

HEART SUPPORT

England & Wales · Charity number 1181551

Details

Other names HEART SUPPORT (NORTH TEES AND HARTLEPOOL)

Status Registered

Legal form CIO

Registered 2019-01-14

Register [View on the Charity Commission register](#)

Contact

Address 42 Upsall Grove
Stockton-On-Tees
Cleveland
TS19 7BJ

Phone 01642653638

Email HEATHER.BUNCE007@GMAIL.COM

Website heartsupportnth.org

Activities

Objects: TO PROVIDE SUPPORT FOR PERSONS WITH HEART AND CIRCULATORY CONDITIONS AND TO PROMOTE THE PRESERVATION AND PROTECTION OF THEIR HEALTH. THE AREA OF BENEFIT FOR THE ORGANISATION IS PREDOMINATELY THE NORTH TEES AND HARTLEPOOL AREA.

Activities: Weekly exercise and relaxation sessions for persons in Stockton, Billingham and Hartlepool with heart and circulatory conditions. Sessions led by BACPR level 4 qualified tutors. Sharing experiences in group discussions and social events provide practical support. Referrals from hospitals and GPs etc. and by self-referral with authorisation of fitness for exercise. Family and friends welcome.

Classification

- **How:** Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Hartlepool
- Stockton-on-tees

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£36,603	£19,624	-	-
2024-03-31	£19,668	£15,850	-	-
2023-03-31	£17,326	£15,883	-	-
2022-03-31	£17,014	£13,913	-	-
2021-03-31	£12,245	£8,308	-	-

Trustees

Name	Role	Appointed
ARTHUR GILES ALEXANDER JEFFERSON YOUNG		2023-10-23
Alan Atkinson		2018-12-10
Anthony Walker		2020-04-24
Denis Robinson		2025-02-19
Doreen Hare		2020-04-24
Heather Anne Bunce		2018-12-10
Michael Dicken		2020-04-24
Sheila Maureen Sargent		2020-04-24

HEART SUPPORT

England & Wales - Charity number 1181551

Accounts



Trustees' Annual Report for the period

Start date 01/04/2024

End date 31/03/2025

Charity name: HEART SUPPORT (N Tees)

Charity registration number: 1181551

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support for persons with heart and circulatory conditions, and to promote the preservation and protection of their health. This is by the provision of Fitness Training sessions and social activities. The area of benefit of the organisation is predominately in the North Tees area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Weekly Cardiac Rehab exercise and relaxation classes. All the classes are led by a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) level 4 tutor. Classes are currently held at four venues in the Ntees area and one in Hartlepool.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that the work of the Charity follows the Charity Commission's guidance on public benefit by the Advancement of Health or Saving of lives

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including program related investment	Para 1.38	Not applicable.
Contribution made by volunteers	Para 1.38	Entirely run by volunteers. Support given by the self-employed tutor.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Holding weekly Cardiac Exercise classes at 5 Venues.</p> <p>Maintaining regular contact with members to check on physical and mental health.</p> <p>Working with local Cardiac Rehab. Community and Hospital nurses; Referrals from GPs</p> <p>Monthly Committee meetings have been held.</p> <p>Annual General Meeting celebrating each year of operation, is open to all members, as well as other interested parties.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Objective :-</p> <p>To continue to be a fully operational and viable organisation has been achieved</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Objective :-</p> <p>To organise various Social/Fundraising events to boost Organisation funds has been achieved</p>
Investment performance against objectives	Para 1.41	<p>Not applicable</p>
Other		

