

Trustees Annual Report for the period from April 1st 2022 – March 31st 2023

**Charity name – Barnsley Long Term Exercise Heart Support Group
Charitable Incorporated Organisation
Other name known as Barnsley LTE Heart Support Group**

Registered Charity No. 1164259

**Charity's principal address: The Bakery Building
Rear of 116 – 118 Midland Road, Royston
Barnsley, Barnsley S71 4QT.**

Charity Trustees

Mr Arthur Stephen Plunkett	Trustee	May 31 st 2018
Mr Kevin Copley	Trustee	November 5 th 2015
Mr Ian Jack Jones	Trustee	November 5 th 2015
Mr Sanjay Bangad	Trustee	November 5 th 2015
Mr Christopher Grattan	Trustee	

Description of the Charity's Trust: -

Type of Governing document – Association consisting of 400 members.

Trustees Selection method: - Trustees are approved or re-appointed annually at the Annual General Meeting held in December.

Charity Aims

To continue to ensure that we remain in a financially viable position to be able to provide support & training for our staff and volunteer members, to allow the organisation to have the foundations in place to be able to continue to offer our facilities well into the future.

To continue to provide and enhance facilities whereby all our members can continue to exercise in a safe and secure environment with particular focus on cardiovascular and other related conditions.

To ensure that our aims are met we continue to provide training and support in the relevant areas required. To ensure that we have sufficient exercise equipment that is well maintained and fit for purpose to cater for our existing and increasing membership.

To provide, if required, additional exercise sessions to meet the increased membership and at the same time try to offer varied amenities for the group.

To continue to strengthen our association with the NHS (SWYFT) by continuing to provide the necessary facilities for them to offer a Cardiac/Pulmonary service at our premises Barnsley (LTE) Heart Support Group, The Bakery Building rear 116/118 Midland Road, Royston, Barnsley. To continue to work in association with the NHS Cardiac/Pulmonary Service Group to support their patients by providing access to exercise facilities in the hope that they will continue a long-term exercise programme which should improve their longer term health and hopefully take some of the pressure

off the NHS. (This is one of the original aims of the NHS and the association between both groups is proving to be successful)

A second vital aim of the group is to provide social outings / functions and to foster a feeling of togetherness, belonging and improve their social wellbeing.

Progress

Although initially our membership had been adversely affected by the Covid Pandemic, many of our original members have returned and continue to support the group. The membership has increased steadily by enabling previous NHS patient's who have finished their respective cardiac/pulmonary sessions to join the group.

The significant proportion of these patients now attend the facilities and apart from taking regular exercise they have also joined in the social side of the group and are enjoying taking part in the amenities offered.

Although the Covid regulations have eased considerably we still encourage our membership to act sensibly and take up their vaccinations if and when offered to continue to use the hand sanitizer gels and wipe down the machinery after use with disinfectant wipes.

Defibrillators

With regards our previous involvement in supplying defibrillators to the community we understand that all the allocated machines have now been installed and are operative.

Training

We will continue to, with the help and involvement provide CPR and De Fib training when made available with the help of Alison Nicholson and Tony Clough (First Aid Training Ltd).

Claire Sykes has been enrolled on a levels 1-4 Cardiovascular Training and Supervision, and we are pleased to report that she has passed the course and gained her qualifications.

Equipment

The equipment is checked on a regular basis and maintained or replaced when required. A fund has been set up to ensure that monies will be accessible if replacements, equipment was deemed necessary.

Social Side

The social side of the group is now fully functioning and continues to provide

1. Social evenings which are always fully supported providing food, quizzes, raffle prizes and tombola's.
2. Day trips to the coast, York, Harrogate etc and a visit to a Christmas Market.

3. The Christmas Dinner Dance is now back on the agenda which again is fully supported where members enjoy excellent food company and entertainment.

Fund-Raising

Although we have an active programme of fund raising, we have yet to stage a main fund raising event for the benefit of the British Heart Foundation. We have made considerable progress by integrating local community projects/charities within the Barnsley Borough, for example: - The Royston Food Bank, McMillan Appeal, British Legion, Air Ambulance.

The Garden Room

The Garden Room, patio area, potting shed and the Garden Room are now finished and hopefully will be fully integrated within the group facilities becoming an integral part of a social hub.

Future Plans

Our aims for the future are to be able to continue to provide long term exercise cardio/pulmonary facilities in a safe and secure environment and to provide the support and financial stability to enable the group to appreciate for the long term benefit of the community.

Declaration

Signed on behalf of the Charity Trustees

Full Name: M. C. S. J. L.

Position: Trustee

Date: 23/4/24

Barnsley LTE Heart Support Group (CIO) Accounts

1st April 2022 - 31st March 2023

Income Received

Subscriptions	£17,912.15
Hire of Hall	£27,277.50

Fundraising

Books/Jigsaws,Cards,Raffle etc	£0.00	
Domino Cards	£441.10	
Social Events	£3,946.00	
Misc Others (Sales)	£47.57	
Fundraising Total		£4,434.67
Donations		£1,798.78
Interest		£130.08
Total Income received		£51,553.18

Expenditure

Supervision Costs	£2,418.00
Rent/Rates/Utilities/Cleaning/Provisions	£20,847.23
Equipment	£841.43
Various	£41,785.98
Total Expenditure	£65,892.64

Net Loss for the period 1st April 2022 to 31st March 2023 =	-£14,339.46
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Starting balance Santander Account No 35022659	£69,819.94
Cash In Hand as at 01.04.2022	£77.33
Less Loss	-£14,339.46

£55,557.81

Final balance Santander Account No 35022659	£55,509.16
Cash In Hand as at 31.03.2023	£48.65

£55,557.81

Notes for the Accounts:

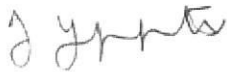
The accounting period for BLTE is 1st April - 31st March

To Whom It May Concern

4th January 2024

This statement is to confirm we have conducted an independent examination of the accounting records for Barnsley LTE Heart Support Group (CIO) as requested. The review includes a review of the accounting records and a comparison to the Income and Expenditure account and Balance Sheet produced for the period ending 31 March 2023.

No issues have come to our attention during the examination.



John Griffiths FMAAT

Director

Kingfisher Accountants Ltd