measured with reasonable certainty.

Taxation

As a charity the organisation is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

Tangible fixed assets

Tangible fixed assets costing more than £1,000 are capitalised and included at cost including any incidental expenses of acquisition. Gifted assets are shown at the value to the charity on receipt.

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 or through the terms of an appeal.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Leases

Rents under operating leases are charged on a straight line basis over the lease term or to an earlier date if the lease can be determined without financial penalty.

2. Income from Donations and Grants

	2022 Unrestricted Funds £	2022 Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Donations	934		934	1,183
Grants		16,330	16,330	37,369
Total	**934**	**16,330**	**17,264**	**38,552**

3. Income from other fundraising activities

	2022 Unrestricted £	2022 Total £	2021 Total £
Other fundraisinging Income	2,826	2,826	2,017

4. Expenditure on charitable activities

	2022 Unrestricted £	2022 Restricted £	2022 Total £	2021 Total £ Restated
Self employed contractors	12,172	14,483	26,655	23,950
Misc Equipment		110	110	143
Premises costs for classes	288	810	1,098	50
Training	112		112	625
Total other expenditure	**12,572**	**15,403**	**27,975**	**24,768**

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2022

5. Other Expenditure

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
				Restated
Self employed contractors	1,430		1,430	1,810
Depreciation	311		311	311
General Administration	100		100	2,192
Total other expenditure	**1,841**	**0**	**1,841**	**4,313**

6. Salary and Pension Costs

All work is carried out by self employed contractors so there are no employees or pension plan.

7. Restricted Funds

	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
Community Foundation for Calderdale	0	3,091	2,754		337
Sport England	0	9,972	9,442		530
Staying Well	0	3,267	3,207		60
	0	**16,330**	**15,403**	**0**	**927**

Fund Name	Purpose of Restriction
Community Foundation for Calderdale	To support thr return of instructors back into the community following COVID.
Sport England	Back to Play - Re-starting exercise classes in 4 different locations
Staying Well	Providing a monthly male only class in Ovendon for a year.

8. Tangible Fixed Assets

	2022	2021
	£	£
Net Book Value b/f	935	1,246
Additions		
Depreciation	311	311
Net book value c/f	**624**	**935**

Crew Heart Support Group
Notes to the Accounts continued
for the year ended 28 February 2022

9. Cash at Bank and in Hand

	2022	2021
	£	£
Bank	10,226	19,557
Cash	7	92
	10,233	**19,649**

10. Creditors and Accruals

	2022	2021
	£	£
Amounts falling due within one year	0	1

11. Trustee Expenses

No trustees received any expenses during this or the previous year.

12. Related Party Transactions

The key management of the charity are the Trustees, none of whom were paid for this role.

Other Transactions with Tustees or Related Parties

Name of Trustee or Related Party	Relationship to Charity	Type of Transaction	2022 £	2021 £
Eve Firth-Blackbond	Trustee	Professional services	11,103	7,848
Sophie Chevolleau	Trustee	Professional services	14,726	14,082
			25,829	**21,930**

Accounts

CREW Heart Support Group

Affiliated to the British Heart Foundation as a Heart support group.

Registered Charity Number: 1163338

CREW Heart Support Group Trustees annual Report: (TAR)

Date: 30 November 2021

CREWs core activities to benefit the community and all people who have, or are at risk of some form of cardiovascular disease is centered on the known and recognised structures of an affiliated' Heart Support Group' within the British Heart foundations 300 plus nationwide independently run groups.

CREW have membership of the British Heart Foundations Patient Information Panel, one delegate takes part in the selected group of heart support members in the UK. This group carries prestige and influence in the Marketing and patient policies to enable the BHF to collaborate ideas with their publicity and research programmes.

