

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**

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Crew Heart Support Group

Trustees report for the year ended 28 February 2024

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

Crew Heart Support Group

Trustees report (continued) for the year ended 28 February 2024

Cardiac Rehabilitation 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 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	<u>92,315</u>	<u>12,407</u>

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 2024

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 activities	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	<u>0</u>	<u>313</u>
		0	313
Current Assets			
Cash at bank and in hand	9	<u>92,315</u>	<u>12,407</u>
		92,315	12,407
Creditors: Amounts falling due within one year	10	<u>0</u>	<u>0</u>
Net current assets		92,315	12,407
Net assets		92,315	12,720
Funds			
Restricted funds		2,665	2,201
Unrestricted funds		<u>89,650</u>	<u>10,519</u>
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 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 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	<u>79,908</u>	<u>2,174</u>
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	<u>92,315</u>	<u>12,407</u>
Components of cash and cash equivalents		
Cash and bank balances	92,315	12,407
Total cash and cash equivalents	<u>92,315</u>	<u>12,407</u>

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	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	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	2024	2023
	Unrestricted	Total	Total
	£	£	£
Other fundraising Income	4,848	4,848	1,822

4. Expenditure on charitable activities

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	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
	<u>92,315</u>	<u>12,407</u>

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