



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<p>Objective:</p> <p>To achieve and continue to be a fully operational and viable organisation.</p>
Performance of fundraising activities against objectives set	Para 1.41	<p>Objective:</p> <p>To achieve the organisation of various Social/ Fundraising events sufficient to boost organisational funds.</p>
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 £ Grant (Nat.Lottery Comm.Fund) 9000 Annual membership fees 150 Class fees 7327 Fundraising 923 Donations 2245 Bank Interest 23 TOTAL <u>£19668</u> Outgoings £ Tutor's Fees 11298 Hall/Room hire (all venues) 3968 Expenses (tutors) 584 TOTAL <u>£15850</u> BALANCE: <u>£3818</u>
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 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. 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
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

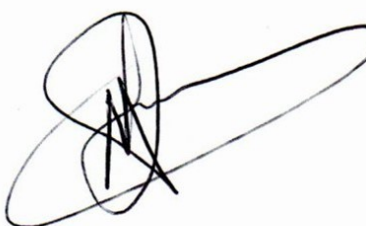

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Declarations

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