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p><u>National Lottery Community Fund</u> <u>(Restricted Funds) RC NE & Cumbria</u></p> <p><u>INCOME</u> (01/04/2024 to 31/03/2025) received <u>£24000</u></p> <p><u>EXPENDITURE</u> £ Tutor's Wages 14163 Tutor's Insurance 563 Hall hire 4898 <u>Total</u> <u>£19624</u></p> <p><u>Income less Expenditure</u> <u>£4376</u></p> <hr/> <p>plus <u>GENERAL Funds Income</u> £ Class (£3pp/class) fees 8692 Fundraising 1855 Donations 1286 £2 Annual Member Fees 231 Bank Interest 539</p> <p>General Funds TOTAL <u>£12603</u></p> <hr/> <p><u>Lottery Fund +General Fund</u> <u>TOTAL Income =</u> <u>£36603</u> <u>(£24000 + £12603)</u></p> <p><u>Bank BALANCE</u> <u>£16979</u></p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>Any monies held in the Bank Account are held by the Trustees in line with the Governing powers and are applied with the objectives of the Charity or retained until required for the running of the group.</p>
<p>Amount of reserves held</p>	<p>Para 1.22</p>	<p>£16979</p>
<p></p>	<p></p>	<p></p>
<p>Explanation of any uncertainties about the charity continuing as a going concern</p>	<p>Para 1.23</p>	<p>Inability to obtain funds and/or ability to carry out Fundraising</p>

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed)	Para 1.25	CIO Foundation Constitution
How is the charity constituted? (CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees for a term of 3 years by a resolution passed at a properly convened meeting of the Trustees. Any person retiring may be eligible for re-appointment.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Constitution CIO document Safeguarding Adults at Risk Policy Safety first Complaints procedure General Data Protection Regulation (GDPR)
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Affiliated to British Heart Foundation Member of Catalyst Stockton Advised by the National Lottery
Relationship with any related parties	Para 1.51	Contact with other cardiac groups and Phase 3 community nurses Collaboration with local Social Prescribers and Social workers
Other		

Reference and Administrative details

Charity name	HEART SUPPORT (N Tees)
Other name the charity uses	Heart Support (Working Name)
Registered charity number	1181551
Charity's principal address	42 Upsall Grove Fairfield Stockton-onTees TS19 7BJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitleappoint trustee (if any)
1	Mr Michael Dicken	Chair (Safeguarding)		
2	Mrs Heather Anne Bunce	Secretary		
3	Mr Michael Dicken	Treasurer (Temporary)		
4	Mr Alan Atkinson	Events		
5	Mrs Doreen Hare	Grant application committee member		
6	Mrs Sheila Sargent	Grant proofreader		
7	Mr Antony Walker	Events		
8	Mr Neil Fowler	Committee member		
9	Mr Arthur Giles Alexander Jefferson Young	Committee member		
10	Mr Denis Robinson	Committee member	19 Feb 2025	
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Corporate trustees – names of the directors at the date the report was approved

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

		
Full name(s)	Michael Dicken	Heather Anne Bunce
Position (eg Secretary, Chair, etc)	Chair	Secretary
Date	18/01/2026	

HEART SUPPORT

England & Wales - Charity number 1181551

Accounts



Trustees' Annual Report for the period

From 01/04/2023 Period start date to 31/03/2024 Period end date

Charity name: HEART SUPPORT (N Tees)

Charity registration number: 1181551

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support for persons with heart and circulatory conditions and to promote the preservation and protection of their health. This by the provision of Fitness Training sessions and social activities. The benefit of the organisation is predominately in the North Tees area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Weekly Cardiac Rehab exercise and relaxation classes. All the classes are led by a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) level 4 tutor. Classes are currently held at four venues in the North Tees area.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that the work of the Charity follows the Charity Commission's guidance on public benefit by the Advancement of Health or Saving of lives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No
Policy on social investment including program related investment	Para 1.38	Not applicable
Contribution made by volunteers	Para 1.38	Entirely run by volunteers. Support given by the self-employed tutor.

Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Holding weekly Cardiac Exercise classes at four venues.</p> <p>Maintaining regular contact with members to check on physical and mental health.</p> <p>Working with local Cardiac Rehab. Community and Hospital nurses.</p> <p>Receiving referrals from GPs and other professionals.</p> <p>Monthly organisational Committee meetings are held.</p> <p>Annual General Meeting celebrating each year of operation is open to all members and as well as other interested parties. The AGM invite is advertised in the regular monthly newsletter from the Chairman.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Objective: To achieve and continue to be a fully operational and viable organisation.
Performance of fundraising activities against objectives set	Para 1.41	Objective: To achieve the organisation of various Social/ Fundraising events sufficient to boost organisational funds.
Investment performance against objectives	Para 1.41	Not applicable.
Other		
Financial Review		

