

**HEARTBEAT NORTHWEST CARDIAC CARE  
(A COMPANY LIMITED BY GUARANTEE)  
REPORT AND FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31<sup>st</sup> 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

## HEARTBEAT NORTHWEST CARDIAC CARE CONTENTS

---

	Pages
Legal and Administrative Information	2 - 3
Annual Report of Trustees	4 – 24
Chief Executive's Summary	25
Statement of Trustees' responsibilities	26
Independent Examiners Report	27
Statement of Financial Activities	28
Balance Sheet	29
Statement of Cash Flows	30
Notes to the Financial Statements	31 - 46

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

---

<b>Charity Number</b>	1168850
<b>Company Number</b>	10195311
<b>Patrons:</b>	Somnath Kumar Ranvir Singh Derek Smith
<b>Directors and trustees:</b>	Jackie Wilding (Chair) George Phillip Goodier (Treasurer) John Dent Jeannie Hayhurst Beryl (Bunty) Knowles Jacqueline Marie Chohan Stuart Clayton Phillip Reece
<b>Chief Executive:</b>	Louise Bache
<b>Secretary:</b>	Caroline Dransfield
<b>Clinical Director:</b>	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 31<sup>st</sup> 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 1<sup>st</sup> 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 11<sup>th</sup> 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”.

HEARTBEAT NORTHWEST CARDIAC CARE  
REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31st DECEMBER 2022

---

**Some of Heartbeat's sponsored events in 2022**

**The skydive**



**Zebra - Born Survivors**



**The Great North Run**



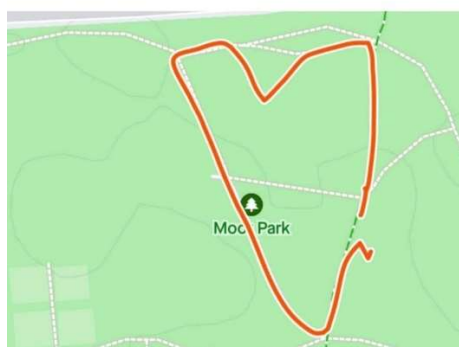
**Morecambe Bay Walk**



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

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
<b>Total number of new referrals to 9 month programme</b>	522	265	246
<b>Total number referred for medical testing</b>	80	54	57
<b>Total number referred to all services</b>	<b>602</b>	<b>319</b>	<b>303</b>

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

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
<b>Total Private ECG stress test</b>	<b>6</b>	<b>6</b>	<b>2</b>

## 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
<b>24 hour ECG</b>	55	14	17
<b>24 hour Blood pressure</b>	26	15	30
<b>Resting ECG</b>	47	25	10
<b>Cardiac event monitors</b>	0	0	0
<b>Total annual other tests</b>	<b>128</b>	<b>54</b>	<b>57</b>

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

### 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
<b>AED static units</b>	4	6	3	17
<b>Community Access Defibrillators (cPAD)</b>	0	0	0	2
<b>Income</b>	<b>£4,945</b>	<b>£6,705</b>	<b>£2,866</b>	<b>£2,976</b>

## 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
<b>Total income</b>		<u>854,513</u>	<u>19,889</u>	<u>874,402</u>	<u>975,189</u>
<b>Expenditure on:</b>					
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
<b>Total expenditure</b>		<u>991,054</u>	<u>13,108</u>	<u>1,004,162</u>	<u>900,204</u>
<b>Net (expenditure)/income and net movement in funds for the year</b>		(136,541)	6,781	(129,760)	74,985
<b>Transfers between funds</b>		7,999	(7,999)	-	-
<b>Net movement in funds</b>		(128,542)	(1,218)	(129,760)	74,985
<b>Reconciliation of funds:</b>					
Total funds brought forward		<u>728,154</u>	<u>2,718</u>	<u>730,872</u>	<u>655,887</u>
<b>Total funds carried forward</b>		<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 £	£
<b>Fixed Assets</b>					
Tangible assets	13		345,167		359,494
<b>Current Assets</b>					
Stock			-		-
Debtors	14	12,582		27,645	
Cash at bank and in hand		337,236		423,285	
<b>Total Current Assets</b>		349,818		450,930	
<b>Creditors:</b> Amounts falling due within one year	15	(93,873)		(79,552)	
<b>Net Current Assets</b>			255,945		371,378
<b>Total assets less current liabilities</b>			601,112		730,872
<b>The funds of the charity</b>					
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

