



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
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Crew Heart Support Group
Trustees Annual Report

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

Crew Heart Support Group

Trustees Annual Report

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

Crew Heart Support Group
Independent Examiners Report

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

		Unrestricted	Total funds	Total funds
		funds	2021	2020
	Notes	2021	2021	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	<u>40,569</u>	<u>-</u>
Expenditure	28,770	-
Depreciation and charges for impairment of fixed assets	311	-
Total expenditure for the year	<u>29,081</u>	<u>-</u>
Net income before tax for the year	11,488	-
Net income for the year	<u>11,488</u>	<u>-</u>

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	<u>11,799</u>	<u>2,252</u>
Net cash used in investing activities	<u>-</u>	<u>(1,246)</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
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	<u>19,649</u>	<u>7,850</u>
Components of cash and cash equivalents		
Cash and bank balances	19,649	7,850
	<u>19,649</u>	<u>7,850</u>

Crew Heart Support Group
Notes to the Accounts
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.

Notes to the Accounts

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 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
	£	£	£
<i>Expenditure on charitable activities</i>			
	121	121	96
<i>Governance costs</i>			
	<u>121</u>	<u>121</u>	<u>96</u>

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
	<u>28,960</u>	<u>28,960</u>	<u>3,649</u>

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
	<u>23,645</u>	<u>276</u>

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	<u>1,246</u>	<u>1,246</u>
Depreciation and impairment		
Depreciation charge for the year	311	311
At 28 February 2021	<u>311</u>	<u>311</u>
Net book values		
At 28 February 2021	935	935
At 29 February 2020	<u>1,246</u>	<u>1,246</u>

Crew Heart Support Group

Notes to the Accounts

11 Creditors:

amounts falling due within one year

	2021	2020
	£	£
Accruals and deferred income	<u>1</u>	<u>1</u>
	<u>1</u>	<u>1</u>

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	<u>9,095</u>	<u>40,569</u>	<u>(29,081)</u>	<u>20,583</u>

13 Analysis of net assets between funds

	Unrestricted funds £	Total £
Fixed assets	935	935
Net current assets	<u>19,648</u>	<u>19,648</u>
	<u>20,583</u>	<u>20,583</u>

14 Reconciliation of net debt

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

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
	<u>40,519</u>	<u>40,519</u>	<u>5,995</u>
Other trading activities	50	50	-
	<u>50</u>	<u>50</u>	<u>-</u>
Total income and endowments	40,569	40,569	5,995
Expenditure on:			
Charitable activities	121	121	96
	<u>121</u>	<u>121</u>	<u>96</u>
Total of expenditure on charitable activities	121	121	96
Employee costs			
Salaries/wages	23,645	23,645	276
Staff training	625	625	-
	<u>24,270</u>	<u>24,270</u>	<u>276</u>
Travel and subsistence	-	-	528
Business mileage costs reimbursed	-	-	17
Fares	-	-	4
	<u>-</u>	<u>-</u>	<u>549</u>
Premises costs			
Rent	50	50	423
Rates	-	-	86
Premises insurances	-	-	404
	<u>50</u>	<u>50</u>	<u>913</u>
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

Crew Heart Support Group**Detailed Statement of Financial Activities**

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