Review of the charity's financial position at the end of the period	Para 1.21	<p>Income £</p> <p>Grant (Nat.Lottery Comm.Fund) 9000</p> <p>Annual membership fees 150</p> <p>Class fees 7327</p> <p>Fundraising 923</p> <p>Donations 2245</p> <p>Bank Interest 23</p> <p>TOTAL £19668</p> <p>Outgoings £</p> <p>Tutor's Fees 11298</p> <p>Hall/Room hire (all venues) 3968</p> <p>Expenses (tutors) 584</p> <p>TOTAL £15850</p> <p>BALANCE: £3818</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Any monies held in the Bank Account are held by the Trustees in line with the Governing powers and are applied with the objectives of the Charity or retained until required for the running of the group.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Inability to obtain funds and/or ability to carry out Fundraising.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Grants and Fundraising:</p> <p>A National Lottery Community Fund Grant of £50k was awarded in 2023 with the first of six instalments received on 2nd March 2023. Future instalments follow every six months.</p> <p>Fundraising tops up the Grant to cover the shortfall over the 3 years as well as providing extra funds.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	None
A description of the principal risks facing the charity	Para 1.46	A shortage of tutors trained to BACPR level 4, which is a requirement for the exercising of persons with cardiac problems.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees for a term of 3 years by a resolution passed at a properly convened meeting of the Trustees. Any person retiring may be eligible for re-appointment.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Provision of current Constitution document and the Safeguarding Policy.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Affiliated to British Heart Foundation. Member of Catalyst (Stockton). Contact of Hartlepower. Advised by the National Lottery.
Relationship with any related parties	Para 1.51	Contact with other cardiac groups.
Other		

Reference and Administrative details

Charity name	HEART SUPPORT (N Tees)
Other name the charity uses	HEART SUPPORT
Registered charity number	1181551
Charity's principal address	42 Upsall Grove Fairfield Stockton-on-Tees TS19 7BJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Michael Dicken	Chair		
2	Mrs Madge Preston	Vice Chair		
3	Mrs Heather Anne Bunce	Secretary		
4	Mr Alan Atkinson	Events		
5	Mrs Doreen Hare	Grant applications		
6	Mrs Sheila Maureen Sargent	Grants proofreading		
7	Mr Anthony Walker	Events		
8	Mr Neil Fowler	Committee member	October 2023	
9	Arthur Giles Alexander Jefferson Young	Committee member	October 2023	
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Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	No funds held on behalf.
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

None

Other optional information



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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Michael Dicken

Heather Anne Bunce

Position (eg Secretary,
Chair, etc)

Chair

Secretary

Date

16/01/2025

HEART SUPPORT

England & Wales - Charity number 1181551

Accounts



Trustees' Annual Report for the period

Period start date 01/04/2022

Period end date 31/03/2023.

