

**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

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

Nurse
Lorraine Hope

Wellbeing Support
Rebecca Wynn
Madison Heaton

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

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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
	<hr/>	<hr/>
	145,708	213,326
Restricted:		
Grants	13,890	19,889
	<hr/>	<hr/>
	<u>159,598</u>	<u>233,215</u>

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
	<hr/>	<hr/>
	<u>287,791</u>	<u>231,203</u>

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
	<hr/>	<hr/>
Governance costs (see note 10)	418,992	422,516
Support costs (see note 9)	2,855	2,672
	<hr/>	<hr/>
	183,793	173,725
	<hr/>	<hr/>
	605,640	598,913
	<hr/>	<hr/>

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
	<hr/>	<hr/>
	213,168	211,958
Governance costs (see note 10)	2,855	2,674
Support costs (see note 9)	56,966	54,180
	<hr/>	<hr/>
	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
	<hr/>	<hr/>	<hr/>	<hr/>
	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