



PLYMOUTH HEARTBEAT

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Registered Charity No. 1168079

Chairman : Mr Roger Herity

To Whom It May Concern

Chairman Annual Statement

25th August 2023

Again, Plymouth Heartbeat has been hit hard as an independent small charity. We have been affected somewhat by Chain Gyms opening in the area and offering opening deals. Covid 19 has continued to affect us, we still have extremely vulnerable clients, who are reluctant to come back to the extent that they once did. For the first time ever we have suffered a loss of income. This has hit our team hard, as it is not for the want of trying.

Our fundraising team has found it hard to secure extra income this year. However they are still working hard in the background, and they are aware that they are competing with every charity out there for support. Numerous grants have been applied for, although success is low.

Spending has been scrutinized, and alternative suppliers have been searched out, to try and save where we can. The cost of living is hitting us hard, with a large increase in our Utilities.

We have retained a strong team of Trustees, Volunteers, and Staff. Who all continue to work hard for the charity. I can not thank our team enough. However we have also suffered the loss of our vice chair and our past treasurer, this has hit our team hard. They are missed very much.

Unfortunately, due to ill health, and time constraints our Apprentice did not complete within the one year he had hoped to. So we are unfortunate that we have to fund a 2nd year. There are no additional funds that we can claim for this, so all expense now falls on the charity, however, he is a real asset to the team, and we would love to be able to keep him.

As always our main priority has and will always remain our Cardiac Clients, of which numbers remains steady. We continue to promote healthy lifestyles to combat Cardiac Disease, and have a great working relationship with many GP surgeries, Physio Therapists, local hospitals etc. Some Cardiac Clients could now go elsewhere but they love the atmosphere, and ethics we aspire to achieve. They in turn now act as a support group for newer cardiac clients. We have also secured gym instructor training for a couple of our volunteers. Our manager has also re-sat her BACPR qualification ensuring we can accept referrals from medical professionals.

Roger Herity
Chairperson

PLYMOUTH HEARTBEAT
REGISTERED CHARITY NUMBER - 1168079
FINANCIAL STATEMENTS
TO
31 OCTOBER 2022

CONTENTS

	Page (s)
Statement of financial activities	1
Balance sheet	2
Notes to the financial statements	3 - 5
Independent examiner's report	6

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 OCTOBER 2022**

	Note	Unrestricted Funds General £	Designated £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
INCOMING RESOURCES						
Incoming resources from generated funds:						
Voluntary income	2	4,933	0	0	4,933	13,857
Activities for generating funds	3	33,332	0	0	33,332	23,727
Investment income	4	4	0	0	4	0
Other income	5	0	0	0	0	30,927
Total incoming resources		<u>38,268</u>	<u>0</u>	<u>0</u>	<u>38,268</u>	<u>68,511</u>
RESOURCES EXPENDED						
Costs of generating funds	6	1,242	0	0	1,242	1,051
Charitable activities	7	60,645	0	0	60,645	59,034
Governance costs	8	720	0	0	720	720
Total resources expended		<u>62,607</u>	<u>0</u>	<u>0</u>	<u>62,607</u>	<u>60,805</u>
Net incoming/(outgoing) resources before transfers		-24,339	0	0	-24,339	7,706
Gross transfers between funds		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Net movement in funds		-24,339	0	0	-24,339	7,706
Total funds b/fwd 1 November 2021		45,915	0	0	45,915	38,209
Total funds c/fwd 31 October 2022		<u>£ 21,576</u>	<u>£ 0</u>	<u>£ 0</u>	<u>£ 21,576</u>	<u>£ 45,915</u>

(Note 13)

(Note 14)

The notes on pages 3 to 5 form part of these financial statements

PLYMOUTH HEARTBEAT

2

BALANCE SHEET
AS AT 31 OCTOBER 2022

	Note	Unrestricted Funds General £	Designated £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
FIXED ASSETS						
Tangible assets	9	14,253	0	0	14,253	19,004
		<u>14,253</u>	<u>0</u>	<u>0</u>	<u>14,253</u>	<u>19,004</u>
CURRENT ASSETS						
Debtors	10	7,223	0	0	7,223	1,080
Bank and cash balances	11	2,598	0	0	2,598	27,017
		<u>9,821</u>	<u>0</u>	<u>0</u>	<u>9,821</u>	<u>28,097</u>
CURRENT LIABILITIES						
Creditors payable within one year	12	2,498	0	0	2,498	1,186
NET CURRENT ASSETS		<u>7,322</u>	<u>0</u>	<u>0</u>	<u>7,322</u>	<u>26,911</u>
TOTAL ASSETS LESS CURRENT LIABILITIES						
Creditors payable after one year		0	0	0	0	0
TOTAL NET ASSETS / (LIABILITIES)		<u>£ 21,576</u>	<u>£ 0</u>	<u>£ 0</u>	<u>£ 21,576</u>	<u>£ 45,915</u>
THE FUNDS OF THE CHARITY						
Unrestricted income funds:						
General					21,576	45,915
Designated	13				0	0
Total					<u>21,576</u>	<u>45,915</u>
Restricted income funds:	14				0	0
					<u>£ 21,576</u>	<u>£ 45,915</u>