Charity name: HEART SUPPORT

Charity registration number:1181551

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support for persons with heart and circulatory conditions and to promote the preservation and protection of their health. This is by the provision of Fitness Training Sessions and Social Activities. The area of benefit for the organisation is predominately the North Tees and Hartlepool areas.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Weekly Cardiac Rehab exercise and relaxation classes. All the classes are led by a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Level 4 Tutors. Six Classes are currently held at four venues in the North Tees and Hartlepool areas.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that the work of the Charity follows the Charity Commission's guidance on public benefit by the Advancement of Health or Saving of lives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No
Policy on social investment including program related investment	Para 1.38	Not applicable
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society.	Para 1.20	<p>Holding weekly Cardiac Exercise classes at 4 Venues.</p> <p>Maintaining regular contact with members to check on physical and mental health.</p> <p>Working with local Cardiac Rehab. Community and Hospital nurses; Referrals from GPs</p> <p>Monthly Committee meetings have been held.</p> <p>Annual General Meeting celebrating each year of operation, is open to all members. The AGM invite is advertised in the monthly newsletter received by all from the Chairman.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<p>Objective :-</p> <p>To continue to be a fully operational and viable organisation has been achieved</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Objective :-</p> <p>To organise various Social/Fundraising events to boost Organisation funds has been achieved</p>
Investment performance against objectives	Para 1.41	<p>Not applicable</p>
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>Income</td> <td style="text-align: right;">£</td> </tr> <tr> <td>Grants</td> <td style="text-align: right;">9000</td> </tr> <tr> <td>Fundraising (inc Paypal)</td> <td style="text-align: right;">5664</td> </tr> <tr> <td>Annual Member Fees</td> <td style="text-align: right;">145</td> </tr> <tr> <td>Class fees (£3pp/class)</td> <td style="text-align: right;">2517</td> </tr> <tr> <td>TOTAL</td> <td style="text-align: right;">£17326</td> </tr> <tr> <td>Expenditure</td> <td style="text-align: right;">£</td> </tr> <tr> <td>Tutor`s Wages</td> <td style="text-align: right;">12040</td> </tr> <tr> <td>Tutor`s Insurance/Accred</td> <td style="text-align: right;">100</td> </tr> <tr> <td>Hall Hire</td> <td style="text-align: right;">3452</td> </tr> <tr> <td>Equipment bought</td> <td style="text-align: right;">291</td> </tr> <tr> <td>TOTAL</td> <td style="text-align: right;">£15883</td> </tr> <tr> <td>- BALANCE</td> <td style="text-align: right;">£1443</td> </tr> </table>	Income	£	Grants	9000	Fundraising (inc Paypal)	5664	Annual Member Fees	145	Class fees (£3pp/class)	2517	TOTAL	£17326	Expenditure	£	Tutor`s Wages	12040	Tutor`s Insurance/Accred	100	Hall Hire	3452	Equipment bought	291	TOTAL	£15883	- BALANCE	£1443
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1.	2.	3.																										
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Any monies held in the Bank Account are held by the Trustees in line with the Governing powers and are applied with the objectives of the Charity or retained until required for the running of the group.																										
Amount of reserves held	Para 1.22																											
Reasons for holding zero reserves	Para 1.22																											
Details of fund materially in deficit	Para 1.24																											
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Inability to obtain funds and/or ability to carry out Fundraising																										

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Grants and Fundraising</p> <p>A Big Lottery grant for the next 3 years was successful. The first instalment was received on 2nd March 2023 with future instalments to follow every six months.</p> <p>Fundraising tops up the Grant to cover the shortfall over the 3 years as well as providing extra funds.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	None

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees for a term of 3 years by a resolution passed at a properly convened meeting of the Trustees. Any person retiring may be eligible for re-appointment.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Provision of Current Constitution Document and Safeguarding Policy
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Affiliated to British Heart Foundation Member of Catalyst Stockton Contact of HartlePower Advised by the National Lottery
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	HEART SUPPORT
Other name the charity uses	Heart Support (North Tees and Hartlepool) Working Name
Registered charity number	1181551
Charity's principal address	42 Upsall Grove Fairfield Stockton-onTees TS19 7BJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Michael Dicken	Chair		
2	Mrs Madge Preston	Vice Chair		
3	Mrs Heather Anne Bunce	Secretary		
4	Mr Michael Dicken	Treasurer (Temporary)		
5	Mr Alan Atkinson	Events		
6	Mrs Doreen Hare	Grant application committee member		
7	Mrs Sheila Sargent	Grant proof reader		
8	Mr Michael Dicken	Safeguarding		
9	Mr Tony Walker	Events		
10				
11				
12				

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	No funds held on behalf of others
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

None

Other optional information

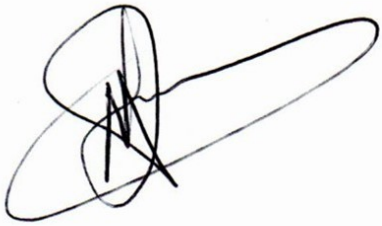

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Michael Dicken	Heather Anne Bunce
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Position (eg
Secretary, Chair,
etc)