CREW HSG operate for the benefit of members who need to continue with:

a) Cardiac Rehabilitation after hospitalisation programmes have finished.

b) Along with our partners, NHS Cardiac Rehabilitation Services and the Better Living Team's GP referral, for associated risk factors to future Cardiovascular disease, because of Diabetes-Hypertension, Strokes etc.

c) Our activities therefore are the continuation of the medical or health professional's intervention and are related to secondary care to ensure that members and their carers have a peer dependent organisation for them to continue with a lifestyle that includes regular exercise sessions, with walking for health activity throughout the areas of benefit.

Activities to facilitate the above:

Aerobic exercise classes through structured programmes.

Tai-Chi for health exercise classes in areas without facilities previously

Weekly walking groups with qualified walk leaders.

Educational classes via the NHS on "The importance of being physically active."

"Wellness Hub" this incorporates 5 fully qualified BACR or Cardiac Phase 4 rehab instructors who are self-employed , and work within guidelines set by our Trustee professional who has the administration process and equipment supply policy for all the venues used = 4 core centres and 10 village and community group facilities.

CREWs walking group is now linked closely with Active Calderdale to deliver Health Walks from Doctor Surgeries and Clinics in Calderdale. This facility is for all patients who have been advised by their Clinician to join structured walking groups (CREW HSG) and exercising as part of their future wellbeing and Health.

Social activity for member's carers and their families / friends. i.e. organised functions, day trips, luncheons, Christmas party luncheons.

CPR training days with trainers from outside organisations, to train as many people as possible in good first aid and CPR/defibrillator use.

Other activity to supplement the above:

In house Newsletter distribution.

Delegates to Heart charities training days re; best practice for dealing with secondary care of ex heart patients.

Website information available to the community

Leaflet distribution to Doctors surgeries and press involvement to advertise the functions associated with the work in the community of a 'Heart Support Group.'

Ongoing walk leader training re suitability of Health Walks and the risk assessment elements that adhere to good practice guidelines.

Newly organised website to give members up to date organisational data for all activities.

Achievement and 2020/2021 performance.

The trustees reported that through this time we have met the objectives that we set at the end of the last financial year. We have seen a great improvement on membership increasing in both our exercise classes and our walks.

CREW have 4 core venues running 10 classes per week for approx.180 members

.

Walking groups:

Every week on a Tuesday (average at 25 of the fitter walkers)

Health Walking groups for shorter distances and duration:

5 days per week at 8 different walks throughout the area of Calderdale. Numbers are variable:

Other events:

Due to COVID we have been unable to put on any events this year.

Volunteers:

Trained Walk Leaders : 11

Lotto manager: 1

Casual paid instructors: all self-employed this year

Paid Project Trustee and instructor to supervise HUB : 1 (Expenses for services only.)

Annual report on Income and Expenditure:

Income: £40,569 Expenditure: £29,081 Balance: £11,488

In cash: £91.10

Cfwd. Balance as at 29th February 2021 £19,557.66

Balance sheet attached Trustees , approved and minuted at the CREW Trustee Meeting date.

Crew Heart Support Group

Charity No. 1163338

Company No. CE004443

Trustees' Report and Unaudited Accounts

28 February 2021

Crew Heart Support Group

Contents

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 28 February 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE004443

Charity No. 1163338

Registered Office

28 Pavilion View
Huddersfield
HD3 3WU

Directors and Trustees
The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

E. Birks
E. Blackbond - Firth
J. Boyle
C. Bracegirdle
S.L. Chevolleau
E. Connolly
P. Fordham
B. Gregson
A. Tudor

Accountants

Solutions Accountancy & Bookkeeping Ltd
1 The Mews
Little Brunswick Street
Huddersfield
HD1 5JL

Statement of trustees' responsibilities in relation to the financial statements

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

C. Bracegirdle CATHERINE BRACEGIRDLE (Nov 30, 2021 14:13 GMT)
Trustee
30 November 2021

Independent Examiner's Report to the trustees of Crew Heart Support Group

I report to the charity trustees on my examination of the accounts of Crew Heart Support Group for the year ended 28 February 2021 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors 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 charity 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 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

