

Critical Care Support Network

England & Wales · Charity number 1182307

Details

Other names ICUSTEPS CHESTER, CC-SN

Status Registered

Legal form CIO

Registered 2019-03-04

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

Contact

Address The Bluecoat
Upper Northgate Street
Chester
CH1 4EE

Phone 07955848596

Email info@cc-sn.org

Website www.cc-sn.org

Activities

Objects: TO PRESERVE AND PROTECT THE HEALTH AND WELLBEING OF CURRENT AND FORMER CRITICAL CARE PATIENTS , THEIR FAMILY MEMBERS, AND CARERS BY PROVIDING AND ASSISTING IN THE PROVISION OF FACILITIES AND SUPPORT SERVICES, AND THROUGH ENGAGING WITH AND ASSISTING OTHER INDIVIDUALS AND ORGANISATIONS TOWARDS THE SAME AIMS.

Activities: We are a support group for anyone who has experienced critical illness within Intensive Care (ICU). We support former patients and those close to them - all the services and activities we offer are free. We have weekly Drop-In meetings to meet others with similar problems, Exercise sessions to rebuild strength, and Relaxation training to combat stress plus social events - all currently on Zoom

Classification

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

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£32,866	£23,848	-	-
2024-03-31	£18,013	£16,289	-	-
2023-03-31	£7,895	£18,078	-	-
2022-03-31	£21,398	£15,864	-	-
2021-03-31	£10,048	£7,604	-	-

Trustees

Name	Role	Appointed
Miles Gervase Negus-Fancey	Chair	2019-03-04
Elizabeth Hinds		2019-09-03
Joanne Ruffell		2024-06-05
Quentin Nigel Underhill		2019-03-04
Susan Dean		2019-03-04

Critical Care Support Network

England & Wales - Charity number 1182307

Accounts



Registered Charity 1182307
www.cc-sn.org

Trustees' Annual Report & Accounts for the year ended 31 March 2025

Critical Care Support Network is a Charitable Incorporated Organisation, no. 1182307, first registered with the Charity Commission on 4 March 2019.

The charity is registered for Gift Aid with HM Revenue & Customs.

Contact details:

Critical Care Support Network
The Bluecoat
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CHESTER
CH1 4EE

07955 848 955
Email: info@cc-sn.org
Website: www.cc-sn.org

Trustees of the Charity

	Role	Appointed	Resigned
Miles Negus-Fancey	Chair	4 March 2019	
Sue Dean	Treasurer	4 March 2019	
Quentin Underhill		4 March 2019	
Aleta Doran		4 March 2019	31 March 2021
Deborah Graham		8 July 2019	31 August 2021
Elizabeth Hinds		3 September 2019	
Joanne Ruffell		5 June 2024	

Governing Document

Our Constitution is based on the Charity Commission's model governing document for Charitable Incorporated Organisations, Association model, where the members have voting rights.

Charitable Objects – as defined in our Constitution:

To preserve and protect the health and well-being of current and former critical care patients, their family members and carers by providing and assisting in the provision of facilities and support services and through engaging with and assisting other individuals and organisations towards the same aims.

Trustees

In accordance with the Constitution there must be at least 3 Trustees. The maximum number is 12.

Trustees are appointed or re-appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity members.

In appointing trustees, due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law. The Trustees have the authority to delegate day to day running of activities to a Committee of members. Each Committee must have at least one trustee as a member.

This year, two Trustees, Miles Negus-Fancey and Sue Dean, are due to stand for re-election.

Activities

The Trustees of Critical Care Support Network confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Our overriding intention is to help critical care patients and their families make the best possible recovery from their illness.

From April 2020 we have operated almost exclusively on Zoom and found that it has been surprisingly successful.

Our Trustees and Committee meetings have all moved to Zoom and will remain there – we have found it is extremely time effective.

REVIEW OF THE YEAR

Chair – Miles Negus-Fancey

Our group has continued to grow steadily throughout the last year.

We offer regular, immediate and vital support to critical care patients and their families whilst in hospital and, especially, when they return home. For some, recovery from the effects of ICU can bridge months or years of effort.

At a time when the NHS is not able to provide the social and community care needed for meaningful rehabilitation, we have tried to fill the gap with a successful year of patient drop-ins, family member drop-ins, professional exercise and yoga classes, relaxation sessions, creative workshops as a route to mindfulness and social events.

All of this is free of charge to our service users and easily accessible online. We feel we have developed systems that are manageable for anyone and that financial restrictions should not be a barrier to participation in our service structure.