Chair	Secretary
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Date

26/01/2024

HEART SUPPORT

England & Wales - Charity number 1181551

Accounts



Trustees' Annual Report for the period

From **01/04/2021** Period start date To **31/03/2022** Period end date

Charity name: **HEART SUPPORT**

Charity registration number:**1181551**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide non-profit and voluntary support for persons with heart and circulatory conditions and to promote the preservation and protection of their health. This is by the provision of Fitness Training Sessions and Social Activities. The area of benefit for the organisation is predominately the North Tees and Hartlepool areas.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Weekly Cardiac Rehab exercise and relaxation classes. All the classes are led by a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Level 4 Tutors. Six Classes are currently held at four venues in the North Tees and Hartlepool areas.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that the work of the Charity follows the Charity Commission's guidance on public benefit by the Advancement of Health or Saving of lives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	No
Policy on social investment including program related investment	Para 1.38	Not applicable
Contribution made by volunteers	Para 1.38	Members actively support fundraising activities:e.g.Car-boot sales, ebay sales, social events, quizzes, tombola, raffles

Other		
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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Cardiac Exercise classes held weekly at at 4 different venues. Number of weekly classes increased from four to six.</p> <p>Maintaining regular contact with members to check on physical and mental health.</p> <p>Working with local Cardiac Rehab. Community and Hospital nurses; Referrals from GPs</p> <p>Monthly Committee meetings have been held.</p> <p>Annual General Meeting celebrating 4 years of a successful and expanding group. All members invited via Chair's newsletter.</p> <p>Local Councillor informed.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Objective :- To continue to be a fully operational and viable organisation has been achieved
Performance of fundraising activities against objectives set	Para 1.41	Objective :- To organise various Social/Fundraising events to boost Organisation funds has been achieved
Investment performance against objectives	Para 1.41	Not applicable
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>Income £</p> <p>Grants 13917</p> <p>Fundraising 3063</p> <p>Annual Member Fees (£1) 34</p> <p>TOTAL £17014</p> <hr/> <p>Expenditure (£)</p> <p>Tutor's Wages 10612</p> <p>Tutor's Insurance 202</p> <p>Hall Hire 2884</p> <p>Expenses 215</p> <p>Equipment bought 0</p> <p>TOTAL £13913</p> <hr/> <p>BALANCE £3101</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Any monies held in the Bank Account are held by the Trustees in line with the Governing powers and are applied with the objectives of the Charity or retained until required for the running of the group.
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Inability to obtain funds and/or ability to carry out Fundraising

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Grants and Fundraising</p> <p>Application in Autumn 2022 for a Big Lottery grant for the next 3 years has been successful.</p> <p>Fundraising tops up the Grant to cover the shortfall over the 3 years as well as providing extra funds.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	None
A description of the principal risks facing the charity	Para 1.46	COVID-19 regulations forced closure of the classes in March 2020 for a while. Tutors continued to be paid in order to retain them and to keep in touch with members,

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees for a term of 3 years by a resolution passed at a properly convened meeting of the Trustees. Any person retiring may be eligible for re-appointment.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Provision of Current Constitution Document and Safeguarding Policy
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Affiliated to British Heart Foundation Member of Catalyst Stockton Contact of HartlePower Advised by the National Lottery
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	HEART SUPPORT
Other name the charity uses	Heart Support (North Tees and Hartlepool) Working Name
Registered charity number	1181551
Charity's principal address	22 Burniston Drive Billingham Cleveland TS22 5DD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Ian Fred Austin	Chair		
2	Mrs Madge Preston	Vice Chair		
3	Mrs Heather Anne Bunce	Secretary		
4	Mr Ron Maude	Treasurer		
5	Mr Alan Atkinson	Events		
6	Mrs Doreen Hare	Grant application committee member		
7	Mrs Sheila Sargent	Grant proof reader		
8	Mr Michael Dicken	Safeguarding		
9	Mr Tony Walker	Events		
10	Mrs Margaret Anne Austin	Events		
11				
12				

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	No funds held on behalf of others
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

None



Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	 Ian Fred Austin	 Heather Anne Bunce
Full name(s)	Ian Fred Austin	Heather Anne Bunce
Position (eg Secretary, Chair, etc)	Chair	Secretary
Date	27 th January 2023	

