



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	Holding weekly Cardiac Exercise classes at 4 Venues. Maintaining regular contact with members to check on physical and mental health. Working with local Cardiac Rehab. Community and Hospital nurses; Referrals from GPs Monthly Committee meetings have been held. 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.

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	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
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	Grants and Fundraising 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. Fundraising tops up the Grant to cover the shortfall over the 3 years as well as providing extra funds.
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

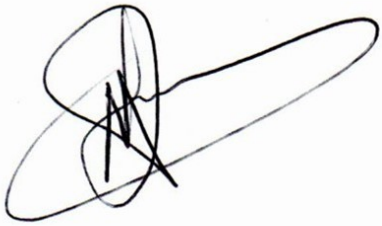

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Declarations

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
