



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## 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	<b>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.</b>
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	<b>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.</b>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>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.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>Not applicable.</b>
Policy on social investment including	Para 1.38	

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

### Additional information (optional)

You may choose to include further statements where relevant about:

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

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><b><u>INCOME</u></b></p> <p><b>£</b></p> <p>    <b>Grants</b></p> <p>    <b>9,475</b></p> <p>    <b>Fundraising</b></p> <p>    <b>705</b></p> <p>    <b>Bank deposits /</b></p> <p>    <b>Other Fundraising</b></p> <p>    <b>1,945</b></p> <p>    <b>PayPal</b></p> <p>    <b>120</b></p> <p>    <b><u>TOTAL</u></b></p> <p>    <b><u>£12,245</u></b></p> <p><b><u>EXPENDITURE</u></b></p> <p><b>£</b></p> <p>    <b>Tutor's wages</b></p> <p>    <b>8,002</b></p> <p>    <b>Insurance</b></p> <p>    <b>75</b></p> <p>    <b>Hall Hire</b></p> <p>    <b>166</b></p> <p>    <b>Equipment</b></p> <p>    <b>65</b></p> <p>    <b><u>TOTAL</u></b></p> <p>    <b><u>£8,308</u></b></p> <p><b><u>BALANCE</u></b></p> <p>    <b><u>£3,938</u></b></p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p><b>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.</b></p>
Amount of reserves held	Para 1.22	<b>£3,938</b>
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	<b>Inability to obtain funds and/or ability to carry out Fundraising</b>
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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	<b>Grants and Fundraising</b>  <b>Grants received from:</b> <b>Co Durham Community Foundation Fund</b> <b>Tees Valley Sport England</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>None</b>
A description of the principal risks facing the charity	Para 1.46	<b>COVID-19 regulations have forced closure of several sessions of the classes.</b>
Other		

## **Structure, Governance and Management**

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>CIO Foundation Constitution</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Charitable Incorporated Organisation</b>
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	<b>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.</b>

### **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	<b>Provision of current Constitution document and Safeguarding policy.</b>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<b>Affiliated to British Heart Foundation (BHF) Member of Catalyst</b>
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

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

## 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	<b>Mr Ian Fred AUSTIN</b>	<b>Chair</b>		
2	<b>Mrs Madge PRESTON</b>	<b>Vice Chair</b>		
3	<b>Mrs Heather Anne BUNCE</b>	<b>Secretary</b>		
4	<b>Mr Ron MAUDE</b>	<b>Treasurer</b>		
5	<b>Mr Alan ATKINSON</b>	<b>Events</b>		
6	<b>Mrs Margaret Ann AUSTIN</b>		<b>Appointed 24<sup>th</sup> April 2020</b>	

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

<b>Director name</b>		
<b>NONE</b>		

Name of trustees holding title to property belonging to the charity

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
<b>NONE</b>		

### **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

**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