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

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

Trevor Worthington (Nov 30, 2021 14:18 GMT)

Solutions Accountancy & Bookkeeping Ltd
1 The Mews
Little Brunswick Street
Huddersfield

HD1 5JL
30 November 2021

Crew Heart Support Group
Statement of Financial Activities
for the year ended 28 February 2021

	Notes	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:				
Donations and legacies	4	40,519	40,519	5,995
Other trading activities	5	50	50	-
Total		40,569	40,569	5,995
Expenditure on:				
Charitable activities	6	121	121	96
Other	7	28,960	28,960	3,649
Total		29,081	29,081	3,745
Net gains on investments		-	-	-
Net income	8	11,488	11,488	2,250
Transfers between funds		-	-	-
Net income before other gains/(losses)		11,488	11,488	2,250
Other gains and losses				
Net movement in funds		11,488	11,488	2,250
Reconciliation of funds:				
Total funds brought forward		9,095	9,095	6,845
Total funds carried forward		20,583	20,583	9,095

Crew Heart Support Group
Summary Income and Expenditure Account
for the year ended 28 February 2021

	2021	2020
	£	£
Income	40,569	-
Gross income for the year	40,569	-
Expenditure	28,770	-
Depreciation and charges for impairment of fixed assets	311	-
Total expenditure for the year	29,081	-
Net income before tax for the year	11,488	-
Net income for the year	11,488	-

Crew Heart Support Group
Balance Sheet

at 28 February 2021

Company No. CE004443	**Notes**	**2021**	**2020**
		£	**£**
Fixed assets			
Tangible assets	10	935	1,246
		935	1,246
Current assets			
Cash at bank and in hand		19,649	7,850
		19,649	7,850
Creditors: Amount falling due within one year	11	(1)	(1)
Net current assets		19,648	7,849
Total assets less current liabilities		20,583	9,095
Net assets excluding pension asset or liability		20,583	9,095
Total net assets		20,583	9,095
The funds of the charity			
Restricted funds	12		
Unrestricted funds	12		
General funds		20,583	9,095
		20,583	9,095
Reserves	12		
Total funds		20,583	9,095

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.
For the year ended 28 February 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 30 November 2021

And signed on its behalf by:

CATHERINE BRACEGIRDLE (Nov 30, 2021 14:13 GMT)

C. Bracegirdle
Trustee
30 November 2021

Crew Heart Support Group
Statement of Cash flows

for the year ended 28 February 2021

	2021	2020
	£	£
Cash flows from operating activities		
Net income per Statement of Financial Activities	11,488	2,250
Adjustments for:		
Depreciation of property, plant and equipment	311	-
Increase in trade and other payables	-	2
Net cash provided by operating activities	11,799	2,252
Net cash used in investing activities	-	(1,246)
Net cash from financing activities	-	-
Net increase in cash and cash equivalents	11,799	1,006
Cash and cash equivalents at the beginning of the year	7,850	6,844
Cash and cash equivalents at the end of the year	19,649	7,850
Components of cash and cash equivalents		
Cash and bank balances	19,649	7,850
	19,649	7,850

for the year ended 28 February 2021

1 Accounting policies

Basis of preparation

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 (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.
Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.
All exchange differences are are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.
Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.
Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.
Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.
Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.
In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 **Company status**

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2020	Total funds 2020
	£	£
Income and endowments from:		
Donations and legacies	5,995	5,995
Total	5,995	5,995
Expenditure on:		
Charitable activities	96	96
Other	3,649	3,649
Total	3,745	3,745
Net income	2,250	2,250
Net income before other gains/(losses)	2,250	2,250
Other gains and losses:		
Net movement in funds	2,250	2,250
Reconciliation of funds:		
Total funds brought forward	6,845	6,845
Total funds carried forward	9,095	9,095

4 Income from donations and legacies

Unrestricted	Total 2021	Total 2020
£	£	£
28,703	28,703	4,426
11,816	11,816	1,569
40,519	40,519	5,995

