

Trustees Annual Report for the period from April 1st 2023 – March 31st 2024

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	November 2022

Description of the Charity's Trust: -

Type of Governing document – Association consisting of 325 members.

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

Charity Aims

To continually ensure that we remain in a financially viable position to provide support and training to our staff and volunteer members, allowing the organisation to have the foundations in place to be able to provide the facilities required both now and also for the long term future.

To continue to provide and enhance facilities whereby all our members and associates 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 if felt necessary to meet any increased membership and also at the same time continue 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 with the aim that they will continue a long-term

exercise programme to continue to improve their longer term health and 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 functions and other amenities which are made available to all members to foster a feeling of togetherness, belonging and improve their social/mental wellbeing.

Progress

Our membership has increased steadily by enabling previous NHS patients 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 now long gone 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.

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 Joanne Watson the Yorkshire Ambulance Community Defibrillator Co-Ordinator.

Claire Sykes the groups Physio and fitness instructor has successfully passed the 1-4 Cardiovascular Training and Supervision and gained her qualifications. She continues to be involved with the supervision of our exercise sessions, provides two Pilates sessions per week and provides physio treatment when required.

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 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 Markets, Skipton, Nottingham and York Christmas Market. Day trips to coastal resorts, Cities and Market Towns.
3. The Christmas Dinner Dance is now back on the agenda which again is fully supported where members enjoy excellent food company and entertainment.
4. Group visits of 50/60 to local restaurants are arranged generally 3 times per year.

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 become 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/ mental 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:ARTHUR STEPHEN PLUNKETT.....

Position:TRUSTEE.....

Date:6th JANUARY 2025.....

Barnsley LTE Heart Support Group (CIO) Accounts

1st April 2023 - 31st March 2024

Income Received

Subscriptions	£21,584.15
Hire of Hall	£32,311.10

Fundraising

Domino Cards	£493.00	
Social Events	£5,881.00	
Misc Others (Sales)	£20.00	
Fundraising Total		£6,394.00
Donations		£1,160.00
Interest		£489.68
Total Income received		£61,938.93

Expenditure

Supervision Costs	£2,745.00
Rent/Rates/Utilities/Cleaning/Provisions	£32,474.14
Equipment	£3,799.66
Various	£14,590.93
Total Expenditure	£53,609.73

Net Profit for the period 1st April 2023 to 31st March 2024 =
£8,329.20

Starting balance Santander Account No 35022659	£55,509.16
Cash In Hand as at 01.04.2023	£48.65
Add Profit	£8,329.20

£63,887.01

Final balance Santander Account No 35022659	£63,739.16
Cash In Hand as at 31.03.2024	£147.85

£63,887.01

Notes for the Accounts:

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

To Whom It May Concern

17th December 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 2024.

No issues have come to our attention during the examination.



John Griffiths FMAAT

Director

Kingfisher Accountants Ltd