We remain an ex-patient and family led charity offering peer-to-peer support. We have been through (and continue to go through) much of what our members are experiencing. We can talk to them honestly about our own experience and have some insight into the sort of support options they need to help them prepare for a future.

This year, attendance at each session has developed well, even when you consider the usual rotation of our service users. Paradoxically, we measure our success by this turnover. It means that many have returned to 'normal' life and the usual family, work and everyday routines. They have received the support that they personally felt they required, and we have been there for them when needed. And we will be here if they need us again.

We do not see any advantage of moving back to face-to-face meetings and will remain a national online service for the foreseeable future since so many of our members do not reside near Cheshire. Additionally Zoom allows people to attend at a much earlier stage in their recovery.

The sessions are well attended although they are not operating at the limit of their capacity. We would encourage any who joins us to try them out. We understand the self-imposed limitations that restrict our energy levels. We understand how the financial burden of being critically ill can impact a family.

All the work undertaken by the committee and trustees for the charity is on a voluntary basis. We do pay for the professional services of those who run our various classes. Our trainers and instructors give a fantastic standard of service and an amazing level of commitment. We are extremely grateful to Joanne Ruffell and Gareth Tattum for the exercise sessions and Rebecca and Lauren for yoga.

Thank you to Sarah Graaskov and Amanda Tipper for all their work promoting our sessions, the 100 Club, Easy Fundraising, and our annual raffle. They tirelessly send emails out about all our activities.

Beyond the weekly exercise sessions and drop-ins, we hold regular relaxation workshops. Post ICU anxiety, depression and poor sleep hygiene is common amongst families who have had a critical care admission. We are further developing ideas to help combat stress, and also to reduce the sense of social isolation and loss of confidence. We feel that our varied programme of arts and crafts activities meets this goal, as do our social events like bingo and quiz nights. I would like to thank our artists who have run various sessions, Stuart Hughes for bingo, and Peter Blundell who has hosted our quizzes.

We have produced bifold leaflets and posters that reflect the development of the group and the services we offer. Our thanks to Sarah and Stuart for their work on these and to Alderstone Solicitors for financing the printing costs. Thanks too to Phil Dean for his work updating our website in line with our new materials and for making it as user friendly as possible. We understand that our message needs to be short, sharp, and sweet. We can all remember how hard it is to concentrate on information after ICU. Phil has designed the perfect website.

Thanks to Amanda, our social media presence is growing. We have a steady stream of requests for public information packs from NHS Trusts right across the country. Running alongside our weekly virtual sessions, we also have an expanding forum on Facebook, which is monitored daily and is now 2 years old. Thanks to our dedicated admins, which includes Amanda and Sarah. Our Facebook community continues to bloom, thanks to Simon Newton Smith for taking on the bulk of the admin for this service and keeping the members updated with all that is going on.

We have continued to work with the educational team at Countess of Chester Hospital. We strongly believe this can only benefit both patients and staff as they begin to understand the issues faced by critical care patients. Sue Dean and Tony Cotgreave take on the lion's share of this. We were also invited to speak to all ICU staff at COCH as part of a team building exercise, we were told it was well received.

I would also encourage members to get involved in research projects. Not only will your experience be of huge value, but you will also increase awareness of CC-SN. We have strong support from our members and many are involved in the research and steering committees of various projects including Phoenix & the national rehabilitation booklet "Road to Recovery".

A significant challenge for us is funding. Sue has done an amazing job raising funds from grants and she is tirelessly looking at more ambitious funding options.

We are extremely grateful to all of those who have supported us throughout this year. It has enabled us to make a massive difference to the people we are able to support, numerous people have made generous donations or have raised funds in imaginative ways. The details of donors and supporters are in our Financial Report.

The return of the Bartonfest music festival has also given us some welcome funding. We would like to thank the organisers for their wonderful generosity.

Many of our members take on the challenge of the Chester Business Club walk which is around 7miles - this we do in conjunction with Walk4PICs - an international movement to raise awareness of Post Intensive Care Syndrome.

We are always looking for new ideas and our 100 Club is a brilliantly simple way for each of us to make a painless financial contribution to the charity. There is a prize draw each month with the chance to win one of three prizes. Amanda and Sue can give you more information.

Sarah and Sue have created a wonderful monthly newsletter and along with Amanda, they also form the administration team which shares tasks amongst those who would like to help us. This includes organising the annual raffle and any social or special workshops that we may choose to run.

