

HEARTBEAT NORTHWEST CARDIAC CARE

England & Wales · Charity number 1168850

Details

Other names	HEARTBEAT
Status	Registered
Legal form	Charitable company
Company number	10195311
Registered	2016-08-22
Register	View on the Charity Commission register

Contact

Address	Sir Tom Finney Way Preston PR1 6PA
Phone	01772717147
Email	info@heartbeat-nwcc.org.uk
Website	http://www.heartbeat-nwcc.org.uk/

Activities

Objects: (1) THE PRIMARY PREVENTION OF HEART DISEASE, STROKE, CARDIOVASCULAR AND PULMONARY CONDITIONS AND THE RELIEF OF ANY OF THE INHABITANTS IN THE AREA OF BENEFIT WHO HAVE SUFFERED SUCH CONDITIONS AND THE PROTECTION AND PRESERVATION OF GOOD HEALTH BY THE PROMOTION OF AFTERCARE AND REHABILITATION OR SUCH OTHER MEANS AS THE BOARD OF TRUSTEES IN THEIR ABSOLUTE DISCRETION SHALL THINK FIT. (2) SUCH OTHER EXCLUSIVELY CHARITABLE PURPOSES AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION MAY DETERMINE FROM TIME TO TIME.

Activities: Heartbeat is a Lancashire based charity established in 1978. Our purpose is to contribute to a reduction in cardiovascular disease through the delivery of services aimed at existing heart patients and those identified as at risk of developing it. Heartbeat delivers; clinical testing, rehabilitation, education, advice, support and training to children, young people and adults across Lancashire

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,074,944	£1,024,054	£469,159	23
2023-12-31	£840,085	£1,022,928	£418,269	20
2022-12-31	£874,402	£1,004,162	£601,112	21
2021-12-31	£975,189	£900,204	£730,872	21
2020-12-31	£1,067,182	£896,894	£655,887	23

Trustees

Name	Role	Appointed
Jacqueline Chohan	Chair	2021-04-30
GEORGE PHILIP GOODIER		2021-04-30
Jill Truby		2025-10-24
Neil Maver		2024-06-07
Peter Toner		2025-03-28
Richard Schofield		2025-03-28
Steve Millward		2025-01-31

Accounts

**HEARTBEAT NORTHWEST CARDIAC CARE
(A COMPANY LIMITED BY GUARANTEE)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2024**



Registered Charity No: 1168850

Company No: 10195311

Azets
Chartered Accountants
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

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HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2024

Charity Number 1168850

Company Number 10195311

Patrons: Somnath Kumar
Allan Kelly

Directors and trustees: Jacqueline Marie Chohan (Chair)
George Phillip Goodier (Treasurer)
John Dent (Vice Chair)
Jeannie Hayhurst
Jackie Wilding
Neil David Maver
Steve Millward
Richard Schofield
Peter Toner

Chief Executive: Louise Bache

Secretary: Caroline Dransfield

Clinical Director: Dr Stewart Jones

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2024

Registered Office: Heartbeat Northwest Cardiac Care
Preston North End Stadium
Sir Tom Finney Way
Preston
Lancashire
PR1 6PA

Bankers: Royal Bank of Scotland
Preston Fishergate Branch
1 Hardman Boulevard
Manchester
M3 3AQ

Shawbrook Bank Limited
Lutea House
Warley Hill Business Park
Brentwood
Essex
CM13 3BE

Scottish Widows Bank
PO Box 883
Leeds
LS1 9TY

Legal Advisors: Vincents Solicitors
72 Liverpool Road
Penwortham
Preston
PR1 0DQ

Financial Advisors: Mattioli Woods Plc
Lanson House
Winckley Gardens
Mount Street
Preston
PR1 8RY

Auditor: Azets Audit Services
Statutory Auditor
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31st DECEMBER 2024

The trustees are pleased to present their annual directors' report and the financial statements of the charity for the year ended 31st December 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Legal and administrative information set out on pages 2 and 3 form part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (effective 1st January 2019).

Structure, Governance and Management

Heartbeat Northwest Cardiac Care is a company limited by guarantee governed by its Memorandum and Articles of Association dated 11th May 2016. It is registered as a charity with the Charity Commission. Trustees are elected from the membership at each Annual General Meeting. The trustees meet regularly at the charity's administrative offices at Sir Tom Finney Way and carry out the governance of the affairs of the charity. The trustees are permitted to appoint officers to act in the day to day management of the charity.

Anyone over the age of 18 who has signed a written declaration confirming support of the objectives and willingness to become a charity trustee of the charity can become a member of the company and there are currently 9 members (7 in 2023), each of whom agrees to contribute £1 in the event of the charity winding up.

The trustees must hold at least two meetings each year. A quorum at a meeting of the trustees is at least two or one third of the trustees in office, whichever is the greater. A meeting of the trustees may be held either in person or by suitable electronic means agreed by the trustees in which all participants may communicate with all the other participants, but at least one meeting in each year must be held in person.

Any issue may be determined by a simple majority of the votes cast at a meeting, but a resolution in writing agreed by all the trustees entitled to receive notice of a meeting is as valid as a resolution passed at a meeting. Every trustee has one vote on each issue but, in the case of equality of votes, the chair of the meeting has the casting vote.

Appointment of Trustees

As set out in the Articles of Association the chair of the trustees is nominated by the trustees. There must be a minimum of three trustees. One third (or the number nearest one third) of the trustees must retire in each year at an Annual General Meeting (AGM), those longest in office retiring first and the choice between any equal service being made by drawing lots. A retiring trustee who is eligible may be reappointed. No trustee may serve more than two three-year terms of elected office, unless by exception the trustees permit an additional term of office for such period as they shall determine but not exceeding three years. Any time served as a co-opted trustee shall not count when calculating periods of office as a trustee.

The trustees may at any time co-opt any individual who is eligible as an additional trustee, but a co-opted trustee holds office until the end of the AGM held after their appointment.

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Jacqueline Marie Chohan (Chair)	
George Phillip Goodier (Treasurer)	
John Dent (Vice Chair)	
Jeannie Hayhurst	
Beryl (Bunty) Knowles	(Resigned 07/06/2024)
Jackie Wilding	
Phillip Reece	(Resigned 14/10/2024)
Neil David Maver	(Appointed 07/06/2024)
Steve Millward	(Appointed 31/01/2025)
Richard Schofield	(Appointed 28/03/2025)
Peter Toner	(Appointed 28/03/2025)

Organisation

The trustees are responsible for the governance and strategic leadership of the charity, ensuring Heartbeat Northwest Cardiac Care devotes maximum resources and assets towards meeting its objectives. None of the trustees have any beneficial interest in the charity other than using its services.

The operational management of the charity is delegated to the Chief Executive Officer and the trustees ensure that the delivery is in accordance with the charity's aims and objectives by a number of internal controls which also provide appropriate reassurance against material misstatement or loss. The procedures include:

- Revision of the 3 year strategic plan and preparation of an annual budget for the consideration of trustees
- Regular review of financial performance by the Budget and Remuneration Committee against the annual budget
- A robust relationship with the Chair of Trustees promoting open communication and regular feedback
- Comprehensive documented financial controls which govern all aspects of the financial management of the charity
- Risk management formally managed using a risk register, reviewed by the trustees at least every 6 months

Induction and Training of Trustees

Trustees are recruited via several methods including internal / external adverts, press and recommendation. New trustees are welcomed to Heartbeat Northwest Cardiac Care by the Chief Executive Officer who commits significant time to provide the trustee with a comprehensive induction to the charity. New trustees are introduced to the management team and then introduced to all available colleagues. The Chief Executive Officer spends time introducing all aspects of governance and the role and responsibilities of trustees. As part of the induction, the Chief Executive Officer provides an overview of the operational aspects of the charity, organisational structure, format of trustee meetings, ensures he/she is accessible to trustees for enquiries, feedback or concerns throughout the year and ensures that each new trustee has a copy of the Heartbeat Northwest Cardiac Care Trustee guidance.

This contains information relating to the governance, structure and legal requirements of the charity, background information and an overview of the role of a trustee and board. This information is monitored and continually reviewed in accordance with the charity commission's recommendations.

Budget and Remuneration Committee

A budget and remuneration committee was established at the behest of the trustees and is chaired by the Treasurer. The Committee advises on Heartbeat Northwest Cardiac Care financial affairs and reports directly to the trustees. This remuneration committee reviews and determines the salary of the Chief Executive Officer. All other salaries are reviewed annually by the Chief Executive Officer and normally increased in accordance with average earnings.

Key Management Personnel

The trustees consider the trustees, Chief Executive Officer and the Head of Finance as comprising the key management personnel of the charity.

Heartbeat NWCC Organisation Chart

Board of Trustees and Clinical Director
Budget and Remuneration Committee

Head of Finance
Caroline Dransfield

Chief Executive Officer
Louise Bache

Head of Fundraising
Michelle Hunt

SERVICES

Cardiac Physiologists
Debbie Crossley
Jo Duff

Operations Manager
Carl Martinez

Sessional Testing Doctor
Dr Stewart Jones

Nurse

Lorraine Hope

Wellbeing Support
Madison Heaton

Heartbeat Fitness
Instructors
Jackie Lowry
Julia Gardham
Charlotte Flynn
Steve Jenkinson
Matthew Tidswell
Sally Seed
Marcus Godfrey
Ellis Jones

Sessional Fitness Instructors
6 instructors

Reception
Jo Widdows
Samim Patel
Somayya Malek

FUNDRAISING AND LOTTERY

Fundraising Officers
Lisa Riding
Sally Seed

Lottery Officer
Karen Gildert

Objectives and Activities for the Public Benefit

Aims and Purposes

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit, including the guidance 'Public benefit: running a charity (PB2)' when reviewing the charity's aims and objectives and in planning future activities.

The main aim and purpose of Heartbeat Northwest Cardiac Care is to apply the money as it accumulates (through various forms of fundraising) in furtherance of improving the health of the population of the North West of England with particular regard to coronary heart disease (CHD), stroke, cardiovascular and pulmonary conditions.

In particular as stated in the Memorandum and Articles of Association:

Objectives

- a) The financial support to continue and further the work of cardiac rehabilitation within the area of benefit.
- b) The financial support of the Cardiac Rehabilitation Care and its associated rehabilitation programmes.
- c) The financial support, where appropriate, of health education and health screening in relationship to heart disease.
- d) The financial support of such schemes and the grant of such requests as the Association may deem appropriate and which are consistent with the objectives of the Association.

The "area of benefit" as referred to above collectively as the North West of England, includes the geographical counties of Lancashire, Cumbria, Cheshire, Greater Manchester and Merseyside.

Vision

People affected by, or at high risk of cardiovascular disease have access to support and services which enable them to rebuild their lives.

Mission

Heartbeat is committed to the fight to reduce the impact of coronary heart disease in all our communities within the North West of England through rehabilitation, information and advice, education, and lifestyle support.

Overview of Activities of the Charity

Heartbeat Northwest Cardiac Care is a well-established local heart charity that has been providing heart rehabilitation, clinical testing, holistic support, education, and heart disease prevention work to Lancashire residents since 1978. Based in Preston, Heartbeat operates a central bespoke heart centre located on-site at Preston North End (PNE) football club as well as a number of community-based outreach classes.

The Team consists of 21 employed staff, 1 General Practitioner (GP), 1 National Health Service (NHS) Nurse, a Clinical Director and a range of volunteers who support the charity. The charity has been self-funding since 1978 supporting thousands of local residents.

Cardiovascular disease (CVD), also known as circulatory disease, refers to diseases of the heart and blood vessels, including angina, coronary heart disease (CHD), heart attack, high blood pressure (Hypertension), peripheral arterial disease (PAD) and stroke. Such diseases are caused by reduced blood flow to the heart, brain or body caused by atheroma or thrombosis and is common in people aged over 60. CVD is one of the biggest causes of death and disability in the UK and is largely preventable with a healthy lifestyle.

Heartbeat Northwest Cardiac Care services are available to heart patients at any stage, in addition to those identified as at high risk of developing cardiovascular disease, for example, obese or overweight patients, those with high blood pressure, stroke survivors, diabetics, Peripheral Arterial Disease (PAD), Chronic Obstructive Pulmonary Disease (COPD) patients, smokers, alcohol misusers and those living an unhealthy or sedentary lifestyle.

The charity provides:

Testing

Exercise tolerance/treadmill tests
24 hour blood pressure monitors
24 hour electrocardiogram (ECG)
Private health testing

Training/Education

Defibrillator training
Student placements
Community awareness programme

Rehabilitation and Prevention

Cardiovascular and pulmonary patient assessment post NHS pathway
Cardiovascular and pulmonary prevention and rehabilitation exercise programme
Mental and social wellbeing support
Peer support
Peripheral Arterial disease support and exercise programme

Fundraising and Community Events

Sponsored events
Fundraising events
Heartbeat Lottery
Social events for heart patients and families
Walks, runs and cycle-rides held annually

The charity currently operates 07:00 to 19:00 Monday to Thursday and 07:00 to 15:00 Friday with some weekend events.

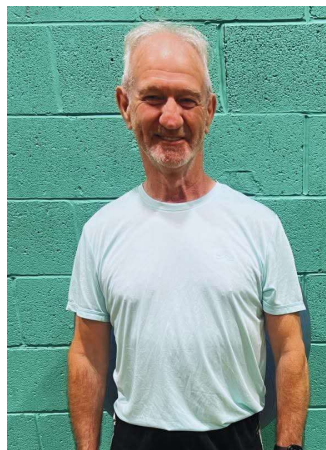
The charity has established relationships with NHS cardiac nurses in Preston and Chorley. Heartbeat also has close links with local cardiac, stroke, pulmonary and vascular teams. Over the years partnerships have been developed with a number of leisure centres who provide facilities for classes as well as local charities, GP surgeries and health improvement providers.

Our Heartbeat Stories



“Despite a number of health issues I have only missed one class since joining the programme. My instructor Matt and my class members have supported me. Attending the classes has helped me lose 4 1/2 stone and I can now walk freely without my walker.”

Frances - Pulmonary class member



“It is a confidence builder! After my operation I had no confidence and I became frightened for the first couple of months. I like Heartbeat because you are in classes with people who have had similar experiences. I consider myself lucky to come here otherwise I would have been isolated.”

Barry - Cardiac rehabilitation class member



“Heartbeat has been educational, helping me truly understand my recovery after my heart event. The classes have been key in getting me back on track and building up the confidence I needed to play rugby again!”

Dan 43 - Cardiac rehabilitation class member



“Heartbeat is a very good place to come and better your health. The instructors are lovely and very chatty. This motivates us to keep going. I had never heard of Heartbeat before I got referred by the vascular nurses at Royal Preston Hospital. I would recommend it to anyone who is eligible and has this condition.”

Stephen, 65 - Peripheral artery disease class member



“Heartbeat is fantastic. It gives you the motivation that you need to exercise. The qualified instructors play the most important role in keeping that motivation high. Thank you!”

Andy, 62 - Cardiac rehabilitation class member



HEARTBEAT NORTHWEST CARDIAC CARE REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31st DECEMBER 2024

Some of Heartbeat's corporate partners in 2024



Our Services

Cardiac rehabilitation and prevention programmes have two main aims:

1. To help people to recover from or prevent the physical and psychological effects of heart conditions.
2. To try to increase the length and quality of life by:
 - recovering from surgery, a procedure or heart attack
 - reducing the risk of further heart problems
 - understanding heart conditions and getting back to as full a life as possible
 - making changes to lifestyle that will help improve heart health such as eating healthily, stopping smoking and being more active
 - building confidence
 - improving mental health and wellbeing
 - meeting other people who are in a similar situation
 - returning to work.

Initial Assessment

People are often nervous about starting exercise as they worry about not being able to do as much as they would like but Heartbeat Northwest Cardiac Care provides a unique testing service for anyone wishing to join one of the cardiac rehabilitation and prevention exercise sessions. Prior to joining a class people undergo a thorough medical assessment in a friendly and comfortable environment to assess their exercise capacity and suitability for the exercise programme, to exclude any underlying cardiovascular problems and to set a suitable individual target heart rate for them to work to. This is carried out by the charity's team of healthcare professionals who can provide advice and support. Heartbeat Northwest Cardiac Care has invested in highly specialised medical equipment which provides a selection of specialised investigatory tests.

The initial assessment typically includes a physical examination, a resting ECG, an Exercise Treadmill Test (ETT) which provides essential information regarding the level of exercise recommended as part of the individual exercise programme.

Other tests carried out at Heartbeat Northwest Cardiac Care are Pre-Operative Cardiopulmonary Exercise Testing (CPEx), 24 hour ECG monitoring, 24 hour blood pressure monitoring and cardiac event monitoring.

Heartbeat Northwest Cardiac Care offers exercise sessions to people who are considered by their Physician to be at high risk of developing vascular disease. This group of people also attend for an initial Exercise Treadmill Test prior to identifying a suitable Heartbeat Northwest Cardiac Care exercise session and have now been included in the 'initial Exercise Treadmill Test' figures.

Interim Testing

Heartbeat Northwest Cardiac Care class members have their progress monitored, after the initial treadmill test a repeat treadmill is carried out 9 months later to measure progress.

Private Testing

People are sometimes referred to Heartbeat Northwest Cardiac Care who have not had a heart problem, for example for insurance purposes, or as part of their terms and conditions of employment. In these circumstances Heartbeat requests the individual to pay a financial contribution.

People attending rehabilitation and prevention programmes

Monitoring Heartbeat Northwest Cardiac Care rehabilitation and prevention classes has proven that many people can achieve a greater level of general fitness after a cardiac event than they had before the event. Other people who suffered a more severe cardiac event can be helped to achieve their optimum, if limited, fitness level. This gives them the greatest chance of returning or maintaining an active and enjoyable life.

A supervised and controlled exercise class provides a safe and reassuring environment. The psychological effects of a cardiac event can equally be as great a problem as the physical disability. People often need support with both aspects of their illness.

All people attending the charity's cardiac rehabilitation and prevention exercise sessions are supervised by British Association for Cardiovascular Prevention and Rehabilitation (BACPR) accredited Fitness Instructors.



Achievements and Performance

We are very happy to announce that this year we have seen the class member numbers continue to increase, this has been gradual throughout the year but we finally have over 1000 class members.

Summary of Performance

Referrals

In 2024 our referrals came from a variety of sources as listed in the table below: As you can see the number of Phase 3, GP and Stroke referrals have all increased, although others have dropped this is more a case of them settling after an initial influx.

	2024	2023	2022
Phase 3	31%	27%	33%
Self Referrals	21%	23%	26%
G.P. Referrals	12%	8%	10%
Heart Failure	6%	11%	7%
PAD/Vascular	9%	12%	11%
Stroke	10%	7%	2%
Pulmonary	11%	12%	9%
Other	0%	0%	2%

Volunteers

In 2024 our volunteers supported us by taking part in the choir, store collections and attending events. They have been an amazing support for us this year, whether this has been making tea and coffee at events or walking distances with us on sponsored events. We are so grateful for everything they do.

Lottery income

The 'Heartbeat Lottery' consists of both Heartbeat and beneficiary playing members. Beneficiary players are from other charities and fundraising groups. All playing members are part of the same prize pool. A fixed management fee is agreed with beneficiaries. The 'Heartbeat Lottery' currently includes the following beneficiaries:

- ✓ Preston North End, Chorley, and Bamber Bridge Football Clubs
- ✓ Headway, a brain injury association
- ✓ Cardiac Rehab, Basingstoke, a charity that helps improve heart health
- ✓ Rainbow Hub, a charity that provides child brain injury rehab services
- ✓ Space Centre, provides a multi-sensory environment for anyone with special needs
- ✓ Preston Community Transport, provide transport for those who cannot use regular public transport
- ✓ FOMO, friends of Mulanje orphans, looking after orphaned and vulnerable children in Malawi

- ✓ Dig In, down to earth support for the Military and Blue light community
- ✓ Dance Syndrome, dancer led, disability inspired inclusive arts programme
- ✓ Disability Snowsport UK, teachers of adaptive Snowsports in the UK
- ✓ Heart Valve Voice, UK's dedicated heart valve disease charity
- ✓ Phab, promoting inclusion and diversity by bringing together people of all abilities
- ✓ Spring into Action, where people with learning disabilities can fully participate
- ✓ Inspire Youth Zone, helping young people be the best they can be
- ✓ Have a Heart, empowering cardiac patients to gain good health

Lottery income from Heartbeat playing members fell by £10,895 (4.4%) compared to £13,601 (5.2%) in the previous year.

Lottery income from beneficiary playing members fell by £4,236 (3.78%) compared to £6,505 (5.3%) in the previous year.

Donations and Legacies

Income from donations and legacies has had a huge increase from £159,598 to £331,723. This could not have been achieved without the hard work and dedication of the wonderful fundraising team.



HEARTBEAT NORTHWEST CARDIAC CARE REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31st DECEMBER 2024

Thank you to everyone who has fundraised or donated to Heartbeat. Whether the donation is large or small they all help people to live longer, healthier lives with the ones they love.



Attendance at Heartbeat Cardiac Rehabilitation Classes

	2024	2023	2022
Preston Central UClan	0	12	12
Preston North End	631	611	552
Blackpool	10	15	17
Burscough	18	18	16
Ribby Hall	38	34	27
Chorley	202	162	154
Leyland	33	32	32
Penwortham	21	18	16
Garstang	32	38	44
St Annes	32	23	17
Thornton	0	0	6
Total attendance year	1017	963	893

This represents the total number of people accessing Heartbeat Northwest Cardiac Care rehabilitation and prevention programme. The figure attending has gradually increased over the year which is a fantastic result. UCLan class members have now moved back to our head office site which has allowed them to use the vast array of equipment we have on offer. St Annes class numbers are continuing to increase which has allowed us to add another class in that area.

Number Referred to Heartbeat Services

	2024	2023	2022
Total number of new referrals to 9 month programme	415	555	522
Total number referred for medical testing	15	104	80
Total number referred to all services	430	659	602

Our referral numbers have dropped this year, some of our health specific programmes for PAD, pulmonary and stroke are now settled and we receive regular referrals but the not the large influx we have had in previous years.

High risk patients

GPs assess patients for their risk of developing coronary heart disease during the next ten years. Patients assessed include those with high blood pressure, those with diabetes and those with other risk factors such as high cholesterol, obesity or history of smoking. The charity is continuing to offer these groups of patients an exercise test and programme where they can be referred by their GP or self refer.

The following tests were carried out in 2024:

	2024	2023	2022
Initial exercise treadmill tests	292	281	346
9 month retests	128	159	196
Post 9 month restarts	16	11	0
3 year retests	0	12	0
High risk testing	13	2	0
Total for the year	449	465	542

Heartbeat Northwest Cardiac Care offers private testing for those who, as a term or condition of employment, may have to have an annual health check. In addition, we offer health screening and testing for those who self-monitor their own health. The following private tests were carried out in 2024:

	2024	2023	2022
Total Private ECG stress test	20	7	6

24 Hour ECG and Blood Pressure Testing

Over the many years Heartbeat have operated we have continued to provide 24 hour ECG monitoring and 24 hour blood pressure monitoring for General Practitioners in the Preston area. These tests require a Cardiac Physiologist to perform the investigations and interpret the results. This service is currently provided free of charge to GPs. This year we needed to focus more on the people attending our services and have drastically reduced the amount of these tests provided.

	2024	2023	2022
24 hour ECG	16	88	55
24 hour Blood pressure	5	19	26
Resting ECG	42	42	47
Cardiac event monitors	0	0	0
Total annual other tests	63	149	128

TOTAL MEDICAL TESTS

	2024	2023	2022
Total medical tests	532	621	682

Community Education

Cardiovascular disease (CVD) includes coronary heart disease, stroke, peripheral vascular disease and other diseases of the cardiovascular system. It is the main cause of reduced life expectancy of residents in the most deprived areas across Lancashire.

In 2024 Heartbeat continued and extended its education programme for class members, families and members of the community. This year, our sessions included Balance, Diabetes, Nutrition, Cholesterol, Defib training, Peripheral Arterial Disease (PAD), and medication.



Financial Review

The Statement of Financial Activities for the year is included on page 29.

1. Income for the year was £1,074,944 (2023: £840,085).

Income from donations and legacies has increased from £159,598 to £331,723.

The charity received restricted grants totalling £83,908 (2023: £13,890). A summary of the restricted grants can be found within note 18.

Income from charitable activities has increased to £371,724 (2023: £287,791).

The charity asks people attending the cardiac rehabilitation and prevention programme to consider donating a voluntary contribution to the running costs of the charity. These voluntary contributions of £237,598 (2023: £213,960) support the charity to provide their services every week across the region.

The charity also undertakes fundraising events to support its activities such as raffles and collections, etc. There are also various fundraising activities undertaken by benevolent individuals. Heartbeat Northwest Cardiac Care does not have a direct input into such activities but ultimately benefits from the surplus generated. The trustees have recently reviewed the fundraising and consider that it is efficient and effective.

Income from other trading activities comes mainly from the lottery £343,521 (2023: £363,692). The lottery income has decreased but continues to provide vital funds for the charity.

2. Expenditure in the year was £1,024,054 (2023: £1,022,928) resulting in a surplus of £50,890 (2023: Deficit £182,843).
3. The total net assets of the charity are £469,159 (2023: £418,269). This is made up of designated funds of £302,865 (2023: £320,497) and restricted funds of £26,688 (2023: £5,689) leaving free reserves of £139,606 (2023: £92,083). Designated funds represent the property assets fund, being monies already spent on the fixed assets of the charity.

Investment Policy

In accordance with its power of investment, the trustees have agreed that any funds held in excess of that which is required for immediate running purposes are transferred into interest earning investment accounts.

Risk Management

The trustees continually review, in detail, the risks to which the charity may be exposed. The trustees see this as an on-going commitment in order to continually establish systems to mitigate those risks. A risk register has been developed which is reviewed at least annually.

The principal risk faced by Heartbeat Northwest Cardiac Care is the charity's ability to raise sufficient funds annually to deliver the charitable objects whilst sustaining financial viability for the charity's future. The trustees regularly consider variability of fundraising methods and have a structured monitoring programme. Trustees meet a minimum of twice per year in between which a budget and remuneration committee meet to monitor all things financial and report to the trustee board. The charity produces a risk register annually as part of statutory accounts procedures and this register is reviewed and updated on an annual basis. Fundraising is split into a variety of activities tried and tested since 1978. Each year they are reviewed and updated to meet the ever-changing economic climate and fundraising environment nationally, regionally, and locally.

Historically the charity has relied heavily on one activity, a lottery, run by the charity. However, in the last five years, by resourcing and applying extra focus on other fundraising areas, this reliance has reduced and forms part of a longer-term strategic plan to continue to grow other areas.

Reserves Policy

Having a reserves policy helps form the way in which Heartbeat Northwest Cardiac Care manages its cash, liquid assets, and debt. It also assists with planning and communicating the charity's approach to interested parties. This policy contributes significantly to the trustee's ability to balance the needs of current and future beneficiaries, ensure the charity is well managed and that the trustees manage the level of reserves carefully for the benefit of Heartbeat Northwest Cardiac Care.

The pro-active management of the charity reserves, through planned management reporting systems, ensures that the level of reserves are not too high or low for the needs of the charity.

Our policy is to maintain reserves at a level equivalent to 26 weeks of annual operating expenditure, which currently equates to £512,027. At the end of this year, as shown in note 18 to the accounts, the charity has free reserves of £139,606 which whilst not sizeable illustrates the extent of the investment in our bespoke cardiac centre which should allow Heartbeat Northwest Cardiac Care to raise its profile; increase the number of participants using the facilities; create new income generation possibilities and strengthen relationships with key partners. The trustees consider that given the strength of the charity's balance sheet, the stable cash flows from the lottery and rehabilitation classes, the current level of free reserves are sufficient and the target is now to build them so that they are, once again, at least equivalent to 26 weeks of annual operating expenditure.

The trustees have delegated financial monitoring to a budget and remuneration committee which has an active involvement in reviewing and monitoring the financial activities of the organisation. The budget and remuneration committee reports to the trustees on a six monthly basis regarding the amount of reserves required to ensure that they are adequate to fulfil the charity's continuing obligations.

Plans for the future

Heartbeat Northwest Cardiac Care is committed to the fight to reduce cardiovascular disease and its risks. We will continue to work with our key partners, supporters, and class members to deliver the right services to achieve this objective. In the next 12 months, the trustees anticipate Heartbeat will;

- Seek out new opportunities to generate funds through a variety of ways; testing fundraising activities, recruiting supporters, raising awareness of the charity's objectives and available services, forging relationships with key delivery partners, exploring grant opportunities which has served Heartbeat so well over the past few years
- Utilise social media platforms to build awareness of our charity
- Continue to re-grow the charity's reserves towards the planned six months operating costs
- Grow the number of people accessing the services delivered by Heartbeat Northwest Cardiac Care
- Improve the quality and efficiency of our charity services by continuous qualitative monitoring
- Continue to work with our partners to complete more research to provide better understanding of the effects of physical interventions
- Develop a robust legacy programme
- Develop our education programme to allow a better understanding of wellness within the Heartbeat family and reaching out to the wider community in the North West

Chief Executive Officer Summary

2024 started with the stark reality that we needed to work harder to survive, our reserves had taken a terrible hit in 2023 and if income didn't improve we would be forced to close some of our services. This headline and a visit from Northwest Tonight highlighted our plight to the people of our local communities to give them a better understanding of how difficult it had become to fund our much needed and valued service.

The small fundraising team focussed on corporate partnerships, sponsored events and applying for funding bids and I have to say that they surpassed all expectations. Their dedication and unwavering determination to bring the finances back to a better year end result led to us having new partners to work with and a stronger connection with many of our class members.

One of the fundraising team concentrated on improving our social media presence, the stories have touched the hearts of many and the number of followers we have has rocketed allowing more people to see what we do at the touch of a button.

We have built partnerships with businesses, banks, estate agents and golf clubs. I have to make a special mention to ForFarmers who decided to spread the word of Heartbeat on their lorries. This year Longridge 20/20 chose us as their charity of the year and the fundraising team had a wonderful time taking part in Jimmy's journey walking from Heartbeat to Goodison Park with our Class member Jimmy Martin.

We have worked alongside the NHS providing blood pressure testing in the communities across Lancashire who may struggle to understand why taking your blood pressure regularly is so important. We have tested over 350 people and 23% of those tested need further intervention. We hope that this programme has educated families and saved lives by a simple test that is so easy to do. The new partnerships we have made with the NHS and other charities through this piece of work have been a pivotal change for the charity and have proven that we can provide quality work to support many people in our local communities.



We were thrilled to become finalists for the Community/Third sector Business of the year award at the Be Inspired Business Awards (BIBAs). Run by the North & Western Lancashire Chamber of Commerce, it is Lancashire's longest running, largest and most prestigious business awards ceremony. This was a well deserved accolade for the team.

Sometimes in business when work becomes difficult we forget the important people, but at Heartbeat this year we need to celebrate every member of the staff team. Their dedication, professionalism and enthusiasm has shone through. This team pulled together, determined to see it succeed not only for themselves but for the thousands of people who attend our classes and rely on our services.

My final note must be to everyone who has donated, raised money, volunteered or raised awareness of Heartbeat this year, thank you.

Together we are Heartbeat.

Louise Bache CEO

The service, based at Preston North End's Deepdale stadium, has been running for 46 years but there now are fears for its future amidst a challenging economic climate.



Statement of Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Heartbeat Northwest Cardiac Care for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed subject to any material departures disclosed and explained in the financial statements;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In accordance with company law, in so far as the trustees are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the trustees have taken all necessary steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Auditor

A resolution will be proposed at the Annual General Meeting that Azets Audit Services be re-appointed as auditor to the charity for the ensuing year.

Approved and signed on behalf of the board of trustees:

George Phillip Goodier (Treasurer)

Date: 29 May 2025

Jacqueline Chohan (Chair)

Date: 29 May 2025

Opinion

We have audited the accounts of Heartbeat Northwest Cardiac Care (the 'charity') for the year ended 31 December 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the accounts:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the use of the going concern basis of accounting in the preparation of the accounts is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the accounts and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the accounts does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' Report, which includes the Directors' Report prepared for the purposes of company law, for the financial year for which the accounts are prepared is consistent with the accounts; and
- the Directors' Report included within the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report included with the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the accounts in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also directors of the charity for the purpose of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these accounts.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF HEARTBEAT NORTHWEST CARDIAC
CARE
FOR THE YEAR ENDED 31st DECEMBER 2024

- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Julie Flintoff BA (Hons) FCA (Senior Statutory Auditor)
Azets Audit Services
Statutory Auditor
PRESTON

Date: 29 May 2025

Azets Audit Services is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31st DECEMBER 2024

	Note	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
Income from:		£	£	£	£
Donations and legacies	2	289,815	41,908	331,723	159,598
Charitable activities	3	329,724	42,000	371,724	287,791
Other trading activities	4	369,425	-	369,425	388,521
Investment income	5	2,072	-	2,072	4,175
Total income		<u>991,036</u>	<u>83,908</u>	<u>1,074,944</u>	<u>840,085</u>
Expenditure on:					
Raising funds	6	132,715	7,790	140,505	144,299
Charitable activities	7	569,748	45,709	615,457	605,640
Other – Lottery costs	8	260,302	7,790	268,092	272,989
Total expenditure		<u>962,765</u>	<u>61,289</u>	<u>1,024,054</u>	<u>1,022,928</u>
Net income/(expenditure) and net movement in funds for the year		28,271	22,619	50,890	(182,843)
Transfers between funds		1,620	(1,620)	-	-
Net movement in funds		29,891	20,999	50,890	(182,843)
Reconciliation of funds:					
Total funds brought forward		<u>412,580</u>	<u>5,689</u>	<u>418,269</u>	<u>601,112</u>
Total funds carried forward		<u>442,471</u>	<u>26,688</u>	<u>469,159</u>	<u>418,269</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirement for an income and expenditure account with the Companies Act 2006.

The notes on pages 33 to 48 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
BALANCE SHEET
AS AT 31st DECEMBER 2024

	Note	2024 £	£	2023 £	£
Fixed Assets					
Tangible assets	13		302,865		320,497
Current Assets					
Stock			-		-
Debtors	14	18,996		13,780	
Cash at bank and in hand		237,043		168,898	
Total Current Assets		256,039		182,678	
Creditors: Amounts falling due within one year	15	(89,745)		(84,906)	
Net Current Assets			166,294		97,772
Total assets less current liabilities			469,159		418,269
The funds of the charity					
Unrestricted income funds:					
Designated funds	18		302,865		320,497
General unrestricted funds	18		139,606		92,083
Restricted funds	19		26,688		5,689
			469,159		418,269

Approved by the Board of Trustees and signed on its behalf by:

George Phillip Goodier (Treasurer)

Jacqueline Chohan (Chair)

Date: 29 May 2025

Date: 29 May 2025

The notes on pages 33 to 48 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31st DECEMBER 2024

Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net movement in funds – Page 29	50,890	(182,843)
Add back depreciation charge	20,077	24,670
Decrease/(increase) in debtors	(5,216)	(1,198)
(Decrease)/increase in creditors	4,839	(8,967)
Deduct interest income	(2,072)	(4,175)
Net cash provided by operating activities	68,518	(172,513)

Statement of cash flows

	2024 £	2023 £
Net cash provided by operating activities	68,518	(172,513)
Cash flows from investing activities		
Interest	2,072	4,175
Purchase of fixed assets	(2,445)	-
Net cash (used in) / provided by investing activities	(373)	4,175
Change in cash and cash equivalents in the year	68,145	(168,338)
Cash and cash equivalents at the beginning of the year	168,898	337,236
Cash and cash equivalents at the end of the year	237,043	168,898

1. ACCOUNTING POLICIES

Company information

Heartbeat Northwest Cardiac Care is a private company limited by guarantee incorporated in England and Wales. The registered office is Sir Tom Finney Way, Preston, Lancashire, PR1 6PA.

Basis of Preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities presenting their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1 January 2019) and the Companies Act 2006.

Heartbeat Northwest Cardiac Care meets the definition of a public entity under FRS102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared in accordance with the historical cost convention. The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows.

Going Concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Charitable Funds

General unrestricted funds comprise accumulated surpluses and deficits on general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds of the charity which have been set aside to reflect the value of funds represented by the tangible fixed assets of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor. Expenditure which meets these criteria is charged to the fund.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts and donations received for the general purposes of the charity are included in unrestricted funds when received. Where these comprise of donated fixed assets, they are included at market value where this is readily ascertainable. Gift Aid is recorded on a receivable basis.

Legacies are recorded on a receivable basis, where the value of the legacy is measurable and all conditions associated with receipt of the legacy have been fulfilled.

Lottery income is received for Heartbeat and beneficiaries. Lottery income is recorded on a receivable basis. Income received in advance for future draws is deferred until the corresponding draw has occurred, at which time the income will be recognised in the SOFA.

Event income comprises income raised from various fundraising events, the sale of donated and bought in goods and sponsorships during the year, which is recorded on a receipts basis.

Income from charitable activities comprises of donations from class members towards the running costs of the charity, which is recorded on a receipts basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the bank.