Approved by the Trustee's Meeting held on

29.08.2023

(date).

and signed on its behalf by Mr R Herity (Chairman)

R. Herity

(signature).

The notes on pages 3 to 5 form part of these financial statements

**NOTES TO THE STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 OCTOBER 2022**

1 ACCOUNTING POLICIES

1a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - Charities SORP (FRS 102) (effective 1 January 2015) - the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

1b Fund Accounting

Unrestricted funds are available for use at the discretion of the Charity in furtherance of its charitable objectives.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor, or contained in the terms of a grant.

1c Tangible Fixed Assets

Equipment: Depreciation is provided at the following annual rates calculated to write off assets over their estimated useful lives:

Gym & Office Equipment	25% reducing balance
Motor Vehicles	25% reducing balance

1d Incoming Resources

All voluntary giving is included in the financial statements for the period in which it is received.

Donations under Gift Aid plus the associated tax recovery are recognised as income when the donation is received.

Legacies are accounted for when their receipt is certain and can be properly quantified.
All other income is generally recognised when it is receivable.

1e Resources Expended

Resources expended are recognised in the period to which they are incurred and exclude attributable VAT which can be recovered. They are allocated to the particular activity to which they relate.

Governance costs represent direct expenditure on the governance of the Charity, including the production and independent scrutiny of these financial statements.

As most of the management and activity of the Charity is carried out by volunteers, this intangible cost is not included in the financial statements as this voluntary contribution to the life of the Charity is incalculable.

1f Taxation

The charity is exempt from tax on its charitable activities.

NOTES TO THE STATEMENT OF FINANCIAL ACTIVITIES - continued
AS AT 31 OCTOBER 2022

	Unrestricted Funds General £	Designated £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
2 VOLUNTARY INCOME					
Donations	1,933	0	0	1,933	10,818
Grants	3,000	0	0	3,000	3,039
	£ 4,933	£ 0	£ 0	£ 4,933	£ 13,857
3 ACTIVITIES FOR GENERATING FUNDS					
Entry & Membership Fees	31,260	0	0	31,260	22,790
T-Shirt Sales	0	0	0	0	0
Pen Sales	0	0	0	0	0
Water & Food Sales	1,744	0	0	1,744	881
Scancard/Fob Sales	299	0	0	299	56
Thermaband Sales	11	0	0	11	0
Hoodie Sales	18	0	0	18	0
Misc Sales	0	0	0	0	0
	£ 33,332	£ 0	£ 0	£ 33,332	£ 23,727
4 INVESTMENT INCOME					
Bank interest	4	0	0	4	0
	£ 4	£ 0	£ 0	£ 4	£ 0
5 OTHER INCOME					
PCC Covid-19 Grants		0	0	0	27,900
HMRC JRS Grants		0	0	0	3,027
HSBC Compensation		0	0	0	0
	£ 0	£ 0	£ 0	£ 0	£ 30,927
6 COSTS OF GENERATING FUNDS					
Water & Food Purchases	1,000	0	0	1,000	546
Hoodie Purchases	36	0	0	36	0
Scancards/Fob Purchases	205	0	0	205	38
Fundraising Event Costs		0	0	0	467
	£ 1,242	£ 0	£ 0	£ 1,242	£ 1,051
7 CHARITY ACTIVITIES					
Wages	21,954	0	0	21,954	13,247
Employers Pension	0	0	0	0	36
Volunteer Travel	503	0	0	503	577
Charitable donation	10	0	0	10	15
Protective Clothing and Uniforms	93	0	0	93	66
Rent	21,537	0	0	21,537	20,640
Rates and Water	1,104	0	0	1,104	715
Heat & Light	4,567	0	0	4,567	1,844
Sundries	0	0	0	0	186
Cleaning	1,643	0	0	1,643	1,735
Professional Services / Training	55	0	0	55	612
DBS Checks	0	0	0	0	0
Computer Running Costs	9	0	0	9	128
Equipment Repairs and Maintenance	1,205	0	0	1,205	8,561
Equipment Paid by Grants	0	0	0	0	0
Printing, Postage & Stationery	399	0	0	399	972
PCC Lottery Renewal Fee	0	0	0	0	40
Property Repairs and Maintenance	695	0	0	695	612
Insurance	1,046	0	0	1,046	721
Telephone & Internet	559	0	0	559	673
Staff/Committee Entertainment	0	0	0	0	1,490
Bank and Credit Card Charges	20	0	0	20	152
Refreshments / Catering	131	0	0	131	92
Advertising	0	0	0	0	0
Subscriptions	385	0	0	385	360
Till up and Down	-22	0	0	-22	-76
Sale of Fixed Assets	0	0	0	0	0
Depreciation	4,751	0	0	4,751	5,636
	£ 60,645	£ 0	£ 0	£ 60,645	£ 59,034
8 GOVERNANCE					
Accountancy Fees	720	0	0	720	720
	£ 720	£ 0	£ 0	£ 720	£ 720