	<b>2022</b> £	<b>2021</b> £
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)
<b>Net cash provided by operating activities</b>	<b>(76,602)</b>	<b>94,951</b>

Statement of cash flows

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

## **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

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

## 3. Income from charitable activities

	<b>2022</b>	<b>2021</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
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
	<hr/>	<hr/>
	231,203	233,754
	<hr/>	<hr/>

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

#### 4. Income from other trading activities

	<b>2022</b>	<b>2021</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
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

	<b>2022</b>	<b>2021</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>(restated)</b>
	<b>£</b>	<b>£</b>
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**

	<b>2022</b>	<b>2021</b>
	<b>Total</b>	<b>Total</b>
	<b>£</b>	<b>(restated)</b>
	<b>£</b>	<b>£</b>
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
	<u>422,516</u>	<u>350,774</u>
Governance costs (see note 10)	2,672	3,569
Support costs (see note 9)	173,725	163,803
	<u>598,913</u>	<u>518,146</u>

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**

	<b>2022 Total</b>	<b>2021 Total (restated)</b>
	<b>£</b>	<b>£</b>
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
	<u>211,958</u>	<u>219,740</u>
Governance costs (see note 10)	2,674	3,569
Support costs (see note 9)	54,180	52,102
	<u>268,812</u>	<u>275,411</u>

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

**9. Allocation of support costs – Current year**

	<b>Raising funds</b>	<b>Charitable activities</b>	<b>Other lottery costs</b>	<b>2022 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
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>

**Allocation of support costs – Previous year – Restated**

	<b>Raising Funds (restated) £</b>	<b>Charitable Activities (restated) £</b>	<b>Other lottery costs (restated) £</b>	<b>2021 Total (restated) £</b>
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**

	<b>Raising Funds £</b>	<b>Charitable activities £</b>	<b>Other lottery costs £</b>	<b>2022 Total £</b>
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**

	<b>Raising Funds (restated) £</b>	<b>Charitable Activities (restated) £</b>	<b>Other lottery costs (restated) £</b>	<b>2021 Total (restated) £</b>
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**

	<b>2022 £</b>	<b>2021 £</b>
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:

	<b>2022</b>	<b>2021</b>
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**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
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

	<b>PNE Lease- hold Property £</b>	<b>Office &amp; Computer Equipment £</b>	<b>Medical Equipment £</b>	<b>Sports Equipment £</b>	<b>Total £</b>
<b>Cost</b>					
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>
<b>Depreciation</b>					
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>
<b>Net Book Value</b>					
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

	<b>2022 £</b>	<b>2021 £</b>
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.

HEARTBEAT NORTHWEST CARDIAC CARE  
NOTES TO THE FINANCIAL STATEMENTS (continued)  
FOR THE YEAR ENDED 31st DECEMBER 2022

**15. Creditors: Amounts falling due within one year**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
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**

	<b>Contributions to Rehabilitation Classes £</b>	<b>Lottery Income £</b>	<b>Programmes £</b>	<b>2022 Total £</b>	<b>2021 Total £</b>
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**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Carrying amount of financial assets</b>		
Financial instruments measured at amortised cost	4,398	19,986
<b>Carrying amount of financial liabilities</b>		
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**

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

**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:

	<b>2022 Land and Buildings £</b>	<b>2021 Land and Buildings £</b>
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
	<b>1,620,000</b>	<b>1,680,000</b>

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:

	<b>2022 £</b>	<b>2021 £</b>
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	-	-
	<b>4,448</b>	<b>7,028</b>