HEART SUPPORT

England & Wales - Charity number 1181551

Accounts



Trustees' Annual Report for the period

Period start date 01/04/2020
31/03/2021

Period end date

Charity name: HEART SUPPORT Charity registration number:
1181551

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To provide support for persons with heart and circulatory conditions and to promote the preservation and protection of their health. This is by the provision of Fitness Training Sessions and Social Activities. The area of benefit for the organisation is predominately the North Tees and Hartlepool areas.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	FREE weekly Cardiac Rehab exercise and relaxation classes. All the classes are led by a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Level 4 Tutors. The number of venues used weekly in the N Tees and Hartlepool areas have increased from 4 to 5 and the number of classes from 4 to 6.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm that the work of the Charity follows the Charity Commission's guidance on public benefit by the Advancement of Health or Saving of lives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable.
Policy on social investment including	Para 1.38	

program related investment		
Contribution made by volunteers	Para 1.38	Members actively support fundraising activities: e.g. Car-boot sales, ebay sales, social events, quizzes, tombola, raffles.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Achieve an increase in number of FREE weekly Cardiac Exercise classes (inc. from 4 to 6) and at an extra venue (total 5 centres in different areas) Maintain regular contact with members to check on physical and mental health, especially during times when COVID-19 restrictions were preventing the holding of classes. Tutors contacted all members regularly, and a monthly newsletter from the Chair was sent. Achieved monthly meetings of the Committee via Zoom. Because "lockdown" prevented the Annual General Meeting, the committee agreed to send the Chair's statement to all members.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Objective: To maintain viability: Tutors were retained to maintain contact with members during times when COVID-19 restrictions prevented normal operation of classes.
Performance of fundraising activities against objectives set	Para 1.41	Objective: To organise various social/fundraising events: Fundraising activities continued but were restricted due to COVID-19 regulations. A modest increase in Funds resulted.
		Not applicable.

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>INCOME</p> <p>£</p> <p>Grants 9,475</p> <p>Fundraising 705</p> <p>Bank deposits / Other Fundraising 1,945</p> <p>PayPal 120</p> <p>TOTAL £12,245</p> <p>EXPENDITURE £</p> <p>Tutor's wages 8,002</p> <p>Insurance 75</p> <p>Hall Hire 166</p> <p>Equipment 65</p> <p>TOTAL £8,308</p> <p>BALANCE _____ £3,938</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>Any monies held in the Bank Account are held by the Trustees in line with the Governing powers and are applied with the objectives of the Charity or retained until required for the running of the group.</p>
Amount of reserves held	Para 1.22	£3,938
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	

Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Inability to obtain funds and/or ability to carry out Fundraising
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Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Grants and Fundraising Grants received from: Co Durham Community Foundation Fund Tees Valley Sport England
Investment policy and objectives including any social investment policy adopted	Para 1.46	None
A description of the principal risks facing the charity	Para 1.46	COVID-19 regulations have forced closure of several sessions of the classes.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by Trustees for a term of 3 years by a resolution passed at a properly convened meeting of the Trustees. Any person retiring may be eligible for re-appointment.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Provision of current Constitution document and Safeguarding policy.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Affiliated to British Heart Foundation (BHF) Member of Catalyst
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	HEART SUPPORT
Other name the charity uses	Heart Support (North Tees and Hartlepool) Working Name
Registered charity number	1181551
Charity's principal address	22 Burniston Drive Billingham Stockton-on-Tees TS22 5DD

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Ian Fred AUSTIN	Chair		
2	Mrs Madge PRESTON	Vice Chair		
3	Mrs Heather Anne BUNCE	Secretary		
4	Mr Ron MAUDE	Treasurer		
5	Mr Alan ATKINSON	Events		
6	Mrs Margaret Ann AUSTIN		Appointed 24th April 2020	

7	Mrs Doreen HARE		Appointed 24th April 2020	
8	Mr Anthony WALKER		Appointed 24th April 2020	
9	Mr Michael DICKEN		Appointed 24th April 2020	
10	Mrs Sheila Maureen SARGENT		Appointed 24th April 2020	
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Corporate trustees - names of the directors at the date the report was approved

Director name		
NONE		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
NONE		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Ian Austin .

Heather Bunce

Full name(s)

Ian Fred Austin

Heather Anne Bunce

Position (eg
Secretary, Chair, etc)

Chair

Secretary

Date

14/01/2022