NOTES TO THE STATEMENT OF FINANCIAL ACTIVITIES - continued
FOR THE YEAR ENDED 31 OCTOBER 2022

9 TANGIBLE FIXED ASSETS

	Motor Vehicles £	Gym & Office Equipment £	Total 2022 £	Total 2021 £
Brought forward 1 November 2021	131	18,873	19,004	19,860
Additions in year	0	0	0	4,780
Depreciation for year	-33	-4,718	-4,751	-5,636
Carried forward 31 October 2022	<u>£ 98</u>	<u>£ 14,155</u>	<u>£ 14,253</u>	<u>£ 19,004</u>

	Unrestricted Funds General £	Designated £	Restricted Funds £	Total 2022 £	Total 2021 £
10 DEBTORS					
Other Debtors	0	0	0	0	900
Staff Loan	1,540	0	0	1,540	0
Other Loan	5,055	0	0	5,055	0
Prepayments	628	0	0	628	180
	<u>£ 7,223</u>	<u>£ 0</u>	<u>£ 0</u>	<u>£ 7,223</u>	<u>£ 1,080</u>

11 CASH AT BANK

	Unrestricted Funds General £	Designated £	Restricted Funds £	Total 2022 £	Total 2021 £
Cash	512	0	0	512	1,208
Rehab Fund Account	0	0	0	0	7,023
Grant Account 8825	1	0	0	1	18,786
Santander bank (savings/grants)	139	0	0	139	0
Santander bank Current - 6009	1,947	0	0	1,947	0
	<u>£ 2,598</u>	<u>£ 0</u>	<u>£ 0</u>	<u>£ 2,598</u>	<u>£ 27,017</u>

12 CURRENT LIABILITIES

	Unrestricted Funds General £	Designated £	Restricted Funds £	Total 2022 £	Total 2021 £
Creditors payable within one year:	683	0	0	683	744
Sundry Creditors and Accruals	1,815	0	0	1,815	442
	<u>£ 2,498</u>	<u>£ 0</u>	<u>£ 0</u>	<u>£ 2,498</u>	<u>£ 1,186</u>

13 DESIGNATED FUNDS

The movements on the Designated Funds during the year were:

	Devon County Council £	Total 2022 £	Total 2021 £
Balance b/fwd 1 November 2021	0	0	0
Transfer to/from General Fund	0	0	0
Income in year	0	0	0
Expenditure in year	0	0	0
Balance c/fwd 31 October 2022	<u>£ 0</u>	<u>£ 0</u>	<u>£ 0</u>

14 RESTRICTED FUNDS

The movements on the Restricted Funds during the year were:

	Postcode Community Grant £	Total 2022 £	Total 2021 £
Balance b/fwd 1 November 2021	0	0	0
Transfer to/from General Fund	0	0	0
Income in year	0	0	0
Less: Expenditure in year	0	0	0
Balance c/fwd 31 October 2022	<u>£ 0</u>	<u>£ 0</u>	<u>£ 0</u>

FINANCIAL STATEMENTS YEAR ENDED 31 OCTOBER 2022

INDEPENDENT EXAMINER'S REPORT

I report on the financial statements of Plymouth Heartbeat for the year ended 31 October 2022, which are set out on pages 1 to 5.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts.

The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under s.145 of the 2011 Act;
- to follow procedures laid down in the general Directions given by the Charity Commission under s.145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accountants present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with s.130 of the 2011; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act, have not been met: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed by the Independent Examiner: _____



Mr L J Hardacre (FCCA, FMAAT)

Dated

29/8/2023

Name and address of the Independent Examiner:

Mr L J Hardacre, Precise Accountants Ltd, Unit 6 Brooklands, Budshead Road, Plymouth, PL6 5XR.