5 Income from other trading activities

Unrestricted	Total 2021	Total 2020
£	£	£
50	50	-
50	50	-

6 Expenditure on charitable activities

	Unrestricted	Total 2021	Total 2020
	£	£	£
Expenditure on charitable activities	121	121	96
Governance costs			
	121	121	96

7 Other expenditure

	Unrestricted	Total 2021	Total 2020
	£	£	£
Employee costs	24,270	24,270	276
Motor and travel costs	-	-	549
Premises costs	50	50	913
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	311	311	-
General administrative costs	4,329	4,329	1,911
	28,960	28,960	3,649

8 Net income before transfers

	2021	2020
This is stated after charging:	£	£
Depreciation of owned fixed assets	311	-

9 Staff costs

Salaries and wages	23,645	276
	23,645	276

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	£	£
Cost or revaluation		
At 1 March 2020	1,246	1,246
At 28 February 2021	1,246	1,246
Depreciation and impairment		
Depreciation charge for the year	311	311
At 28 February 2021	311	311
Net book values		
At 28 February 2021	935	935
At 29 February 2020	1,246	1,246

Crew Heart Support Group
Notes to the Accounts

11 **Creditors:**
amounts falling due within one year

	2021	2020
	£	£
Accruals and deferred income	1	1
	1	1

12 **Movement in funds**

	At 1 March 2020	Incoming resources (including other gains/losses)	Resources expended	At 28 February 2021
		£	£	£
Restricted funds:				
Unrestricted funds:				
General funds	9,095	40,569	(29,081)	20,583
Revaluation Reserves:				
Total funds	9,095	40,569	(29,081)	20,583

13 **Analysis of net assets between funds**

	Unrestricted funds	Total
	£	£
Fixed assets	935	935
Net current assets	19,648	19,648
	20,583	20,583

14 **Reconciliation of net debt**

	At 1 March 2020	Cash flows	At 28 February 2021
	£	£	£
Cash and cash equivalents	7,850	11,799	19,649
	7,850	11,799	19,649
Net debt	7,850	11,799	19,649

15 **Related party disclosures**
Controlling party

Crew Heart Support Group
Detailed Statement of Financial Activities
for the year ended 28 February 2021

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income and endowments from:			
Donations and legacies			
	28,703	28,703	4,426
	11,816	11,816	1,569
	40,519	40,519	5,995
Other trading activities			
	50	50	-
	50	50	-
Total income and endowments	40,569	40,569	5,995
Expenditure on:			
Charitable activities			
	121	121	96
	121	121	96
Total of expenditure on charitable activities	121	121	96
Employee costs			
Salaries/wages	23,645	23,645	276
Staff training	625	625	-
	24,270	24,270	276
Travel and subsistence	-	-	528
Business mileage costs reimbursed	-	-	17
Fares	-	-	4
	-	-	549
Premises costs			
Rent	50	50	423
Rates	-	-	86
Premises insurances	-	-	404
	50	50	913
General administrative costs, including depreciation and amortisation			
Depreciation of	311	311	-
Bad debts	-	-	30
Bank charges	-	-	10
Equipment leasing and hire charges	1,113	1,113	125
Exchange rate (gain)/loss	-	-	144
General insurances	-	-	712
Information and publications	-	-	210

Software, IT support and related costs	2,770	2,770	-
Stationery and printing	446	446	670
Sundry expenses	-	-	10
	4,640	4,640	1,911
Total of expenditure of other costs	28,960	28,960	3,649
Total expenditure	29,081	29,081	3,745
Net gains on investments	-	-	-
Net income	11,488	11,488	2,250
Net income before other gains/(losses)	11,488	11,488	2,250
Other Gains	-	-	-
Net movement in funds	11,488	11,488	2,250
Reconciliation of funds:			
Total funds brought forward	9,095	9,095	6,845
Total funds carried forward	20,583	20,583	9,095