



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	<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.</b> <b>The area of benefit of the organisation is predominately in the North Tees area.</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>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.</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 program related investment	Para 1.38	<b>Not applicable.</b>
Contribution made by volunteers	Para 1.38	<b>Entirely run by volunteers.</b> <b>Support given by the self-employed tutor.</b>

## 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	<b>Holding weekly Cardiac Exercise classes at 5 Venues.</b> <b>Maintaining regular contact with members to check on physical and mental health.</b> <b>Working with local Cardiac Rehab. Community and Hospital nurses; Referrals from GPs</b> <b>Monthly Committee meetings have been held.</b> <b>Annual General Meeting celebrating each year of operation, is open to all members, as well as other interested parties.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

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

Review of the charity's financial position at the end of the period	Para 1.21	<p><b><u>National Lottery Community Fund</u></b> <b><u>(Restricted Funds) RC NE &amp; Cumbria</u></b></p> <p><b><u>INCOME</u></b> (01/04/2024 to 31/03/2025) received <b><u>£24000</u></b></p> <p><b><u>EXPENDITURE</u></b> <b>£</b>  Tutor's Wages <b>14163</b>  Tutor's Insurance <b>563</b>  Hall hire <b>4898</b>  <b><u>Total</u></b> <b><u>£19624</u></b></p> <p><b><u>Income less Expenditure</u></b> <b><u>£4376</u></b></p> <hr/> <p><b>plus</b>  <b><u>GENERAL Funds Income</u></b> <b>£</b>  Class (£3pp/class) fees 8692  Fundraising 1855  Donations 1286  £2 Annual Member Fees 231  Bank Interest 539</p> <p><b>General Funds TOTAL <u>£12603</u></b></p> <hr/> <p><b><u>Lottery Fund +General Fund</u></b>  <b><u>TOTAL Income =</u></b> <b><u>£36603</u></b>  <b><u>(£24000 + £12603)</u></b></p> <p><b><u>Bank BALANCE</u></b> <b><u>£16979</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>£16979</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p><b>Inability to obtain funds and/or ability to carry out Fundraising</b></p>

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed)	Para 1.25	<b>CIO Foundation Constitution</b>
How is the charity constituted? (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>Constitution CIO document Safeguarding Adults at Risk Policy Safety first Complaints procedure General Data Protection Regulation (GDPR)</b>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<b>Affiliated to British Heart Foundation Member of Catalyst Stockton Advised by the National Lottery</b>
Relationship with any related parties	Para 1.51	<b>Contact with other cardiac groups and Phase 3 community nurses  Collaboration with local Social Prescribers and Social workers</b>
Other		

## Reference and Administrative details

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

<b>Type of adviser</b>	<b>Name</b>	<b>Address</b>

#### **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	