

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

Contents	Page
Trustees report	2 to 5
Examiners report	6
Statement of financial activities	7
Balance sheet	8
Statement of cash flows	9
Notes to the accounts	10 to 13

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

Crew Heart Support Group

Trustees report (continued) for the year ended 28 February 2022

Cardiac Rehabilitation 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 structures 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 practice 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 £ Restated
Income from:					
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 activities	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 preparation 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	<u>(9,415)</u>	<u>11,799</u>
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	<u>10,234</u>	<u>19,649</u>
Components of cash and cash equivalents		
Cash and bank balances	10,234	19,649
Total cash and cash equivalents	<u>10,234</u>	<u>19,649</u>

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.

Crew Heart Support Group

Notes to the Accounts continued

for the year ended 28 February 2022

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 fundraising 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 the 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
	<u>10,233</u>	<u>19,649</u>

10. Creditors and Accruals

	2022	2021
	£	£
Amounts falling due within one year	<u>0</u>	<u>1</u>

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	2022 £	2021 £
Eve Firth-Blackbond	Trustee	Professional services	11,103	7,848
Sophie Chevolleau	Trustee	Professional services	14,726	14,082
			<u>25,829</u>	<u>21,930</u>