Grant income is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis inclusive of VAT which cannot be recovered. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities based on income directly associated to the activity, undertaken on a pro rata basis.

The costs of raising funds comprise the direct costs associated with attracting donations, legacies, grants and fundraising and their share of support costs and governance costs.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries and their share of support costs and governance costs.

Other costs comprise the lottery prizes, beneficiary management fees and their share of support costs and governance costs. Beneficiary management fees are an agreed share of the beneficiary lottery income.

Irrecoverable VAT

The charity is not registered for Value Added Tax and accordingly income and expenditure includes the irrecoverable Value Added Tax element where applicable.

Allocation of Support and Governance Costs

Support costs and governance costs are those functions that assist the work of the charity but do not directly carry out charitable activities. These costs have been allocated to each expenditure heading based on their respective usage.

Support costs are defined as shown in note 9

Governance costs are defined as shown in note 10

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. All assets costing more than £500 are capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Preston North End – Buildings	Over the term of the lease	
Preston North End – Integral fixtures	10%	straight line
Computer equipment	25%	straight line
Medical equipment	10%	straight line
Office equipment	10%	straight line
Sports equipment	17%	straight line

Stocks

Stocks are valued at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and bank overdrafts. Overdrafts are shown within borrowings in current liabilities.

Financial Instruments

The charity only has financial assets (debtors, cash and bank balances) and financial liabilities (creditors and accruals) of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Lease Agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remains with the lessor are charged as an expense in the SOFA on a straight line basis over the period of the lease.

Taxation

The company is a registered charity and as such is entitled to tax exemptions on all its income and gains, properly applied for charitable purposes.

Pensions

The charity operates a defined contribution pension scheme using a Group Personal Pension Plan, and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Legal Status

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2. Income from donations and legacies

	2024 Total £	2023 Total £
Unrestricted:		
Donations	251,565	114,419
Legacies	19,239	18,935
Gift Aid	19,011	12,354
	289,815	145,708
Restricted:		
Grants	41,908	13,890
	<u>331,723</u>	<u>159,598</u>

3. Income from charitable activities

	2024 Total £	2023 Total £
Unrestricted:		
Voluntary donations from class members	237,598	213,960
NHS/Service users contributions to the cost of testing	43,627	33,836
Education and training	3,293	-
Gift Aid	45,206	39,995
	329,724	287,791
Restricted:		
Grants	42,000	-
	<u>371,724</u>	<u>287,791</u>

4. Income from other trading activities

	2024	2023
	Total	Total
	£	£
Fundraising events	17,232	17,045
Sale of goods	3,841	2,409
Letting of offices	4,831	5,375
Lottery – Heartbeat	235,722	246,617
Lottery – Beneficiary	107,799	117,075
	<u>369,425</u>	<u>388,521</u>

All income from other trading activities relates to unrestricted funds in both 2024 and 2023.

5. Income from investments

All the charity investment income arises from money held on interest bearing deposit accounts and related to unrestricted funds in both 2024 and 2023.

6. Analysis of expenditure on raising funds

	2024	2023
	Total	Total
	£	£
Staff salaries	64,611	64,916
Training and development	200	4,200
Advertising/Promotion	519	476
Subscriptions	274	230
Event costs	2,891	2,358
Postage	1,437	1,313
Sundry costs	11,124	10,985
	<u>81,056</u>	<u>84,478</u>
Governance costs (see note 10)	3,384	2,855
Support costs (see note 9)	56,065	56,966
	<u>140,505</u>	<u>144,299</u>

Included within other expenditure are support costs of £7,790 (2023: £Nil) which are restricted.

7. Analysis of expenditure on charitable activities

Cardiac rehabilitation classes and related testing

	2024	2023
	Total	Total
	£	£
Staff salaries	347,206	346,141
Freelance staff for testing	5,050	5,150
Rehabilitation costs	74,186	57,553
Postage	2,052	1,991
Training and development	825	724
Repairs and renewals	1,465	1,422
Medical consumables	2,370	1,518
Education	3,924	295
Pulse watches (COVID supplies)	-	246
Sundry costs	3,690	3,952
	440,768	418,992
Governance costs (see note 10)	3,384	2,855
Support costs (see note 9)	171,305	183,793
	<u>615,457</u>	<u>605,640</u>

Included within charitable activities expenditure are staff salaries of £17,711 (2023: £2,311), rehabilitation costs of £18,523 (2023: £7,390), sundry costs of £236 (2023: £Nil), education costs of £800 (2023: £Nil) and support costs of £8,439 (2023: £Nil) which are restricted.

8. Analysis of other expenditure – Lottery costs

	2024	2023
	Total	Total
	£	£
Staff salaries	35,706	39,998
Lottery wins	85,964	79,419
Beneficiary lottery fees	75,397	81,977
Agent commission	225	357
Bank charges	-	-
Advertising & promotion	275	855
Postage	3,954	3,779
Sundry costs	7,122	6,783
	208,643	213,168
Governance costs (see note 10)	3,384	2,855
Support costs (see note 9)	56,065	56,966
	<u>268,092</u>	<u>272,989</u>

Included within other expenditure are support costs of £7,790 (2023: £Nil) which are restricted.

9. Allocation of support costs – Current year

	Raising funds	Charitable activities	Other lottery costs	2024 Total
	£	£	£	£
Depreciation	2,008	16,061	2,008	20,077
Insurance	1,364	10,908	1,364	13,636
Premises rent – Unrestricted	4,724	37,789	4,724	47,237
Premises rent – Restricted	76	610	76	762
Gas & electric	4,504	36,034	4,504	45,042
Water	146	1,168	146	1,460
Bank charges	3,735	3,735	3,735	11,205
Building maintenance	2,890	23,124	2,890	28,904
Management/Admin- Unrestricted	22,748	22,748	22,748	68,244
Management/Admin- Restricted	7,549	7,549	7,549	22,647
Telephone, fax and internet	575	4,599	575	5,749
Wage preparation	151	1,209	151	1,511
Canteen and office sundries – Unrestricted	9	73	9	91
Canteen and office sundries - Restricted	16	128	16	160
HR Support	523	523	523	1,569
Printing, postage and stationery – Unrestricted	1,037	1,037	1,037	3,111
Printing, postage and stationery - Restricted	149	149	149	447
Subscriptions	12	12	12	36
Repairs & renewals	2,006	2,006	2,006	6,018
HSE	523	523	523	1,569
Gratuities	1,320	1,320	1,320	3,960
	<u>56,065</u>	<u>171,305</u>	<u>56,065</u>	<u>283,435</u>

Allocation of support costs – Previous year

	Raising Funds	Charitable Activities	Other lottery costs	2023 Total
Depreciation	2,467	19,736	2,467	24,670
Insurance	1,328	10,624	1,328	13,280
Premises rent - Unrestricted	4,900	39,200	4,900	49,000
Gas & Electric	6,368	50,942	6,368	63,678
Water	116	932	116	1,164
Bank charges	3,627	3,627	3,627	10,881
Building maintenance	2,343	18,739	2,343	23,425
Management/Admin- Unrestricted	30,372	30,372	30,372	91,116
Telephone, fax and internet	433	3,463	433	4,329
Wage preparation	140	1,116	140	1,396
Canteen and office sundries	24	194	24	242
HR Support	498	498	498	1,494
Printing, postage and stationery	2,027	2,027	2,027	6,081
Subscriptions	34	34	34	102
Repairs & renewals	1,791	1,791	1,791	5,373
HSE	498	498	498	1,494
	<u>56,966</u>	<u>183,793</u>	<u>56,966</u>	<u>297,725</u>

10. Allocation of governance costs – Current year

	Raising Funds £	Charitable activities £	Other lottery costs £	2024 Total £
Auditors remuneration	2,917	2,917	2,916	8,750
Legal and professional	467	467	466	1,400
	<u>3,384</u>	<u>3,384</u>	<u>3,382</u>	<u>10,150</u>

Allocation of governance costs – Previous year

	Raising Funds £	Charitable Activities £	Other lottery costs £	2023 Total £
Independent Examination	1,560	1,560	1,560	4,680
Legal and professional	1,295	1,295	1,295	3,885
	<u>2,855</u>	<u>2,855</u>	<u>2,855</u>	<u>8,565</u>

11. Analysis of staff costs and remuneration of key management personnel

	2024	2023
	£	£
Gross wages and salaries	482,563	488,143
Pension contributions	19,598	18,294
Social security costs	36,253	35,734
	<u>538,414</u>	<u>542,171</u>

The trustees consider the board of trustees, Chief Executive and the Head of Finance as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity daily. The total employee benefits of the key management personnel of the charity were £91,601 (2023: £91,808).

Trustees are required annually to disclose any relevant interests and register them with the Chief Executive and in accordance with the charities policy withdraw from any decisions where a conflict of interest arises.

The charity has set up a remuneration committee who review the Chief Executives salary package to ascertain whether it is appropriate for the role, and is bench marked against other like for like charities with similar activities and operations.

No employee earned over £60,000. The number of staff to whom retirement benefits were accruing under a money purchase pension scheme was 16 (2023: 16).

The average number of persons employed during the year, analysed by function was follows:

	2024	2023
Medical services	16	14
Fundraising	3	4
Lottery	1	1
Management and administration	2	2
	<u>23</u>	<u>21</u>

Commission and fees payable to part-time freelance staff

	2024	2023
	£	£
Commissions/expenses paid to lottery collectors and agents	224	357
Professional fees paid to doctors and exercise staff	5,050	5,150
	<u>5,274</u>	<u>5,507</u>
	<u><u>5,274</u></u>	<u><u>5,507</u></u>

Average number of persons working on a part-time freelance basis:

Lottery – external collectors	3	3
Professional – GPs and outreach instructors	6	7
	<u>9</u>	<u>10</u>
	<u><u>9</u></u>	<u><u>10</u></u>

12. Trustee remuneration & related party transactions

All trustees give of their time freely and no trustees or any person connected to them received any remuneration for their services during the year.

The charity has not met any individual expenses incurred by the trustees for services provided to the charity during the year.

Insurance premiums during the year amounting to £484 (2023: £470) were incurred by the charity in respect of indemnity insurance for the trustees.

13. Tangible fixed assets

	PNE Lease- hold Property £	Office & Computer Equipment £	Medical Equipment £	Sports Equipment £	Total £
Cost					
At 1 January 2024	417,278	69,432	78,727	98,893	664,330
Additions	-	-	2,445	-	2,445
Disposals	-	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 December 2024	<u>417,278</u>	<u>69,432</u>	<u>81,172</u>	<u>98,893</u>	<u>666,775</u>
Depreciation					
At 1 January 2024	114,918	64,930	67,002	96,983	343,833
Charge for the year	13,656	2,980	1,989	1,452	20,077
On disposals	-	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 December 2024	<u>128,574</u>	<u>67,910</u>	<u>68,991</u>	<u>98,435</u>	<u>363,910</u>
Net Book Value					
At 31 December 2024	<u>288,704</u>	<u>1,524</u>	<u>12,180</u>	<u>457</u>	<u>302,865</u>
At 31 December 2023	<u>302,360</u>	<u>4,502</u>	<u>11,725</u>	<u>1,910</u>	<u>320,497</u>

All tangible fixed assets are unrestricted funds classified as designated.

14. Debtors

	2024 £	2023 £
Program/ Testing debtors	34	18
Gift Aid	4,448	5,132
Prepayments and accrued income	14,514	8,630
	<u> </u>	<u> </u>
	<u>18,996</u>	<u>13,780</u>

All debtors relate to unrestricted funds in both 2024 and 2023.

15. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Bank overdraft	5,713	13,142
Trade creditors	9,461	10,686
PAYE / NI	9,091	10,363
Pension contributions	3,667	3,393
Other creditors	2,174	815
Accruals	14,970	7,648
Deferred income (Note 16)	44,669	38,859
	<u>89,745</u>	<u>84,906</u>

All creditors relate to unrestricted funds in both 2024 and 2023.

16. Deferred income

	Contributions to Rehabilitation Classes £	Lottery Income £	Programmes £	2024 Total £	2023 Total £
As at 1 January 2024	8,072	29,377	1,410	38,859	38,230
Released in the year	(8,072)	(29,377)	(1,410)	(38,859)	(38,230)
Deferred to next year	9,554	34,124	991	44,669	38,859
	<u>9,554</u>	<u>34,124</u>	<u>991</u>	<u>44,669</u>	<u>38,859</u>
As at 31 December 2024	<u>9,554</u>	<u>34,124</u>	<u>991</u>	<u>44,669</u>	<u>38,859</u>

17. Financial instruments

	2024	2023
	£	£
Carrying amount of financial assets		
Financial instruments measured at amortised cost	4,482	5,150
Carrying amount of financial liabilities		
Financial instruments measured at amortised cost	30,144	31,476

18. Analysis of charitable funds

Analysis of movement in unrestricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	92,083	991,036	(942,688)	(825)	139,606
Designated Funds:					
Property Assets Fund	320,497	-	(20,077)	2,445	302,865
	<u>412,580</u>	<u>991,036</u>	<u>(962,765)</u>	<u>1,620</u>	<u>442,471</u>

Analysis of movement in unrestricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	254,445	826,195	(988,557)	-	92,083
Designated Funds:					
Property Assets Fund	345,167	-	(24,670)	-	320,497
	<u>599,612</u>	<u>826,195</u>	<u>(1,013,227)</u>	<u>-</u>	<u>412,580</u>

General Fund: The “free” reserves of the charity after allowing for all designated funds.

Designated Funds: The property assets fund is the value of the unrestricted funds already spent and represented by the tangible fixed assets of the charity (note 13).

Analysis of movement in restricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
B&Q Foundation	856	-	(856)	-	-
Chorley Borough Council	1,500	-	(1,500)	-	-
Preston City Council	3,333	-	(3,333)	-	-
Awards for All	-	20,000	(1,984)	-	18,016
Lancashire County Council	-	800	(800)	-	-
Harold & Alice Bridges Charity	-	2,000	(236)	(1,620)	144
Sport England	-	9,000	(3,826)	-	5,174
West Lancs Mark Charity Fund	-	3,354	-	-	3,354
Abbvie Ltd	-	3,747	(3,747)	-	-
Marsden BS Community Foundation	-	2,487	(2,487)	-	-
Farington PC	-	420	(420)	-	-
Chorley BC	-	100	(100)	-	-
NHS	-	42,000	(42,000)	-	-
	<u>5,689</u>	<u>83,908</u>	<u>(61,289)</u>	<u>(1,620)</u>	<u>26,688</u>

B&Q Foundation	This money is for gardening equipment and general costs relating to our allotment.
Chorley Borough Council	This grant is to fund Chorley class costs.
Preston City Council	This funding was used to cover costs for our wellbeing service to provide mental health support to our class members.
Awards for All	This funding was used to contribute to costs of the Stroke Rehabilitation Project.
Lancashire County Council	This funding was used to purchase 2 defibrillators
Harold and Alice Bridges Charity	This funding was to fund defibrillator purchases and uniforms.
Sport England	This funding was used to cover costs for the Walking For Heart Health project. Benefitting people with Peripheral Artery Disease
West Lancs Mark Charity Fund	This funding was provided for purchase of equipment.

HEARTBEAT NORTHWEST CARDIAC CARE
NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31st DECEMBER 2024

Abbvie Ltd	This grant was to assist in covering costs for delivering classes in Chorley.
Marsden BS Community Foundation	This grant is to fund Lytham St Anne's class costs.
Farington Parish Council	This funding was to cover Leyland Leisure Centre classes.
Chorley BC	This grant was to assist in covering costs for delivering classes in Chorley.
NHS	This funding was used to cover costs for blood pressure testing, health inequalities targeted, community awareness and case finding events

Analysis of movement in restricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
B&Q Foundation	1,500	-	(644)	-	856
Chorley Borough Council	-	6,000	(4,500)	-	1,500
Jigsaw Homes	-	2,590	(2,590)	-	-
Lancashire County Council	-	300	(300)	-	-
Preston City Council	-	5,000	(1,667)	-	3,333
	<u>1,500</u>	<u>13,890</u>	<u>(9,701)</u>	<u>-</u>	<u>5,689</u>

B&Q Foundation	This money is for gardening equipment and general costs relating to our allotment.
Chorley Borough Council	This grant is to fund Chorley class costs.
Jigsaw Homes	This grant was for 6 months to fund classes specifically for our class members with Peripheral Arterial Disease in Chorley.
Lancashire County Council	This grant is to fund Leyland class costs.
Preston City Council	This funding was used to cover costs for our wellbeing service to provide mental health support to our class members.

19. Analysis of net assets between funds

Current year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	302,865	302,865
Current Assets	26,688	229,351	-	256,039
Current Liabilities	-	(89,745)	-	(89,745)
Total	26,688	139,606	302,865	469,159
Previous year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	320,497	320,497
Current Assets	5,689	176,989	-	182,678
Current Liabilities	-	(84,906)	-	(84,906)
Total	5,689	92,083	320,497	418,269

20. Commitments under operating leases

At 31 December 2024 the charity had an annual commitment under a non-cancellable operating lease for rent of the property at PNE. The remaining lease term is 25 years and analysis of the commitment is set out below:

	2024 Land and Buildings £	2023 Land and Buildings £
Operating lease which expires:		
Due within 1 year	48,000	48,000
Due within 2 - 5 years	192,000	192,000
Due after 5 years	960,000	1,008,000
	1,200,000	1,248,000

At the reporting end date, the charity also had other outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024 £	2023 £
Operating lease which expires:		
Due within 1 year	3,352	2,530
Due within 2- 5 years	4,841	5,677
Due after 5 years	-	-
	8,193	8,207

Accounts

**HEARTBEAT NORTHWEST CARDIAC CARE
(A COMPANY LIMITED BY GUARANTEE)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2023**



Registered Charity No: 1168850

Company No: 10195311

Azets
Chartered Accountants
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

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HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2023

Charity Number	1168850
Company Number	10195311
Patrons:	Somnath Kumar Ranvir Singh Derek Smith
Directors and trustees:	Jackie Wilding (Chair) George Phillip Goodier (Treasurer) John Dent Jeannie Hayhurst Beryl (Bunty) Knowles Jacqueline Marie Chohan Phillip Reece
Chief Executive:	Louise Bache
Secretary:	Caroline Dransfield
Clinical Director:	Dr Stewart Jones

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2023

Registered Office: Heartbeat Northwest Cardiac Care
Preston North End Stadium
Sir Tom Finney Way
Preston
Lancashire
PR1 6PA

Bankers: Royal Bank of Scotland
Preston Fishergate Branch
1 Hardman Boulevard
Manchester
M3 3AQ

Shawbrook Bank Limited
Lutea House
Warley Hill Business Park
Brentwood
Essex
CM13 3BE

Scottish Widows Bank
PO Box 883
Leeds
LS1 9TY

Legal Advisors: Vincents Solicitors
72 Liverpool Road
Penwortham
Preston
PR1 0DQ

Financial Advisors: Mattioli Woods Plc
Lanson House
Winckley Gardens
Mount Street
Preston
PR1 8RY

Independent examiners: Azets
Chartered Accountants
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

The trustees are pleased to present their annual directors' report and the financial statements of the charity for the year ended 31st December 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Legal and administrative information set out on pages 2 and 3 form part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (effective 1st January 2019).

Structure, Governance and Management

Heartbeat Northwest Cardiac Care is a company limited by guarantee governed by its Memorandum and Articles of Association dated 11th May 2016. It is registered as a charity with the Charity Commission. Trustees are elected from the membership at each Annual General Meeting. The trustees meet regularly at the charity's administrative offices at Sir Tom Finney Way and carry out the governance of the affairs of the charity. The trustees are permitted to appoint officers to act in the day to day management of the charity.

Anyone over the age of 18 who has signed a written declaration confirming support of the objectives and willingness to become a charity trustee of the charity can become a member of the company and there are currently 8 members (9 in 2021), each of whom agrees to contribute £1 in the event of the charity winding up.

The trustees must hold at least two meetings each year. A quorum at a meeting of the trustees is at least two or one third of the trustees in office, whichever is the greater. A meeting of the trustees may be held either in person or by suitable electronic means agreed by the trustees in which all participants may communicate with all the other participants, but at least one meeting in each year must be held in person.

Any issue may be determined by a simple majority of the votes cast at a meeting, but a resolution in writing agreed by all the trustees entitled to receive notice of a meeting is as valid as a resolution passed at a meeting. Every trustee has one vote on each issue but, in the case of equality of votes, the chair of the meeting has the casting vote.

Appointment of Trustees

As set out in the Articles of Association the chair of the trustees is nominated by the trustees. There must be a minimum of three trustees. One third (or the number nearest one third) of the trustees must retire in each year at an Annual General Meeting (AGM), those longest in office retiring first and the choice between any equal service being made by drawing lots. A retiring trustee who is eligible may be reappointed. No trustee may serve more than two three-year terms of elected office, unless by exception the trustees permit an additional term of office for such period as they shall determine, but not exceeding three years. Any time served as a co-opted trustee shall not count when calculating periods of office as a trustee.

The trustees may at any time co-opt any individual who is eligible as an additional trustee, but a co-opted trustee holds office until the end of the AGM held after their appointment.

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Jackie Wilding (Chair)
George Phillip Goodier (Treasurer)
John Dent
Jeannie Hayhurst
Beryl (Bunty) Knowles
Jacqueline Marie Chohan
Phillip Reece
Stuart Clayton – Resigned 15 December 2023

Organisation

The trustees are responsible for the governance and strategic leadership of the charity, ensuring Heartbeat Northwest Cardiac Care devotes maximum resources and assets towards meeting its objectives. None of the trustees have any beneficial interest in the charity other than using its services.

The operational management of the charity is delegated to the Chief Executive Officer and the trustees ensure that the delivery is in accordance with the charity's aims and objectives by a number of internal controls which also provide appropriate reassurance against material misstatement or loss. The procedures include:

- Revision of the 3 year strategic plan and preparation of an annual budget for the consideration of trustees
- Regular review of financial performance by the Budget and Remuneration Committee against the annual budget
- A robust relationship with the Chair of Trustees promoting open communication and regular feedback
- Comprehensive documented financial controls which govern all aspects of the financial management of the charity
- Risk management formally managed using a risk register, reviewed by the trustees at least every 6 months

Induction and Training of Trustees

Trustees are recruited via several methods including internal / external adverts, press and recommendation. New trustees are welcomed to Heartbeat Northwest Cardiac Care by the Chief Executive Officer who commits significant time to provide the trustee with a comprehensive induction to the charity. New trustees are introduced to the management team and then introduced to all available colleagues. The Chief Executive Officer spends time introducing all aspects of governance and the role and responsibilities of trustees. As part of the induction, the Chief Executive Officer provides an overview of the operational aspects of the charity, organisational structure, format of trustee meetings, ensures he/she is accessible to trustees for enquiries, feedback or concerns throughout the year and ensures that each new trustee has a copy of the Heartbeat Northwest Cardiac Care Trustee guidance.

This contains information relating to the governance, structure and legal requirements of the charity, background information and an overview of the role of a trustee and board. This information is monitored and continually reviewed in accordance with the charity commission's recommendations.

Budget and Remuneration Committee

A budget and remuneration committee was established at the behest of the trustees and is chaired by the Treasurer. The Committee advises on Heartbeat Northwest Cardiac Care financial affairs and reports directly to the trustees. This remuneration committee reviews and determines the salary of the Chief Executive Officer. All other salaries are reviewed annually by the Chief Executive Officer and normally increased in accordance with average earnings.

Key Management Personnel

The trustees consider the trustees, Chief Executive Officer and the Head of Finance as comprising the key management personnel of the charity.

Heartbeat NWCC Organisation Chart

Board of Trustees and Clinical Director
Budget and Remuneration Committee

Head of Finance
Caroline Dransfield

Chief Executive Officer
Louise Bache

Head of Fundraising
Michelle Hunt

SERVICES

Cardiac Physiologists
Debbie Crossley
Jo Duff

Operations Manager
Carl Martinez

Sessional Testing Doctor
Dr Stewart Jones

Nurse
Lorraine Hope

Wellbeing Support
Rebecca Wynn
Madison Heaton

Heartbeat Fitness
Instructors
Jackie Lowry
Julia Gardham
Charlotte Flynn
Steve Jenkinson
Matthew Tidswell
Sally Seed

Sessional Fitness instructors
6 instructors

Reception
Jo Widdows
Samim Patel
Somayya Malek

FUNDRAISING AND LOTTERY

Fundraising Officers
Lisa Riding
Sam Hope

Lottery Officer
Karen Gildert

Objectives and Activities for the Public Benefit

Aims and Purposes

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit, including the guidance 'Public benefit: running a charity (PB2)' when reviewing the charity's aims and objectives and in planning future activities.

The main aim and purpose of Heartbeat Northwest Cardiac Care is to apply the money as it accumulates (through various forms of fundraising) in furtherance of improving the health of the population of the North West of England with particular regard to coronary heart disease (CHD), stroke, cardiovascular and pulmonary conditions.

In particular as stated in the Memorandum and Articles of Association:

Objectives

- a) The financial support to continue and further the work of cardiac rehabilitation within the area of benefit.
- b) The financial support of the Cardiac Rehabilitation Care and its associated rehabilitation programmes.
- c) The financial support, where appropriate, of health education and health screening in relationship to heart disease.
- d) The financial support of such schemes and the grant of such requests as the Association may deem appropriate and which are consistent with the objectives of the Association.

The "area of benefit" as referred to above collectively as the North West of England, includes the geographical counties of Lancashire, Cumbria, Cheshire, Greater Manchester and Merseyside.

Vision

People affected by, or at high risk of cardiovascular disease have access to support and services which enable them to rebuild their lives.

Mission

Heartbeat is committed to the fight to reduce the impact of coronary heart disease in all our communities within the North West of England through rehabilitation, information and advice, education, and lifestyle support.

Overview of Activities of the Charity

Heartbeat Northwest Cardiac Care is a well-established local heart charity that has been providing heart rehabilitation, clinical testing, holistic support, education, and heart disease prevention work to Lancashire residents since 1978. Based in Preston, Heartbeat operates a central bespoke heart centre located on-site at Preston North End (PNE) football club as well as a number of community-based outreach classes.

The Team consists of 21 employed staff, 1 General Practitioner (GP), 1 National Health Service (NHS) Nurse, a Clinical Director and a range of volunteers who support the charity. The charity has been self-funding since 1978 supporting thousands of local residents.

Cardiovascular disease (CVD), also known as circulatory disease, refers to diseases of the heart and blood vessels, including angina, coronary heart disease (CHD), heart attack, high blood pressure (Hypertension), peripheral arterial disease (PAD) and stroke. Such diseases are caused by reduced blood flow to the heart, brain or body caused by atheroma or thrombosis and is common in people aged over 60. CVD is one of the biggest causes of death and disability in the UK and is largely preventable with a healthy lifestyle.

Heartbeat Northwest Cardiac Care services are available to heart patients at any stage, in addition to those identified as at high risk of developing cardiovascular disease, for example, obese or overweight patients, those with high blood pressure, stroke survivors, diabetics, Peripheral Arterial Disease (PAD), Chronic Obstructive Pulmonary Disease (COPD) patients, smokers, alcohol misusers and those living an unhealthy or sedentary lifestyle.

The charity provides:

Testing

Exercise tolerance/treadmill tests
24 hour blood pressure monitors
24 hour electrocardiogram (ECG)
Private health testing

Training/Education

First aid training
Defibrillator training
Student placements
Schools programme
Community awareness programme

Rehabilitation and Prevention

Cardiovascular and pulmonary patient assessment post NHS pathway
Cardiovascular and pulmonary prevention and rehabilitation exercise programme
Mental and social wellbeing support
Peer support
Peripheral Arterial disease support and exercise programme

Fundraising and Community Events

Sponsored events
Fundraising events
Heartbeat Lottery
Social events for heart patients and families
Walks, runs and cycle-rides held annually

The charity currently operates 07:00 to 19:00 Monday to Thursday and 07:00 to 15:00 Friday with some weekend events.

The charity has established relationships with NHS cardiac nurses in Preston and Chorley. Heartbeat also has close links with local cardiac, stroke, pulmonary and vascular teams. Over the years partnerships have been developed with a number of leisure centres who provide facilities for classes as well as local charities, GP surgeries and health improvement providers.

A Heartbeat Story

Before Yvonne had her stroke, in May 2022, she sadly was diagnosed with breast cancer but still managed to stay active whilst undergoing treatment, by riding her bike and going on long walks. Thankfully, Yvonne has been clear of cancer for some time now.

Yvonne was devastated when she had a stroke especially as she was so active, and this caused her to lose all mobility. Whilst attending Stroke rehabilitation with the NHS, at the Minerva centre in Preston, the nurses recommended she attend Heartbeat to continue her care.

Yvonne has been attending Heartbeat regularly and feels that there are improvements in her strength and her knees. But most of all she has really noticed improvements in her mobility.

During the time Yvonne has attended she has been extremely impressed with the staff and how friendly and well trained they are. She attends 2 exercise classes per week with experienced instructors who are trained to support and increase her fitness. The class she attends has a mixture of stroke survivors and people with cardiac problems so they all have a common goal of improving their health, fitness and strength.

Yvonne has two specific goals moving forwards and they are to go swimming and ride her bike. Next year her aim is get away on holiday abroad. The Heartbeat instructors will be there to support her specific goals as she works so hard to achieve them.

Yvonne has been encouraged to write about her experiences and has been writing poems about her story, she has even had one published! Well done Yvonne, keep up the great work.

Some of Heartbeat's sponsored events in 2023

The Skydive



Zebra - Born Survivors



Sponsored events



Morecambe Bay Walk



World Heart Day walk



Our Services

Cardiac rehabilitation and prevention programmes have two main aims:

1. To help people to recover from or prevent the physical and psychological effects of heart conditions.
2. To try to increase the length and quality of life by:
 - Reducing blood pressure where this is a factor
 - Reducing cholesterol where this is a factor
 - Reducing the numbers of patients who are considered obese or overweight
 - Increasing the number of patients who take regular exercise
 - Helping with the support and effects of patients diagnosed with diabetes

Initial Assessment

People are often nervous about starting exercise as they worry about not being able to do as much as they would like but Heartbeat Northwest Cardiac Care provides a unique testing service for anyone wishing to join one of the cardiac rehabilitation and prevention exercise sessions. Prior to joining a class people undergo a thorough medical assessment in a friendly and comfortable environment to assess their exercise capacity and suitability for the exercise programme, to exclude any underlying cardiovascular problems and to set a suitable individual target heart rate for them to work to. This is carried out by the charity's team of healthcare professionals who can provide advice and support. Heartbeat Northwest Cardiac Care has invested in highly specialised medical equipment which provides a selection of specialised investigatory tests.

The initial assessment typically includes a physical examination, a resting ECG, an Exercise Treadmill Test (ETT) which provides essential information regarding the level of exercise recommended as part of the individual exercise programme, together with lung function tests.

Other tests carried out at Heartbeat Northwest Cardiac Care are Pre-Operative Cardiopulmonary Exercise Testing (CPEX), 24 hour ECG monitoring, 24 hour blood pressure monitoring and cardiac event monitoring.

Heartbeat Northwest Cardiac Care offers exercise sessions to people who are considered by their Physician to be at high risk of developing vascular disease. This group of people also attend for an initial Exercise Treadmill Test prior to identifying a suitable Heartbeat Northwest Cardiac Care exercise session and have now been included in the 'initial Exercise Treadmill Test' figures.

Interim Testing

Heartbeat Northwest Cardiac Care class members have their progress monitored, after the initial treadmill test a repeat treadmill is carried out 9 months later to measure progress.

Private Testing

People are sometimes referred to Heartbeat Northwest Cardiac Care who have not had a heart problem, for example for insurance purposes, or as part of their terms and conditions of employment. In these circumstances Heartbeat requests the individual to pay a financial contribution.

People attending rehabilitation programmes

Monitoring Heartbeat Northwest Cardiac Care rehabilitation classes has proven that many people can achieve a greater level of general fitness after a cardiac event than they had before the event. Other people who suffered a more severe cardiac event can be helped to achieve their optimum, if limited, fitness level. This gives them the greatest chance of returning or maintaining an active and enjoyable life.

A supervised and controlled exercise class provides a safe and reassuring environment. The psychological effects of a cardiac event can equally be as great a problem as the physical disability. People often need support with both aspects of their illness.

All people attending the charity's cardiac rehabilitation and prevention exercise sessions are supervised by British Association for Cardiovascular Prevention and Rehabilitation (BACPR) accredited Fitness Instructors.

”

Heartbeat is my lifeline, I'm so grateful for all they have done for me.

LINDA

PRESTON CLASS MEMBER



Achievements and Performance

We are very happy to announce that this year we have seen the class member numbers continue to increase, this has been gradual throughout the year.

Summary of Performance

Referrals

In 2023 our referrals came from a variety of sources as listed in the table below:

	2023	2022
Phase 3	27%	33%
Self Referrals	23%	26%
G.P. Referrals	8%	10%
Heart Failure	11%	7%
PAD/Vascular	12%	11%
Stroke	7%	2%
Pulmonary	12%	9%
Other	0%	2%

Volunteers

In 2023 our volunteers supported us by taking part in the choir, store collections and attending events.

Lottery income

The 'Heartbeat Lottery' consists of both Heartbeat and beneficiary playing members. Beneficiary players are from other charities and fundraising groups. All playing members are part of the same prize pool. A fixed management fee is agreed with beneficiaries. The 'Heartbeat Lottery' currently includes the following beneficiaries:

- ✓ Preston North End, Chorley, and Bamber Bridge Football Clubs
- ✓ Headway, a brain injury association
- ✓ Cardiac Rehab, Basingstoke
- ✓ Rainbow Hub, a charity that provides child brain injury rehab services
- ✓ Space Centre, provides a multi-sensory environment for anyone with special needs
- ✓ Preston Community Transport, provide transport for those who cannot use regular public transport
- ✓ FOMO, friends of Mulanje orphans
- ✓ Dig In, down to earth support for the Military and Blue light community
- ✓ Dance Syndrome, dancer led, disability inspired inclusive arts programme

- ✓ Disability Snowsport UK, teachers of adaptive Snowsports in the UK
- ✓ Heart Valve Voice, UK's dedicated heart valve disease charity
- ✓ Phab, promoting inclusion and diversity by bringing together people of all abilities

Lottery income from Heartbeat playing members fell by £13,601 (5.2%) compared to £22,044 (8.0%) in the previous year. Lottery income from beneficiary playing members fell by £6,505 (5.3%) compared to £8,687 (6.5%) in the previous year.

Donations and Legacies

Income from donations and legacies has decreased from £233,215 to £159,598.



HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31st DECEMBER 2023

Thank you to everyone who has fundraised or donated to Heartbeat. Whether the donation is large or small they all help people to live longer, healthier lives with the ones they love.



Attendance at Heartbeat Cardiac Rehabilitation Classes

	2023	2022	2021
Preston Central UCLan	12	12	13
Preston North End	611	552	537
Blackpool	15	17	18
Burscough	18	16	19
Ribby Hall	34	27	35
Chorley	162	154	139
Leyland	32	32	35
Penwortham	18	16	17
Garstang	38	44	30
St Annes	23	17	0
Thornton	0	6	0
Total attendance year	963	893	843

This represents the total number of people accessing Heartbeat Northwest Cardiac Care rehabilitation and prevention programme. The figure attending has gradually increased over the year which is a fantastic result. Sadly, the classes in Thornton did not increase in numbers and this class was cancelled but the St Annes class has increased numbers weekly.

Number Referred to Heartbeat Services

	2023	2022	2021
Total number of new referrals to 9 month programme	555	522	265
Total number referred for medical testing	104	80	54
Total number referred to all services	659	602	319

Our numbers of referrals have increased again this year. Two areas of increased referrals are Pulmonary and Stroke.

High risk patients

GPs assess patients for their risk of developing coronary heart disease during the next ten years. Patients assessed include those with high blood pressure, those with diabetes and those with other risk factors such as obesity or history of smoking. The National Framework for coronary heart disease advises intensive treatment for patients found to be at high risk. Many of these patients will have occult coronary artery disease, which will only be shown by testing. The charity is therefore continuing to offer these groups of patients an exercise test in the hope that this will pick up any patient with significant risk of coronary heart disease with a view to intervention before they have a coronary event. Heartbeat Northwest Cardiac Care also offers exercise programmes to this group of patients. In 2022 the numbers for testing increased dramatically after being closed during COVID but these have now evened out.

The following tests were carried out in 2023:

	2023	2022	2021
Initial exercise treadmill tests	281	346	243
9 month retests	159	196	27
Post 9 month restarts	11	0	0
3 year retests	12	0	0
High risk testing	2	0	0
Total for the year	465	548	270

Heartbeat Northwest Cardiac Care offers private testing for those who, as a term or condition of employment, may have to have an annual health check. In addition, we offer health screening and testing for those who self-monitor their own health. The following private tests were carried out in 2023:

	2023	2022	2021
Total Private ECG stress test	7	6	6

24 Hour ECG and Blood Pressure Testing

In 2023 Heartbeat Northwest Cardiac Care carried out 24 hour ECG monitoring and 24 hour blood pressure monitoring for General Practitioners in the Preston area. These tests require a Cardiac Physiologist perform the investigations and interpret the results. This service is currently provided free of charge to GPs. As you can see from the figures below 24 hour ECG tests have significantly increased since 2021.

