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

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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

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

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.

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

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.

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

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**

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

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**