

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



Registered Charity No: 1168850

Company No: 10195311

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

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

Charity Number 1168850

Company Number 10195311

Patrons: Somnath Kumar
Allan Kelly

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

Chief Executive: Louise Bache

Secretary: Caroline Dransfield

Clinical Director: Dr Stewart Jones

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

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

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

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

Scottish Widows Bank
PO Box 883
Leeds
LS1 9TY

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

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

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

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

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

Legal and administrative information set out on pages 2 and 3 form part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1st January 2019).

Structure, Governance and Management

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

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

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

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

Appointment of Trustees

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

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

Directors and Trustees

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

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

Organisation

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

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

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

Induction and Training of Trustees

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

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

Budget and Remuneration Committee

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

Key Management Personnel

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

Heartbeat NWCC Organisation Chart

Board of Trustees and Clinical Director
Budget and Remuneration Committee

Head of Finance
Caroline Dransfield

Chief Executive Officer
Louise Bache

Head of Fundraising
Michelle Hunt

SERVICES

Cardiac Physiologists
Debbie Crossley
Jo Duff

Operations Manager
Carl Martinez

Sessional Testing Doctor
Dr Stewart Jones

Nurse

Lorraine Hope

Wellbeing Support
Madison Heaton

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

Sessional Fitness Instructors
6 instructors

Reception
Jo Widdows
Samim Patel
Somayya Malek

FUNDRAISING AND LOTTERY

Fundraising Officers
Lisa Riding
Sally Seed

Lottery Officer
Karen Gildert

Objectives and Activities for the Public Benefit

Aims and Purposes

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

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

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

Objectives

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

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

Vision

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

Mission

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

Overview of Activities of the Charity

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

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

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

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

The charity provides:

Testing

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

Training/Education

Defibrillator training
Student placements
Community awareness programme

Rehabilitation and Prevention

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

Fundraising and Community Events

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

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

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

Our Heartbeat Stories



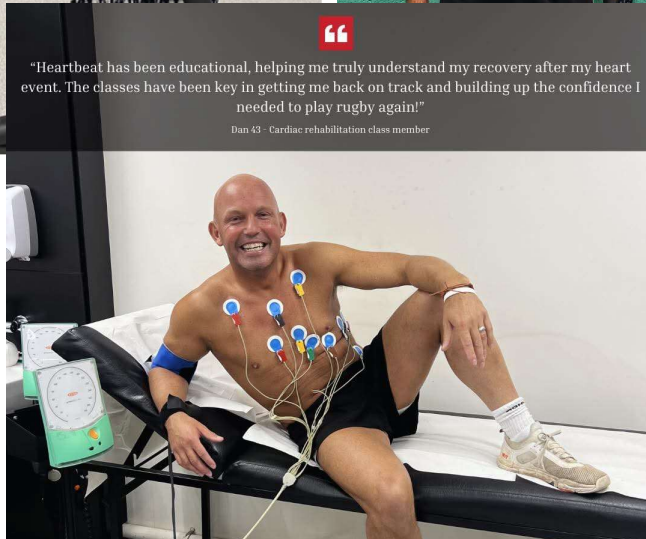
“Despite a number of health issues I have only missed one class since joining the programme. My instructor Matt and my class members have supported me. Attending the classes has helped me lose 4 1/2 stone and I can now walk freely without my walker.”

Frances - Pulmonary class member



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

Barry - Cardiac rehabilitation class member



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

Dan 43 - Cardiac rehabilitation class member



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

Stephen, 65 - Peripheral artery disease class member



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

Andy, 62 - Cardiac rehabilitation class member

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

Some of Heartbeat's corporate partners in 2024



Our Services

Cardiac rehabilitation and prevention programmes have two main aims:

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

Initial Assessment

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

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

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

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

Interim Testing

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

Private Testing

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

People attending rehabilitation and prevention programmes

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

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

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



Achievements and Performance

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

Summary of Performance

Referrals

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

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

Volunteers

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

Lottery income

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

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

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

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

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

Donations and Legacies

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



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

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



Attendance at Heartbeat Cardiac Rehabilitation Classes

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

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

Number Referred to Heartbeat Services

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

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

High risk patients

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

The following tests were carried out in 2024:

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

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

	2024	2023	2022
Total Private ECG stress test	20	7	6

24 Hour ECG and Blood Pressure Testing

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

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

TOTAL MEDICAL TESTS

	2024	2023	2022
Total medical tests	532	621	682

Community Education

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

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



Financial Review

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

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

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

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

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

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

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

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

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

Investment Policy

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

Risk Management

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

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

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

Reserves Policy

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

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

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

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

Plans for the future

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

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

Chief Executive Officer Summary

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

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

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

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

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



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

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

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

Together we are Heartbeat.

Louise Bache CEO

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



Statement of Trustees' responsibilities in relation to the financial statements

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

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

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

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

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

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

Auditor

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

Approved and signed on behalf of the board of trustees:

George Phillip Goodier (Treasurer)

Date: 29 May 2025

Jacqueline Chohan (Chair)

Date: 29 May 2025

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

Opinion

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

In our opinion, the accounts:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

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

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

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

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

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

Responsibilities of Trustees

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

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

Auditor's responsibilities for the audit of the financial statements

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

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

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

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

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

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

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

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

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

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

Use of our report

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

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

Date: 29 May 2025

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

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

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

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

All income and expenditure derive from continuing activities.

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

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

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

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

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

George Phillip Goodier (Treasurer)

Jacqueline Chohan (Chair)

Date: 29 May 2025

Date: 29 May 2025

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

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

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

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

Statement of cash flows

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

1. ACCOUNTING POLICIES

Company information

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

Basis of Preparation

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

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

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

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

Going Concern

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

Charitable Funds

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

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

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

Income

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

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

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

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

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

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

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

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

Expenditure

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

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

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

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

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

Irrecoverable VAT

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

Allocation of Support and Governance Costs

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

Support costs are defined as shown in note 9

Governance costs are defined as shown in note 10

Tangible Fixed Assets and Depreciation

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

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

Stocks

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

Cash and cash equivalents

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

Financial Instruments

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

Creditors and Provisions

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

Operating Lease Agreements

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

Taxation

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

Pensions

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

Legal Status

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

2. Income from donations and legacies

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

3. Income from charitable activities

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

4. Income from other trading activities

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

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

5. Income from investments

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

6. Analysis of expenditure on raising funds

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

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

7. Analysis of expenditure on charitable activities

Cardiac rehabilitation classes and related testing

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

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

8. Analysis of other expenditure – Lottery costs

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

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

9. Allocation of support costs – Current year

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

Allocation of support costs – Previous year

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

10. Allocation of governance costs – Current year

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

Allocation of governance costs – Previous year

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

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

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

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

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

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

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

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

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

Commission and fees payable to part-time freelance staff

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

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

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

12. Trustee remuneration & related party transactions

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

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

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

13. Tangible fixed assets

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

All tangible fixed assets are unrestricted funds classified as designated.

14. Debtors

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

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

15. Creditors: Amounts falling due within one year

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

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

16. Deferred income

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

17. Financial instruments

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

18. Analysis of charitable funds

Analysis of movement in unrestricted funds:

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

Analysis of movement in unrestricted funds – previous year:

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

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

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

Analysis of movement in restricted funds:

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

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

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

Analysis of movement in restricted funds – previous year:

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

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

19. Analysis of net assets between funds

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

20. Commitments under operating leases

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

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

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

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