	2023	2022	2021
24 hour ECG	88	55	14
24 hour Blood pressure	19	26	15
Resting ECG	42	47	25
Cardiac event monitors	0	0	0
Total annual other tests	149	128	54

TOTAL MEDICAL TESTS

	2023	2022	2021
Total medical tests	621	682	330

Community Education

Cardiovascular disease (CVD) includes coronary heart disease, stroke, peripheral vascular disease and other diseases of the cardiovascular system. It is the main cause of reduced life expectancy of residents in the most deprived areas across Lancashire.

In 2023 Heartbeat continued its education programme for class members and partners, our sessions included Balance, Diabetes, Nutrition, Psychology, Peripheral Arterial Disease (PAD), and medication

”
I am so grateful to Heartbeat,
I truly believe it is down to
them that I am still alive.

TONY
PRESTON CLASS MEMBER



Financial Review

The Statement of Financial Activities for the year is included on page 26.

1. Income for the year was £840,085 (2022: £874,402).

Income from donations and legacies has decreased from £233,215 to £159,598.

The charity received restricted grants totalling £13,890 (2022: £19,889). A summary of the restricted grants can be found within note 18.

Income from charitable activities has increased to £287,791 (2022: £231,203).

The charity asks people attending the cardiac rehabilitation and prevention programme to consider donating a voluntary contribution to the running costs of the charity. These voluntary contributions of £213,960 (2022: £161,172) support the charity to provide cardiac rehabilitation services every week across the region.

The charity also undertakes fundraising events to support its activities such as raffles and collections, etc. There are also various fundraising activities undertaken by benevolent individuals. Heartbeat Northwest Cardiac Care does not have a direct input into such activities but ultimately benefits from the surplus generated. The trustees have recently reviewed the fundraising and consider that it is efficient and effective.

Income from other trading activities comes mainly from the lottery £363,692 (2022: £383,798). The lottery income has decreased but continues to provide vital funds for the charity.

2. Expenditure in the year was £1,022,928 (2022: £1,004,162) resulting in a deficit of £182,843 (2022: £129,760).
3. The total net assets of the charity are £418,269 (2022: £601,112). This is made up of designated funds of £320,497 (2022: £345,167) and restricted funds of £5,689 (2022: £1,500) leaving free reserves of £92,083 (2022: £254,445). Designated funds represent the property assets fund, being monies already spent on the fixed assets of the charity.

Investment Policy

In accordance with its power of investment, the trustees have agreed that any funds held in excess of that which is required for immediate running purposes are transferred into interest earning investment accounts.

Risk Management

The trustees continually review, in detail, the risks to which the charity may be exposed. The trustees see this as an on-going commitment in order to continually establish systems to mitigate those risks. A risk register has been developed which is reviewed at least annually.

The principal risk faced by Heartbeat Northwest Cardiac Care is the charity's ability to raise sufficient funds annually to deliver the charitable objectives whilst sustaining financial viability for the charity's future. The trustees regularly consider variability of fundraising methods and have a structured monitoring programme. Trustees meet a minimum of twice per year in between which a budget and remuneration committee meet to monitor all things financial and report to the trustee board. The charity produces a risk register annually as part of statutory accounts procedures and this register is reviewed and updated on an annual basis. Fundraising is split into a variety of activities tried and tested since 1978. Each year they are reviewed and updated to meet the ever-changing economic climate and fundraising environment nationally, regionally, and locally.

Historically the charity has relied heavily on one activity, a lottery, run by the charity. However, in the last five years, by resourcing and applying extra focus on other fundraising areas, this reliance has reduced and forms part of a longer-term strategic plan to continue to grow other areas.

Reserves Policy

Having a reserves policy helps form the way in which Heartbeat Northwest Cardiac Care manages its cash, liquid assets, and debt. It also assists with planning and communicating the charity's approach to interested parties. This policy contributes significantly to the trustees' ability to balance the needs of current and future beneficiaries, ensure the charity is well managed and that the trustees manage the level of reserves carefully for the benefit of Heartbeat Northwest Cardiac Care.

The pro-active management of the charity reserves, through planned management reporting systems, ensures that the level of reserves are not too high or low for the needs of the charity.

Our policy is to maintain reserves at a level equivalent to 26 weeks of annual operating expenditure, which currently equates to £511,464. At the end of this year, as shown in note 18 to the accounts, the charity has free reserves of £92,083 which whilst not sizeable illustrates the extent of the investment in our new bespoke cardiac centre which should allow Heartbeat Northwest Cardiac Care to raise its profile; increase the number of participants using the facilities; create new income generation possibilities and strengthen relationships with key partners. The trustees consider that given the strength of the charity's balance sheet, the stable cash flows from the lottery and rehabilitation classes, the current level of free reserves are sufficient and the target is now to build them so that they are, once again, at least equivalent to 26 weeks of annual operating expenditure.

The trustees have delegated financial monitoring to a budget and remuneration committee which has an active involvement in reviewing and monitoring the financial activities of the organisation. The budget and remuneration committee reports to the trustees on a six monthly basis regarding the amount of reserves required to ensure that they are adequate to fulfil the charity's continuing obligations.

Plans for the future

Heartbeat Northwest Cardiac Care is committed to the fight to reduce cardiovascular disease and its risks. We will continue to work with our key partners, supporters, and class members to deliver the right services to achieve this objective. In the next 12 months, the trustees anticipate Heartbeat will;

- Seek out new opportunities to generate funds through a variety of ways; testing fundraising activities, recruiting supporters, raising awareness of the charity's objectives and available services, forging relationships with key delivery partners, exploring grant opportunities which has served Heartbeat so well over the past few years
- Utilising social media platforms to build awareness of our charity
- Continue to re-grow the charity's reserves towards the planned six months operating costs
- Grow the number of people accessing the services delivered by Heartbeat Northwest Cardiac Care
- Improve the quality and efficiency of our charity services by continuous qualitative monitoring
- Continue to work with our partners to complete more research to provide better understanding of the effects of physical interventions
- Develop a robust legacy programme

Chief Executive Officer Summary



In 2023 we said our goodbyes to a very special lady called Rosemary Redman. Her innovative ideas and kindness of spirit led to the start of Heartbeat during a very tragic time in her and her husband's life, with the loss of their daughter, Gillian. Rosemary and Keith, her husband, worked tirelessly to raise funds and create Heartbeat which, over the years, has helped thousands of local people affected with cardiovascular disease. They created a place that would be there for people when they needed it and help them to rebuild their lives.

On these foundations Heartbeat has grown into the charity it is today, a preventative as well as rehabilitative charity, supporting people with heart, lung and vascular conditions. Following in their footsteps we are still providing a welcoming, friendly and safe environment that was created all those years ago.

2023 has been a difficult financial year for Heartbeat, along with the rest of the country we saw a rise in general costs. Expenditure was further impacted by a huge increase in our utility bills which we saw double throughout the year. The rises in the cost of living led to reduced donations and greater competition for grants across the charity sector. The final figures for fundraising this year were not where we had budgeted, and this has led to reduced reserves.

With the aim of reducing some of our costs the café area was returned to PNE to create a fan zone for the supporters. This took over two months to complete with much disruption to the building at PNE. The football club supported us through the relocation of our reception area by providing a new entrance and reception office.

During 2023 the class instructors and clinical team have ensured that we are still providing our fantastic exercise classes that include both cardiovascular and strength training. One of the biggest benefits our class members tell us they get from attending our classes is peer support and a real sense of camaraderie. Clinical testing ensured the safety of our class members prior to starting the programme and education sessions have supported class members and their families to understand how to improve their health in a variety of different ways, including defibrillator training.

Our relationship with UCLan is still strong and we have been very happy to support students working towards their qualification in Clinical Exercise Physiology MSc by allowing them to complete work placements at Heartbeat. UCLan have also kindly donated eight weights machines for our gyms at Preston North End.

In 2023 we reinstated the Members Advisory Group under a new name of Members Voice. The first meeting of this group was in December and will help us to develop communications with our class members and help to provide information for funding bids.

Our fundraising team have worked so hard this year completing almost two funding bids a month and finding new ways of raising money for Heartbeat. We have also further developed the choir and the allotment is almost ready for class members to start planting. Class members really enjoyed a fun Christmas with the choir, playing bingo, and providing painting classes.

My final note must be to everyone who has donated, raised money, volunteered or raised awareness of Heartbeat this year, thank you.

Together we are Heartbeat.

Louise Bache CEO

Statement of Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Heartbeat Northwest Cardiac Care for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed subject to any material departures disclosed and explained in the financial statements;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved and signed on behalf of the board of trustees:

George Phillip Goodier (Treasurer)

Date: 14 May 2024

Jackie Wilding (Chair)

Date: 14 May 2024

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31st DECEMBER 2023

I report to the trustees on my examination of the accounts of the Heartbeat Northwest Cardiac Care for the year ended 31 December 2023.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Julie Flintoff BA (Hons) FCA
Floor 1, Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

Dated: 15 May 2024

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31st DECEMBER 2023

	Note	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
Income from:		£	£	£	£
Donations and legacies	2	145,708	13,890	159,598	233,215
Charitable activities	3	287,791	-	287,791	231,203
Other trading activities	4	388,521	-	388,521	409,170
Investment income	5	4,175	-	4,175	814
Total income		<u>826,195</u>	<u>13,890</u>	<u>840,085</u>	<u>874,402</u>
Expenditure on:					
Raising funds	6	144,299	-	144,299	136,437
Charitable activities	7	595,939	9,701	605,640	598,913
Other – Lottery costs	8	272,989	-	272,989	268,812
Total expenditure		<u>1,013,227</u>	<u>9,701</u>	<u>1,022,928</u>	<u>1,004,162</u>
Net (expenditure)/income and net movement in funds for the year		(187,032)	4,189	(182,843)	(129,760)
Transfers between funds		-	-	-	-
Net movement in funds		(187,032)	4,189	(182,843)	(129,760)
Reconciliation of funds:					
Total funds brought forward		599,612	1,500	601,112	730,872
Total funds carried forward		<u><u>412,580</u></u>	<u><u>5,689</u></u>	<u><u>418,269</u></u>	<u><u>601,112</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirement for an income and expenditure account with the Companies Act 2006.

The notes on pages 29 to 44 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
BALANCE SHEET
AS AT 31st DECEMBER 2023

	Note	2023 £	£	2022 £	£
Fixed Assets					
Tangible assets	13		320,497		345,167
Current Assets					
Stock		-		-	
Debtors	14	13,780		12,582	
Cash at bank and in hand		168,898		337,236	
Total Current Assets		182,678		349,818	
Creditors: Amounts falling due within one year	15	(84,906)		(93,873)	
Net Current Assets			97,772		255,945
Total assets less current liabilities			418,269		601,112
The funds of the charity					
Unrestricted income funds:					
Designated funds	18		320,497		345,167
General unrestricted funds	18		92,083		254,445
Restricted funds	19		5,689		1,500
			418,269		601,112

The company is entitled to the exemption from the audit requirement contained within section 477 of the Companies Act 2006, for the year ended 31 December 2023.

The trustees have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

Approved by the Board of Trustees and signed on its behalf by:

George Phillip Goodier (Treasurer)

Jackie Wilding (Chair)

Date: 14 May 2024

Date: 14 May 2024

The notes on pages 29 to 44 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31st DECEMBER 2023

Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net movement in funds – Page 26	(182,843)	(129,760)
Add back depreciation charge	24,670	24,588
Decrease/(increase) in debtors	(1,198)	15,063
(Decrease)/increase in creditors	(8,967)	14,321
Deduct interest income	(4,175)	(814)
Net cash provided by operating activities	(172,513)	(76,602)

Statement of cash flows

	2023 £	2022 £
Net cash provided by operating activities	(172,513)	(76,602)
Cash flows from investing activities		
Interest	4,175	814
Purchase of fixed assets	-	(10,261)
Net cash (used in) / provided by investing activities	4,174	(9,447)
Change in cash and cash equivalents in the year	(168,338)	(86,049)
Cash and cash equivalents at the beginning of the year	337,236	423,285
Cash and cash equivalents at the end of the year	168,898	337,236

1. ACCOUNTING POLICIES

Company information

Heartbeat Northwest Cardiac Care is a private company limited by guarantee incorporated in England and Wales. The registered office is Sir Tom Finney Way, Preston, Lancashire, PR1 6PA.

Basis of Preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities presenting their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1 January 2019) and the Companies Act 2006.

Heartbeat Northwest Cardiac Care meets the definition of a public entity under FRS102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared in accordance with the historical cost convention. The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows.

Going Concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Charitable Funds

General unrestricted funds comprise accumulated surpluses and deficits on general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds of the charity which have been set aside to reflect the value of funds represented by the tangible fixed assets of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor. Expenditure which meets these criteria is charged to the fund.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts and donations received for the general purposes of the charity are included in unrestricted funds when received. Where these comprise of donated fixed assets, they are included at market value where this is readily ascertainable. Gift Aid is recorded on a receivable basis.

Legacies are recorded on a receivable basis, where the value of the legacy is measurable and all conditions associated with receipt of the legacy have been fulfilled.

Lottery income is received for Heartbeat and beneficiaries. Lottery income is recorded on a receivable basis. Income received in advance for future draws is deferred until the corresponding draw has occurred, at which time the income will be recognised in the SOFA.

Event income comprises income raised from various fundraising events, the sale of donated and bought in goods and sponsorships during the year, which is recorded on a receipts basis.

Income from charitable activities comprises contributions from patients towards the costs of medical testing and the rehabilitation programme, which is recorded on a receipts basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the bank.

Grant income is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis inclusive of VAT which cannot be recovered. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities based on income directly associated to the activity, undertaken on a pro rata basis.

The costs of raising funds comprise the direct costs associated with attracting donations, legacies, grants and fundraising and their share of support costs and governance costs.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries and their share of support costs and governance costs.

Other costs comprise the lottery prizes, beneficiary management fees and their share of support costs and governance costs. Beneficiary management fees are an agreed share of the beneficiary lottery income.

Irrecoverable VAT

The charity is not registered for Value Added Tax and accordingly income and expenditure includes the irrecoverable Value Added Tax element where applicable.

Allocation of Support and Governance Costs

Support costs and governance costs are those functions that assist the work of the charity but do not directly carry out charitable activities. These costs have been allocated to each expenditure heading based on their respective usage.

Support costs are defined as shown in note 9

Governance costs are defined as shown in note 10

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. All assets costing more than £500 are capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Preston North End – Buildings	Over the term of the lease	
Preston North End – Integral fixtures	10%	straight line
Computer equipment	25%	straight line
Medical equipment	10%	straight line
Office equipment	10%	straight line
Sports equipment	17%	straight line

Stocks

Stocks are valued at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and bank overdrafts. Overdrafts are shown within borrowings in current liabilities.

Financial Instruments

The charity only has financial assets (debtors, cash and bank balances) and financial liabilities (creditors and accruals) of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Lease Agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remains with the lessor are charged as an expense in the SOFA on a straight line basis over the period of the lease.

Taxation

The company is a registered charity and as such is entitled to tax exemptions on all its income and gains, properly applied for charitable purposes.

Pensions

The charity operates a defined contribution pension scheme using a Group Personal Pension Plan, and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Legal Status

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2. Income from donations and legacies

	2023 Total £	2022 Total £
Unrestricted:		
Donations	114,419	111,226
Legacies	18,935	91,648
Gift Aid	12,354	10,452
	145,708	213,326
Restricted:		
Grants	13,890	19,889
	159,598	233,215

3. Income from charitable activities

	2023 Total £	2022 Total £
Voluntary contributions from rehabilitation classes	213,960	161,172
NHS/Service users contributions to the cost of testing	33,836	28,620
Education and training	-	14,008
Gift Aid	39,995	27,403
	287,791	231,203

All income from charitable activities relates to unrestricted funds in both 2023 and 2022.

4. Income from other trading activities

	2023	2022
	Total	Total
	£	£
Fundraising events	17,045	9,620
Sale of goods	2,409	3,014
Letting of offices	5,375	12,738
Lottery – Heartbeat	246,617	260,218
Lottery – Beneficiary	117,075	123,580
	<u>388,521</u>	<u>409,170</u>

All income from other trading activities relates to unrestricted funds in both 2023 and 2022.

5. Income from investments

All the charity investment income arises from money held on interest bearing deposit accounts and related to unrestricted funds in both 2023 and 2022.

6. Analysis of expenditure on raising funds

	2023	2022
	Total	Total
	£	£
Staff salaries	64,916	65,994
Training and development	4,200	720
Advertising/Promotion	476	136
Subscriptions	230	128
Event costs	2,358	1,328
Postage	1,313	1,164
Sundry costs	10,985	10,115
	<u>84,478</u>	<u>79,585</u>
Governance costs (see note 10)	2,855	2,672
Support costs (see note 9)	56,966	54,180
	<u>144,299</u>	<u>136,437</u>

All expenditure on raising funds relates to unrestricted funds in both 2023 and 2022.

7. Analysis of expenditure on charitable activities

Cardiac rehabilitation classes and related testing

	2023	2022
	Total	Total
	£	£
Staff salaries	346,141	346,845
Freelance staff for testing	5,150	5,350
Rehabilitation costs	57,553	53,112
Postage	1,991	1,747
Training and development	724	75
Repairs and renewals	1,422	1,270
Medical consumables	1,518	3,494
Education	295	5,538
Pulse watches (COVID supplies)	246	2,212
Sundry costs	3,952	2,873
Governance costs (see note 10)	418,992	422,516
Support costs (see note 9)	2,855	2,672
	183,793	173,725
	605,640	598,913

Included within charitable activities expenditure are staff salaries of £2,311 (2022: £5,000), rehabilitation costs of £7,390 (2022: £5,308), medical consumables costs of £Nil (2022: £1,210), education costs of £Nil (2022: £1,590) which are restricted.

8. Analysis of other expenditure – Lottery costs

	2023 Total £	2022 Total £
Staff salaries	39,998	37,590
Lottery wins	79,419	78,262
Beneficiary lottery fees	81,977	86,500
Agent commission	357	348
Bank charges	-	165
Advertising & promotion	855	-
Postage	3,779	2,315
Sundry costs	6,783	6,778
	213,168	211,958
Governance costs (see note 10)	2,855	2,674
Support costs (see note 9)	56,966	54,180
	272,989	268,812

Included within other expenditure are support costs of £Nil (2022: £Nil) which are restricted.

9. Allocation of support costs – Current year

	Raising funds £	Charitable activities £	Other lottery costs £	2023 Total £
Depreciation	2,467	19,736	2,467	24,670
Insurance	1,328	10,624	1,328	13,280
Premises rent – Unrestricted	4,900	39,200	4,900	49,000
Gas & electric	6,368	50,942	6,368	63,678
Water	116	932	116	1,164
Bank charges	3,627	3,627	3,627	10,881
Building maintenance	2,343	18,739	2,343	23,425
Management/Admin- Unrestricted	30,372	30,372	30,372	91,116
Telephone, fax and internet	433	3,463	433	4,329
Wage preparation	140	1,116	140	1,396
Canteen and office sundries	24	194	24	242
HR Support	498	498	498	1,494
Printing, postage and stationery	2,027	2,027	2,027	6,081
Subscriptions	34	34	34	102
Repairs & renewals	1,791	1,791	1,791	5,373
HSE	498	498	498	1,494
	56,966	183,793	56,966	297,725

Allocation of support costs – Previous year

	Raising Funds	Charitable Activities	Other lottery costs	2022 Total
	£	£	£	£
Depreciation	2,459	19,670	2,459	24,588
Insurance	1,219	9,749	1,219	12,187
Premises rent - Unrestricted	6,000	48,000	6,000	60,000
Gas & Electric	4,403	35,225	4,403	44,031
Water	91	726	91	908
Bank charges	3,510	3,510	3,510	10,530
Building maintenance	2,402	19,217	2,402	24,021
Management/Admin- Unrestricted	28,921	28,921	28,921	86,763
Telephone, fax and internet	405	3,240	405	4,050
Wage preparation	86	691	86	863
Canteen and office sundries	13	105	13	131
HR Support	480	480	480	1,440
Printing, postage and stationery	1,981	1,981	1,981	5,943
Subscriptions	34	34	34	102
Repairs & renewals	1,696	1,696	1,696	5,088
HSE	480	480	480	1,440
	<u>54,180</u>	<u>173,725</u>	<u>54,180</u>	<u>282,085</u>

10. Allocation of governance costs – Current year

	Raising Funds	Charitable activities	Other lottery costs	2023 Total
	£	£	£	£
Independent examination	1,560	1,560	1,560	4,680
Legal and professional	1,295	1,295	1,295	3,885
	<u>2,855</u>	<u>2,855</u>	<u>2,855</u>	<u>8,565</u>

Allocation of governance costs – Previous year

	Raising Funds	Charitable Activities	Other lottery costs	2022 Total
	£	£	£	£
Independent Examination	1,800	1,800	1,800	5,400
Legal and professional	872	872	874	2,618
	<u>2,672</u>	<u>2,672</u>	<u>2,674</u>	<u>8,018</u>

11. Analysis of staff costs and remuneration of key management personnel

	2023	2022
	£	£
Gross wages and salaries	488,143	481,811
Pension contributions	18,294	18,562
Social security costs	35,734	36,820
	<u>542,171</u>	<u>537,193</u>

The trustees consider the board of trustees, Chief Executive and the Head of Finance as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity daily. The total employee benefits of the key management personnel of the charity were £91,808 (2022: £87,489).

Trustees are required annually to disclose any relevant interests and register them with the Chief Executive and in accordance with the charity's policy withdraw from any decisions where a conflict of interest arises.

The charity has set up a remuneration committee who review the Chief Executives salary package to ascertain whether it is appropriate for the role, and is bench marked against other like for like charities with similar activities and operations.

No employee earned over £60,000. The number of staff to whom retirement benefits were accruing under a money purchase pension scheme was 16 (2022: 15).

The average number of persons employed during the year, analysed by function was follows:

	2023	2022
Medical services	14	14
Fundraising	4	4
Lottery	1	1
Management and administration	2	2
	<u>21</u>	<u>21</u>

Commission and fees payable to part-time freelance staff

	2023	2022
	£	£
Commissions/expenses paid to lottery collectors and agents	357	348
Professional fees paid to doctors and exercise staff	5,150	5,350
	<u>5,507</u>	<u>5,698</u>

Average number of persons working on a part-time freelance basis:

Lottery – external collectors	3	3
Professional – GPs and outreach instructors	7	7
	<u>10</u>	<u>10</u>

12. Trustee remuneration & related party transactions

All trustees give of their time freely and no trustees or any person connected to them received any remuneration for their services during the year.

The charity has not met any individual expenses incurred by the trustees for services provided to the charity during the year.

Insurance premiums during the year amounting to £470 (2022: £470) were incurred by the charity in respect of indemnity insurance for the trustees.

13. Tangible fixed assets

	PNE Lease- hold Property £	Office & Computer Equipment £	Medical Equipment £	Sports Equipment £	Total £
Cost					
At 1 January 2023	417,278	69,432	78,727	98,893	664,330
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 December 2023	<u>417,278</u>	<u>69,432</u>	<u>78,727</u>	<u>98,893</u>	<u>664,330</u>
Depreciation					
At 1 January 2023	101,261	61,517	65,209	91,176	319,163
Charge for the year	13,657	3,413	1,793	5,807	24,670
On disposals	-	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 December 2023	<u>114,918</u>	<u>64,930</u>	<u>67,002</u>	<u>96,983</u>	<u>343,833</u>
Net Book Value					
At 31 December 2023	<u>302,360</u>	<u>4,502</u>	<u>11,725</u>	<u>1,910</u>	<u>320,497</u>
At 31 December 2022	<u>316,017</u>	<u>7,915</u>	<u>13,518</u>	<u>7,717</u>	<u>345,167</u>

All tangible fixed assets are unrestricted funds classified as designated.

14. Debtors

	2023 £	2022 £
Program/ Testing debtors	18	1,343
Gift Aid	5,132	3,055
Prepayments and accrued income	8,630	8,184
	<u> </u>	<u> </u>
	<u>13,780</u>	<u>12,582</u>

All debtors relate to unrestricted funds in both 2023 and 2022.

15. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Bank overdraft	13,142	10,211
Trade creditors	10,686	13,686
PAYE / NI	10,363	9,554
Pension contributions	3,393	3,480
Other creditors	815	872
Accruals	7,648	17,840
Deferred income (Note 16)	38,859	38,230
	<u>84,906</u>	<u>93,873</u>

All creditors relate to unrestricted funds in both 2023 and 2022.

16. Deferred income

	Contributions to Rehabilitation Classes £	Lottery Income £	Programmes £	2023 Total £	2022 Total £
As at 1 January 2023	6,754	30,520	956	38,230	39,823
Released in the year	(6,754)	(30,520)	(956)	(38,230)	(39,823)
Deferred to next year	8,072	29,377	1,410	38,859	38,230
	<u>8,072</u>	<u>29,377</u>	<u>1,410</u>	<u>38,859</u>	<u>38,230</u>
As at 31 December 2023	<u>8,072</u>	<u>29,377</u>	<u>1,410</u>	<u>38,859</u>	<u>38,230</u>

17. Financial instruments

	2023	2022
	£	£
Carrying amount of financial assets		
Financial instruments measured at amortised cost	5,150	4,398
Carrying amount of financial liabilities		
Financial instruments measured at amortised cost	31,476	41,737

18. Analysis of charitable funds

Analysis of movement in unrestricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	254,445	826,195	(988,557)	-	92,083
Designated Funds:					
Property Assets Fund	345,167	-	(24,670)	-	320,497
	<u>599,612</u>	<u>826,195</u>	<u>(1,013,227)</u>	<u>-</u>	<u>412,580</u>

Analysis of movement in unrestricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	368,660	854,513	(966,466)	(2,262)	254,445
Designated Funds:					
Property Assets Fund	359,494	-	(24,588)	10,261	345,167
	<u>728,154</u>	<u>854,513</u>	<u>(991,054)</u>	<u>7,999</u>	<u>599,612</u>

General Fund: The “free” reserves of the charity after allowing for all designated funds.

Designated Funds: The property assets fund is the value of the unrestricted funds already spent and represented by the tangible fixed assets of the charity (note 13).

HEARTBEAT NORTHWEST CARDIAC CARE
NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31st DECEMBER 2023

Analysis of movement in restricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
B&Q Foundation	1,500	-	(644)	-	856
Chorley Borough Council	-	6,000	(4,500)	-	1,500
Jigsaw Homes	-	2,590	(2,590)	-	-
Lancashire County Council	-	300	(300)	-	-
Preston City Council	-	5,000	(1,667)	-	3,333
	<u>1,500</u>	<u>13,890</u>	<u>(9,701)</u>	<u>-</u>	<u>5,689</u>

B&Q Foundation	This money is for gardening equipment and general costs relating to our allotment.
Chorley Borough Council	This grant is to fund Chorley class costs.
Jigsaw Homes	This grant was for 6 months to fund classes specifically for our class members with Peripheral Arterial Disease in Chorley.
Lancashire County Council	This grant is to fund Leyland class costs.
Preston City Council	This funding was used to cover costs for our wellbeing service to provide mental health support to our class members.

Analysis of movement in restricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
AstraZeneca	2,718	-	(2,718)	-	-
Anonymous donation	-	7,999	-	(7,999)	-
Preston City Council	-	5,000	(5,000)	-	-
Jigsaw Homes	-	2,590	(2,590)	-	-
Yorkshire Bank	-	1,800	(1,800)	-	-
B&Q Foundation	-	1,500	-	-	1,500
Duchy Of Lancaster	-	1,000	(1,000)	-	-
	<u>2,718</u>	<u>19,889</u>	<u>(13,108)</u>	<u>(7,999)</u>	<u>1,500</u>

AstraZeneca	The charity received this grant for use on Pulmonary and Vascular classes. The remaining funds brought forward have been fully spent in the year.
Anonymous	This donation provided vital funds for a new treadmill to use for clinical testing. The treadmill has been purchased and all funds were spent in the year.
Preston City Council	This funding was used to cover costs for our wellbeing service to provide mental health support to our class members.
Jigsaw Homes	This grant was for 6 months to fund classes specifically for our class members with Peripheral Arterial Disease in Chorley.
Yorkshire Bank	This grant provided funding for 2 defibrillators that are located in our classes across the North West
B&Q Foundation	This money has not been spent yet, but is for gardening equipment and general costs relating to our allotment.
Duchy of Lancaster	Medical supplies that are required during our clinical testing sessions have been bought with this grant.

Transfers between funds represent assets purchased by a restricted donation which, when purchased, cease to be restricted and become part of the general assets.

19. Analysis of net assets between funds

Current year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	320,497	320,497
Current Assets	5,689	176,989	-	182,678
Current Liabilities	-	(84,906)	-	(84,906)
Total	5,689	92,083	320,497	418,269
Previous year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	345,167	345,167
Current Assets	1,500	348,318	-	349,818
Current Liabilities	-	(93,873)	-	(93,873)
Total	1,500	254,445	345,167	601,112

20. Commitments under operating leases

At 31 December 2023 the charity had an annual commitment under a non-cancellable operating lease for rent of the property at PNE. The remaining lease term is 26 years and analysis of the commitment is set out below:

	2023 Land and Buildings £	2022 Land and Buildings £
Operating lease which expires:		
Due within 1 year	48,000	60,000
Due within 2 - 5 years	192,000	240,000
Due after 5 years	1,008,000	1,320,000
	1,248,000	1,620,000

At the reporting end date, the charity also had other outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Operating lease which expires:		
Due within 1 year	2,530	1,586
Due within 2- 5 years	5,677	2,862
Due after 5 years	-	-
	8,207	4,448

Accounts

**HEARTBEAT NORTHWEST CARDIAC CARE
(A COMPANY LIMITED BY GUARANTEE)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2022**



Registered Charity No: 1168850

Company No: 10195311

Azets
Chartered Accountants
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

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HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2022

Charity Number	1168850
Company Number	10195311
Patrons:	Somnath Kumar Ranvir Singh Derek Smith
Directors and trustees:	Jackie Wilding (Chair) George Phillip Goodier (Treasurer) John Dent Jeannie Hayhurst Beryl (Bunty) Knowles Jacqueline Marie Chohan Stuart Clayton Phillip Reece
Chief Executive:	Louise Bache
Secretary:	Caroline Dransfield
Clinical Director:	Dr Stewart Jones

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2022

Registered Office: Heartbeat Northwest Cardiac Care
Preston North End Stadium
Sir Tom Finney Way
Preston
Lancashire
PR1 6PA

Bankers: Royal Bank of Scotland
Preston Fishergate Branch
1 Hardman Boulevard
Manchester
M3 3AQ

Shawbrook Bank Limited
Lutea House
Warley Hill Business Park
Brentwood
Essex
CM13 3BE

Scottish Widows Bank
PO Box 883
Leeds
LS1 9TY

Legal Advisors: Vincents Solicitors
72 Liverpool Road
Penwortham
Preston
PR1 0DQ

Financial Advisors: Mattioli Woods Plc
Lanson House
Winckley Gardens
Mount Street
Preston
PR1 8RY

Independent examiners: Azets
Chartered Accountants
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

The trustees are pleased to present their annual directors' report and the financial statements of the charity for the year ended 31st December 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Legal and administrative information set out on pages 2 and 3 form part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (effective 1st January 2019).

Structure, Governance and Management

Heartbeat Northwest Cardiac Care is a company limited by guarantee governed by its Memorandum and Articles of Association dated 11th May 2016. It is registered as a charity with the Charity Commission. Trustees are elected from the membership at each Annual General Meeting. The trustees meet regularly at the charity's administrative offices at Sir Tom Finney Way and carry out the governance of the affairs of the charity. The trustees are permitted to appoint officers to act in the day to day management of the charity.

Anyone over the age of 18 who has signed a written declaration confirming support of the objectives and willingness to become a charity trustee of the charity can become a member of the company and there are currently 8 members (9 in 2021), each of whom agrees to contribute £1 in the event of the charity winding up.

The trustees must hold at least two meetings each year. A quorum at a meeting of the trustees is at least two or one third of the trustees in office, whichever is the greater. A meeting of the trustees may be held either in person or by suitable electronic means agreed by the trustees in which all participants may communicate with all the other participants, but at least one meeting in each year must be held in person.

Any issue may be determined by a simple majority of the votes cast at a meeting, but a resolution in writing agreed by all the trustees entitled to receive notice of a meeting is as valid as a resolution passed at a meeting. Every trustee has one vote on each issue but, in the case of equality of votes, the chair of the meeting has the casting vote.

Appointment of Trustees

As set out in the Articles of Association the chair of the trustees is nominated by the trustees. There must be a minimum of three trustees. One third (or the number nearest one third) of the trustees must retire in each year at an Annual General Meeting (AGM), those longest in office retiring first and the choice between any equal service being made by drawing lots. A retiring trustee who is eligible may be reappointed. No trustee may serve more than two three-year terms of elected office, unless by exception the trustees permit an additional term of office for such period as they shall determine, but not exceeding three years. Any time served as a co-opted trustee shall not count when calculating periods of office as a trustee.

The trustees may at any time co-opt any individual who is eligible as an additional trustee, but a co-opted trustee holds office until the end of the AGM held after their appointment.

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Jackie Wilding (Chair)

George Phillip Goodier (Treasurer)

John Dent

Jeannie Hayhurst

Nigel Sharples

- Resigned 30 December 2022

Beryl (Bunty) Knowles

Jacqueline Marie Chohan

Stuart Clayton

Phillip Reece

Organisation

The trustees are responsible for the governance and strategic leadership of the charity, ensuring Heartbeat Northwest Cardiac Care devotes maximum resources and assets towards meeting its objectives. None of the trustees have any beneficial interest in the charity other than using its services.

The operational management of the charity is delegated to the Chief Executive Officer and the trustees ensure that the delivery is in accordance with the charity's aims and objectives by a number of internal controls which also provide appropriate reassurance against material misstatement or loss. The procedures include:

- Revision of the 3 year strategic plan and preparation of an annual budget for the consideration of trustees
- Regular review of financial performance by the Budget and Remuneration Committee against the annual budget
- A robust relationship with the Chair of Trustees promoting open communication and regular feedback
- Comprehensive documented financial controls which govern all aspects of the financial management of the charity
- Risk management formally managed using a risk register, reviewed by the trustees at least every 6 months

Induction and Training of Trustees

Trustees are recruited via several methods including internal / external adverts, press and recommendation. New trustees are welcomed to Heartbeat Northwest Cardiac Care by the Chief Executive Officer who commits significant time to provide the trustee with a comprehensive induction to the charity. New trustees are introduced to the management team and then introduced to all available colleagues. The Chief Executive Officer spends time introducing all aspects of governance and the role and responsibilities of trustees. As part of the induction, the Chief Executive Officer provides an overview of the operational aspects of the charity, organisational structure, format of trustee meetings, ensures he/she is accessible to trustees for enquiries, feedback or concerns throughout the year and ensures that each new trustee has a copy of the Heartbeat Northwest Cardiac Care Trustee guidance.

This contains information relating to the governance, structure and legal requirements of the charity, background information and an overview of the role of a trustee and board. This information is monitored and continually reviewed in accordance with the charity commission's recommendations.

Budget and Remuneration Committee

A budget and remuneration committee was established at the behest of the trustees and is chaired by the Treasurer. The Committee advises on Heartbeat Northwest Cardiac Care financial affairs and reports directly to the trustees. This remuneration committee reviews and determines the salary of the Chief Executive Officer. All other salaries are reviewed annually by the Chief Executive Officer and normally increased in accordance with average earnings.

Key Management Personnel

The trustees consider the trustees, Chief Executive Officer and the Head of Finance as comprising the key management personnel of the charity.

HEARTBEAT NWCC ORGANAGRAM 2022

Board of Trustees

Budget and Remuneration Committee

Clinical Director
Dr Stewart Jones

Chief Executive Officer
Louise Bache

**FUNDRAISING AND
LOTTERY**

Sessional Testing Doctor
Dr Stewart Jones

Head of Finance
Caroline Dransfield

Head of Fundraising
Michelle Hunt

SERVICES

Cardiac Physiologists
Debbie Crossley
Jo Duff

**Head of Training and
Education**
Sian Percival-Edwards

Fundraising Officers
Lisa Riding
Lynn Preston
Karen Entwistle

Nurse
Lorraine Hope

Operations Manager
Carl Martinez

Lottery Officer
Karen Gildert

Wellbeing
Rebecca Wynn

**Heartbeat Fitness
Instructors**
Jackie Lowry
Julia Gardham
Debbie Dasse
Charlotte Flynn
Steve Jenkinson
Matthew Tidswell
Sally Seed

Reception
Jo Widdows
Samim Patel
Somayya Malek

Sessional Fitness instructors
6 instructors

Objectives and Activities for the Public Benefit

Aims and Purposes

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit, including the guidance 'Public benefit: running a charity (PB2)' when reviewing the charity's aims and objectives and in planning future activities.

The main aim and purpose of Heartbeat Northwest Cardiac Care is to apply the money as it accumulates (through various forms of fundraising) in furtherance of improving the health of the population of the North West of England with particular regard to coronary heart disease (CHD), stroke, cardiovascular and pulmonary conditions.

In particular as stated in the Memorandum and Articles of Association:

Objectives

- a) The financial support to continue and further the work of cardiac rehabilitation within the area of benefit.
- b) The financial support of the Cardiac Rehabilitation Care and its associated rehabilitation programmes.
- c) The financial support, where appropriate, of health education and health screening in relationship to heart disease.
- d) The financial support of such schemes and the grant of such requests as the Association may deem appropriate and which are consistent with the objectives of the Association.

The "area of benefit" as referred to above collectively as the North West of England, includes the geographical counties of Lancashire, Cumbria, Cheshire, Greater Manchester and Merseyside.

Vision

People affected by, or at high risk of cardiovascular disease have access to support and services which enable them to rebuild their lives.

Mission

Heartbeat is committed to the fight to reduce the impact of coronary heart disease in all our communities within the North West of England through rehabilitation, information and advice, education, and lifestyle support.

Overview of Activities of the Charity

Heartbeat Northwest Cardiac Care is a well-established local heart charity that has been providing heart rehabilitation, clinical testing, holistic support, education, and heart disease prevention work to Lancashire residents since 1978. Based in Preston, Heartbeat operates a central bespoke heart centre located on-site at Preston North End (PNE) football club as well as a number of community-based outreach classes.

The Team consists of 21 employed staff, 1 General Practitioner (GP), 1 National Health Service (NHS) Nurse, a Clinical Director and a range of volunteers who support the charity. The charity has been self-funding since 1978 supporting thousands of local residents.

Cardiovascular disease (CVD), also known as circulatory disease, refers to diseases of the heart and blood vessels, including angina, coronary heart disease (CHD), heart attack, high blood pressure (Hypertension), peripheral arterial disease (PAD) and stroke. Such diseases are caused by reduced blood flow to the heart, brain or body caused by atheroma or thrombosis and is common in people aged over 60. CVD is one of the biggest causes of death and disability in the UK and is largely preventable with a healthy lifestyle.

Heartbeat Northwest Cardiac Care services are available to heart patients at any stage, in addition to those identified as at high risk of developing cardiovascular disease, for example, obese or overweight patients, those with high blood pressure, stroke survivors, diabetics, Peripheral Arterial Disease (PAD), Chronic Obstructive Pulmonary Disease (COPD) patients, smokers, alcohol misusers and those living an unhealthy or sedentary lifestyle.

The charity provides:

Testing

Exercise tolerance/treadmill tests
24 hour blood pressure monitors
24 hour electrocardiogram (ECG)
Private health testing

Training/Education

First aid training
Defibrillator training
Student placements
Schools programme
Community awareness programme

Rehabilitation and Prevention

Cardiovascular and pulmonary patient assessment post NHS pathway
Cardiovascular and pulmonary prevention and rehabilitation exercise programme
Mental and social wellbeing support
Peer support
Peripheral Arterial disease support and exercise programme

Fundraising and Community Events

Sponsored events
Fundraising events
Heartbeat Lottery
Social events for heart patients and families
Walks, runs and cycle-rides held annually

The charity currently operates 07:00 to 19:00 Monday to Thursday and 07:00 to 15:00 Friday with some weekend events.

The charity has established relationships with NHS cardiac nurses in Preston and Chorley. Heartbeat also has close links with local cardiac, stroke, pulmonary and vascular teams. Over the years partnerships have been developed with a number of leisure centres who provide facilities for classes as well as local charities, GP surgeries and health improvement providers.

My Heartbeat Story



Meet Linda Guise. A member of the Heartbeat family.

65 years young Linda from Ingol, Preston started to feel unwell on the 8th March 2018. She should have been at work, but due to bad snow the event she was working on was cancelled, so Linda spent the day at home. It was at home that she started to feel unwell. She put it down to indigestion and carried on with her day. Later that evening the pain had got a lot worse. Linda was now having pains in her chest that went straight through to her back and all up her neck. Linda's daughter took her up to A&E as the pain had become unbearable. Linda was then triaged, given an ECG, then transported by ambulance from Royal Preston Hospital to Blackpool Victoria. Unbeknown to Linda she was in the middle of a heart attack. Once Linda arrived at Blackpool Victoria hospital she was immediately fitted with a stent.

Linda said –

“ I couldn't believe how amazing I felt once the stent was fitted. It made me realise just how poorly I was. I had been suffering with what I thought was indigestion for quite a long time, however all the while it was angina!”

Linda was referred to Heartbeat after her operation for a 6 week rehabilitation class. She enjoyed it so much she decided to stay longer attending regular gym classes at Preston North End with her instructors Matt and Jackie every Monday and Wednesday.

Linda thoroughly enjoyed her classes, however, was left feeling anxious and paranoid that she may have another episode whilst at work or on the way to work. In 2020 Linda decided to retire from her role at Age UK in Blackburn and fully embrace retirement. Heartbeat's knowledgeable instructors helped relieve Linda's anxieties and allowed her to start relaxing whilst exercising and start to trust her body again.

The pandemic hit and Heartbeat unfortunately had to close its doors meaning Linda could no longer attend her classes at Heartbeat. She had returning symptoms from back in 2018 and after further assessments she was diagnosed with more blocked arteries, resulting in an operation for a triple heart bypass.

Heartbeat re-opened its doors in 2022 and Linda was straight back to her classes.

Linda said –

“I struggled through the pandemic. I thought after my heart bypass I would feel as amazing as I did after I had my original stent operation, however I didn't. I felt dreadful. I missed Heartbeat so much. I was so relieved when Heartbeat re-opened in 2022. I was straight back to my classes with my fantastic instructors. They give me so much confidence to exercise. The charity is my lifeline, and I am so grateful for all they have done for me”.

Some of Heartbeat's sponsored events in 2022

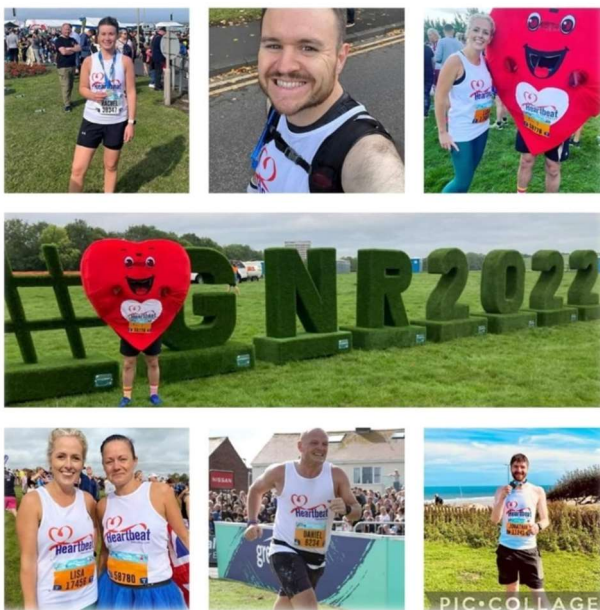
The skydive



Zebra - Born Survivors



The Great North Run



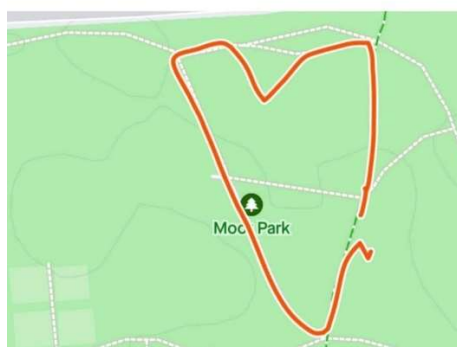
Morecambe Bay Walk



World Heart Day walk

World Heart Day Walk ❤️

Distance	Elev Gain	Time
0.61 mi	24 ft	15m 13s



Our Services

Cardiac rehabilitation and prevention programmes have two main aims:

1. To help people to recover from or prevent the physical and psychological effects of heart conditions.
2. To try to increase the length and quality of life by:
 - Reducing blood pressure where this is a factor
 - Reducing cholesterol where this is a factor
 - Reducing the numbers of patients who are considered obese or overweight
 - Increasing the number of patients who take regular exercise
 - Helping with the support and effects of patients diagnosed with diabetes

Initial Assessment

People are often nervous about starting exercise as they worry about not being able to do as much as they would like but Heartbeat Northwest Cardiac Care provides a unique testing service for anyone wishing to join one of the cardiac rehabilitation and prevention exercise sessions. Prior to joining a class people undergo a thorough medical assessment in a friendly and comfortable environment to assess their exercise capacity and suitability for the exercise programme, to exclude any underlying cardiovascular problems and to set a suitable individual target heart rate for them to work to. This is carried out by the charity's team of healthcare professionals who can provide advice and support. Heartbeat Northwest Cardiac Care has invested in highly specialised medical equipment which provides a selection of specialised investigatory tests.

The initial assessment typically includes a physical examination, a resting ECG, an Exercise Treadmill Test (ETT) which provides essential information regarding the level of exercise recommended as part of the individual exercise programme, together with lung function tests.

Other tests carried out at Heartbeat Northwest Cardiac Care are Pre-Operative Cardiopulmonary Exercise Testing (CPEX), 24 hour ECG monitoring, 24 hour blood pressure monitoring and cardiac event monitoring.

Heartbeat Northwest Cardiac Care offers exercise sessions to people who are considered by their Physician to be at high risk of developing vascular disease. This group of people also attend for an initial Exercise Treadmill Test prior to identifying a suitable Heartbeat Northwest Cardiac Care exercise session and have now been included in the 'initial Exercise Treadmill Test' figures.

Interim Testing

Heartbeat Northwest Cardiac Care class members have their progress monitored, after the initial treadmill test a repeat treadmill is carried out 9 months later to measure progress.

Private Testing

People are sometimes referred to Heartbeat Northwest Cardiac Care who have not had a heart problem, for example for insurance purposes, or as part of their terms and conditions of employment. In these circumstances Heartbeat requests the individual to pay a financial contribution.

People attending rehabilitation programmes

Monitoring Heartbeat Northwest Cardiac Care rehabilitation classes has proven that many people can achieve a greater level of general fitness after a cardiac event than they had before the event. Other people who suffered a more severe cardiac event can be helped to achieve their optimum, if limited, fitness level. This gives them the greatest chance of returning or maintaining an active and enjoyable life.

A supervised and controlled exercise class provides a safe and reassuring environment. The psychological effects of a cardiac event can equally be as great a problem as the physical disability. People often need support with both aspects of their illness.

All people attending the charity's cardiac rehabilitation and prevention exercise sessions are supervised by Heartbeat Northwest Cardiac Care British Association for Cardiovascular Prevention and Rehabilitation (BACPR) accredited Fitness Instructors.

Achievements and Performance

We are very happy to announce that this year we have seen the class member numbers start to increase, this has been extremely gradual throughout the year. It may take another year until we reach our numbers pre COVID but we have seen a positive response in our numbers aided by the NHS cardiac team returning to face to face sessions.

Summary of Performance

Referrals

In 2022 we have seen our referral numbers double due to a full 12 months of testing. Our referrals are coming from a variety of sources as listed in the table below:

Phase 3	33%
Self Referrals	26%
G.P. Referrals	10%
Heart Failure	7%
PAD/Vascular	11%
Stroke	2%
Pulmonary	9%
Other	2%

Training and Education

This has been a very difficult year for training and education. Our Head of Training and Education made the decision to leave Heartbeat meaning that our training and education sessions stopped after 6 months. We do wish Sian every success in her new venture.

First aid sessions delivered across the North West:

- ✓ 26 first aid sessions were delivered to medical professionals
- ✓ 0 online sessions
- ✓ 2 first aid sessions for industry
- ✓ 1 Heartstart sessions

Volunteers

In 2022 our volunteers returned to supporting particularly in the latter part of the year began to attend store collections and events.

Lottery income

The 'Heartbeat Lottery' consists of both Heartbeat and beneficiary playing members. Beneficiary players are from other charities and fundraising groups. All playing members are part of the same prize pool. A fixed management fee is agreed with beneficiaries. The 'Heartbeat Lottery' currently includes the following beneficiaries:

- ✓ Preston North End, Chorley, and Bamber Bridge Football Clubs
- ✓ Headway, a brain injury association
- ✓ Cardiac Rehab, Basingstoke
- ✓ Rainbow Hub, a charity that provides Conductive Education
- ✓ Space Centre, provides a multi-sensory environment for anyone with special needs
- ✓ Preston Community Transport, provide transport for those who cannot use regular public transport
- ✓ FOMO, friends of Mulanje orphans
- ✓ Dig In, down to earth support for the Military and Blue light community
- ✓ Dance Syndrome, dancer led, disability inspired inclusive arts programme
- ✓ Disability Snowsport UK, teachers of adaptive Snowsports in the UK
- ✓ Heart Valve Voice, UK's dedicated heart valve disease charity

Lottery income from Heartbeat playing members fell by £22,044 (8%) compared to £13,546 (4.58%) in the previous year. Lottery income from beneficiary playing members fell by £8,687 (6.5%) compared to £268 (0.20%) in the previous year.

Donations and Legacies

Income from donations and legacies has decreased from £311,400 to £233,215. There are no furlough grants included within donations in 2022 compared to £107,872 in the previous year.

Thank you to everyone who has donated to Heartbeat. Whether the donation is large or small they all help to enhance the services we provide

The Choir and our donated piano



Our new testing Treadmill



Equipment and first aid boxes



Attendance at Heartbeat Cardiac Rehabilitation Classes

	2022	2021	2020
Preston Central UClan	12	13	18
Preston North End	552	537	540
Blackpool	17	18	15
Burscough	16	19	22
Ribby Hall	27	35	40
Chorley	154	139	211
Leyland	32	35	40
Penwortham	16	17	18
Garstang	44	30	20
St Annes	17	0	0
Thornton	6	0	0
Total attendance year	893	843	924

This represents the total number of people accessing Heartbeat Northwest Cardiac Care rehabilitation and prevention programme. The figure attending has gradually increased over the year and we have been pleased to start new classes in St Annes and Thornton.

Number Referred to Heartbeat Services

	2022	2021	2020
Total number of new referrals to 9 month programme	522	265	246
Total number referred for medical testing	80	54	57
Total number referred to all services	602	319	303

Our numbers of referrals have begun to increase since 2021. We did not start retesting in 2021 until June and so, in 2022 the number of referrals have increased dramatically over the 12 months of testing.

High risk patients

GPs are now assessing patients for their risk of developing coronary heart disease during the next ten years. Patients assessed include those with high blood pressure, those with diabetes and those with other risk factors such as obesity or history of smoking. The National Framework for coronary heart disease advises intensive treatment for patients found to be at high risk. Many of these patients will have occult coronary artery disease, which will only be shown by testing. The charity is therefore continuing to offer these groups of patients an exercise test in the hope that this will pick up any patient with significant risk of coronary heart disease with a view to intervention before they have a coronary event. Heartbeat Northwest Cardiac Care also offers exercise programmes to this group of patients.

The following tests were carried out in 2022:

	2022	2021	2020
Initial exercise treadmill tests	346	243	90
9 month retests	196	27	44
Post 9 month restarts	6	0	0
3 year retests	0	0	4
High risk testing	0	0	0
Total for the year	548	270	138

Heartbeat Northwest Cardiac Care offers private testing for those who, as a term or condition of employment, may have to have an annual health check. In addition, we offer health screening and testing for those who self-monitor their own health. The following private tests were carried out in 2022:

	2022	2021	2020
Total Private ECG stress test	6	6	2

24 Hour ECG and Blood Pressure Testing

In 2022 Heartbeat Northwest Cardiac Care carried out 24 hour ECG monitoring and 24 hour blood pressure monitoring for General Practitioners in the Preston area. These tests require a Cardiac Physiologist perform the investigations and interpret the results. This service is currently provided free of charge to GPs. As you can see from the figures below these have significantly increased since 2021.

	2022	2021	2020
24 hour ECG	55	14	17
24 hour Blood pressure	26	15	30
Resting ECG	47	25	10
Cardiac event monitors	0	0	0
Total annual other tests	128	54	57

TOTAL MEDICAL TESTS

	2022	2021	2020
Total medical tests	682	330	197

Education & Training Department

During 2022 our Head of Training and Education left Heartbeat to pursue other adventures and we have not replaced this role currently.

Schools Education

Heartbeat's personal, social, health and economic (PSHE) workshops were designed to support primary schools when teaching pupils about their body and healthy living. Many of the schools Heartbeat visit choose us because they are running a Healthy Schools/Science/Health/Safety Week and are looking for activities and resources to support this week. Our PSHE workshops fit perfectly as our activities and resources help schools to teach the healthy living elements of the Science and PE curriculum with cross-curricula links to the PSHE framework. Unfortunately, since the end of COVID restrictions we have been unable to restart this programme.

Schools attended, and workshops presented annual breakdown

	2022	2021	2020	2019
Secondary schools	0	0	0	0
Primary schools	0	0	2	16
Total number of schools	0	0	2	16
Presentations delivered	0	0	7	37
Number of children	0	0	300	1,298
Income from schools	£0	£0	£500	£2,300

Community Education

Cardiovascular disease (CVD) includes coronary heart disease, stroke, peripheral vascular disease and other diseases of the cardiovascular system. It is the main cause of reduced life expectancy of residents in the most deprived areas across Lancashire.

In 2022 Heartbeat started its own education programme for class members and partners, our first session began in December 2022 with a talk on pacemakers and balance workshops delivered by clinical professionals and our own team of instructors.

First Aid Training

In 2021 we reviewed and updated our training methods and continued to provide a wide variety of programmes during 2022.

Option 1 – Face to face training but with a limit of 6 people with strict COVID-19 guidelines in place.

Option 2 – Online only course, all learning was presented electronically through a host website www.osgolearn.co.uk, each member of staff would receive their own personal log in details and password. Videos, demonstrations, quizzes and up to date first aid information was presented in a format which allowed individuals to work through in their own time and a completion certificate could be printed at the end of the course. This certificate would then be used as part of their CPD training as many of the CCG's allowed online learning during the pandemic.

The course is split into 5 sections:

- Section 1 – Responsive casualty with an obstructed airway
- Section 2 – Unresponsive casualty who is breathing normally.
- Section 3 - Unresponsive casualty who is not breathing normally.
- Section 4 - Anaphylaxis
- Section 5 - COVID 19 Guidelines

Option 3 - Blended learning course - utilised option 2 for the theory (see above) but with the option of small group practical workshops to allow learners to put theory into practice. Maximum of 4 people in a session, 20-minute slots with strict COVID-19 guidelines in place. Staff were asked to demonstrate the following:

- CPR on a baby/child/adult
- The safe use of an AED (Defib)
- The procedure for assisting a choking casualty.
- The use of an adrenaline (training) auto-injector

Option 4 - For anyone who had received theory elsewhere but still wanted a practical session (as above).

First aid training annual breakdown

	2022	2021	2020	2019
First aid for schools	0	0	0	0
First aid for community (Heartstart)	1	10	3	23
First aid for medical professionals:				
Face to face	26	25	10	70
Online	0	9	2	0
Blended learning	0	0	3	0
Practical only	0	0	2	0
First aid for industry	2	5	4	7
Income from training	£9,063	£8,830	£4,630	£14,255

Community Access Defibrillators (cPAD) and AED static units

Here in the UK 700,000 people suffer a sudden cardiac arrest every single year (That is the same amount of people that would fill Old Trafford Football stadium 9 times over!)

Out of hospital cardiac arrest (OHCA) is the biggest killer in the country. Most happen outside of a hospital environment and can happen anywhere in everyday life, at work, at school, at the train station, in the shop or on the street. When a cardiac arrest happens, every minute is vital.

- cPADs - Being a cPAD means installing a special cabinet on the outside wall of a building so that the AED (Automated External Defibrillator) inside can be accessible 24/7 to anyone in the vicinity who requires it.
- AED (defibrillator) is a small, lightweight, portable device that can read a person's heart rhythm and deliver a shock if needed. It is this shock that may restore a normal heart rhythm and potentially save a person's life.

Defibrillator annual breakdown

Although Heartbeat NWCC buy these units on the behalf of the organisation, they are not our property or responsibility, but we do include a fee to every unit/housing unit we purchase.

	2022	2021	2020	2019
AED static units	4	6	3	17
Community Access Defibrillators (cPAD)	0	0	0	2
Income	£4,945	£6,705	£2,866	£2,976

Financial Review

The Statement of Financial Activities for the year is included on page 28.

1. Income for the year was £874,402 (2021: £975,189).

Income from donations and legacies has decreased from £311,400 to £233,215. There were no donations from furlough claims included within 2022 and in 2021 the charity received furlough income of £107,872.

The charity received restricted grants totalling £19,889 (2021: £6,850). A summary of the restricted grants can be found within note 18.

Income from charitable activities has remained steady at £231,203 (2021: £233,754). The income from testing, education and training is lower in the current and previous year due to government COVID-19 restrictions and our Head of Training and Education leaving. Further information on classes is as follows:

The charity asks people attending the cardiac rehabilitation and prevention programme to consider donating a voluntary contribution to the running costs of the charity. These voluntary contributions of £161,172 (2021: £167,422) support the charity to provide cardiac rehabilitation services every week across the region.

The charity also undertakes fundraising events to support its activities such as raffles and collections, etc. There are also various fundraising activities undertaken by benevolent individuals. Heartbeat Northwest Cardiac Care does not have a direct input into such activities but ultimately benefits from the surplus generated. The trustees have recently reviewed the fundraising and consider that it is efficient and effective.

Income from other trading activities comes mainly from the lottery £383,798 (2021: £414,529). The lottery income has decreased but continues to provide vital funds for the charity.

2. Expenditure in the year was £1,004,162 (2021: £900,204) resulting in a deficit of £129,760 (2021: surplus of £74,985).
3. The total net assets of the charity are £601,112 (2021: £730,872). This is made up of designated funds of £345,167 (2021: £359,494) and restricted funds of £1,500 (2021: £2,718) leaving free reserves of £254,445 (2021: £368,660). Designated funds represent the property assets fund, being monies already spent on the fixed assets of the charity.

Investment Policy

In accordance with its power of investment, the trustees have agreed that any funds held in excess of that which is required for immediate running purposes are transferred into interest earning investment accounts.

Risk Management

The trustees continually review, in detail, the risks to which the charity may be exposed. The trustees see this as an on-going commitment in order to continually establish systems to mitigate those risks. A risk register has been developed which is reviewed at least annually.

The principal risk faced by Heartbeat Northwest Cardiac Care is the charities ability to raise sufficient funds annually to deliver the charitable objects whilst sustaining financial viability for the charity's future. The trustees regularly consider variability of fundraising methods and have a structured monitoring programme. Trustees meet a minimum of twice per year in between which a budget and remuneration committee meet to monitor all things financial and report to the trustee board. The charity produces a risk register annually as part of statutory accounts procedures and this register is reviewed and updated on an annual basis. Fundraising is split into a variety of activities tried and tested since 1978. Each year they are reviewed and updated to meet the ever-changing economic climate and fundraising environment nationally, regionally, and locally.

Historically the charity has relied heavily on one activity, a lottery, run by the charity. However, in the last five years, by resourcing and applying extra focus on other fundraising areas, this reliance has reduced and forms part of a longer-term strategic plan to continue to grow other areas.

Reserves Policy

Having a reserves policy helps form the way in which Heartbeat Northwest Cardiac Care manages its cash, liquid assets, and debt. It also assists with planning and communicating the charity's approach to interested parties. This policy contributes significantly to the trustee's ability to balance the needs of current and future beneficiaries, ensure the charity is well managed and that the trustees manage the level of reserves carefully for the benefit of Heartbeat Northwest Cardiac Care.

The pro-active management of the charity reserves, through planned management reporting systems, ensures that the level of reserves are not too high or low for the needs of the charity.

Our policy is to maintain reserves at a level equivalent to 26 weeks of annual operating expenditure, which currently equates to £502,081. At the end of this year, as shown in note 18 to the accounts, the charity has free reserves of £254,445 which whilst not sizeable illustrates the extent of the investment in our new bespoke cardiac centre which should allow Heartbeat Northwest Cardiac Care to raise its profile; increase the number of participants using the facilities; create new income generation possibilities and strengthen relationships with key partners. The trustees consider that given the strength of the charity's balance sheet, the stable cash flows from the lottery and rehabilitation classes, the current level of free reserves are sufficient and the target is now to build them so that they are, once again, at least equivalent to 26 weeks of annual operating expenditure.

The trustees have delegated financial monitoring to a budget and remuneration committee which has an active involvement in reviewing and monitoring the financial activities of the organisation. The budget and remuneration committee reports to the trustees on a six monthly basis regarding the amount of reserves required to ensure that they are adequate to fulfil the charity's continuing obligations.

Plans for the future

Heartbeat Northwest Cardiac Care is committed to the fight to reduce cardiovascular disease and its risks. We will continue to work with our key partners, supporters, and class members to deliver the right services to achieve this objective. In the next 12 months, the trustees anticipate Heartbeat will;

- Seek out new opportunities to generate funds through a variety of ways; with a new team of fundraisers, testing fundraising activities, recruiting supporters, raising awareness of the charity's objectives and available services, forging relationships with key delivery partners, exploring grant opportunities which has served Heartbeat so well over the past few years
- Utilising social media platforms to build awareness of our charity
- Build a better digital platform to allow us to reach a more diverse group of people
- Continue to re-grow the charities reserves towards the planned six months operating costs
- Grow the number of people accessing the services delivered by Heartbeat Northwest Cardiac Care to return to the numbers accessing the services prior to COVID-19
- Improve the quality and efficiency of our charity services by continuous qualitative monitoring
- Continue to work with our partners to complete more research to provide better understanding of the effects of psychological and physical interventions
- Develop a robust legacy programme

Chief Executive Officer Summary

It is wonderful to be able to report on a full year, although it has been a difficult one.

For this year's budget we decided to invest in our fundraising team and expand it from two members of staff to four, with a focus on Sponsorships, Community and Corporate. We continued our work applying for funding grants and legacies. We have made some great progress in the year, increasing our reach to new companies, hosting better events resulting in higher attendance, and being involved in more organised sponsored events.

We have utilised the café area with our coffee mornings creating a space for our class members to meet and socialise. Our newest venture, the Heartbeat choir, has been hugely successful. It has been a delight to hear them singing both at Heartbeat and out in the community helping to raise funds during the Christmas season.

The Pulmonary and Peripheral Arterial Disease (PAD) classes have started to develop further, and class members have had extremely positive results at their second treadmill test.

The clinical team have been working hard to get through all our referrals with the aid of a new treadmill. The treadmill was very kindly donated to Heartbeat by an anonymous supporter. Treadmill testing is part of our procedures that set us apart from any other rehabilitation and prevention programme. It provides our class members with a safe level to work at, giving them as much information as they need to exercise safely, with confidence. All class members have the support of our wonderful instructors, who are experienced and qualified to teach our specialist classes. This year we have focussed on building strength in our bodies as well as our hearts, supporting our class members to improve their posture, health, balance and fitness. We also started our monthly education sessions including pacemaker education and balance workshops, there will be more education relevant to our class members in 2023.

Unfortunately, this year we said goodbye to three members of the Heartbeat staff team. All three have moved on to pursue new and exciting careers in fitness and the charity sector, we wish them all the best in their new ventures. During their time at Heartbeat, they have helped our class members and the charity develop, furthering our education, corporate fundraising and exercise classes.

Towards the end of the year, as for so many people, we were affected by huge increases in utility bills. We saw increases of 300% for utilities and many of our expenditure lines increased. We have responded by making changes to the staff areas and trying our best to reduce the costs as much as we can.

In 2022 we have been reminded to celebrate the work a small team of 21 people do every day. Our goal is to improve the lives of our class members to live healthier and happier with the people they love for longer. I hope that Rose and Keith Redman would have been proud of how far Heartbeat has come over the last 44 years. We are a local charity that has supported thousands of people within our community during that time.

Together we are Heartbeat.

Louise Bache CEO

Statement of Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Heartbeat Northwest Cardiac Care for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed subject to any material departures disclosed and explained in the financial statements;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved and signed on behalf of the board of trustees:

George Phillip Goodier (Treasurer)

Date: 15 May 2023

Jackie Wilding (Chair)

Date: 15 May 2023

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
FOR THE YEAR ENDED 31st DECEMBER 2022

I report to the trustees on my examination of the accounts of the Heartbeat Northwest Cardiac Care for the year ended 31 December 2022.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am member of ICAEW, which is one of the listed bodies.

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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Julie Flintoff BA (Hons) FCA
Floor 1, Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

Dated: 15 May 2023

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31st DECEMBER 2022

	Note	Unrestricted Funds 2022	Restricted Funds 2022	Total Funds 2022	Total Funds 2021 (restated)
Income from:		£	£	£	£
Donations and legacies	2	213,326	19,889	233,215	311,400
Charitable activities	3	231,203	-	231,203	233,754
Other trading activities	4	409,170	-	409,170	428,524
Investment income	5	814	-	814	1,511
Total income		<u>854,513</u>	<u>19,889</u>	<u>874,402</u>	<u>975,189</u>
Expenditure on:					
Raising funds	6	136,437	-	136,437	106,647
Charitable activities	7	585,805	13,108	598,913	518,146
Other – Lottery costs	8	268,812	-	268,812	275,411
Total expenditure		<u>991,054</u>	<u>13,108</u>	<u>1,004,162</u>	<u>900,204</u>
Net (expenditure)/income and net movement in funds for the year		(136,541)	6,781	(129,760)	74,985
Transfers between funds		7,999	(7,999)	-	-
Net movement in funds		(128,542)	(1,218)	(129,760)	74,985
Reconciliation of funds:					
Total funds brought forward		<u>728,154</u>	<u>2,718</u>	<u>730,872</u>	<u>655,887</u>
Total funds carried forward		<u><u>599,612</u></u>	<u><u>1,500</u></u>	<u><u>601,112</u></u>	<u><u>730,872</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirement for an income and expenditure account with the Companies Act 2006.

The notes on pages 31 to 46 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
BALANCE SHEET
AS AT 31st DECEMBER 2022

	Note	2022 £	£	2021 £	£
Fixed Assets					
Tangible assets	13		345,167		359,494
Current Assets					
Stock			-		-
Debtors	14	12,582		27,645	
Cash at bank and in hand		337,236		423,285	
Total Current Assets		349,818		450,930	
Creditors: Amounts falling due within one year	15	(93,873)		(79,552)	
Net Current Assets			255,945		371,378
Total assets less current liabilities			601,112		730,872
The funds of the charity					
Unrestricted income funds:					
Designated funds	18		345,167		359,494
General unrestricted funds	18		254,445		368,660
Restricted funds	19		1,500		2,718
			601,112		730,872

The company is entitled to the exemption from the audit requirement contained within section 477 of the Companies Act 2006, for the year ended 31 December 2022.

The trustees have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

Approved by the Board of Trustees and signed on its behalf by:

George Phillip Goodier (Treasurer)

Jackie Wilding (Chair)

Date: 15 May 2023

Date: 15 May 2023

The notes on pages 31 to 46 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31st DECEMBER 2022

Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net movement in funds – Page 28	(129,760)	74,985
Add back depreciation charge	24,588	24,550
(Increase)/decrease in stock	-	-
Decrease/(increase) in debtors	15,063	(8,740)
(Decrease)/increase in creditors	14,321	5,668
Deduct interest income	(814)	(1,512)
Net cash provided by operating activities	(76,602)	94,951

Statement of cash flows

	2022 £	2021 £
Net cash provided by operating activities	(76,602)	94,951
Cash flows from investing activities		
Interest	814	1,512
Purchase of fixed assets	(10,261)	(3,260)
Net cash (used in) / provided by investing activities	(9,447)	(1,748)
Change in cash and cash equivalents in the year	(86,049)	93,203
Cash and cash equivalents at the beginning of the year	423,285	330,082
Cash and cash equivalents at the end of the year	337,236	423,285

1. ACCOUNTING POLICIES

Company information

Heartbeat Northwest Cardiac Care is a private company limited by guarantee incorporated in England and Wales. The registered office is Sir Tom Finney Way, Preston, Lancashire, PR1 6PA.

Basis of Preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities presenting their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1 January 2019) and the Companies Act 2006.

Heartbeat Northwest Cardiac Care meets the definition of a public entity under FRS102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared in accordance with the historical cost convention. The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows.

Going Concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Charitable Funds

General unrestricted funds comprise accumulated surpluses and deficits on general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds of the charity which have been set aside to reflect the value of funds represented by the tangible fixed assets of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor. Expenditure which meets these criteria is charged to the fund.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts and donations received for the general purposes of the charity are included in unrestricted funds when received. Where these comprise of donated fixed assets, they are included at market value where this is readily ascertainable. Gift Aid is recorded on a receivable basis.

Legacies are recorded on a receivable basis, where the value of the legacy is measurable and all conditions associated with receipt of the legacy have been fulfilled.

Lottery income is received for Heartbeat and beneficiaries. Lottery income is recorded on a receivable basis. Income received in advance for future draws is deferred until the corresponding draw has occurred, at which time the income will be recognised in the SOFA.

Event income comprises income raised from various fundraising events, the sale of donated and bought in goods and sponsorships during the year, which is recorded on a receipts basis.

Income from charitable activities comprises contributions from patients towards the costs of medical testing and the rehabilitation programme, which is recorded on a receipts basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the bank.

Grant income is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis inclusive of VAT which cannot be recovered. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities based on income directly associated to the activity, undertaken on a pro rata basis.

The costs of raising funds comprise the direct costs associated with attracting donations, legacies, grants and fundraising and their share of support costs and governance costs.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries and their share of support costs and governance costs.

Other costs comprise the lottery prizes, beneficiary management fees and their share of support costs and governance costs. Beneficiary management fees are an agreed share of the beneficiary lottery income.

Irrecoverable VAT

The charity is not registered for Value Added Tax and accordingly income and expenditure includes the irrecoverable Value Added Tax element where applicable.

Allocation of Support and Governance Costs

Support costs and governance costs are those functions that assist the work of the charity but do not directly carry out charitable activities. These costs have been allocated to each expenditure heading based on their respective usage.

Support costs are defined as shown in note 9

Governance costs are defined as shown in note 10

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. All assets costing more than £500 are capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Preston North End – Buildings	Over the term of the lease	
Preston North End – Integral fixtures	10%	straight line
Computer equipment	25%	straight line
Medical equipment	10%	straight line
Office equipment	10%	straight line
Sports equipment	17%	straight line

Stocks

Stocks are valued at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and bank overdrafts. Overdrafts are shown within borrowings in current liabilities.

Financial Instruments

The charity only has financial assets (debtors, cash and bank balances) and financial liabilities (creditors and accruals) of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Lease Agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remains with the lessor are charged as an expense in the SOFA on a straight line basis over the period of the lease.

Taxation

The company is a registered charity and as such is entitled to tax exemptions on all its income and gains, properly applied for charitable purposes.

Pensions

The charity operates a defined contribution pension scheme using a Group Personal Pension Plan, and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Legal Status

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Restatement

The comparatives have been restated to reflect the updated allocation of support and governance costs. In the previous year, the costs were allocated based on the income level of each activity. In the current year, the trustees have allocated the cost based on usage.

2. Income from donations and legacies

	2022	2021
	Total	Total
		(restated)
	£	£
Unrestricted:		
Donations	111,226	101,394
Legacies	91,648	92,437
Gift Aid	10,452	2,847
Government Grants	-	107,872
	213,326	304,550
Restricted:		
Grants	19,889	6,850
	233,215	311,400

3. Income from charitable activities

	2022	2021
	Total	Total
	£	£
Voluntary contributions from rehabilitation classes	161,172	167,422
NHS/Service users contributions to the cost of testing	28,620	20,411
Education and training	14,008	15,909
Gift Aid	27,403	30,012
	231,203	233,754

All income from charitable activities relates to unrestricted funds in both 2022 and 2021.

4. Income from other trading activities

	2022	2021
	Total	Total
	£	£
Fundraising events	9,620	3,763
Sale of goods	3,014	1,385
Letting of offices	12,738	8,847
Lottery – Heartbeat	260,218	282,262
Lottery – Beneficiary	123,580	132,267
	<u>409,170</u>	<u>428,524</u>

All income from other trading activities relates to unrestricted funds in both 2022 and 2021.

5. Income from investments

All the charity investment income arises from money held on interest bearing deposit accounts and related to unrestricted funds in both 2022 and 2021.

6. Analysis of expenditure on raising funds

	2022	2021
	Total	Total
	£	(restated)
	£	£
Staff salaries	65,994	47,572
Training and development	720	-
Advertising/Promotion	136	294
Subscriptions	128	-
Event costs	1,328	216
Postage	1,164	1,787
Sundry costs	10,115	1,107
	<u>79,585</u>	<u>50,976</u>
Governance costs (see note 10)	2,672	3,569
Support costs (see note 9)	54,180	52,102
	<u>136,437</u>	<u>106,647</u>

All expenditure on raising funds relates to unrestricted funds in both 2022 and 2021.

7. Analysis of expenditure on charitable activities

Cardiac rehabilitation classes and related testing

	2022	2021
	Total	Total
	£	(restated)
	£	£
Staff salaries	346,845	314,414
Freelance staff for testing	5,350	3,100
Rehabilitation costs	53,112	20,115
Postage	1,747	1,032
Training and development	75	261
Repairs and renewals	1,270	877
Medical consumables	3,494	1,599
Education	5,538	6,633
Pulse watches (COVID supplies)	2,212	1,791
Sundry costs	2,873	952
	422,516	350,774
Governance costs (see note 10)	2,672	3,569
Support costs (see note 9)	173,725	163,803
	598,913	518,146

Included within charitable activities expenditure are staff salaries of £5,000 (2021: £15,137), rehabilitation costs of £5,308 (2021: £Nil), telephone costs of £Nil (2021: £35), programme costs of £Nil (2021: £180), medical consumables costs of £1,210 (2021: £2,000), education costs of £1,590 (2021: £Nil), equipment renewal costs of £Nil (2021: £116) and support costs of £Nil (2021: £2,732) which are restricted.

8. Analysis of other expenditure – Lottery costs

	2022 Total £	2021 Total (restated) £
Staff salaries	37,590	38,434
Lottery wins	78,262	79,817
Beneficiary lottery fees	86,500	92,550
Agent commission	348	332
Bank charges	165	-
Postage	2,315	1,803
Sundry costs	6,778	6,804
	211,958	219,740
Governance costs (see note 10)	2,674	3,569
Support costs (see note 9)	54,180	52,102
	268,812	275,411

Included within other expenditure are support costs of £Nil (2021: £5,009) which are restricted.

9. Allocation of support costs – Current year

	Raising funds £	Charitable activities £	Other lottery costs £	2022 Total £
Depreciation	2,459	19,670	2,459	24,588
Insurance	1,219	9,749	1,219	12,187
Premises rent – Unrestricted	6,000	48,000	6,000	60,000
Gas & Electric	4,403	35,225	4,403	44,031
Water	91	726	91	908
Bank charges	3,510	3,510	3,510	10,530
Building maintenance	2,402	19,217	2,402	24,021
Management/Admin- Unrestricted	28,921	28,921	28,921	86,763
Telephone, fax and internet	405	3,240	405	4,050
Wage preparation	86	691	86	863
Canteen and office sundries	13	105	13	131
HR Support	480	480	480	1,440
Printing, postage and stationery	1,981	1,981	1,981	5,943
Subscriptions	34	34	34	102
Repairs & renewals	1,696	1,696	1,696	5,088
HSE	480	480	480	1,440
	54,180	173,725	54,180	282,085

Allocation of support costs – Previous year – Restated

	Raising Funds (restated) £	Charitable Activities (restated) £	Other lottery costs (restated) £	2021 Total (restated) £
Depreciation	2,455	19,640	2,455	24,550
Insurance	1,210	9,688	1,210	12,108
Premises rent - Unrestricted	5,500	44,000	5,500	55,000
Premises rent - Restricted	500	4,000	500	5,000
Council tax	76	604	76	756
Gas & Electric	2,972	23,777	2,972	29,721
Water	38	300	38	376
Bank charges	3,534	3,534	3,534	10,602
Building maintenance	2,517	20,132	2,517	25,166
Management/Admin- Unrestricted	26,112	26,112	26,112	78,336
Management/Admin- Restricted	2,127	2,127	2,127	6,381
Telephone, fax and internet	361	2,888	361	3,610
Wage preparation	326	2,611	326	3,263
Canteen and office sundries	2	18	2	22
HR Support	480	480	480	1,440
Printing, postage and stationery	1,687	1,687	1,687	5,061
Subscriptions	34	34	34	102
Repairs & renewals	1,691	1,691	1,691	5,073
HSE	480	480	480	1,440
	<u>52,102</u>	<u>163,803</u>	<u>52,102</u>	<u>268,017</u>

10. Allocation of governance costs – Current year

	Raising Funds £	Charitable activities £	Other lottery costs £	2022 Total £
Independent examination	1,800	1,800	1,800	5,400
Legal and professional	872	872	874	2,618
	<u>2,672</u>	<u>2,672</u>	<u>2,674</u>	<u>8,018</u>

Allocation of governance costs – Previous year

	Raising Funds (restated) £	Charitable Activities (restated) £	Other lottery costs (restated) £	2021 Total (restated) £
Auditors remuneration	2,472	2,472	2,472	7,416
Legal and professional	1,097	1,097	1,097	3,291
	<u>3,569</u>	<u>3,569</u>	<u>3,569</u>	<u>10,707</u>

11. Analysis of staff costs and remuneration of key management personnel

	2022 £	2021 £
Gross wages and salaries	481,811	435,839
Pension contributions	18,562	17,296
Social security costs	36,820	32,002
	<u>537,193</u>	<u>485,137</u>

The trustees consider the board of trustees, Chief Executive and the Head of Finance as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity daily. The total employee benefits of the key management personnel of the charity were £79,068 (2021: £77,522).

Trustees are required annually to disclose any relevant interests and register them with the Chief Executive and in accordance with the charities policy withdraw from any decisions where a conflict of interest arises.

The charity has set up a remuneration committee who review the Chief Executives salary package to ascertain whether it is appropriate for the role, and is bench marked against other like for like charities with similar activities and operations.

No employee earned over £60,000. The number of staff to whom retirement benefits were accruing under a money purchase pension scheme was 15 (2021: 15).

The average number of persons employed during the year, analysed by function was follows:

	2022	2021
Medical services	14	14
Fundraising	4	4
Lottery	1	1
Management and administration	2	2
	<u>21</u>	<u>21</u>

Commission and fees payable to part-time freelance staff

	2022	2021
	£	£
Commissions/expenses paid to lottery collectors and agents	348	332
Professional fees paid to doctors and exercise staff	5,350	3,100
	<u>5,698</u>	<u>3,432</u>

Average number of persons working on a part-time freelance basis:

Lottery – external collectors	3	3
Professional – GPs and outreach instructors	7	7
	<u>10</u>	<u>10</u>

12. Trustee remuneration & related party transactions

All trustees give of their time freely and no trustees or any person connected to them received any remuneration for their services during the year.

The charity has not met any individual expenses incurred by the trustees for services provided to the charity during the year.

Insurance premiums during the year amounting to £470 (2021: £470) were incurred by the charity in respect of indemnity insurance for the trustees.

13. Tangible fixed assets

	PNE Lease- hold Property £	Office & Computer Equipment £	Medical Equipment £	Sports Equipment £	Total £
Cost					
At 1 January 2022	417,278	68,317	69,581	98,893	654,069
Additions	-	1,115	9,146	-	10,261
Disposals	-	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 December 2022	<u>417,278</u>	<u>69,432</u>	<u>78,727</u>	<u>98,893</u>	<u>664,330</u>
Depreciation					
At 1 January 2022	87,603	58,197	63,799	84,976	294,575
Charge for the year	13,658	3,320	1,410	6,200	24,588
On disposals	-	-	-	-	-
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 31 December 2022	<u>101,261</u>	<u>61,517</u>	<u>65,209</u>	<u>91,176</u>	<u>319,163</u>
Net Book Value					
At 31 December 2022	<u>316,017</u>	<u>7,915</u>	<u>13,518</u>	<u>7,717</u>	<u>345,167</u>
At 31 December 2021	<u>329,675</u>	<u>10,120</u>	<u>5,782</u>	<u>13,917</u>	<u>359,494</u>

All tangible fixed assets are unrestricted funds classified as designated.

14. Debtors

	2022 £	2021 £
Program/ Testing debtors	1,343	17,187
Gift Aid	3,055	2,799
Prepayments and accrued income	8,184	7,659
	<u> </u>	<u> </u>
	<u>12,582</u>	<u>27,645</u>

All debtors relate to unrestricted funds in both 2022 and 2021.

15. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Bank overdraft	10,211	4,930
Trade creditors	13,686	7,309
PAYE / NI	9,554	9,475
Pension contributions	3,480	3,343
Other creditors	872	994
Accruals	17,840	13,678
Deferred income (Note 16)	38,230	39,823
	<u>93,873</u>	<u>79,552</u>

All creditors relate to unrestricted funds in both 2022 and 2021.

16. Deferred income

	Contributions to Rehabilitation Classes £	Lottery Income £	Programmes £	2022 Total £	2021 Total £
As at 1 January 2022	7,241	31,694	888	39,823	43,292
Released in the year	(7,241)	(31,694)	(888)	(39,823)	(43,292)
Deferred to next year	6,754	30,520	956	38,230	39,823
	<u>6,754</u>	<u>30,520</u>	<u>956</u>	<u>38,230</u>	<u>30,521</u>
As at 31 December 2022	<u>6,754</u>	<u>30,520</u>	<u>956</u>	<u>38,230</u>	<u>30,521</u>

17. Financial instruments

	2022	2021
	£	£
Carrying amount of financial assets		
Financial instruments measured at amortised cost	4,398	19,986
Carrying amount of financial liabilities		
Financial instruments measured at amortised cost	41,737	25,917

18. Analysis of charitable funds

Analysis of movement in unrestricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	368,660	854,513	(966,466)	(2,262)	254,445
Designated Funds:					
Property Assets Fund	359,494	-	(24,588)	10,261	345,167
	<u>728,154</u>	<u>854,513</u>	<u>(991,054)</u>	<u>7,999</u>	<u>599,612</u>

Analysis of movement in unrestricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	249,012	968,339	(846,805)	(1,886)	368,660
Designated Funds:					
Property Assets Fund	380,784	-	(24,550)	3,260	359,494
	<u>629,796</u>	<u>968,339</u>	<u>(871,355)</u>	<u>1,374</u>	<u>728,154</u>

General Fund: The “free” reserves of the charity after allowing for all designated funds.

Designated Funds: The property assets fund is the value of the unrestricted funds already spent and represented by the tangible fixed assets of the charity (note 13).

Analysis of movement in restricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
AstraZeneca	2,718	-	(2,718)	-	-
Anonymous donation	-	7,999	-	(7,999)	-
Preston City Council	-	5,000	(5,000)	-	-
Jigsaw Homes	-	2,590	(2,590)	-	-
Yorkshire Bank	-	1,800	(1,800)	-	-
B&Q Foundation	-	1,500	-	-	1,500
Duchy Of Lancaster	-	1,000	(1,000)	-	-
	<u>2,718</u>	<u>19,889</u>	<u>(13,108)</u>	<u>(7,999)</u>	<u>1,500</u>

AstraZeneca	The charity received this grant for use on Pulmonary and Vascular classes. The remaining funds brought forward have been fully spent in the year.
Anonymous donation	This donation provided vital funds for a new treadmill to use for clinical testing. The treadmill has been purchased and all funds were spent in the year.
Preston City Council	This funding was used to cover costs for our wellbeing service to provide mental health support to our class members.
Jigsaw Homes	This grant was for 6 months to fund classes specifically for our class members with Peripheral Arterial Disease in Chorley.
Yorkshire Bank	This grant provided funding for 2 defibrillators that are located in our classes across the North West
B&Q Foundation	This money has not been spent yet, but is for gardening equipment and general costs relating to our allotment.
Duchy of Lancaster	Medical supplies that are required during our clinical testing sessions have been bought with this grant.

Transfers between funds represent assets purchased by a restricted donation which, when purchased, cease to be restricted and become part of the general assets.

Analysis of movement in restricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
National Lottery Community Fund	16,091	-	(16,091)	-	-
AstraZeneca	10,000	-	(7,282)	-	2,718
Blackpool CCG Covid response fund	-	3,360	(3,360)	-	-
Springfields employees' medical research and charity trust fund	-	1,490	(116)	(1,374)	-
The Skelton Charity	-	1,000	(1,000)	-	-
Tesco Bags of Help	-	1,000	(1,000)	-	-
National Lottery Community Fund	-	3,360	-	-	-
	<u>26,091</u>	<u>6,850</u>	<u>(28,849)</u>	<u>(1,374)</u>	<u>2,718</u>

**National Lottery
Community Fund**

The charity received a grant for the programme, Coronavirus Community Support Fund. This was used towards the running of Heartbeat at Home and for rent and salaries associated with this. This money is to be used by the end of January 2021. All carried forward funds were spent.

AstraZeneca

The charity received this grant for use on Pulmonary and Vascular classes in the previous year, but none were run. This year, they have trialled a few classes which has gone well and still have some funds remaining for future classes

**Blackpool CCG Covid
Covid response fund**

This was provided for Heartbeat at Home and all funds were spent.

**Springfield employees'
medical research and
charity trust fund**

This was granted to assist with the purchase off sports equipment at the Blackpool site. The funds were fully spent in line with the conditions.

The Skelton Charity

This was provided for the purchase of medical supplies for the charity. The funds were fully spent in the year.

Tesco Bags of Help

This was provided for the purchase of medical supplies for the charity. The funds were fully spent in the year.

Transfers between funds represent assets purchased by a restricted donation which, when purchased, cease to be restricted and become part of the general assets.

19. Analysis of net assets between funds

Current year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	345,167	345,167
Current Assets	1,500	348,318	-	349,818
Current Liabilities	-	(93,873)	-	(93,873)
Total	1,500	254,445	345,167	601,112
Previous year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	359,494	359,494
Current Assets	2,718	448,212	-	450,930
Current Liabilities	-	(79,552)	-	(79,552)
Total	2,718	368,660	359,494	730,872

20. Commitments under operating leases

At 31 December 2022 the charity had an annual commitment under a non-cancellable operating lease for rent of the property at PNE. The remaining lease term is 28 years and analysis of the commitment is set out below:

	2022 Land and Buildings £	2021 Land and Buildings £
Operating lease which expires:		
Due within 1 year	60,000	60,000
Due within 2- 5 years	240,000	240,000
Due after 5 years	1,320,000	1,380,000
	1,620,000	1,680,000

At the reporting end date, the charity also had other outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022 £	2021 £
Operating lease which expires:		
Due within 1 year	1,586	2,530
Due within 2- 5 years	2,862	4,498
Due after 5 years	-	-
	4,448	7,028

Accounts

**HEARTBEAT NORTHWEST CARDIAC CARE
(A COMPANY LIMITED BY GUARANTEE)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2021**



Registered Charity No: 1168850

Company No: 10195311

Azets Audit Services
Statutory Auditor
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

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HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2021

Charity Number	1168850
Company Number	10195311
Patrons:	Somnath Kumar Ranvir Singh Derek Smith
Directors and trustees:	Jackie Wilding (Chair) John Dent Jeannie Hayhurst Nigel Sharples Beryl (Bunty) Knowles Jacqueline Marie Chohan Stuart Clayton George Phillip Goodier Phillip Reece
Chief Executive:	Louise Bache
Secretary:	Caroline Dransfield
Clinical Director:	Dr Stewart Jones

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINSTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2021

Registered Office: Heartbeat Northwest Cardiac Care
Preston North End Stadium
Sir Tom Finney Way
Preston
Lancashire
PR1 6PA

Bankers: Royal Bank of Scotland Plc
97 Fishergate
Preston
PR1 2DP

Shawbrook Bank Limited
Lutea House
Warley Hill Business Park
Brentwood
Essex
CM13 3BE

Scottish Widows Bank
PO Box 883
Leeds
LS1 9TY

Legal Advisors: Vincents Solicitors
72 Liverpool Road
Penwortham
Preston
PR1 0DQ

Financial Advisors: Mattioli Woods Plc
Lanson House
Winckley Gardens
Mount Street
Preston
PR1 8RY

Auditor: Azets Audit Services
Statutory Auditor
Floor 1 Capital House
8 Pittman Court
Pittman Way
Fulwood
Preston
PR2 9ZG

The trustees are pleased to present their annual directors' report and the financial statements of the charity for the year ended 31st December 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Legal and administrative information set out on pages 2 and 3 form part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (effective 1st January 2019).

Structure, Governance and Management

Heartbeat Northwest Cardiac Care is a company limited by guarantee governed by its Memorandum and Articles of Association dated 11th May 2016. It is registered as a charity with the Charity Commission. Trustees are elected from the membership at each Annual General Meeting. The trustees meet regularly at the charity's administrative offices at Sir Tom Finney Way and carry out the governance of the affairs of the charity. The trustees are permitted to appoint officers to act in the day to day management of the charity.

Anyone over the age of 18 who has signed a written declaration confirming support of the objectives and willingness to become a charity trustee of the charity can become a member of the company and there are currently 9 members (7 in 2020), each of whom agrees to contribute £1 in the event of the charity winding up.

The trustees must hold at least two meetings each year. A quorum at a meeting of the trustees is at least two or one third of the trustees in office, whichever is the greater. A meeting of the trustees may be held either in person or by suitable electronic means agreed by the trustees in which all participants may communicate with all the other participants, but at least one meeting in each year must be held in person.

Any issue may be determined by a simple majority of the votes cast at a meeting, but a resolution in writing agreed by all the trustees entitled to receive notice of a meeting is as valid as a resolution passed at a meeting. Every trustee has one vote on each issue but, in the case of equality of votes, the chair of the meeting has the casting vote.

Appointment of Trustees

As set out in the Articles of Association the chair of the trustees is nominated by the trustees. There must be a minimum of three trustees. One third (or the number nearest one third) of the trustees must retire in each year at an Annual General Meeting (AGM), those longest in office retiring first and the choice between any equal service being made by drawing lots. A retiring trustee who is eligible may be reappointed. No trustee may serve more than two three-year terms of elected office, unless by exception the trustees permit an additional term of office for such period as they shall determine, but not exceeding three years. Any time served as a co-opted trustee shall not count when calculating periods of office as a trustee.

The trustees may at any time co-opt any individual who is eligible as an additional trustee, but a co-opted trustee holds office until the end of the AGM held after their appointment.

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Jackie Wilding (Chair)	
George Phillip Goodier (Treasurer)	- Appointed 30 April 2021
Joe Mallabone (Treasurer)	- Resigned 30 April 2021
John Dent	
Jeannie Hayhurst	
Nigel Sharples	
Beryl (Bunty) Knowles	
Christopher McCann	- Resigned 6 April 2021
Jacqueline Marie Chohan	- Appointed 30 April 2021
Stuart Clayton	- Appointed 30 April 2021
Phillip Reece	- Appointed 17 September 2021 (Co-opted)

Organisation

The trustees are responsible for the governance and strategic leadership of the charity, ensuring Heartbeat Northwest Cardiac Care devotes maximum resources and assets towards meeting its objectives. None of the trustees have any beneficial interest in the charity other than using its services.

The operational management of the charity is delegated to the Chief Executive Officer and the trustees ensure that the delivery is in accordance with the charity's aims and objectives by a number of internal controls which also provide appropriate reassurance against material misstatement or loss. The procedures include:

- Revision of the 3 year strategic plan and preparation of an annual budget for the consideration of trustees
- Regular review of financial performance by the Budget and Remuneration Committee against the annual budget
- A robust relationship with the Chair of Trustees promoting open communication and regular feedback
- Comprehensive documented financial controls which govern all aspects of the financial management of the charity
- Risk management formally managed using a risk register, reviewed by the trustees at least every 6 months

Induction and Training of Trustees

Trustees are recruited via several methods including internal / external adverts, press and recommendation. New trustees are welcomed to Heartbeat Northwest Cardiac Care by the Chief Executive Officer who commits significant time to provide the trustee with a comprehensive induction to the charity. New trustees are introduced to the management team and then introduced to all available colleagues. The Chief Executive Officer spends time introducing all aspects of governance and the role and responsibilities of trustees. As part of the induction, the Chief Executive Officer provides an overview of the operational aspects of the charity, organisational structure, format of trustee meetings, ensures he/she is accessible to trustees for enquiries, feedback or concerns throughout the year and ensures that each new trustee has a copy of the Heartbeat Northwest Cardiac Care Trustee guidance.

This contains information relating to the governance, structure and legal requirements of the charity, background information and an overview of the role of a trustee and board. This information is monitored and continually reviewed in accordance with the charity commission's recommendations.

Budget and Remuneration Committee

A budget and remuneration committee was established at the behest of the trustees and is chaired by the Treasurer. The Committee advises on Heartbeat Northwest Cardiac Care financial affairs and reports directly to the trustees. This remuneration committee reviews and determines the salary of the Chief Executive Officer. All other salaries are reviewed annually by the Chief Executive Officer and normally increased in accordance with average earnings.

Key Management Personnel

The trustees consider the trustees, Chief Executive Officer and the Head of Finance as comprising the key management personnel of the charity.

HEARTBEAT NWCC ORGANAGRAM 2021

Board of Trustees

Budget and Remuneration Committee

Clinical Director
Stewart Jones

Chief Executive Officer
Louise Bache

**FUNDRAISING AND
LOTTERY**

Sessional Testing Doctor
Dr Stewart Jones

Head of Finance
Caroline Dransfield

Head of Fundraising
Michelle Hunt

SERVICES

Cardiac Physiologists
Debbie Crossley
Jo Duff

**Head of Training and
Education**
Sian Percival-Edwards

Fundraising Officers
Lisa Riding
Lynn Preston

Nurse
Lorraine Hope

Operations Manager
Carl Martinez

Lottery Officer
Karen Gildert

Wellbeing
Rebecca Ellis

**Heartbeat Fitness
Instructors**
Jackie Lowry
Julia Gardham
Debbie Dasse
Charlotte Flynn
Steve Jenkinson
Matthew Tidswell
Sally Seed

Reception
Jo Widdows
Samim Patel

Sessional Fitness instructors
6 instructors

Objectives and Activities for the Public Benefit

Aims and Purposes

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit, including the guidance 'Public benefit: running a charity (PB2)' when reviewing the charity's aims and objectives and in planning future activities.

The main aim and purpose of Heartbeat Northwest Cardiac Care is to apply the money as it accumulates (through various forms of fundraising) in furtherance of improving the health of the population of the North West of England with particular regard to coronary heart disease (CHD), stroke, cardiovascular and pulmonary conditions.

In particular as stated in the Memorandum and Articles of Association:

Objectives

- a) The financial support to continue and further the work of cardiac rehabilitation within the area of benefit.
- b) The financial support of the Cardiac Rehabilitation Care and its associated rehabilitation programmes.
- c) The financial support, where appropriate, of health education and health screening in relationship to heart disease.
- d) The financial support of such schemes and the grant of such requests as the Association may deem appropriate and which are consistent with the objectives of the Association.

The "area of benefit" as referred to above collectively as the North West of England, includes the geographical counties of Lancashire, Cumbria, Cheshire, Greater Manchester and Merseyside.

Vision

People affected by, or at high risk of cardiovascular disease have access to support and services which enable them to rebuild their lives.

Mission

Heartbeat is committed to the fight to reduce the impact of coronary heart disease in all our communities within the North West of England through rehabilitation, information and advice, education, and lifestyle support.

Overview of Activities of the Charity

Heartbeat Northwest Cardiac Care is a well-established local heart charity that has been providing heart rehabilitation, clinical testing, holistic support, education, and heart disease prevention work to Lancashire residents since 1978. Based in Preston, Heartbeat operates a central bespoke heart centre located on-site at Preston North End (PNE) football club as well as a number of community-based outreach classes.

The Team consists of 22 employed staff, 1 General Practitioner (GP), 1 National Health Service (NHS) Nurse, a Clinical Director and a range of volunteers who support the charity. The charity has been self-funding since 1978 supporting thousands of local residents.

Cardiovascular diseases (CVD), sometimes referred to as circulatory diseases, are diseases of the heart and blood vessels, including coronary heart disease (CHD), heart attack and stroke. CVD is caused by reduced blood flow to the heart, brain or body caused by atheroma or thrombosis and is common in people aged over 60.

The latest recorded prevalence figures (QoF 2020/21) show that the prevalence of coronary heart disease (all persons, all ages) in the Lancashire and South/ Cumbria ICS area (3.8%), higher than England (3.0%). The long-term rate of premature mortality (under-75 years) is increasing in the Lancashire area (83.7 per 100,000 persons) although this trend has slowed over recent years. It remains significantly higher than England (70.4) (2017-19).

Heartbeat Northwest Cardiac Care services are available to heart patients at any stage, in addition to those identified as at high risk of developing cardiovascular disease, for example, obese or overweight patients, those with high blood pressure, stroke survivors, diabetics, Chronic Obstructive Pulmonary Disease (COPD) patients, smokers, alcohol misusers and those living an unhealthy or sedentary lifestyle.

The charity provides:

Testing

Exercise tolerance/treadmill tests
24 hour blood pressure monitors
24 hour electrocardiogram (ECG)
Private health testing

Training/Education

First aid training
Defibrillator training
Student placements
Schools programme
Community awareness programme

Rehabilitation and Prevention

Cardiovascular and pulmonary patient assessment post NHS pathway
Cardiovascular and pulmonary prevention and rehabilitation exercise programme
Mental and social wellbeing support
Peer support
Peripheral Arterial disease support and exercise programme

Fundraising and Community Events

Sponsored events
Fundraising events
Heartbeat Lottery
Social events for heart patients and families
Walks, runs and cycle-rides held annually

The charity currently operates 07:00 to 19:00 Monday to Friday with some Saturday events. During 2021 we were closed until mid-May conforming with government guidance. When we did open we have applied social distancing to all classes.

The charity has established relationships with NHS cardiac nurses in Preston and Chorley, local cardiac, stroke and vascular teams, a number of leisure centres and gymnasiums who provide facilities for classes as well as local charities, GP surgeries and health improvement providers.

A personal Story

My Heartbeat Story

Heartbeat has been my saviour.

After being misdiagnosed by a GP, a locum doctor raised concerns over the diagnosis when they weren't happy with the symptoms I was describing. I was ultimately sent to hospital for tests. This is where my roller coaster journey began. I was kept in hospital, transferred to Manchester Royal hospital where I was taken to theatre. Five heart bypasses later lots of anxiety over my mortality in a very short time, then died whilst in theatre.

After my initial recovery I was signposted to Heartbeat, from my first encounter I felt nothing but support. I attended sessions at Clayton Green Sports Centre twice a week with various instructors all very caring and understanding anxiety, but equally keen to improve our fitness. I continued with fabulous support, including sessions with Rebecca for my mental wellbeing, she gave me some tools to help me cope.

Sadly, Covid happened, and Heartbeat had to close their doors but the focus on people's wellbeing came from all levels from the CEO down to day-to-day support from the wider team. I joined in the challenges set by the team, a 26-mile bike ride and continued the theme during the Lapland challenge, these were great motivators and Matt became my saviour on Zoom classes every Thursday.

I isolated throughout lockdown and what I missed most were the treadmills at the gym and the equipment. When we returned the revised gym was ok but not the same. I can't praise the Heartbeat team enough, they're a constant part of my life and have given me something to focus on. I will also say exercises with likeminded people with similar illness has made it easier as nobody judges as were all on the same journey, maybe on different roads of the journey, but our destination is the same.

Time goes by so quickly, days turn into months and before you know it another year has gone by, Heartbeat is still an integral part of my life and I focus to maintain my recovery. As has been the case for lots of people Covid and anxiety play a major part of my life. We have moved from Zoom classes to back in the gym with a new group of people to meet and interact with and new instructors, but same great support.

Recently my anxiety has really got hold of me, paranoid about my heart rate, continually checking my phone and watch and to be honest it's not good for one's mental health. Yet again Heartbeat where there to support me, Rebecca, the trainee Health Psychologist and my go to person, a woman with a demeanour that brings you confidence in looking at things in a different way, someone I trust and feel happy talking to, certainly helps with the focus. In these days where hospital appointments aren't readily available Heartbeat again became my saviour.

I still miss the type of classes I had previously as this was an area I felt comfortable but as a new day dawns, a new chapter begins. Anxiety still plays a huge part of my life, where will it end I know not, but Heartbeat is my light, as spring approaches I truly need to increase my exercise level and get back into the saddle and cycle more.

Some of Heartbeat's runners in many of 2021's sponsored events



Runners took part in:
The London Landmarks half marathon
Great Manchester 10k
and
The Chester marathon



Our Services

Cardiac rehabilitation after myocardial infarction (heart attack) or cardiac surgery has two main aims:

1. To help people to recover from the physical and psychological effects of their heart condition.
2. To try to increase the length and quality of life by:
 - Reducing the numbers of patients smoking
 - Reducing blood pressure where this is a factor
 - Reducing cholesterol where this is a factor
 - Reducing the numbers of patients who are considered obese or overweight
 - Increasing the number of patients who take regular exercise
 - Helping with the support and effects of patients diagnosed with diabetes

Initial Assessment

Heartbeat Northwest Cardiac Care provides a unique testing service for anyone wishing to join one of the cardiac rehabilitation and prevention exercise sessions. Prior to joining a class people undergo a thorough medical assessment in a friendly and comfortable environment to assess their exercise capacity and suitability for the exercise programme, to exclude any underlying cardiac problems and to set a suitable individual target heart rate for them to work to. This is carried out by the charity's team of healthcare professionals who can provide advice and support. Heartbeat Northwest Cardiac Care has invested in highly specialised medical equipment which provides a selection of specialised investigatory tests.

The initial assessment typically includes a physical examination, a resting ECG, an Exercise Treadmill Test (ETT) which provides essential information regarding the level of exercise recommended as part of the individual exercise programme, together with lung function tests.

Other tests carried out at Heartbeat Northwest Cardiac Care are Pre-Operative Cardiopulmonary Exercise Testing (CPEX), 24 hour ECG monitoring, 24 hour blood pressure monitoring and cardiac event monitoring.

Occasionally 'treadmill' test results are provided by the hospital when possible or appropriate. In this instance people can then join a cardiac rehabilitation session once their results have been reviewed by one of the charity's healthcare team without the necessity for a further initial Exercise Treadmill Test.

Heartbeat Northwest Cardiac Care offers exercise sessions to people who are considered by their Physician to be at high risk of developing vascular disease. This group of people also attend for an initial Exercise Treadmill Test prior to identifying a suitable Heartbeat Northwest Cardiac Care exercise session and have now been included in the 'initial Exercise Treadmill Test' figures.

Interim Testing

All Heartbeat Northwest Cardiac Care class members have their progress monitored, after the initial treadmill test a repeat treadmill is carried out 9 months later to measure progress.

Private Testing

People are sometimes referred to Heartbeat Northwest Cardiac Care who have not had a heart problem, for example for insurance purposes, or as part of their terms and conditions of employment. In these circumstances Heartbeat requests the individual to pay a financial contribution.

People attending rehabilitation programmes

Monitoring Heartbeat Northwest Cardiac Care rehabilitation classes has proven that many people can achieve a greater level of general fitness after a cardiac event than they had before the event. Other people who suffered a more severe cardiac event can be helped to achieve their optimum, if limited, fitness level. This gives them the greatest chance of returning or maintaining an active and enjoyable life.

A supervised and controlled exercise class provides a safe and reassuring environment. The psychological effects of a cardiac event can equally be as great a problem as the physical disability. People often need support with both aspects of their illness.

All people attending the charity's cardiac rehabilitation and prevention exercise sessions are supervised by Heartbeat Northwest Cardiac Care British Association for Cardiovascular Prevention and Rehabilitation (BACPR) accredited Fitness Instructors.

Achievements and Performance

During 2021 Heartbeat Northwest Cardiac Care followed government guidance and had to remain closed until mid May. This did not stop us providing support to our class members with our Heartbeat at Home Programme.

We are thankful to all the companies we applied to for funding as these grants supported our programme that provided exercise, regular contact, wellbeing guidance and nutrition support to all our class members to access from home.

Sadly, the number of class members taking part in our programmes has decreased during 2021 from 916 to 843 per week. We made the decision to remove people from our programme who have not attended throughout the COVID closures, but they have all been offered to return when they are ready.

Summary of Performance

Referrals

In 2021 we saw a slight increase in our referrals to the Heartbeat programme which was an extremely positive outcome. We have not had as many referrals for 24hour blood pressure testing and ECG monitoring but with extra time needed between tests for cleaning this has not impacted the team.

Training and Education

This has been a very difficult year for training and education. Our first aid training sessions have had to be restricted as they are very practical workshops, so our Head of training and education had to rewrite and record an online training plan. Unfortunately, we have not returned to delivering our schools or community programme.

First aid sessions delivered across the North West:

- ✓ 25 first aid sessions were delivered to medical professionals
- ✓ 9 online sessions
- ✓ 5 first aid sessions for industry
- ✓ 10 Heartstart sessions

Volunteers

In 2021 our volunteers did not return to supporting us in conventional ways. Store collections and events have not yet started but we are hoping that there will be a gradual return to events and store collections in 2022.

Lottery income

The 'Heartbeat Lottery' consists of both Heartbeat and beneficiary playing members. Beneficiary players are from other charities and fundraising groups. All playing members are part of the same prize pool. A fixed management fee is agreed with beneficiaries. The 'Heartbeat Lottery' currently includes the following beneficiaries:

- ✓ Preston North End, Chorley, and Bamber Bridge Football Clubs
- ✓ Headway, a brain injury association
- ✓ Cardiac Rehab, Basingstoke
- ✓ Rainbow House, a charity that provides Conductive Education
- ✓ Space Centre, provides a multi-sensory environment for anyone with special needs
- ✓ Preston Community Transport, provide transport for those who cannot use regular public transport
- ✓ FOMO, friends of Mulanje orphans
- ✓ Dig In, down to earth support for the Military and Blue light community
- ✓ Dance Syndrome, dancer led, disability inspired inclusive arts programme

Lottery income from Heartbeat playing members fell by £13,546 (4.58%) compared to £29,262 (9.00%) in the previous year. Lottery income from beneficiary playing members fell by £268 (0.20%) compared to £26,518 (16.67%) in the previous year.

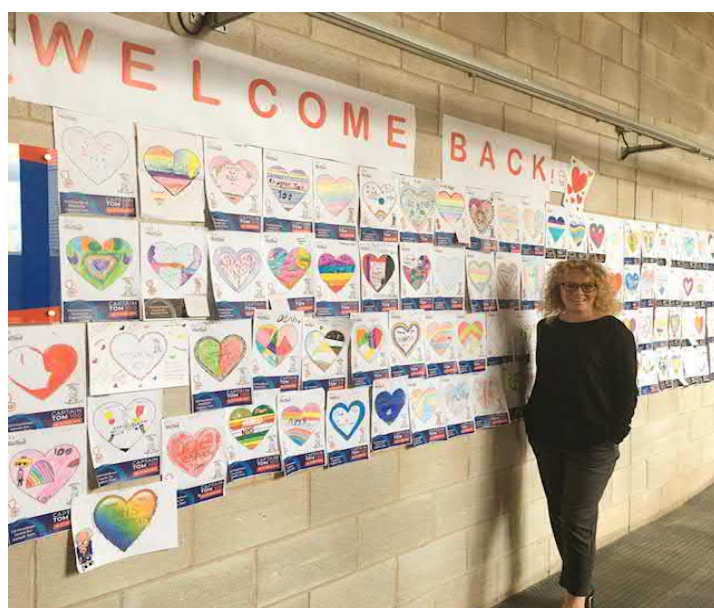
Donations and Legacies

Income from donations and legacies has decreased from £395,721 to £311,400. Included within donations is furlough income totalling £107,872 compared to £141,565 in the previous year.



Paul Falcone's Virtual
Lands' End to John
O'Groats walk

Local Primary schools took
part in the designer heart
colouring competition to
welcome Heartbeat class
members back to our PNE
head office



Loyal supporters of The
Army and Navy pub also
supported Heartbeat

Attendance at Heartbeat Cardiac Rehabilitation Classes

	2021	2020	2019
Preston Central UClan	13	18	19
Preston North End	537	540	594
Blackpool	18	15	21
Burscough	19	22	23
Ribby Hall	35	40	41
Chorley	139	211	198
Leyland	35	40	46
Penwortham	17	18	19
Garstang	30	20	18
Total attendance year	843	924	979

This represents the total number of people accessing Heartbeat Northwest Cardiac Care rehabilitation and prevention programme. The figure attending is much lower than last year, due to the amount of people who have left the programme during 2021. Many people are still nervous to return but as they have now not attended for a full year or more we have removed them from our class attendee list. The figures at year end for attendance should now begin to increase 2022.

Number Referred to Heartbeat Services

	2021	2020	2019
Total number of new referrals to 9 month programme	265	246	387
Total number referred for medical testing	54	57	301
Total number referred to all services	319	303	688

Our numbers of referrals have dramatically reduced since 2019, in 2020 the numbers dropped and in 2021 we have seen a small increase. We did not start retesting in 2021 until June and the number of referrals have increased in that time, we have ensured that we have mainly focussed on the new referrals to our programme rather than blood pressure and ECG monitors.

High risk patients

GPs are now assessing patients for their risk of developing coronary heart disease during the next ten years. Patients assessed include those with high blood pressure, those with diabetes and those with other risk factors such as obesity or history of smoking. The National Framework for coronary heart disease advises intensive treatment for patients found to be at high risk. Many of these patients will have occult coronary artery disease, which will only be shown by testing. The charity is therefore continuing to offer these groups of patients an exercise test in the hope that this will pick up any patient with significant risk of coronary heart disease with a view to intervention before they have a coronary event. Heartbeat Northwest Cardiac Care also offers exercise programmes to this group of patients.

The following tests were carried out in 2021:

	2021	2020	2019
Initial exercise treadmill tests	243	90	313
9 month retests	27	44	185
Post 9 month restarts	0	0	5
3 year retests	0	4	2
High risk testing	0	0	6
Total for the year	270	138	511

Heartbeat Northwest Cardiac Care offers private testing for those who, as a term or condition of employment, may have to have an annual health check. In addition, we offer health screening and testing for those who self-monitor their own health. The following private tests were carried out in 2021:

	2021	2020	2019
Total Private ECG stress test	6	2	2

24 Hour ECG and Blood Pressure Testing

In 2021 Heartbeat Northwest Cardiac Care carried out 24 hour ECG monitoring and 24 hour blood pressure monitoring for General Practitioners in the Preston area. These tests require a Cardiac Physiologist perform the investigations and interpret the results. The charity also provides cardiac event recorders which offer a longer-term monitoring for people affected by cardiac arrhythmias. This service is currently provided free of charge to GPs. As you can see from the figures below these have significantly dropped in 2021.

	2021	2020	2019
24 hour ECG	14	17	157
24 hour Blood pressure	15	30	77
Resting ECG	25	10	64
Cardiac event monitors	0	0	3
Total annual other tests	54	57	301

TOTAL MEDICAL TESTS

	2021	2020	2019
Total medical tests	330	197	824

As noted in the figures Heartbeat did not provide testing until July 2021. So, these figures are a great return to testing post COVID-19.

Education & Training Department

2021 was a challenging time, the COVID-19 Pandemic was and remains a quintessential adaptive and transformative challenge, one for which there was no preconfigured playbook that could guide appropriate responses.

We learnt to swiftly redesign our training and education provision to protect as many people as possible during and following the pandemic.

Hundreds of laws were made in the UK in response to the coronavirus pandemic. Many of these could be described as “lockdown laws” because they placed restrictions on people to slow the spread of the coronavirus, all of which affected group education and training opportunities.

January 2021 saw the third national lockdown, People were once again told to stay at home and avoid gathering outside of their support bubbles (if eligible) and lasted until July 2021 having a huge impact on our delivery of group education and training sessions.

Schools Education

COVID - 19 Update - Schools were in and out of lockdown throughout 2020 and 21, home schooling was encouraged and when they reopened classes were split into learning bubbles and with their strict COVID protocols in place it meant external visitors/workshops/sessions were stopped to help stop the spread of the disease.

Heartbeat’s personal, social, health and economic (PSHE) workshops are designed to support primary schools when teaching pupils about their body and healthy living. Many of the schools Heartbeat visit choose us because they are running a Healthy Schools/Science/Health/Safety Week and are looking for activities and resources to support this week. Our PSHE workshops fit perfectly as our activities and resources help schools to teach the healthy living elements of the Science and PE curriculum with cross-curricula links to the PSHE framework. Unfortunately, we have not been able to teach these in 2021.

Schools attended, and workshops presented annual breakdown

	2021	2020	2019	2018
Secondary schools	0	0	0	0
Primary schools	0	2	16	17
Total number of schools	0	2	16	17
Presentations delivered	0	7	37	89
Number of children	0	300	1,298	2,394
Income from schools	£0	£500	£2,300	£2,994

Community Education

COVID - 19 Update - Strict COVID protocols in 2021 meant that meetings of groups were prohibited, especially in any indoor setting, therefore many groups stopped their regular meet ups so we have not attended any of these sessions during 2021

Cardiovascular disease (CVD) includes coronary heart disease, stroke, peripheral vascular disease and other diseases of the cardiovascular system. It is the main cause of reduced life expectancy of residents in the most deprived areas across Lancashire. The estimated prevalence of cardiovascular disease in Lancashire for people aged 16+ is slightly higher than the North-West average (12.35% vs 12.27%) (Office of National Statistics, 2014).

Heartbeat is dedicated to raising awareness of this largely preventable disease and offers community groups the opportunity to have a Heartbeat speaker visit to deliver talks to their group regarding CVD prevention.

First Aid Training

COVID - 19 Update - The COVID 19 pandemic completely changed the way face to face first aid training would need to be delivered, gone were the days of delivering session to 30+ members of staff in one session, the new guidelines were strict, and we needed to change how we delivered face to face training to allow businesses to train their staff. In order to be open businesses had to have certified first aid qualified staff onsite and GPs and dentists had to keep their annual certificates up to date although the HSE extended the renewal period for most qualifications, there was still a duty of care that needed to be addressed.

To try to provide a solution the following options were presented to anyone looking for any first aid training:

Option 1 – Face to face training but with a limit of 6 people with strict COVID-19 guidelines in place.

Option 2 – Online only course, all learning was presented electronically through a host website www.osgolearn.co.uk, each member of staff would receive their own personal log in details and password. Videos, demonstrations, quizzes and up to date first aid information was presented in a format which allowed individuals to work through in their own time and a completion certificate could be printed at the end of the course. This certificate would then be used as part of their CPD training as many of the CCG's allowed online learning during the pandemic.

The course is split into 5 sections:

- Section 1 – Responsive casualty with an obstructed airway
- Section 2 – Unresponsive casualty who is breathing normally.
- Section 3 - Unresponsive casualty who is not breathing normally.
- Section 4 - Anaphylaxis
- Section 5 - COVID 19 Guidelines

Option 3 - Blended learning course - utilised option 2 for the theory (see above) but with the option of small group practical workshops to allow learners to put theory into practice. Maximum of 4 people in a session, 20-minute slots with strict COVID-19 guidelines in place. Staff were asked to demonstrate the following:

- CPR on a baby/child/adult
- The safe use of an AED (Defib)
- The procedure for assisting a choking casualty.
- The use of an adrenaline (training) auto-injector

Option 4 - For anyone who had received theory elsewhere but still wanted a practical session (as above).

First aid training annual breakdown

	2021	2020	2019	2018
First aid for schools	0	0	0	1
First aid for community (Heartstart)	10	3	23	10
First aid for medical professionals:				
Face to face	25	10	70	52
Online	9	2	0	0
Blended learning	0	3	0	0
Practical only	0	2	0	0
First aid for industry	5	4	7	13
Income from training	£8,830	£4,630	£14,255	£13,494

Community Access Defibrillators (cPAD) and AED static units

Here in the UK 700,000 people suffer a sudden cardiac arrest every single year (That is the same amount of people that would fill Old Trafford Football stadium 9 times over!)

Out of hospital cardiac arrest (OHCA) is the biggest killer in the country. Most happen outside of a hospital environment and can happen anywhere in everyday life, at work, at school, at the train station, in the shop or on the street. When a cardiac arrest happens, every minute is vital.

- cPADs - Being a cPAD means installing a special cabinet on the outside wall of a building so that the AED (Automated External Defibrillator) inside can be accessible 24/7 to anyone in the vicinity who requires it.
- AED (defibrillator) is a small, lightweight, portable device that can read a person's heart rhythm and deliver a shock if needed. It is this shock that may restore a normal heart rhythm and potentially save a person's life.

Defibrillator annual breakdown

Although Heartbeat NWCC buy these units on the behalf of the organisation, they are not our property or responsibility, but we do include a fee to every unit/housing unit we purchase.

	2021	2020	2019	2018
AED static units	6	3	17	12
Community Access Defibrillators (cPAD)	0	0	2	5
Income	£6,705	£2,866	£2,976	£1,990

Financial Review

The Statement of Financial Activities for the year is included on page 33.

1. Income for the year was £975,189 (2020: £1,067,182).

Income from donations and legacies has decreased from £395,721 to £311,400. Included within donations are furlough claims and the charity received income of £107,872 (2020: £141,565).

The charity received restricted grants totalling £6,850 (2020: £123,035). A summary of the restricted grants can be found within note 18.

Income from charitable activities has remained steady at £233,754 (2020: £223,684). The income from testing, education and training is lower in the current and previous year due to government COVID-19 restrictions. Further information on classes is as follows:

The charity asks people attending the cardiac rehabilitation and prevention programme to consider donating a voluntary contribution to the running costs of the charity. These voluntary contributions of £167,422 (2020: £178,667) support the charity to provide cardiac rehabilitation services every week across the region.

The charity also undertakes fundraising events to support its activities such as raffles and collections, etc. There are also various fundraising activities undertaken by benevolent individuals. Heartbeat Northwest Cardiac Care does not have a direct input into such activities but ultimately benefits from the surplus generated. The trustees have recently reviewed the fundraising and consider that it is efficient and effective.

Income from other trading activities comes mainly from the lottery £414,529 (2020: £428,343). The lottery income has decreased but continues to provide vital funds for the charity.

2. Expenditure in the year was £900,204 (2020: £896,894) resulting in a surplus of £74,985 (2020: £170,288).
3. The total net assets of the charity are £730,872 (2020: £655,887). This is made up of designated funds of £359,494 (2020: £380,784) and restricted funds of £2,718 (2020: £26,091) leaving free reserves of £368,660 (2020: £249,012). Designated funds represent the property assets fund, being monies already spent on the fixed assets of the charity.

Investment Policy

In accordance with its power of investment, the trustees have agreed that any funds held in excess of that which is required for immediate running purposes are transferred into interest earning investment accounts.

Contingent Asset

The charity was informed of entitlement to a legacy but there was uncertainty as to the amount of the payment. An amount of £75,284 was received in July 2022 in relation to this legacy. No income has been recognised in the accounts.

Risk Management

The trustees continually review, in detail, the risks to which the charity may be exposed. The trustees see this as an on-going commitment in order to continually establish systems to mitigate those risks. A risk register has been developed which is reviewed at least annually.

The principal risk faced by Heartbeat Northwest Cardiac Care is the charities ability to raise sufficient funds annually to deliver the charitable objects whilst sustaining financial viability for the charity's future. The trustees regularly consider variability of fundraising methods and have a structured monitoring programme. Trustees meet a minimum of twice per year in between which a budget and remuneration committee meet to monitor all things financial and report to the trustee board. The charity produces a risk register annually as part of statutory accounts procedures and this register is reviewed and updated on an annual basis. Fundraising is split into a variety of activities tried and tested since 1978. Each year they are reviewed and updated to meet the ever-changing economic climate and fundraising environment nationally, regionally, and locally.

Historically the charity has relied heavily on one activity, a lottery, run by the charity. However, in the last five years, by resourcing and applying extra focus on other fundraising areas, this reliance has reduced and forms part of a longer-term strategic plan to continue to grow other areas.

Reserves Policy

Having a reserves policy helps form the way in which Heartbeat Northwest Cardiac Care manages its cash, liquid assets, and debt. It also assists with planning and communicating the charity's approach to interested parties. This policy contributes significantly to the trustee's ability to balance the needs of current and future beneficiaries, ensure the charity is well managed and that the trustees manage the level of reserves carefully for the benefit of Heartbeat Northwest Cardiac Care.

The pro-active management of the charity reserves, through planned management reporting systems, ensures that the level of reserves are not too high or low for the needs of the charity.

Our policy is to maintain reserves at a level equivalent to 26 weeks of annual operating expenditure, which currently equates to £450,102. At the end of this year, as shown in note 18 to the accounts, the charity has free reserves of £368,660 which whilst not sizeable illustrates the extent of the investment in our new bespoke cardiac centre which should allow Heartbeat Northwest Cardiac Care to raise its profile; increase the number of participants using the facilities; create new income generation possibilities and strengthen relationships with key partners. The trustees consider that given the strength of the charity's balance sheet, the stable cash flows from the lottery and rehabilitation classes, the current level of free reserves are sufficient and the target is now to build them so that they are, once again, at least equivalent to 26 weeks of annual operating expenditure.

The trustees recognise that the level of reserves fluctuates during periods of investment and arrangements are in place with our bankers to provide an adequate 'safety net' should it be required.

The trustees have delegated financial monitoring to a budget and remuneration committee which has an active involvement in reviewing and monitoring the financial activities of the organisation. The budget and remuneration committee reports to the trustees on a six monthly basis regarding the amount of reserves required to ensure that they are adequate to fulfil the charity's continuing obligations.

Plans for the future

Heartbeat Northwest Cardiac Care is committed to the fight to reduce cardiovascular disease. We will continue to work with our key partners, supporters, and class members to deliver the right services to achieve this objective. In the next 12 months, the trustees anticipate Heartbeat will;

- Seek out new opportunities to generate funds through a variety of ways; with a new team of fundraisers, testing fundraising activities, recruiting supporters, raising awareness of the charity's objectives and available services, forging relationships with key delivery partners, exploring grant opportunities which has served Heartbeat so well during the pandemic
- Utilising social media platforms to build awareness of our charity
- Build a better digital platform to allow us to reach a more diverse group of people
- Continue to re-grow the charities reserves towards the planned six months operating costs
- Grow the number of people accessing the services delivered by Heartbeat Northwest Cardiac Care to return to the numbers accessing the services prior to COVID-19
- Improve the quality and efficiency of our charity services by continuous qualitative monitoring
- Rebuild our training and education programme within GP's, schools and the community
- Continue to work with our partners to complete more research to provide better understanding of the effects of psychological and physical interventions
- Develop a robust legacy programme

Chief Executive Officer Summary

2021 has been a year of continuous flux. I have been proud of an excellent team who have been willing and positive throughout the year to accept the many changes we have been through.

The year started without access to our facilities, and we returned to providing face to face services mid May. The full programme has been restored and we even added to the programme. The return to classes at PNE also saw the return of the NHS phase 3 programme which led to a request that we support both the Chorley and Preston programmes. We were delighted to support phase 3 and this has strengthened our relationship.

The pilot classes we provided for people who suffer from peripheral arterial disease have proved a great success with the new attendees gaining huge increases in their fitness and a second class being added to the programme. We are now applying for funding to further develop this programme in Blackpool and Chorley. We have received so many referrals from Garstang extra classes have now been added.

We have had many class members leaving our programme, some decided that their time with Heartbeat had come to end and that they had enjoyed the great outdoors during the isolation months and many who are still nervous to return. We have not returned to our pre covid numbers yet but we have a regular flow of referrals. We have focussed on providing our sessions socially distanced with plenty of cleaning procedures in place to keep our class members safe during their exercise sessions. Everyone who has left the programme or not returned have been offered the chance to return to Heartbeat if their circumstances ever change or they feel their fitness diminishing.

I am very happy to say that Heartbeat have kept a consistent team throughout the year, new classes on the programme have led to an expansion of our instructor team and we are starting deliver a more diverse range of classes. Partnerships with external providers have strengthened and led to very interesting discussions to support our referral processes.

We have restarted the training and education programme offering our service online and face to face. This is proving an extremely popular way of updating first aid training.

Looking forward, for Heartbeat, we see an expansion in our prevention and rehabilitation programme to increase our reach in Fylde and Wyre.

We will increase the number of fundraisers we employ to begin to rebuild our fundraising income, paying particular attention to corporate, legacy and community.

Working closer with Pulmonary Rehabilitation to build on the service that is currently provided by the NHS but has no exit route. We have begun to work closer with the Clinical Network Manager – Cardiac Network (Lancashire & South Cumbria) to ensure that we are part of the North West Coast Clinical Network and I will ensure that my work on the Determinants of Health Board is relevant and productive and enables the voice of the charity sector to be heard.

So, Heartbeat moves into the New Year with a very positive attitude that we are here to stay, to provide our classes and continue our support to the many people in the North West who need our services.

Together we are Heartbeat

Louise Bache
Chief Executive Officer

Statement of Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Heartbeat Northwest Cardiac Care for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed subject to any material departures disclosed and explained in the financial statements;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In accordance with company law, in so far as the trustees are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the trustees have taken all necessary steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Auditor

A resolution will be proposed at the Annual General Meeting that Azets Audit Services be re-appointed as auditor to the charity for the ensuing year.

Approved and signed on behalf of the board of trustees:

George Phillip Goodier (Treasurer)

Date: 7 September 2022

John Dent

Date: 7 September 2022

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF HEARTBEAT NORTHWEST CARDIAC
CARE
FOR THE YEAR ENDED 31st DECEMBER 2021

Opinion

We have audited the accounts of Heartbeat Northwest Cardiac Care (the 'charity') for the year ended 31 December 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the accounts:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the use of the going concern basis of accounting in the preparation of the accounts is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the accounts and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the accounts does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' Report, which includes the Directors' Report prepared for the purposes of company law, for the financial year for which the accounts are prepared is consistent with the accounts; and
- the Directors' Report included within the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report included with the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the accounts in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also directors of the charity for the purpose of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these accounts.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF HEARTBEAT NORTHWEST CARDIAC
CARE
FOR THE YEAR ENDED 31st DECEMBER 2021

- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

Julie Flintoff BA (Hons) FCA (Senior Statutory Auditor)
Azets Audit Services
Statutory Auditor
PRESTON

Date: 12 September 2022

Azets Audit Services is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31st DECEMBER 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Income from:					
Donations and legacies	2	304,550	6,850	311,400	395,721
Charitable activities	3	233,754	-	233,754	223,684
Other trading activities	4	428,524	-	428,524	447,713
Investment income	5	1,511	-	1,511	64
Total income		<u>968,339</u>	<u>6,850</u>	<u>975,189</u>	<u>1,067,182</u>
Expenditure on:					
Raising funds	6	130,074	3,640	133,714	109,858
Charitable activities	7	412,694	20,200	432,894	455,007
Other – Lottery costs	8	328,587	5,009	333,596	332,029
Total expenditure		<u>871,355</u>	<u>28,849</u>	<u>900,204</u>	<u>896,894</u>
Net income/(expenditure) and net movement in funds for the year		96,984	(21,999)	74,985	170,288
Transfers between funds		1,374	(1,374)	-	-
Net movement in funds		98,358	(23,373)	74,985	170,288
Reconciliation of funds:					
Total funds brought forward		<u>629,796</u>	<u>26,091</u>	<u>655,887</u>	<u>485,599</u>
Total funds carried forward		<u><u>728,154</u></u>	<u><u>2,718</u></u>	<u><u>730,872</u></u>	<u><u>655,887</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirement for an income and expenditure account with the Companies Act 2006.

The notes on pages 35 to 49 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
BALANCE SHEET
AS AT 31st DECEMBER 2021

	Note	2021 £	£	2020 £	£
Fixed Assets					
Tangible assets	13		359,494		380,784
Current Assets					
Stock		-		-	
Debtors	14	27,645		18,905	
Cash at bank and in hand		423,285		330,082	
Total Current Assets		450,930		348,987	
Creditors: Amounts falling due within one year	15	(79,552)		(73,884)	
Net Current Assets			371,378		275,103
Total assets less current liabilities			730,872		655,887
The funds of the charity					
Unrestricted income funds:					
Designated funds	18		359,494		380,784
General unrestricted funds	18		368,660		249,012
Restricted funds	19		2,718		26,091
			730,872		655,887

Approved by the Board of Trustees and signed on its behalf by:

George Phillip Goodier (Treasurer)

John Dent

Date: 7 September 2022

Date: 7 September 2022

The notes on pages 35 to 49 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31st DECEMBER 2021

Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net movement in funds – Page 32	74,985	170,288
Add back depreciation charge	24,550	32,550
(Increase)/decrease in stock	-	-
Decrease/(increase) in debtors	(8,740)	12,426
(Decrease)/increase in creditors	5,668	(22,944)
Deduct interest income	(1,512)	(64)
Net cash provided by operating activities	94,951	192,256

Statement of cash flows

	2021 £	2020 £
Net cash provided by operating activities	94,951	192,256
Cash flows from investing activities		
Interest	1,512	64
Purchase of fixed assets	(3,260)	(4,534)
Net cash (used in) / provided by investing activities	(1,748)	(4,470)
Change in cash and cash equivalents in the year	93,203	187,786
Cash and cash equivalents at the beginning of the year	330,082	142,296
Cash and cash equivalents at the end of the year	423,285	330,082

1. ACCOUNTING POLICIES

Company information

Heartbeat Northwest Cardiac Care is a private company limited by guarantee incorporated in England and Wales. The registered office is Sir Tom Finney Way, Preston, Lancashire, PR1 6PA.

Basis of Preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities presenting their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1 January 2019) and the Companies Act 2006.

Heartbeat Northwest Cardiac Care meets the definition of a public entity under FRS102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared in accordance with the historical cost convention. The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows.

Going Concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Charitable Funds

General unrestricted funds comprise accumulated surpluses and deficits on general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds of the charity which have been set aside to reflect the value of funds represented by the tangible fixed assets of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor. Expenditure which meets these criteria is charged to the fund.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts and donations received for the general purposes of the charity are included in unrestricted funds when received. Where these comprise of donated fixed assets, they are included at market value where this is readily ascertainable. Gift Aid is recorded on a receivable basis.

Legacies are recorded on a receivable basis, where the value of the legacy is measurable and all conditions associated with receipt of the legacy have been fulfilled.

Lottery income is received for Heartbeat and beneficiaries. Lottery income is recorded on a receivable basis. Income received in advance for future draws is deferred until the corresponding draw has occurred, at which time the income will be recognised in the SOFA.

Event income comprises income raised from various fundraising events, the sale of donated and bought in goods and sponsorships during the year, which is recorded on a receipts basis.

Income from charitable activities comprises contributions from patients towards the costs of medical testing and the rehabilitation programme, which is recorded on a receipts basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the bank.

Grant income is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis inclusive of VAT which cannot be recovered. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities based on income directly associated to the activity, undertaken on a pro rata basis.

The costs of raising funds comprise the direct costs associated with attracting donations, legacies, grants and fundraising and their share of support costs and governance costs.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries and their share of support costs and governance costs.

Other costs comprise the lottery prizes, beneficiary management fees and their share of support costs and governance costs. Beneficiary management fees are an agreed share of the beneficiary lottery income.

Irrecoverable VAT

The charity is not registered for Value Added Tax and accordingly income and expenditure includes the irrecoverable Value Added Tax element where applicable.

Allocation of Support and Governance Costs

Support costs and governance costs are those functions that assist the work of the charity but do not directly carry out charitable activities. These costs have been allocated on a pro rata basis between the expenditure headings on the statement of financial activities, based on income received directly associated to the activity undertaken.

Support costs are defined as shown in note 9

Governance costs are defined as shown in note 10

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. All assets costing more than £500 are capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Preston North End – Buildings	Over the term of the lease	
Preston North End – Integral fixtures	10%	straight line
Computer equipment	25%	straight line
Medical equipment	10%	straight line
Office equipment	10%	straight line
Sports equipment	17%	straight line

Stocks

Stocks are valued at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and bank overdrafts. Overdrafts are shown within borrowings in current liabilities.

Financial Instruments

The charity only has financial assets (debtors, cash and bank balances) and financial liabilities (creditors and accruals) of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Lease Agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remains with the lessor are charged as an expense in the SOFA on a straight line basis over the period of the lease.

Taxation

The company is a registered charity and as such is entitled to tax exemptions on all its income and gains, properly applied for charitable purposes.

Pensions

The charity operates a defined contribution pension scheme using a Group Personal Pension Plan, and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Legal Status

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2. Income from donations and legacies

	2021 Total £	2020 Total £
Unrestricted:		
Donations	186,843	116,673
Legacies	6,988	1,588
Gift Aid	2,847	12,860
Government Grants	107,872	141,565
	<u>304,550</u>	<u>272,686</u>
Restricted:		
Grants	6,850	123,035
	<u>311,400</u>	<u>395,721</u>

3. Income from charitable activities

	2021 Total £	2020 Total £
Voluntary contributions from rehabilitation classes	167,422	178,667
NHS/Service users contributions to the cost of testing	20,411	11,170
Education and training	15,909	8,757
Gift Aid	30,012	25,090
	<u>233,754</u>	<u>223,684</u>

All income from charitable activities relates to unrestricted funds in both 2021 and 2020.

4. Income from other trading activities

	2021	2020
	Total	Total
	£	£
Fundraising events	3,763	1,091
Sale of goods	1,385	943
Letting of offices	8,847	17,336
Lottery – Heartbeat	282,262	295,808
Lottery – Beneficiary	132,267	132,535
	<u>428,524</u>	<u>447,713</u>

All income from other trading activities relates to unrestricted funds in both 2021 and 2020.

5. Income from investments

All the charity investment income arises from money held on interest bearing deposit accounts and related to unrestricted funds in both 2021 and 2020.

6. Analysis of expenditure on raising funds

	2021	2020
	Total	Total
	£	£
Staff salaries	47,572	49,652
Advertising/Promotion	294	119
Event costs	216	446
Postage	1,787	1,697
Sundry costs	1,108	2,220
	<u>50,977</u>	<u>54,134</u>
Governance costs (see note 10)	3,424	2,557
Support costs (see note 9)	79,313	53,167
	<u>133,714</u>	<u>109,858</u>

Included within raising funds expenditure are staff salaries of £Nil (2020: £5,204) and support costs of £3,640 (2020: £17,447) which are restricted.

7. Analysis of expenditure on charitable activities

Cardiac rehabilitation classes and related testing

	2021	2020
	Total	Total
	£	£
Staff salaries	314,414	314,812
Freelance staff for testing	3,100	750
Rehabilitation costs	20,115	14,248
Training and development	261	361
Advertising/Promotion	-	216
Subscriptions	101	101
Postage	1,551	1,462
Stationery	2,571	658
Telephone, fax and internet	3,610	3,603
Premises costs	1,440	1,440
Repairs & renewals	5,951	6,049
Medical consumables	1,599	767
Education	6,633	3,346
Pulse watches	1,791	1,826
Sundry costs	7,650	6,787
	370,787	356,426
Governance costs (see note 10)	2,570	4,522
Support costs (see note 9)	59,537	94,059
	432,894	455,007

Included within charitable activities expenditure are staff salaries of £15,137 (2020: £37,485), telephone costs of £35 (2020: £280), programme costs of £180 (2020: £Nil), medical consumables costs of £2,000 (2020: £Nil), equipment renewal costs of £116 (2020: £Nil) and support costs of £2,732 (2020: £9,861) which are restricted.

8. Analysis of other expenditure – Lottery costs

	2021 Total £	2020 Total £
Staff salaries	38,434	40,187
Lottery wins	79,817	79,070
Beneficiary lottery fees	92,550	92,306
Agent commission	332	359
Advertising/promotion	117	276
Postage	1,803	1,689
Sundry costs	6,687	6,609
	<u>219,740</u>	<u>220,496</u>
Governance costs (see note 10)	4,712	5,116
Support costs (see note 9)	109,144	106,417
	<u>333,596</u>	<u>332,029</u>

Included within other expenditure are staff salaries of £Nil (2020: £5,203) and support costs of £5,009 (2020: £19,739) which are restricted.

9. Allocation of support costs – Current year

	Raising funds £	Charitable activities £	Other lottery costs £	2021 Total £
Depreciation	7,852	5,894	10,805	24,551
Insurance	3,873	2,907	5,329	12,109
Premises rent - Unrestricted	17,590	13,204	24,206	55,000
Premises rent - Restricted	1,599	1,200	2,201	5,000
Council tax	241	181	332	754
Gas & Electric	9,505	7,135	13,079	29,719
Water	120	90	165	375
Bank charges	3,391	2,546	4,667	10,604
Building maintenance - Unrestricted	8,048	6,041	11,075	25,164
Building maintenance - Restricted	-	-	-	-
Management/Admin- Unrestricted	25,053	18,807	34,477	78,337
Management/Admin- Restricted	2,041	1,532	2,808	6,381
	<u>79,313</u>	<u>59,537</u>	<u>109,144</u>	<u>247,994</u>

Allocation of support costs – Previous year

	Raising funds	Charitable activities	Other lottery costs	2020 Total
	£	£	£	£
Depreciation	12,069	6,824	13,657	32,550
Insurance	4,435	2,507	5,017	11,959
Premises rent - Unrestricted	12,979	7,337	14,684	35,000
Premises rent - Restricted	9,271	5,240	10,489	25,000
Council tax	3,322	1,877	3,758	8,957
Gas & Electric	9,373	5,298	10,605	25,276
Water	41	23	46	110
Bank charges	4,090	2,312	4,627	11,029
Building maintenance - Unrestricted	6,794	3,840	7,687	18,321
Building maintenance - Restricted	260	147	294	701
Management/Admin- Unrestricted	23,509	13,288	26,597	63,394
Management/Admin- Restricted	7,916	4,474	8,956	21,346
	<u>94,059</u>	<u>53,167</u>	<u>106,417</u>	<u>253,643</u>

10. Allocation of governance costs – Current year

	Raising Funds	Charitable activities	Other lottery costs	2021 Total
	£	£	£	£
Auditors remuneration	2,372	1,780	3,263	7,415
Legal and professional	1,053	790	1,448	3,291
	<u>3,425</u>	<u>2,570</u>	<u>4,711</u>	<u>10,706</u>

Total auditor's remuneration included the statutory audit fee of £7,194 (2020: £7,408), accountancy costs of £1,536 (2020: 1,536) and payroll costs of £1,104 (2020: £1,534). There was also an additional charge of £1,920 (2020: £1,956) for the furlough preparation.

Allocation of governance costs – Previous year

	Raising Funds	Charitable activities	Other lottery costs	2020 Total
	£	£	£	£
Auditors remuneration	2,747	1,553	3,108	7,408
Legal and professional	1,775	1,004	2,008	4,787
	<u>4,522</u>	<u>2,557</u>	<u>5,116</u>	<u>12,195</u>

11. Analysis of staff costs and remuneration of key management personnel

	2021	2020
	£	£
Gross wages and salaries	435,839	440,583
Pension contributions	17,296	17,103
Social security costs	32,002	31,705
	<u>485,137</u>	<u>489,391</u>

The trustees consider the board of trustees, Chief Executive and the Finance Controller as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity daily. The total employee benefits of the key management personnel of the charity were £85,371 (2020: £85,395).

Trustees are required annually to disclose any relevant interests and register them with the Chief Executive and in accordance with the charities policy withdraw from any decisions where a conflict of interest arises.

The charity has set up a remuneration committee who review the Chief Executives salary package to ascertain whether it is appropriate for the role, and is bench marked against other like for like charities with similar activities and operations.

No employee earned over £60,000. The number of staff to whom retirement benefits were accruing under a money purchase pension scheme was 15 (2020: 15).

The average number of persons employed during the year, analysed by function was follows:

	2021	2020
Medical services	14	16
Fundraising	4	4
Lottery	1	1
Management and administration	2	2
	<u>21</u>	<u>23</u>

Commission and fees payable to part-time freelance staff

	2021	2020
	£	£
Commissions/expenses paid to lottery collectors and agents	332	359
Professional fees paid to doctors and exercise staff	3,100	750
	<u>3,432</u>	<u>1,109</u>

Average number of persons working on a part-time freelance basis:

Lottery – external collectors	3	3
Professional – GPs and outreach instructors	7	8
	<u>10</u>	<u>11</u>

12. Trustee remuneration & related party transactions

All trustees give of their time freely and no trustees or any person connected to them received any remuneration for their services during the year.

The charity has not met any individual expenses incurred by the trustees for services provided to the charity during the year.

Insurance premiums during the year amounting to £470 (2020: £448) were incurred by the charity in respect of indemnity insurance for the trustees.

13. Tangible fixed assets

	PNE Lease- hold Property £	Office & Computer Equipment £	Medical Equipment £	Sports Equipment £	Total £
Cost					
At 1 January 2020	417,278	66,431	69,581	97,519	650,809
Additions	-	1,886	-	1,374	3,260
Disposals	-	-	-	-	-
	<u>417,278</u>	<u>68,317</u>	<u>69,581</u>	<u>98,893</u>	<u>654,069</u>
At 31 December 2021	417,278	68,317	69,581	98,893	654,069
Depreciation					
At 1 January 2020	73,946	54,880	62,701	78,498	270,025
Charge for the year	13,657	3,317	1,098	6,478	24,550
On disposals	-	-	-	-	-
	<u>87,603</u>	<u>58,197</u>	<u>63,799</u>	<u>84,976</u>	<u>294,575</u>
At 31 December 2021	87,603	58,197	63,799	84,976	294,575
Net Book Value					
At 31 December 2021	<u>329,675</u>	<u>10,120</u>	<u>5,782</u>	<u>13,917</u>	<u>359,494</u>
At 31 December 2020	<u>343,332</u>	<u>11,551</u>	<u>6,880</u>	<u>19,021</u>	<u>380,784</u>

All tangible fixed assets are unrestricted funds classified as designated.

14. Debtors

	2021 £	2020 £
Program/ Testing debtors	17,187	1,172
Gift Aid	2,799	2,448
Prepayments and accrued income	7,659	15,285
	<u>27,645</u>	<u>18,905</u>

All debtors relate to unrestricted funds in both 2021 and 2020.

15. Creditors: Amounts falling due within one year

	2021 £	2020 £
Bank overdraft	4,930	4,526
Trade creditors	7,309	2,614
PAYE / NI	9,475	6,298
Pension contributions	3,343	3,053
Other creditors	994	1,193
Accruals	13,678	12,908
Deferred income (Note 16)	39,823	43,292
	<u>79,552</u>	<u>73,884</u>

All creditors relate to unrestricted funds in both 2021 and 2020.

16. Deferred income

	Contributions to Rehabilitation Classes £	Lottery Income £	Programmes £	2021 Total £	2020 Total £
As at 1 January 2021	9,494	33,226	572	43,292	46,097
Released in the year	(9,494)	(33,226)	(572)	(43,292)	(46,097)
Deferred to next year	7,241	31,694	888	39,823	43,292
	<u>7,241</u>	<u>31,694</u>	<u>888</u>	<u>39,823</u>	<u>43,292</u>
As at 31 December 2021	<u>7,241</u>	<u>31,694</u>	<u>888</u>	<u>39,823</u>	<u>43,292</u>

17. Financial instruments

	2021 £	2020 £
Carrying amount of financial assets		
Financial instruments measured at amortised cost	19,986	3,619
Carrying amount of financial liabilities		
Financial instruments measured at amortised cost	25,917	20,048

18. Analysis of charitable funds

Analysis of movement in unrestricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	249,012	968,339	(846,805)	(1,886)	368,660
Designated Funds:					
Property Assets Fund	380,784	-	(24,550)	3,260	359,494
	<u>629,796</u>	<u>968,339</u>	<u>(871,355)</u>	<u>1,374</u>	<u>728,154</u>

Analysis of movement in unrestricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	76,799	944,147	(769,125)	(2,809)	249,012
Designated Funds:					
Property Assets Fund	408,800	-	(32,550)	4,534	380,784
	<u>485,599</u>	<u>944,147</u>	<u>(801,675)</u>	<u>1,725</u>	<u>629,796</u>

General Fund: The “free” reserves of the charity after allowing for all designated funds.

Designated Funds: The property assets fund is the value of the unrestricted funds already spent and represented by the tangible fixed assets of the charity (note 13).

Analysis of movement in restricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
National Lottery Community Fund	16,091	-	(16,091)	-	-
AstraZeneca	10,000	-	(7,282)	-	2,718
Blackpool CCG Covid response fund	-	3,360	(3,360)	-	-
Springfields employees' medical research and charity trust fund	-	1,490	(116)	(1,374)	-
The Skelton Charity	-	1,000	(1,000)	-	-
Tesco Bags of Help	-	1,000	(1,000)	-	-
	<u>26,091</u>	<u>6,850</u>	<u>(28,849)</u>	<u>(1,374)</u>	<u>2,718</u>

**National Lottery
Community Fund**

The charity received a grant for the programme, Coronavirus Community Support Fund. This was used towards the running of Heartbeat at Home and for rent and salaries associated with this. This money is to be used by the end of January 2021. All carried forward funds were spent.

AstraZeneca

The charity received this grant for use on Pulmonary and Vascular classes in the previous year, but none were run. This year, they have trialled a few classes which has gone well and still have some funds remaining for future classes

**Blackpool CCG Covid
Covid response fund**

This was provided for Heartbeat at Home and all funds were spent.

**Springfield employees'
medical research and
charity trust fund**

This was granted to assist with the purchase off sports equipment at the Blackpool site. The funds were fully spent in line with the conditions.

The Skelton Charity

This was provided for the purchase of medical supplies for the charity. The funds were fully spent in the year.

Tesco Bags of Help

This was provided for the purchase of medical supplies for the charity. The funds were fully spent in the year.

Transfers between funds represent assets purchased by a restricted donation which, when purchased, cease to be restricted and become part of the general assets.

Analysis of movement in restricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
National Lottery Community Fund	-	97,010	(80,392)	(527)	16,091
AstraZeneca	-	10,000	-	-	10,000
Sport England Grant	-	5,500	(5,500)	-	-
Community Foundation	-	5,000	(3,802)	(1,198)	-
Edward Gostling Foundation	-	4,025	(4,025)	-	-
Persimmon Grant	-	1,000	(1,000)	-	-
Tesco Grant	-	500	(500)	-	-
	<u>-</u>	<u>123,035</u>	<u>(95,219)</u>	<u>(1,725)</u>	<u>26,091</u>

**National Lottery
Community Fund**

The charity received a grant for the programme, Coronavirus Community Support Fund. This was used towards the running of Heartbeat at Home and for rent and salaries associated with this. This money is to be used by the end of January 2021.

AstraZeneca

The charity received this grant for use on Pulmonary and Vascular classes but none were run in the year, therefore, the full grant is carried forward

Sport England Grant

This grant was offered to assist with 1 staff members' salary through COVID-19 and to be used by 31 July 2020. All of these funds were spent.

Community Foundation

This was granted for delivering online exercise programmes, including mobile costs, laptop costs and staff costs. This was fully spent in the year on 2 laptops, telephone costs and staff.

Edward Gostling Foundation

This was provided for Heartbeat at Home and to deliver online classes and needed to be spent in 3 months. This was fully spent in the year.

Persimmon

This was provided for Heartbeat at Home and all funds were spent.

Tesco

This was provided for Heartbeat at Home and all funds were spent.

Transfers between funds represent assets purchased by a restricted donation which, when purchased, cease to be restricted and become part of the general assets.

19. Analysis of net assets between funds

Current year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	359,494	359,494
Current Assets	2,718	448,212	-	450,930
Current Liabilities	-	(79,552)	-	(79,552)
Total	2,718	368,660	359,494	730,872
Previous year	Restricted Fund £	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	-	380,784	380,784
Current Assets	26,091	322,896	-	348,987
Current Liabilities	-	(73,884)	-	(73,884)
Total	26,091	249,012	380,784	655,887

20. Commitments under operating leases

At 31 December 2021 the charity had an annual commitment under a non-cancellable operating lease for rent of the property at PNE. The remaining lease term is 28 years and analysis of the commitment is set out below:

	2021 Land and Buildings £	2020 Land and Buildings £
Operating lease which expires:		
Due within 1 year	60,000	60,000
Due within 2- 5 years	240,000	240,000
Due after 5 years	1,380,000	1,440,000
	1,680,000	1,740,000

At the reporting end date, the charity also had other outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2021 £	2020 £
Operating lease which expires:		
Due within 1 year	2,530	2,530
Due within 2- 5 years	4,498	6,707
Due after 5 years	-	321
	7,028	9,558

Accounts

**HEARTBEAT NORTHWEST CARDIAC CARE
(A COMPANY LIMITED BY GUARANTEE)
REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2020**



Registered Charity No: 1168850

Company No: 10195311

Azets Audit Services
Statutory Auditor
Charter House
Pittman Way
Fulwood
Preston
PR2 9ZD

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HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2020

Charity Number	1168850
Company Number	10195311
Patrons:	Somnath Kumar Ranvir Singh Derek Smith
Directors and trustees:	Jackie Wilding (Chair) Joe Mallabone (Treasurer) John Dent Jeannie Hayhurst Nigel Sharples Beryl (Bunty) Knowles Christopher McCann
Chief Executive:	Louise Bache
Secretary:	Caroline Dransfield
Clinical Director:	Dr Stewart Jones

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES – LEGAL AND ADMINSTRATIVE INFORMATION
FOR THE YEAR ENDED 31st DECEMBER 2020

Registered Office: Heartbeat Northwest Cardiac Care
Preston North End Stadium
Sir Tom Finney Way
Preston
Lancashire
PR1 6PA

Bankers: Royal Bank of Scotland Plc
97 Fishergate
Preston
PR1 2DP

Shawbrook Bank Limited
Lutea House
Warley Hill Business Park
Brentwood
Essex
CM13 3BE

Scottish Widows Bank
PO Box 883
Leeds
LS1 9TY

Legal Advisors: Vincents Solicitors
72 Liverpool Road
Penwortham
Preston
PR1 0DQ

Financial Advisors: Mattioli Woods Plc
Lanson House
Winckley Gardens
Mount Street
Preston
PR1 8RY

Auditor: Azets Audit Services
Statutory Auditor
Charter House
Pittman Way
Fulwood
Preston
PR2 9ZD

The trustees are pleased to present their annual directors' report and the financial statements of the charity for the year ended 31st December 2020 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

Legal and administrative information set out on pages 2 and 3 form part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (effective 1st January 2019).

Structure, Governance and Management

Heartbeat Northwest Cardiac Care is a company limited by guarantee governed by its Memorandum and Articles of Association dated 11th May 2016. It is registered as a charity with the Charity Commission. Trustees are elected from the membership at each Annual General Meeting. The trustees meet regularly at the charity's administrative offices at Sir Tom Finney Way and carry out the governance of the affairs of the charity. During 2020 many of the trustee meetings have been held via Zoom. The trustees are permitted to appoint officers to act in the day to day management of the charity.

Anyone over the age of 18 who has signed a written declaration confirming support of the objectives and willingness to become a charity trustee of the charity can become a member of the company and there are currently 7 members (7 in 2019), each of whom agrees to contribute £1 in the event of the charity winding up.

The trustees must hold at least two meetings each year. A quorum at a meeting of the trustees is at least two or one third of the trustees in office, whichever is the greater. A meeting of the trustees may be held either in person or by suitable electronic means agreed by the trustees in which all participants may communicate with all the other participants, but at least one meeting in each year must be held in person.

Any issue may be determined by a simple majority of the votes cast at a meeting, but a resolution in writing agreed by all the trustees entitled to receive notice of a meeting is as valid as a resolution passed at a meeting. Every trustee has one vote on each issue but, in the case of equality of votes, the chair of the meeting has the casting vote.

Appointment of Trustees

As set out in the Articles of Association the chair of the trustees is nominated by the trustees. There must be a minimum of three trustees. One third (or the number nearest one third) of the trustees must retire in each year at an Annual General Meeting (AGM), those longest in office retiring first and the choice between any equal service being made by drawing lots. A retiring trustee who is eligible may be reappointed. No trustee may serve more than two three year terms of elected office, unless by exception the trustees permit an additional term of office for such period as they shall determine, but not exceeding three years. Any time served as a co-opted trustee shall not count when calculating periods of office as a trustee.

The trustees may at any time co-opt any individual who is eligible as an additional trustee, but a co-opted trustee holds office until the end of the AGM held after their appointment.

Directors and Trustees

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. The trustees and officers serving during the year and since the year end were as follows:

Jackie Wilding	Chair
Joe Mallabone	Treasurer
John Dent	
Jeannie Hayhurst	
Nigel Sharples	
Beryl (Bunty) Knowles	
Christopher McCann	

Organisation

The trustees are responsible for the governance and strategic leadership of the charity, ensuring Heartbeat Northwest Cardiac Care devotes maximum resources and assets towards meeting its objectives. None of the trustees have any beneficial interest in the charity other than using its services.

The operational management of the charity is delegated to the Chief Executive Officer and the trustees ensure that the delivery is in accordance with the charity's aims and objectives by a number of internal controls which also provide appropriate reassurance against material misstatement or loss. The procedures include:

- Revision of the 5 year strategic plan and preparation of an annual budget for the consideration of trustees
- Regular review of financial performance by the Finance Committee against the annual budget
- A robust relationship with the Chair of Trustees promoting open communication and regular feedback
- Comprehensive documented financial controls which govern all aspects of the financial management of the charity
- Risk management formally managed using a risk register, reviewed by the trustees at least every 6 months

Induction and Training of Trustees

Trustees are recruited via several methods including internal / external adverts, press and recommendation. New trustees are welcomed to Heartbeat Northwest Cardiac Care by the Chief Executive Officer who commits significant time to provide the trustee with a comprehensive induction to the charity. New trustees are introduced to the management team and then introduced to all available colleagues. The Chief Executive Officer spends time introducing all aspects of governance and the role and responsibilities of trustees. As part of the induction, the Chief Executive Officer provides an overview of the operational aspects of the charity, organisational structure, format of trustee meetings, ensures he/she is accessible to trustees for enquiries, feedback or concerns throughout the year and ensures that each new trustee has a copy of the Heartbeat Northwest Cardiac Care Trustee guidelines booklet.

This contains information relating to the governance, structure and legal requirements of the charity, background information and an overview of the role of a trustee and board. This information is monitored and continually reviewed in accordance with the charity commission's recommendations.

Budget and Remuneration Committee

A budget and remuneration committee was established at the behest of the trustees and is chaired by the Treasurer, Joe Mallabone. The Committee advises on Heartbeat Northwest Cardiac Care financial affairs and reports directly to the trustees. There is a separate remuneration committee that reviews and determines the salary of the Chief Executive Officer. All other salaries are reviewed annually by the Chief Executive Officer and normally increased in accordance with average earnings.

Key Management Personnel

The trustees consider the trustees, Chief Executive Officer and the Head of Finance as comprising the key management personnel of the charity.

HEARTBEAT NWCC ORGANAGRAM 2020

Board of Trustees

Budget and Remuneration Committee

Clinical Director
Stewart Jones

Chief Executive Officer
Louise Bache

**FUNDRAISING AND
LOTTERY**

Sessional Testing Doctors
Dr Stewart Jones
Dr Jeremy Hann

Head of Finance
Caroline Dransfield

Head of Fundraising
Michelle Hunt

SERVICES

Cardiac Physiologists
Debbie Crossley
Jo Duff

**Head of Training and
Education**
Sian Percival-Edwards

Fundraising Officers
Lisa Riding
Lynn Preston

Nurse
Lorraine Hope

**Healthy Lifestyles
Engagement officer**
Kieran Turner

Lottery Officer
Karen Gildert

Patient Support Officers
Rebecca Ellis
Sam Frankland

Operations Manager
Carl Martinez

Reception
Jo Widdows
Samim Patel

**Heartbeat Fitness
Instructors**
Jackie Lowry
Roger Berry
Julia Gardham
Debbie Dasse
Charlotte Flynn
Matthew Tidswell
Steve Jenkinson

Sessional Fitness instructors
6 instructors

Objectives and Activities for the Public Benefit

Aims and Purposes

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit, including the guidance 'Public benefit: running a charity (PB2)' when reviewing the charity's aims and objectives and in planning future activities.

The main aim and purpose of Heartbeat Northwest Cardiac Care is to apply the money as it accumulates (through various forms of fundraising) in furtherance of improving the health of the population of the North West of England with particular regard to coronary heart disease (CHD), stroke, cardiovascular and pulmonary conditions.

In particular as stated in the Memorandum and Articles:

Objectives

- a) The financial support to continue and further the work of cardiac rehabilitation within the area of benefit.
- b) The financial support of the Cardiac Rehabilitation Care and its associated rehabilitation programmes.
- c) The financial support, where appropriate, of health education and health screening in relationship to heart disease.
- d) The financial support of such schemes and the grant of such requests as the Association may deem appropriate and which are consistent with the objectives of the Association.

The "area of benefit" as referred to above collectively as the North West of England, includes the geographical counties of Lancashire, Cumbria, Cheshire, Greater Manchester and Merseyside.

Vision

All people affected by coronary heart disease in the North West of England have access to support and services which enable them to rebuild their lives.

Mission

Heartbeat is committed to the fight to reduce the impact of coronary heart disease in all our communities within the North West of England through rehabilitation, information and advice, education, and lifestyle support.

Overview of Activities of the Charity

Heartbeat Northwest Cardiac Care is a well-established local heart charity that has been providing heart rehabilitation, clinical testing, holistic support, education, and heart disease prevention work to Lancashire residents since 1978. Based in Preston, Heartbeat operates a central bespoke heart centre located on-site at Preston North End (PNE) football club as well as a number of community-based outreach classes.

The Team consists of 23 employed staff, 2 General Practitioners (GPs), 1 National Health Service (NHS) Nurse, a Clinical Director and a range of volunteers who support the charity. The charity has been self-funding since 1978 supporting thousands of local residents.

Cardiovascular diseases (CVD), sometimes referred to as circulatory diseases, are diseases of the heart and blood vessels, including coronary heart disease (CHD), heart attack and stroke. CVD is caused by reduced blood flow to the heart, brain or body caused by atheroma or thrombosis and is common in people aged over 60.

The latest recorded prevalence figures (QoF 2018/19) show that the prevalence of coronary heart disease (all persons, all ages) in the Lancashire and South Cumbria ICS area (3.9%), higher than England (3.1%). Interestingly the long-term rate of premature mortality (under-75 years) is declining in the Lancashire area (81.4 per 100,000 persons) although this trend has slowed over recent years. It remains significantly higher than England (71.7) (2016-18).

Heartbeat Northwest Cardiac Care services are available to heart patients at any stage, in addition to those identified as at high risk of developing cardiovascular disease, for example, obese or overweight patients, those with high blood pressure, stroke survivors, diabetics, Chronic Obstructive Pulmonary Disease (COPD) patients, smokers, alcohol misusers and those living an unhealthy or sedentary lifestyle.

The charity provides:

Testing

Exercise tolerance/treadmill tests
24 hour blood pressure monitors
24 hour electrocardiogram (ECG)
Private health testing

Training/Education

First aid training
Defibrillator training
Student placements
Schools programme
Community awareness programme

Rehabilitation and Prevention

Cardiac patient assessment post NHS pathway
Cardiac prevention and rehabilitation exercise programme
Cardiac health and lifestyle programme
Mental and social wellbeing support
Peer support

Fundraising and Community Events

Sponsored events
Fundraising events
Heartbeat Lottery
Social events for heart patients and families
Walks, runs and cycle-rides held annually

The charity currently operates 07:00 to 19:00 Monday to Friday with some Saturday events. During 2020 we have had to close for much of the year whilst conforming with government guidance.

The charity has established relationships with NHS cardiac nurses in Preston and Chorley, local cardiac, stroke and vascular teams, a number of leisure centres and gymnasiums who provide facilities for classes as well as local charities, GP surgeries and health improvement providers.

A personal Story

My Heartbeat Story - Julian Edghill

Like many other Heartbeat members, my introduction was directly after two sets of two stents fitted in March and May 2014 at Blackpool Victoria Hospital. I followed the suggested hospital-led Cardiac Rehabilitation Classes – after which it was recommended that I join Heartbeat.

I have to admit at this stage, prior to my cardiac issues in 2014, I was a stranger to the gym, and to exercise in general. Never a “sporty type”, and an ex-smoker in a sedentary job – I was textbook type-cast to expect cardiac problems. I’m not alone in thinking that I was invincible ...heart problems were never on my radar! I also have other health issues, which affect mobility and other aspects of daily life.

Fast forward to 2021 and I can look back on five happy years with Heartbeat! and what a tremendous personal change I have experienced! My other health issues remain, but with a positive attitude encouraged by Heartbeat (and their inspiring “can do” thinking) they are now in perspective.

I must say that to get the best out of Heartbeat, members need to accept that even Heartbeat can’t provide classes that will suit every individual. I live in Croston and retired on medical grounds – so was able to choose where and when I attended Heartbeat. I started at Clayton Green, enjoying the classes. However, an integral part of the class was Badminton, and joining in with this used to bring on my angina attacks. Speaking to Heartbeat HQ, I was able to move to a gym based Deepdale class – which I also enjoyed. It was during this class when our regular instructor was unavailable, and another instructor took the class. I then discovered that there was a class at Burscough, just five miles from where I live. So that’s where I went – and stayed (until Coronavirus appeared and created the chaos, we have all lived with for nearly a year now)!

I am looking forward to going back to Burscough Class when it is safe to do so. In the meantime, I am enjoying a variety of the online YouTube classes offered by Heartbeat during Lockdown. I’m fortunate that my wife can join in with me, I know that not everyone is in that situation. I do the Warm-up, choose a class to follow, then I do the Cool-down – all at the times / days I would have been at Burscough Class. (This helps with focusing my commitment). There are some interesting lifestyle YouTube presentations on Heartbeat’s channel. Also, as my mobility is affected from time to time – Jackie Lowry’s Chair based exercises have been wonderful.

The social side of attending class is sadly missed right now, but we have an active WhatsApp Group, and we keep in contact with one another by telephone, to try and support each other. I have been Shielding since 23 March 2020, and despite being fortunate enough to have had my first vaccination, my shielding will continue until at least 31 March 2021, or so I have been told.

I can’t speak too highly of Heartbeat, and along with my Cardiologist, I credit the Heartbeat team with bringing about a recovery and keeping me motivated and positive. I don’t keep this information to myself, I have shared it with my Cardiologist, Rheumatologist and my GP.

Once Lockdown Restrictions are lifted, and Heartbeat have assessed that it is safe to return to class, I am looking forward to re-joining and to many more years of involvement! Although the entire Heartbeat Team are superb, my Burscough Instructor – Debbie Dasse has a knack in getting the very best out of “The Burscough Bunch” individually and as a group.

Our Services

Cardiac rehabilitation after myocardial infarction (heart attack) or cardiac surgery has two main aims:

1. To help people to recover from the physical and psychological effects of their heart condition.
2. To try to increase the length and quality of life by:
 - Reducing the numbers of patients smoking
 - Reducing blood pressure where this is a factor
 - Reducing cholesterol where this is a factor
 - Reducing the numbers of patients who are considered obese or overweight
 - Increasing the number of patients who take regular exercise
 - Helping with the support and effects of patients diagnosed with diabetes

Initial Assessment

Heartbeat Northwest Cardiac Care provides a unique testing service for anyone wishing to join one of the cardiac rehabilitation and prevention exercise sessions. Prior to joining a class people undergo a thorough medical assessment in a friendly and comfortable environment to assess their exercise capacity and suitability for the exercise programme, to exclude any underlying cardiac problems and to set a suitable individual target heart rate for them to work to. This is carried out by the charity's team of healthcare professionals who can provide advice and support. Heartbeat Northwest Cardiac Care has invested in highly specialised medical equipment which provides a selection of specialised investigatory tests.

The initial assessment typically includes a physical examination, a resting ECG, an Exercise Treadmill Test (ETT) which provides essential information regarding the level of exercise recommended as part of the individual exercise programme, together with lung function tests.

Other tests carried out at Heartbeat Northwest Cardiac Care are Pre-Operative Cardiopulmonary Exercise Testing (CPEX), 24 hour ECG monitoring, 24 hour blood pressure monitoring and cardiac event monitoring.

Occasionally 'treadmill' test results are provided by the hospital when possible or appropriate. In this instance people can then join a cardiac rehabilitation session once their results have been reviewed by one of the charity's healthcare team without the necessity for a further initial Exercise Treadmill Test.

Heartbeat Northwest Cardiac Care offers exercise sessions to people who are considered by their Physician to be at high risk of developing vascular disease. This group of people also attend for an initial Exercise Treadmill Test prior to identifying a suitable Heartbeat Northwest Cardiac Care exercise session and have now been included in the 'initial Exercise Treadmill Test' figures.

Interim Testing

All Heartbeat Northwest Cardiac Care participants have their progress monitored, after the initial treadmill test a repeat treadmill is carried out 9 months later to measure progress.

Private Testing

People are sometimes referred to Heartbeat Northwest Cardiac Care who have not had a heart problem, for example for insurance purposes, or as part of their terms and conditions of employment. In these circumstances Heartbeat requests the individual to pay a financial contribution.

People attending rehabilitation programmes

Monitoring Heartbeat Northwest Cardiac Care rehabilitation classes has proven that many people can achieve a greater level of general fitness after a cardiac event than they had before the event. Other people who suffered a more severe cardiac event can be helped to achieve their optimum, if limited, fitness level. This gives them the greatest chance of returning to an active and enjoyable life.

A supervised and controlled exercise class provides a safe and reassuring environment. The psychological effects of a cardiac event can equally be as great a problem as the physical disability. People often need support with both aspects of their illness.

All people attending the charity's cardiac rehabilitation exercise sessions are supervised by Heartbeat Northwest Cardiac Care British Association for Cardiac Prevention and Rehabilitation (BACPR) accredited Fitness Instructors.

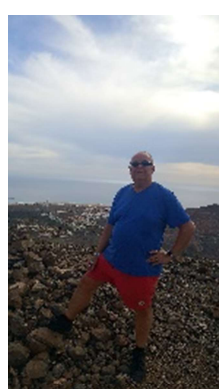
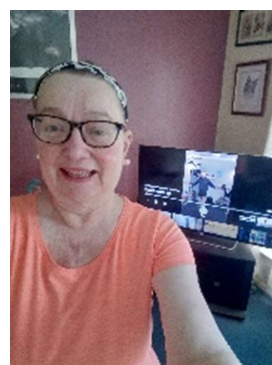
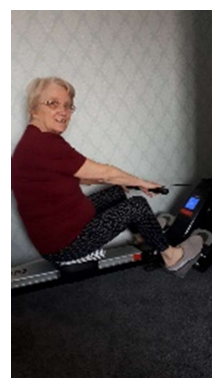
Heartbeat at Home

During the COVID-19 pandemic we moved many of our services online to allow our class members to continue their fitness journey. Here is a review of the work we have completed.



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A few of our class members exercising from home.



Here are a few messages we have received from our class members during lockdown.

“Just a word of thanks for your continuing efforts to support us through these difficult times. Its really good to know that you guys are there! Heartbeat has made a massive positive contribution to my wellbeing. My family and I are very grateful. I have been doing most of the provided exercises shown on YouTube and will continue to do so until normality is restored”.

“Thanks for the videos they are great. Missing the gym so much. I am so grateful for the efforts that you are all putting in for us. Stay safe and I look forward to seeing all my Heartbeat friends again as soon as we are allowed to meet up”.

“Well done to all at the Heartbeat team, you really add do an amazing job. I would personally like to thank you, my husband has been coming to Heartbeat for a number of years, and to know there are truly dedicated people there looking out for him and others is wonderful. I know he absolutely loves coming to the gym. Thank you again”.

“Just a quick note to let you know how much I am enjoying the home exercise videos I am doing some each day.

Just to say thank you for encouraging me to do something that I would never have done without the incentive you gave me, YAHOO!! I completed the 100k in May by walking and it felt so good.

Thanks for the latest exercise routine and for all your continuing encouragement.

Thank you all so much for all you are doing for the Heartbeat family.

Achievements and Performance

During 2020 Heartbeat Northwest Cardiac Care followed government guidance and had to close their doors. This has not stopped us providing support to our class members with our newly developed Heartbeat at Home Programme.

We are thankful to all the companies we applied to for funding as these grants supported our programme that provided exercise, regular contact, wellbeing guidance and nutrition support to all our class members to access from home.

Sadly the number of class members taking part in our programmes has decreased during the period from 980 to 916 per week. We have had to cease many of our programmes especially training and education.

Summary of Performance

Referrals

In 2020 we saw a huge decrease in referrals overall from 688 last year to 303 this year. But on a positive note to this we now have over 100 people waiting to access our services when it is safe to do so. In preparation of this we have reviewed all our testing protocols.

Training and Education

This has been a very difficult year for training and education. We were planning to expand and deliver more in schools, but we have not been able to work in schools and provide any training. Our training sessions have also had to be restricted as they are very practical workshops.

7 educational sessions were delivered to:

- ✓ 300 children in 4 primary schools
- ✓ 25 adults in 1 community workshop

First aid sessions were delivered across the North West:

- ✓ 17 first aid sessions were delivered to medical professionals
- ✓ 4 first aid sessions for industry
- ✓ 3 Heartstart sessions

Services

The number of class members on our programme in December 2020 was 916, which is a drop of 64 in comparison to 2019. This is due to a lack of referrals throughout the year. We know that these figures will increase again, and we understand that some of the people who have left us due to ill health, some are scared to come back and others have found their confidence to return to training on their own.

Volunteers

In 2020 our volunteers completed 8 store collections and although we had a full year of collections planned we could not continue with this area of fundraising. In the future we think that this will be a very competitive area of fundraising as many Charities are applying to stores to complete this type of fundraising.

In 2014 Heartbeat established the Members' Advisory Group (MAG) recruiting class members to form a group with regular meetings to capture feedback from those accessing Heartbeat services. The group is now fully formed, but throughout 2020 only managed to meet once due to COVID-19 restrictions.

Lottery income

The 'Heartbeat Lottery' consists of both Heartbeat and beneficiary playing members. Beneficiary players are from other charities and fundraising groups. All playing members are part of the same prize pool. A fixed management fee is agreed with beneficiaries. The 'Heartbeat Lottery' currently includes the following beneficiaries:

- ✓ Preston North End, Chorley, and Bamber Bridge Football Clubs
- ✓ Headway, a brain injury association
- ✓ Cardiac Rehab, Basingstoke
- ✓ Rainbow House, a charity that provides Conductive Education
- ✓ Space Centre, provides a multi-sensory environment for anyone with special needs
- ✓ Preston Community Transport, provide transport for those who cannot use regular public transport
- ✓ FOMO, friends of Mulanje orphans
- ✓ Dig In, down to earth support for the Military and Blue light community
- ✓ Dance Syndrome, dancer led, disability inspired inclusive arts programme

Lottery income from Heartbeat playing members fell by £43,830 (11.33%) compared to £14,142 (4.17%) in the previous year. Lottery income from beneficiary playing members fell by £11,950 (12.25%) compared to £2,367 (1.47%) in the previous year.

Donations and Legacies

Income from donations and legacies has increased from £144,188 to £395,721. The increase is due to government grants in the form of furlough claims totalling £141,565. Legacy income reduced from £23,657 to £1,588.

Attendance at Heartbeat Cardiac Rehabilitation Classes

	2020	2019	2018
Preston Central UClan	18	19	22
Preston North End	540	594	618
Blackpool	15	21	21
Burscough	22	23	21
Ribby Hall	40	41	46
Chorley	211	198	189
Leyland	40	46	38
Penwortham	18	19	18
Total attendance year	904	961	973

This represents the total number of people accessing Heartbeat Northwest Cardiac Care rehabilitation and prevention programme. The figure attending is much lower than last year, due to the amount of people who have left the programme during 2020 and we have not been adding any new class members to our programme since March 2020. The figures at year end for attendance may drop again in 2021. This year we have kept in touch with all our class members, many of whom do want to return to the programme when it is safe to do so. During our closures we have been extremely lucky that our class members have continued to support us with monthly donations. The numbers at Clayton Green have continued to increase this year but since November we have begun to see a drop in people wanting to return.

Number Referred to Heartbeat Services

	2020	2019	2018
Total number of new referrals to 9 month programme	246	387	375
Total number referred for medical testing	57	301	259
Total number referred to all services	303	688	634

Our numbers of referrals have dramatically reduced in 2020 as we have been closed for 8 months of the year. Once we do get to reopen we have a waiting list of over 100 people ready to be tested.

High risk patients

GPs are now assessing patients for their risk of developing coronary heart disease during the next ten years. Patients assessed include those with high blood pressure, those with diabetes and those with other risk factors such as obesity or history of smoking. The National Framework for coronary heart disease advises intensive treatment for patients found to be at high risk. Many of these patients will have occult coronary artery disease, which will only be shown by testing. The charity is therefore continuing to offer these groups of patients an exercise test in the hope that this will pick up any patient with significant risk of coronary heart disease with a view to intervention before they have a coronary event. Heartbeat Northwest Cardiac Care also offers exercise programmes to this group of patients. During 2020 we offered an exercise treadmill test at a reduced price which is shown in 3 year retests in 2018, 2019 and 2020.

The following tests were carried out in 2020:

	2020	2019	2018
Initial exercise treadmill tests	90	313	318
9 month retests	44	185	124
Post 9 month restarts	0	5	1
3 year retests	4	2	52
High risk testing	0	6	9
Total for the year	138	511	504

Heartbeat Northwest Cardiac Care offers private testing for those who, as a term or condition of employment, may have to have an annual health check. In addition we offer health screening and testing for those who self-monitor their own health. The following private tests were carried out in 2020:

	2020	2019	2018
Total Private ECG stress test	2	12	13

24 Hour ECG and Blood Pressure Testing

In 2020 Heartbeat Northwest Cardiac Care carried out 24 hour ECG monitoring and 24 hour blood pressure monitoring for General Practitioners in the Preston area. These tests require a Cardiac Physiologist perform the investigations and interpret the results. The charity also provides cardiac event recorders which offer a longer term monitoring for people affected by cardiac arrhythmias. This service is currently provided free of charge to GPs. As you can see from the figures below these have significantly dropped in 2020

	2020	2019	2018
24 hour ECG	17	157	153
24 hour Blood pressure	30	77	48
Resting ECG	10	64	56
Cardiac event monitors	0	3	2
Total annual other tests	57	301	259

TOTAL MEDICAL TESTS

	2020	2019	2018
Total medical tests	197	824	776

As noted in the figures Heartbeat have not been providing testing since March 2020 but the clinical team have produced protocols for our testing when it is safe and we are able to return.

Education & Training Department

By the end of 2019 the Training and Education department had seen such growth and potential that it was decided to recruit another member for the team a 'Healthy Lifestyles Engagement Officer' who's focus would be on the Schools education provision and delivering sessions for both Primary and Secondary schools. They would also be tasked with developing a holiday club and after school club, providing activities with a focus on heart health. Recruitment went well and Kieran Turner an ex-employee of ABL was recruited immediately Kieran got to grips with the current provision and together the team started to work on a scheme of work and lesson plans for secondary schools and then COVID-19 closed us down, unfortunately this put a complete halt to our development and eventually and unfortunately, we would have to let Kieran go.

Schools Education

Heartbeat's personal, social, health and economic (PSHE) workshops are designed to support primary schools when teaching pupils about their body and healthy living. Many of the schools Heartbeat visit choose us because they are running a Healthy Schools/Science/Health/Safety Week and are looking for activities and resources to support this week. Our PSHE workshops fit perfectly as our activities and resources help schools to teach the healthy living elements of the Science and PE curriculum with cross-curricula links to the PSHE framework.

Heartbeat offers five core workshops detailed below, each session can be tailored to support the current PSHE curriculum focus and can be adjusted to fit specifically to the school day timetable.

Workshops are stimulating and engaging with the key messages about making good decisions and being able to act on them.

KNOWLEDGE (+ SKILLS + ATTRIBUTES) = POWER!

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Workshop numbers	2020	2019	2018	2017	2016	2015	2014	2013
What's under my skin? This educational and interactive workshop will explore 'What's under our skin?' with specific focus on the heart as well as an overview of the skeletal, muscular and digestive systems. (30 minutes)	3	5	12	14	10	10	10	27
Healthy hearts This workshop explores the cardiovascular system, giving children an understanding of its components with a specific focus on understanding how to keep their heart healthy. Cardiovascular disease is discussed along with its risk factors with a focus on making 'healthy choices'. (45-60 minutes)	2	4	30	20	54	20	90	80
From farm to fork This session will explore the digestive system and its components, children will learn about the journey of a cheese sandwich. Sources of food will be explored, and children will look to identify the sources of some of their favourite food items. Children will be introduced to the eat well guide and learn about the different food groups. (Up to 60 minutes)	0	4	19	6	19	11	10	9
What's in my drink - sugar workshop This workshop takes the form of a discussion and activities that demonstrate getting to grips with the ingredients within some of the most popular drinks. Children will calculate various nutritional values of the drinks and have an opportunity to weigh out the amount of sugars within some drinks. (Up to 60 minutes)	0	4	19	7	12	20	10	10
Mini medics This workshop focuses on emergency life support (ELS) skills that can help to keep someone alive until professional help arrives. Pupils will learn when and how to act in a life-threatening emergency. The workshop allows maximum time for practice and hands-on learning using resuscitation training mannequins. (60-120 minutes)	2	20	9	13	21	10	7	0
Presentations delivered	7	37	89	60	116	71	127	126

Schools Education testimonials

“Our pupils very much enjoyed the experience, and it was fantastic to see them engaged and learning something new. The whole day was an overwhelming success”.

Emma Birks, Preston Muslim Girls High School

“Year 5 enjoyed a visit from Heartbeat, where we learnt about the heart and how to keep it healthy. We looked at the model of a heart, what fat looks like inside our bodies, what blocked arteries might look like if we chose to have an unhealthy diet and we also weighed out portions of cereals and worked out the sugar content in our bowls. All this is helping in our science topic: Keeping Healthy”.

Claire Panther, Medlar with Wesham Primary School

Schools attended, and workshops presented annual breakdown

	2020	2019	2018	2017
Secondary schools	0	0	0	0
Primary schools	2	16	17	14
Total number of schools	2	16	17	14
Presentations delivered	7	37	89	60
Number of children	300	1,298	2,394	1,701
Income from schools	£500	£2,300	£2,994	£1,824

Community Education

Cardiovascular disease (CVD) includes coronary heart disease, stroke, peripheral vascular disease and other diseases of the cardiovascular system. It is the main cause of reduced life expectancy of residents in the most deprived areas across Lancashire. The estimated prevalence of cardiovascular disease in Lancashire for people aged 16+ is slightly higher than the North-West average (12.35% vs 12.27%) (Office of National Statistics, 2014).

Heartbeat is dedicated to raising awareness of this largely preventable disease and offers community groups the opportunity to have a Heartbeat speaker visit to deliver talks to their group regarding CVD prevention.

Community Education annual breakdown

	2020	2019	2018	2017
Sessions held at Heartbeat	0	0	0	6
Community workshops	1	17	31	30
Number of adults	25	1,024	921	355
Income from community groups	£0	£280	£30	£50

First Aid Training

In 2014 Heartbeat launched its first aid training and assessing service delivering OFQUAL approved First Aid courses, to include; Emergency First Aid at Work (1 day course), First Aid for Mental Health (1 day course), Basic community 'Heartstart' sessions and more advanced clinical first aid training delivered to clinical staff, both GPs and dentists.

The programme of training Heartbeat NWCC is now offering is listed below:

OFQUAL certified courses	Other
First Aid for Mental Health – Level 2 - What is First Aid for Mental Health? Identifying mental health conditions; Providing advice and starting a conversation; Drugs and alcohol; First Aid for Mental Health action plan; First Aid for Mental Health in the workplace Emergency First Aid at Work (EFAW) – Level 2 - This comprehensive course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way	Clinical first aid - These are annual (medical) and three yearly (non-medical) courses which all dental practices and GP surgeries must undertake to fulfil their Quality and Outcomes Framework (QOF) points. Heartstart (Community First Aid) - These two hour basic first aid courses have been run internally and offered to smaller charity's and groups throughout Lancashire. Mini-medics (Ages 8-16) - See schools

First aid training 2020 highlights

COVID 19 completely changed the way face to face first aid training would need to be delivered, gone were the days of delivering session to 30+ members of staff in one session, the new guidelines were strict, and we needed to change how we delivered face to face training to allow businesses to train their staff. In order to be open businesses had to have certified first aid qualified staff onsite and GPs and dentists had to keep their annual certificates up to date although the HSE extended the renewal period for most qualifications, there was still a duty of care that needed to be addressed.

Before designing the course and providing the options a focus group was formed including our Clinical Director, Dr Stewart Jones and 3 other practice managers for their feedback on the new format, all agreed that the format was more suitable as it meant only having to free GP's and admin staff up for 20 minutes rather than 90 minutes, along with the benefit of doing the theory in their own time.

To try to provide a solution the following options were presented to anyone looking for any first aid training:

Option 1 – Face to face training but with a limit of 6 people with strict COVID-19 guidelines in place.

Option 2 – Online only course, all learning was presented electronically through a host website www.osgolearn.co.uk, each member of staff would receive their own personal log in details and password. Videos, demonstrations, quizzes and up to date first aid information was presented in a format which allowed individuals to work through in their own time and a completion certificate could be printed at the end of the course. This certificate would then be used as part of their CPD training as many of the CCG's allowed online learning during the pandemic.

The course is split into 5 sections:

- Section 1 – Responsive casualty with an obstructed airway
- Section 2 – Unresponsive casualty who is breathing normally.
- Section 3 - Unresponsive casualty who is not breathing normally.
- Section 4 - Anaphylaxis
- Section 5 - COVID 19 Guidelines

Option 3 - Blended learning course - utilised option 2 for the theory (see above) but with the option of small group practical workshops to allow learners to put theory into practice. Maximum of 4 people in a session, 20-minute slots with strict COVID-19 guidelines in place. Staff were asked to demonstrate the following:

- CPR on a baby/child/adult
- The safe use of an AED (Defib)
- The procedure for assisting a choking casualty.
- The use of an adrenaline (training) auto-injector

Option 4 - For anyone who had received theory elsewhere but still wanted a practical session (as above).

Uptake has been good and the clinical first aid training has continued in its new format throughout 2020.

First aid training annual breakdown

	2020	2019	2018	2017
First aid for schools	0	0	1	11
First aid for community (Heartstart)	3	23	10	6
First aid for medical professionals:				
Face to face	10	70	52	48
Online	2	0	0	0
Blended learning	3	0	0	0
Practical only	2	0	0	0
First aid for industry	4	7	13	11
Income from training	£4,630	£14,255	£13,494	£8,442

Community Access Defibrillators (cPAD) and AED static units

Here in the UK 700,000 people suffer a sudden cardiac arrest every single year (That is the same amount of people that would fill Old Trafford Football stadium 9 times over!)

Out of hospital cardiac arrest (OHCA) is the biggest killer in the country. Most happen outside of a hospital environment and can happen anywhere in everyday life, at work, at school, at the train station, in the shop or on the street. When a cardiac arrest happens, every minute is vital.

- cPADs - Being a cPAD means installing a special cabinet on the outside wall of a building so that the AED (Automated External Defibrillator) inside can be accessible 24/7 to anyone in the vicinity who requires it.
- AED (defibrillator) is a small, lightweight, portable device that can read a person's heart rhythm and deliver a shock if needed. It is this shock that may restore a normal heart rhythm and potentially save a person's life.

Defibrillator annual breakdown

Although Heartbeat NWCC buy these units on the behalf of the organisation, they are not our property or responsibility, but we do include a fee to every unit/housing unit we purchase.

	2020	2019	2018
AED static units	3	17	12
Community Access Defibrillators (cPAD)	0	2	5
Income	£2,866	£2,976	£1,990

Education and Training development

2020 has been a year where we have had to adapt the way we deliver training and education, and no doubt will need to continue to do so. We have been able to provide a solution for first aid training by moving this online and in the future, it may be that this will continue, the feedback from those who are accessing it is positive.

- A few schools have enquired about digital learning and perhaps moving some of our workshops online and making use of Zoom or MS Teams for the interaction. This is something that we can explore.
- We will continue to offer the 4 different options for Clinical teams and look to explore moving the First Aid for Mental Health course online too using Zoom or MS Teams.
- We have also been able to deliver a conference online, invited by the Foot and Ankle virtual conference to talk about Mental health, again feedback was very positive and has further secured our relationship with the Podiatry society as a provider of education going forward.

HEARTBEAT NORTHWEST CARDIAC CARE REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31st DECEMBER 2020

Heartbeat's Heroes

We want to thank all our class members for taking part and fundraising for us however they did that



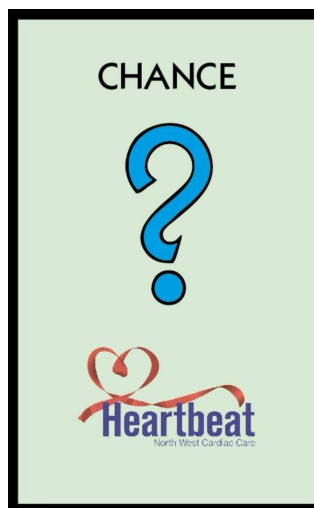
I'm helping to save the UK's charities. **2.6 challenge**

LEJOG Challenge 2020 for Heartbeat

Week No.	Week Ending	Michael in the house		April in the Garden		Location
		Steps	Miles	Steps	Miles	
Start	20-04-20	0	0	0	0	Lands End, Cornwall
1	26-04-20	243,182	105	232,130	97	Launcester, Cornwall
2	03-05-20	241,120	105	236,570	99	Street, Devon
3	10-05-20	244,552	106	241,686	102	Tewkesbury, Gloucestershire
4	17-05-20	245,804	107	246,088	104	Abbots Bromley, Staffordshire
5	24-05-20	241,696	105	244,186	103	Lothensdale, North Yorkshire
6	31-05-20	246,363	106	251,978	105	Dulton, Cumbria
7	07-06-20	244,268	106	251,052	105	Melrose, Scottish Borders
8	14-06-20	252,881	110	265,443	111	Kilbilly, Lanarkshire
9	21-06-20	243,024	106	260,416	108	South Laggan, Inverness-shire
10	28-06-20	254,200	111	276,298	111	Dornoch, Sutherland
11	05-07-20	272,259	118	259,322	116	John O'Groats, Caithness
Total		2,729,349	1,185	2,765,169	1,161	2346



We were even immortalised on the
Preston Monopoly Board



When we were ready to return the dedicated Heartbeat team pulled together and Eddie was our first class member through the doors



The winner of our poetry competition wrote this wonderful poem.

AN ODE TO HEARTBEAT

Well, what a shock as I came round
“What happened?” I asked to those around
You dropped like a stone – out like a light.
Had you not quite been feeling right?

Well, I’m often tired, light in the head.
“We need an ambulance” the doctor said.
So, in Preston they fitted a magic pacemaker.
ICU did not need their resuscitator.

I feel really great and ready to go
“Can I now get back to life’s ebb and flow?”
No, a new heart valve is now required.
It will also stop me feeling tired.

So within eight weeks with new valve in place
I increased my daily walking pace.
Now 2 years gone by, HEARTBEAT’S the rule.
It’s much more fun than gym at school.

I feel so good when taking part.
The moral is to love your heart.
With a healthy diet and exercise
You will live much longer with LIFE the prize!!!!

Financial Review

The Statement of Financial Activities for the year is included on page 33.

1. Income for the year was £1,067,182 (2019: £962,504).

Income from donations and legacies has increased from £144,188 to £395,721. The increase in donations is from government grants in the form of furlough claims. The charity made 9 claims in the year, resulting in income of £141,565.

The charity received restricted grants totalling £123,035 (2019: £5,041). A summary of the restricted grants can be found within note 18.

Income from charitable activities has reduced from £304,029 to £223,684. The income from testing, education and training has reduced due to government COVID-19 restrictions. Further information on classes is as follows:

The charity request people attending the cardiac rehabilitation and prevention programme to donate a 'contribution' to the running costs of these sessions. These regular 'contributions' of £178,667 allow the charity to provide cardiac rehabilitation sessions every week across the region and are invaluable to the charity. Many of our class members have very kindly continued to donate to the programme during Heartbeat's lockdown and this money will help to will ensure our return as soon as we are able.

The charity also undertakes fundraising events to support its activities such as raffles and collections, etc. There are also various fundraising activities undertaken by benevolent individuals. Heartbeat Northwest Cardiac Care does not have a direct input into such activities but ultimately benefits from the surplus generated. The trustees have recently reviewed the fundraising and consider that it is efficient and effective.

Income from other trading activities comes mainly from the lottery (£428,343). The lottery income has decreased from £484,123 to £428,343. This income continues to provide vital funds for the charity.

2. Expenditure in the year was £896,894 (2019: £1,002,223) resulting in a surplus of £170,288 (2019: deficit of £39,719).
3. The total net assets of the charity are £655,887 (2019: £485,599). This is made up of designated funds of £380,784 (2019: 408,800) and restricted funds of £26,091 (2019: Nil) leaving free reserves of £249,012 (2019: £76,799). Designated funds represent the property assets fund, being monies already spent on the fixed assets of the charity.

Investment Policy

In accordance with its power of investment, the trustees have agreed that any funds held in excess of that which is required for immediate running purposes are transferred into interest earning investment accounts.

Risk Management

The trustees continually review, in detail, the risks to which the charity may be exposed. The trustees see this as an on-going commitment in order to continually establish systems to mitigate those risks. A risk register has been developed which is reviewed at least annually.

The principal risk faced by Heartbeat Northwest Cardiac Care is the charities ability to raise sufficient funds annually to deliver the charitable objects whilst sustaining financial viability for the charity's future. The trustees regularly consider variability of fundraising methods and have a structured monitoring programme. Trustees meet a minimum of twice per year in between which a budget and remuneration committee meet to monitor all things financial and report to the trustee board. The charity produces a risk register annually as part of statutory accounts procedures and this register is reviewed and updated on an annual basis. Fundraising is split into a variety of activities tried and tested since 1978. Each year they are reviewed and updated to meet the ever-changing economic climate and fundraising environment nationally, regionally, and locally.

Historically the charity has relied heavily on one activity, a lottery, run by the charity. However, in the last five years, by resourcing and applying extra focus on other fundraising areas, this reliance has reduced and forms part of a longer-term strategic plan to continue to grow other areas.

Reserves Policy

Having a reserves policy helps form the way in which Heartbeat Northwest Cardiac Care manages its cash, liquid assets, and debt. It also assists with planning and communicating the charity's approach to interested parties. This policy contributes significantly to the trustee's ability to balance the needs of current and future beneficiaries, ensure the charity is well managed and that the trustees manage the level of reserves carefully for the benefit of Heartbeat Northwest Cardiac Care.

The pro-active management of the charity reserves, through planned management reporting systems, ensures that the level of reserves are not too high or low for the needs of the charity.

Our policy is to maintain reserves at a level equivalent to 26 weeks of annual operating expenditure, which currently equates to £448,447. At the end of this year, as shown in note 18 to the accounts, the charity has free reserves of £249,012 which whilst not sizeable illustrates the extent of the investment in our new bespoke cardiac centre which should allow Heartbeat Northwest Cardiac Care to raise its profile; increase the number of participants using the facilities; create new income generation possibilities and strengthen relationships with key partners. The trustees consider that given the strength of the charity's balance sheet, the stable cash flows from the lottery and rehabilitation classes, the current level of free reserves are sufficient and the target is now to build them so that they are, once again, at least equivalent to 26 weeks of annual operating expenditure.

The trustees recognise that the level of reserves fluctuates during periods of investment and arrangements are in place with our bankers to provide an adequate 'safety net' should it be required.

The trustees have delegated financial monitoring to a budget and remuneration committee which has an active involvement in reviewing and monitoring the financial activities of the organisation. The budget and remuneration committee reports to the trustees on a six monthly basis regarding the amount of reserves required to ensure that they are adequate to fulfil the charity's continuing obligations.

Plans for the future

Heartbeat Northwest Cardiac Care is committed to the fight to reduce cardiovascular disease. We will continue to work with our key partners, supporters, and class members to deliver the right services to achieve this objective. In the next 12 months, the trustees anticipate Heartbeat will;

- Seek out new opportunities to generate funds through a variety of ways; testing fundraising activities, recruiting supporters, raising awareness of the charity's objectives and available services, forging relationships with key delivery partners, exploring grant opportunities which has served Heartbeat so well during the pandemic
- Continue to re-grow the charities reserves towards the planned six months operating costs
- Grow the number of people accessing the services delivered by Heartbeat Northwest Cardiac Care to return to the numbers accessing the services prior to COVID-19
- Improve the quality and efficiency of our charity services by continuous qualitative monitoring
- Rebuild our training and education programme within GP's, schools and the community
- Continue to work with our partners to complete more research to provide better understanding of the effects of psychological and physical interventions
- Develop a robust legacy programme

Chief Executive Officer Summary

2020 has been a most unusual year for the Charity and I am sure that I am not the only Chief Executive Officer starting a year-end report with these words. The year started on a very positive note with a very kind legacy donation of £70,000 and continued having 2 full months of working, class provision and development of our services with the Peripheral Arterial Disease and Pulmonary Rehabilitation teams across Central Lancashire. We were also hoping to expand our school's services by adding a new team member.

On March 16th Heartbeat closed its doors to class members to comply with the Government's guidance on curbing the impact of the COVID 19 Pandemic. This left the staff team cleaning and tidying the building and making telephone calls from the offices. Regretfully, on the 23rd March we had to close the building and move our services online. 15 team members were furloughed and the 6 members of staff that continued to work were given the following brief:

- Maintain the lottery
- Keep in touch with class members and keep them active
- Submit funding bids as often as possible.

With this in mind, the 'Heartbeat at Home programme' was established. The programme allowed class members to:-

- Access classes online
- Join WhatsApp groups for peer support
- Take part in exercise challenges.
- Stay in contact with the Heartbeat team

Our team made regular telephone calls and sent emails to check members were keeping well and safe. Members without internet access were contacted via telephone and sent relevant information and DVD's by post.

In addition to our normal exercise regime 3 new programmes were established:-

1. Stress management
2. Nutrition support
3. Top tips to support class members with essential advice necessary to maintain a healthy heart.

Thankfully, in September Heartbeat were able to reopen its doors although, due to COVID restrictions, members could only attend one class per week.

We were delighted to welcome our class members back into Heartbeat's Preston North End facility and open most of our external sites. This came with some difficulties: -

- Procedures and risk assessments needed to be completed,
- The building needed to be kept clean to adhere to new Government guidance and keep class members COVID19 safe.
- We could not restart our schools' programme, testing or phase 3-Cardiac Rehabilitation programme with the NHS.

In October all testing, wellbeing and training and education staff members were re-furloughed. Regretfully, we had to make the difficult decision to make one of our new team members redundant.

HEARTBEAT NORTHWEST CARDIAC CARE
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31st DECEMBER 2020

We continued to provide 1 class per week and managed to reopen more of our external classes while bringing some to Heartbeat's Preston North End facility, leaving only classes in Blackpool to restart. The Heartbeat Management Team liaised with the Blackpool Sports Centre and they eventually agreed to allow classes to recommence. Unfortunately, the Friday before they were due to restart the UK went into another lockdown and gyms and leisure centres were once again forced to close.

The second lockdown in November meant a return to home working. In December a change in Government guidance meant that we could not reopen. We returned to our 'Heartbeat at Home programme' and added classes via Zoom to all those who liked the contact with our instructors.

There have been many financial implications to our closure, rent, maintenance, insurance and utilities still having to be paid. Our class members have continued to be very supportive and we cannot thank them enough for their donations during this time. Our Head of Fundraising, Michelle Hunt, successfully applied to many grant providers to resource the 'Heartbeat at Home programme'

Heartbeat have been immortalised on the Preston Monopoly Board Game which really lifted our spirits. It was a fitting tribute to Keith and Rose Redman who founded Heartbeat in 1978 after their teenage daughter, Gillian, died of heart disease in December 1977, aged just 16.

The Heartbeat team have come into their own in 2020 and we owe a debt of gratitude to the tireless team of 6 for keeping motivated throughout this turbulent COVID19 pandemic. Heartbeat's Senior Management Team are also very mindful of the staff who have been furloughed which has enabled us to claim money from the Government's Job Retention Scheme.

Life has been difficult for us all this last year but what has kept us going and striving to be better is our Heartbeat family. I feel that this report would not be complete without mentioning those Heartbeat members who died during the COVID19 pandemic; they will always be in our thoughts and hearts.

So, Heartbeat moves into the New Year with a very positive attitude that we are here to stay, to provide our classes and support as soon as we can, to the many people in the North West who need our services.

Together we are Heartbeat.

Louise Bache
Chief Executive Officer

Statement of Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors of the Heartbeat Northwest Cardiac Care for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed subject to any material departures disclosed and explained in the financial statements;
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

In accordance with company law, in so far as the trustees are aware:

- there is no relevant audit information of which the company's auditor is unaware; and
- the trustees have taken all necessary steps that they ought to have taken in order to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Auditor

A resolution will be proposed at the Annual General Meeting that Azets Audit Services be re-appointed as auditor to the charity for the ensuing year.

Approved and signed on behalf of the board of trustees:

Joe Mallabone

(Treasurer)

Date: 6 April 2021

Jackie Wilding

(Chair)

Date: 6 April 2021

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF HEARTBEAT NORTHWEST CARDIAC
CARE
FOR THE YEAR ENDED 31st DECEMBER 2020

Opinion

We have audited the accounts of Heartbeat Northwest Cardiac Care (the 'charity') for the year ended 31 December 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the notes to the accounts, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the accounts:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2020, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the use of the going concern basis of accounting in the preparation of the accounts is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the accounts and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the accounts does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the accounts, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the accounts or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the accounts or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees' Report, which includes the Directors' Report prepared for the purposes of company law, for the financial year for which the accounts are prepared is consistent with the accounts; and
- the Directors' Report included within the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report included with the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the accounts are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the accounts in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees, who are also directors of the charity for the purpose of company law, are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of accounts that are free from material misstatement, whether due to fraud or error.

In preparing the accounts, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the accounts as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these accounts.

A further description of our responsibilities for the audit of the accounts is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;

HEARTBEAT NORTHWEST CARDIAC CARE
INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF HEARTBEAT NORTHWEST CARDIAC
CARE
FOR THE YEAR ENDED 31st DECEMBER 2020

- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Azets Audit Services

Julie Flintoff BA (Hons) FCA (Senior Statutory Auditor)
Azets Audit Services
Statutory Auditor
PRESTON

Date: 8 April 2021

Azets Audit Services is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31st DECEMBER 2020

	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
Income from:					
Donations and legacies	2	272,686	123,035	395,721	144,188
Charitable activities	3	223,684	-	223,684	304,029
Other trading activities	4	447,713	-	447,713	514,042
Investment income	5	64	-	64	245
Total income		<u>944,147</u>	<u>123,035</u>	<u>1,067,182</u>	<u>962,504</u>
Expenditure on:					
Raising funds	6	87,207	22,651	109,858	152,576
Charitable activities	7	407,381	47,626	455,007	458,952
Other – Lottery costs	8	307,087	24,942	332,029	390,695
Total expenditure		<u>801,675</u>	<u>95,219</u>	<u>896,894</u>	<u>1,002,223</u>
Net income/(expenditure) and net movement in funds for the year		142,472	27,816	170,288	(39,719)
Transfers between funds		1,725	(1,725)	-	-
Net movement in funds		144,197	26,091	170,288	(39,719)
Reconciliation of funds:					
Total funds brought forward		485,599	-	485,599	525,318
Total funds carried forward		<u><u>629,796</u></u>	<u><u>26,091</u></u>	<u><u>655,887</u></u>	<u><u>485,599</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirement for an income and expenditure account with the Companies Act 2006.

The notes on pages 41 to 55 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
BALANCE SHEET
AS AT 31st DECEMBER 2020

	Note	2020 £	£	2019 £	£
Fixed Assets					
Tangible assets	13		380,784		408,800
Current Assets					
Stock		-		-	
Debtors	14	18,905		31,331	
Cash at bank and in hand		330,082		142,296	
Total Current Assets		348,987		173,627	
Creditors: Amounts falling due within one year	15	(73,884)		(96,828)	
Net Current Assets			275,103		76,799
Total assets less current liabilities			655,887		485,599
The funds of the charity					
Unrestricted income funds:					
Designated funds	18		380,784		408,800
General unrestricted funds	18		249,012		76,799
Restricted funds	19		26,091		-
			655,887		485,599

Approved by the Board of Trustees and signed on its behalf by:

Joe Mallabone (Treasurer)

Jackie Wilding (Chair)

Date: 6 April 2021

Date: 6 April 2021

The notes on pages 41 to 55 form part of these accounts.

HEARTBEAT NORTHWEST CARDIAC CARE
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31st DECEMBER 2020

Reconciliation of net movement in funds to net cash flow from operating activities

	2020 £	2019 £
Net movement in funds – Page 37	170,288	(39,719)
Add back depreciation charge	32,550	32,101
(Increase)/decrease in stock	-	-
Decrease/(increase) in debtors	12,426	(18,825)
(Decrease)/increase in creditors	(22,944)	8,645
Deduct interest income	(64)	(245)
Net cash provided by operating activities	192,256	(18,043)

Statement of cash flows

	2020 £	2019 £
Net cash provided by operating activities	192,256	(18,043)
Cash flows from investing activities		
Interest	64	245
Purchase of fixed assets	(4,534)	(5,041)
Net cash (used in) / provided by investing activities	(4,469)	(4,796)
Change in cash and cash equivalents in the year	187,786	(22,839)
Cash and cash equivalents at the beginning of the year	142,296	165,135
Cash and cash equivalents at the end of the year	330,082	142,296

1. ACCOUNTING POLICIES

Company information

Heartbeat Northwest Cardiac Care is a private company limited by guarantee incorporated in England and Wales. The registered office is Sir Tom Finney Way, Preston, Lancashire, PR1 6PA.

Basis of Preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities presenting their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1 January 2019) and the Companies Act 2006.

Heartbeat Northwest Cardiac Care meets the definition of a public entity under FRS102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared in accordance with the historical cost convention. The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows.

Going Concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Charitable Funds

General unrestricted funds comprise accumulated surpluses and deficits on general funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds of the charity which have been set aside to reflect the value of funds represented by the tangible fixed assets of the charity.

Restricted funds are subject to restrictions on their expenditure imposed by the donor. Expenditure which meets these criteria is charged to the fund.

Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Gifts and donations received for the general purposes of the charity are included in unrestricted funds when received. Where these comprise of donated fixed assets, they are included at market value where this is readily ascertainable. Gift Aid is recorded on a receivable basis.

Legacies are recorded on a receivable basis, where the value of the legacy is measurable and all conditions associated with receipt of the legacy have been fulfilled.

Lottery income is received for Heartbeat and beneficiaries. Lottery income is recorded on a receivable basis. Income received in advance for future draws is deferred until the corresponding draw has occurred, at which time the income will be recognised in the SOFA.

Event income comprises income raised from various fundraising events, the sale of donated and bought in goods and sponsorships during the year, which is recorded on a receipts basis.

Income from charitable activities comprises contributions from patients towards the costs of medical testing and the rehabilitation programme, which is recorded on a receipts basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity, this is normally upon notification of the interest paid or payable by the bank.

Grant income is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis inclusive of VAT which cannot be recovered. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities based on income directly associated to the activity, undertaken on a pro rata basis.

The costs of raising funds comprise the direct costs associated with attracting donations, legacies, grants and fundraising and their share of support costs and governance costs.

Expenditure on charitable activities includes those costs incurred by the charity in the delivery of its activities and services for its beneficiaries and their share of support costs and governance costs.

Other costs comprise the lottery prizes, beneficiary management fees and their share of support costs and governance costs. Beneficiary management fees are an agreed share of the beneficiary lottery income.

Irrecoverable VAT

The charity is not registered for Value Added Tax and accordingly income and expenditure includes the irrecoverable Value Added Tax element where applicable.

Allocation of Support and Governance Costs

Support costs and governance costs are those functions that assist the work of the charity but do not directly carry out charitable activities. These costs have been allocated on a pro rata basis between the expenditure headings on the statement of financial activities, based on income received directly associated to the activity undertaken.

Support costs are defined as shown in note 9

Governance costs are defined as shown in note 10

Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. All assets costing more than £500 are capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Preston North End – Buildings	Over the term of the lease	
Preston North End – Integral fixtures	10%	straight line
Computer equipment	25%	straight line
Medical equipment	10%	straight line
Office equipment	10%	straight line
Sports equipment	17%	straight line

Stocks

Stocks are valued at the lower of cost or net realisable value.

Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and bank overdrafts. Overdrafts are shown within borrowings in current liabilities.

Financial Instruments

The charity only has financial assets (debtors, cash and bank balances) and financial liabilities (creditors and accruals) of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Operating Lease Agreements

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remains with the lessor are charged as an expense in the SOFA on a straight line basis over the period of the lease.

Taxation

The company is a registered charity and as such is entitled to tax exemptions on all its income and gains, properly applied for charitable purposes.

Pensions

The charity operates a defined contribution pension scheme using a Group Personal Pension Plan, and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Legal Status

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2. Income from donations and legacies

	2020 Total £	2019 Total £
Unrestricted:		
Donations	116,673	109,456
Legacies	1,588	23,657
Gift Aid	12,860	6,034
Government Grants	141,565	-
	<u>272,686</u>	<u>139,147</u>
Restricted:		
Grants	123,035	5,041
	<u>395,721</u>	<u>144,188</u>

3. Income from charitable activities

	2020 Total £	2019 Total £
Voluntary contributions from rehabilitation classes	178,667	201,349
NHS/Service users contributions to the cost of testing	11,170	30,783
Education and training	8,757	35,871
Gift Aid	25,090	36,026
	<u>223,684</u>	<u>304,029</u>

All income from charitable activities relates to unrestricted funds in both 2020 and 2019.

4. Income from other trading activities

	2020	2019
	Total	Total
	£	£
Fundraising events	1,091	10,222
Sale of goods	943	1,360
Letting of offices	17,336	18,337
Lottery – Heartbeat	295,808	325,070
Lottery – Beneficiary	132,535	159,053
	<u>447,713</u>	<u>514,042</u>

All income from other trading activities relates to unrestricted funds in both 2020 and 2019.

5. Income from investments

All the charity investment income arises from money held on interest bearing deposit accounts and related to unrestricted funds in both 2020 and 2019.

6. Analysis of expenditure on raising funds

	2020	2019
	Total	Total
	£	£
Staff salaries	49,652	55,795
Advertising/Promotion	119	577
Event costs	446	379
Postage	1,697	2,262
Sundry costs	2,220	5,257
	<u>54,134</u>	<u>64,270</u>
Governance costs (see note 10)	2,557	3,542
Support costs (see note 9)	53,167	84,764
	<u>109,858</u>	<u>152,576</u>

Included within raising funds expenditure are staff salaries of £5,204 (2019 £Nil) and support costs of £17,447 (2019: £Nil) which are restricted.

7. Analysis of expenditure on charitable activities

Cardiac rehabilitation classes and related testing

	2020	2019
	Total	Total
	£	£
Staff salaries	314,812	308,491
Freelance staff for testing	750	6,200
Rehabilitation costs	14,248	54,863
Training and development	361	1,102
Advertising/Promotion	216	-
Subscriptions	101	186
Postage	1,462	1,949
Stationery	658	2,235
Telephone, fax and internet	3,603	3,644
Premises costs	1,440	1,440
Repairs & renewals	6,049	6,645
Medical consumables	767	1,969
Education	3,346	17,404
Pulse watches	1,826	-
Sundry costs	6,787	10,944
Governance costs (see note 10)	356,426	417,072
Support costs (see note 9)	4,522	1,680
	94,059	40,200
	455,007	458,952

Included within charitable activities expenditure are staff salaries of £37,485 (2019: £Nil), telephone costs of £280 (2019: £Nil) and support costs of £9,861 (2019: £Nil) which are restricted.

8. Analysis of other expenditure – Lottery costs

	2020 Total £	2019 Total £
Staff salaries	40,187	39,503
Lottery wins	79,070	80,517
Beneficiary lottery fees	92,306	111,109
Agent commission	359	1,024
Advertising/promotion	276	427
Postage	1,689	2,262
Sundry costs	6,609	6,549
	<u>220,496</u>	<u>241,391</u>
Governance costs (see note 10)	5,116	5,989
Support costs (see note 9)	106,417	143,315
	<u>332,029</u>	<u>390,695</u>

Included within other expenditure are staff salaries of £5,203 (2019 £Nil) and support costs of £19,739 (2019: £Nil) which are restricted.

9. Allocation of support costs – Current year

	Raising funds £	Charitable activities £	Other lottery costs £	2020 Total £
Depreciation	12,069	6,824	13,657	32,550
Insurance	4,435	2,507	5,017	11,959
Premises rent - Unrestricted	12,979	7,337	14,684	35,000
Premises rent - Restricted	9,271	5,240	10,489	25,000
Council tax	3,322	1,877	3,758	8,957
Gas & Electric	9,373	5,298	10,605	25,276
Water	41	23	46	110
Bank charges	4,090	2,312	4,627	11,029
Building maintenance - Unrestricted	6,794	3,840	7,687	18,321
Building maintenance - Restricted	260	147	294	701
Management/Admin- Unrestricted	23,509	13,288	26,597	63,394
Management/Admin- Restricted	7,916	4,474	8,956	21,346
	<u>94,059</u>	<u>53,167</u>	<u>106,417</u>	<u>253,643</u>

Allocation of support costs – Previous year

	Raising funds	Charitable activities	Other lottery costs	2019 Total
	£	£	£	£
Depreciation	10,143	4,810	17,148	32,101
Insurance	3,334	1,581	5,637	10,552
Premises rent	18,957	8,991	32,052	60,000
Council tax	909	431	1,537	2,877
Gas & Electric	11,892	5,640	20,107	37,639
Water	118	56	199	373
Bank charges	3,938	1,868	6,658	12,464
Building maintenance	9,279	4,400	15,688	29,367
Management/Admin salaries	26,194	12,423	44,289	82,906
	<u>84,764</u>	<u>40,200</u>	<u>143,315</u>	<u>268,279</u>

10. Allocation of governance costs – Current year

	Raising Funds	Charitable activities	Other lottery costs	2020 Total
	£	£	£	£
Auditors remuneration	2,747	1,553	3,108	7,408
Legal and professional	1,775	1,004	2,008	4,787
	<u>4,522</u>	<u>2,557</u>	<u>5,116</u>	<u>12,195</u>

Total auditor's remuneration included the statutory audit fee of £7,408 (2019: £7,193), accountancy costs of £1,536 (2019: 1,536) and payroll costs of £1,534 (2019: £1,134). There was also an additional charge of £1,956 (2019: £Nil) for the furlough preparation. Accountancy and furlough costs are included within legal and professional.

Allocation of governance costs – Previous year

	Raising funds	Charitable Activities	Other lottery costs	2019 Total
	£	£	£	£
Auditors remuneration	2,272	1,078	3,843	7,193
Legal and professional	1,270	602	2,146	4,018
	<u>3,542</u>	<u>1,680</u>	<u>5,989</u>	<u>11,211</u>

11. Analysis of staff costs and remuneration of key management personnel

	2020	2019
	£	£
Gross wages and salaries	440,583	437,429
Pension contributions	17,103	16,528
Social security costs	31,705	32,737
	<u>489,391</u>	<u>486,694</u>

The trustees consider the board of trustees, Chief Executive and the Finance Controller as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity daily. The total employee benefits of the key management personnel of the charity were £85,395 (2019: £83,547).

Trustees are required annually to disclose any relevant interests and register them with the Chief Executive and in accordance with the charities policy withdraw from any decisions where a conflict of interest arises.

The charity has set up a remuneration committee who review the Chief Executives salary package to ascertain whether it is appropriate for the role, and is bench marked against other like for like charities with similar activities and operations.

No employee earned over £60,000. The number of staff to whom retirement benefits were accruing under a money purchase pension scheme was 15 (2019: 18).

The average number of persons employed during the year, analysed by function was follows:

	2020	2019
Medical services	16	15
Fundraising	4	4
Lottery	1	1
Management and administration	2	2
	<u>23</u>	<u>22</u>

Commission and fees payable to part-time freelance staff

	2020	2019
	£	£
Commissions/expenses paid to lottery collectors and agents	359	1,024
Professional fees paid to doctors and exercise staff	750	6,200
	<u>1,109</u>	<u>7,224</u>

Average number of persons working on a part-time freelance basis:

Lottery – external collectors	3	4
Professional – GPs and outreach instructors	8	13
	<u>11</u>	<u>17</u>

12. Trustee remuneration & related party transactions

All trustees give of their time freely and no trustees or any person connected to them received any remuneration for their services during the year.

The charity has not met any individual expenses incurred by the trustees for services provided to the charity during the year.

Insurance premiums during the year amounting to £448 (2019: £480) were incurred by the charity in respect of indemnity insurance for the trustees.

13. Tangible fixed assets

	PNE Lease- hold Property £	Office & Computer Equipment £	Medical Equipment £	Sports Equipment £	Total £
Cost					
At 1 January 2020	417,278	62,731	68,747	97,519	646,275
Additions	-	3,700	834	-	4,534
Disposals	-	-	-	-	-
	<u>417,278</u>	<u>66,431</u>	<u>69,581</u>	<u>97,519</u>	<u>650,809</u>
At 31 December 2020	417,278	66,431	69,581	97,519	650,809
Depreciation					
At 1 January 2020	60,289	52,036	60,238	64,912	237,475
Charge for the year	13,657	2,844	2,463	13,586	32,550
On disposals	-	-	-	-	-
	<u>73,946</u>	<u>54,880</u>	<u>62,701</u>	<u>78,498</u>	<u>270,025</u>
At 31 December 2020	73,946	54,880	62,701	78,498	270,025
Net Book Value					
At 31 December 2020	<u>343,332</u>	<u>11,551</u>	<u>6,880</u>	<u>19,021</u>	<u>380,784</u>
At 31 December 2019	<u>356,989</u>	<u>10,695</u>	<u>8,509</u>	<u>32,607</u>	<u>408,800</u>

All tangible fixed assets are unrestricted funds classified as designated.

14. Debtors

	2020	2019
	£	£
Program/ Testing debtors	1,172	7,852
Gift Aid	2,448	3,085
Prepayments and accrued income	15,285	20,394
	<u>18,905</u>	<u>31,331</u>

All debtors relate to unrestricted funds in both 2020 and 2019.

15. Creditors: Amounts falling due within one year

	2020	2019
	£	£
Bank overdraft	4,526	9,603
Trade creditors	2,614	17,926
PAYE / NI	6,298	8,726
Pension contributions	3,053	2,768
Other creditors	1,193	-
Accruals	12,908	11,708
Deferred income (Note 16)	43,292	46,097
	<u>73,884</u>	<u>96,828</u>

All creditors relate to unrestricted funds in both 2020 and 2019.

16. Deferred income

	Contributions to Rehabilitation Classes £	Lottery Income £	Programmes £	2020 Total £	2019 Total £
As at 1 January 2020	3,525	41,226	1,346	46,097	48,591
Released in the year	(3,525)	(41,226)	(1,346)	(46,097)	(48,591)
Deferred to next year	9,494	33,226	572	43,292	46,097
	<u>9,494</u>	<u>33,226</u>	<u>572</u>	<u>43,292</u>	<u>46,097</u>
As at 31 December 2020	<u>9,494</u>	<u>33,226</u>	<u>572</u>	<u>43,292</u>	<u>46,097</u>

17. Financial instruments

	2020 £	2019 £
Carrying amount of financial assets		
Financial instruments measured at amortised cost	3,619	10,937
Carrying amount of financial liabilities		
Financial instruments measured at amortised cost	20,048	39,237

18. Analysis of charitable funds

Analysis of movement in unrestricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	76,799	944,147	(769,125)	(2,809)	249,012
Designated Funds:					
Property Assets Fund	408,800	-	(32,550)	4,534	380,784
	<u>485,599</u>	<u>944,147</u>	<u>(801,675)</u>	<u>1,725</u>	<u>629,796</u>

Analysis of movement in unrestricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
General Fund	89,458	957,463	(970,122)	-	76,799
Designated Funds:					
Property Assets Fund	435,860	-	(32,101)	5,041	408,800
	<u>525,318</u>	<u>957,463</u>	<u>(1,002,223)</u>	<u>5,041</u>	<u>485,599</u>

General Fund: The “free” reserves of the charity after allowing for all designated funds.

Designated Funds: The property assets fund is the value of the unrestricted funds already spent and represented by the tangible fixed assets of the charity (note 13).

HEARTBEAT NORTHWEST CARDIAC CARE
NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31st DECEMBER 2020

Analysis of movement in restricted funds:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
National Lottery Community Fund	-	97,010	(80,392)	(527)	16,091
AstraZeneca	-	10,000	-	-	10,000
Sport England Grant	-	5,500	(5,500)	-	-
Community Foundation	-	5,000	(3,802)	(1,198)	-
Edward Gostling Foundation	-	4,025	(4,025)	-	-
Persimmon Grant	-	1,000	(1,000)	-	-
Tesco Grant	-	500	(500)	-	-
	-	123,035	(95,219)	(1,725)	26,091

National Lottery
Community Fund

The charity received a grant for the programme, Coronavirus Community Support Fund. This was used towards the running of Heartbeat at Home and for rent and salaries associated with this. This money is to be used by the end of January 2021.

AstraZeneca

The charity received this grant for use on Pulmonary and Vascular classes but none were run in the year, therefore, the full grant is carried forward

Sport England Grant

This grant was offered to assist with 1 staff members' salary through COVID-19 and to be used by 31 July 2020. All of these funds were spent.

Community Foundation

This was granted for delivering online exercise programmes, including mobile costs, laptop costs and staff costs. This was fully spent in the year on 2 laptops, telephone costs and staff.

Edward Gostling Foundation

This was provided for Heartbeat at Home and to deliver online classes and needed to be spent in 3 months. This was fully spent in the year.

Persimmon

This was provided for Heartbeat at Home and all funds were spent.

Tesco

This was provided for Heartbeat at Home and all funds were spent.

Analysis of movement in restricted funds – previous year:

	Balance b/fwd £	Income £	Expenditure £	Gains/ Transfers £	Balance c/fwd £
Restricted Funds:					
Westinghouse Springfields	-	5,041	-	(5,041)	-
	<u>-</u>	<u>5,041</u>	<u>-</u>	<u>(5,041)</u>	<u>-</u>
	<u>-</u>	<u>5,041</u>	<u>-</u>	<u>(5,041)</u>	<u>-</u>

Westinghouse Springfields: The charity received a grant towards the purchase of a Health Monitor. This money was fully spent in the year.

Transfers between funds represent assets purchased by a restricted donation which, when purchased, cease to be restricted and become part of the general assets.

19. Analysis of net assets between funds

Current year	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	380,784	380,784
Current Assets	348,987	-	348,987
Current Liabilities	(73,884)	-	(73,884)
Total	<u>275,103</u>	<u>380,784</u>	<u>655,887</u>
Previous year	General Fund £	Designated Fund £	Total £
Tangible Fixed Assets	-	408,800	408,800
Current Assets	173,627	-	173,627
Current Liabilities	(96,828)	-	(96,828)
Total	<u>76,799</u>	<u>408,800</u>	<u>485,599</u>

20. Commitments under operating leases

At 31 December 2020 the charity had an annual commitment under a non-cancellable operating lease for rent of the property at PNE. The remaining lease term is 29 years and analysis of the commitment is set out below:

	2020	2019
	Land and	Land and
	Buildings	Buildings
	£	£
Operating lease which expires:		
Due within 1 year	60,000	60,000
Due within 2- 5 years	240,000	240,000
Due after 5 years	1,440,000	1,500,000
	<u>1,740,000</u>	<u>1,800,000</u>

At the reporting end date, the charity also had other outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2020	2019
	£	£
Operating lease which expires:		
Due within 1 year	2,530	-
Due within 2- 5 years	6,707	-
Due after 5 years	321	-
	<u>9,558</u>	<u>-</u>