Sadly this year We lost two members, David Wilson and Steve Dyton-Thomas. Their input is very much missed at our meetings. We thank their families for bequeathing us funds on their behalf.

Looking to the future

We plan to maintain our current programme and aim to ensure that anyone who has spent time in ICU, along with their families, knows what support we can offer and how to access it.

Miles Negus-Fancey
Chair

Financial Review Treasurer – Sue Dean

The Charity has no funds which are in deficit.

Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a. to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income;
- b. to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.
- c. The policy was reviewed on 3 February 2025 and the Trustees agreed that in the current economic situation and reflecting our activity levels our Reserves should be increased from £6000 to £9000.
- d. This policy is reviewed annually at the start of the financial year.

Principal Sources of Funding and Outgoings Year Ending 31 March 2025

Income

- We would particularly like to thank everyone who has donated to the Group – a magnificent total of £11283, including the magnificent total of £8000 from Bartonfest.
- We have received 2 grants this year - £9084 from Sport England to run our Exercise sessions and £1000 from Anne, Duchess of Westminster Charitable Trust supporting our Mental Wellness programme. Our sincere thanks to both for their support.

Our members have been actively fundraising for us and we are very grateful for everyone's support and generosity. We would particularly like to thank everyone who took part in or supported the following events:

- Chester Business Club's Sponsored Walk – Stuart Hughes & Margot, Miles Negus-Fancey, Phil Dean, Gary Watts & Julie Dean - raising a total of £611.
- Lucille Golson-Cromack for her walking challenge raising £313.
- Sarah Leighton's school raised a magnificent £618 through a non-uniform day.
- A number of our members have very generously run birthday fundraisers for us on Facebook raising an excellent £226 for our funds.

Each Spring we hold our Annual Prize Draw. This year we raised £1004. Our thanks to everyone who bought or sold tickets and special thanks to Alderstone Solicitors for their donation of £250 of John Lewis vouchers for the first prize. All other prizes were also donated – our thanks to the donors.

Last year we launched our 100 Club – it has continued to grow well and we ended this year with 79 members. 35% of the proceeds, £1597.75, was given out as prizes and 65%, £2967.25, went to Group funds from the 12 draws in this financial year.

Our Money4Nothing campaign grows slowly – there is still much scope for more income without any costs to the donors. We can arrange collection of printer cartridges. Easyfundraising is a painless way of donating when you shop online – we do not see who has shopped or what has been bought. Since the start donations have totalled £858– thanks to everyone who has participated but we have many more members who could sign up in these days of on-line shopping.

We continue to use CAF Donate as our Fundraising platform.

Expenditure

Our total expenditure this year has been £19096. As always, our main expenditure has been a total of £16980 on all the members activities – Exercise, Yoga, Relaxation, and Arts & Crafts. Of the remaining expenditure, £937 covered costs of prizes for members events, raffle tickets and our new pin badge, whilst £801 covered insurance, Zoom, website and emails, phone, stationery and postage.

Looking to the Future

Acknowledging the continuing pressures on the NHS, we believe the demand for our support will continue, whilst the competition for funds will remain strong. We therefore plan to continue and expand our fundraising efforts – our new pin badge of an oak tree (signifying strength, life and endurance) is now available for a donation. We will also continue to apply for grants.

Remuneration of Trustees

In their role as Trustees, all Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Joanne Ruffell joined the Board of Trustees in July 2024 but since August 2020 she has, along with Gareth Tattum, run our Exercise classes, plus Relaxation sessions. Jo is a qualified physiotherapist and has over 25 years' experience as a personal trainer and gym instructor. Jo continues to receive the standard session fee for the classes she teaches. We use her expertise within the Board of Trustees to inform our decisions relating to exercise classes and similar topics.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

Statutory Statements on Liabilities

The Trustees declare that:

- a. The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- b. The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Sue Dean
Treasurer

Receipts & Payments Account for the Financial Year Ended 31-Mar-25

CRITICAL CARE SUPPORT NETWORK



	Current Financial Year, Apr'24-Mar'25				Last Year
	Unrestricted Funds	Designated Funds	Restricted Funds	Total	Total
	£	£	£	£	£
RECEIPTS					
Voluntary Income	11,283			11,283	9,920
Income Generation	6,643			6,643	6,582
Investment Income	16			16	12
Charitable Income	0		10,084	10,084	1,500
Advance Receipts	0			0	0
TOTAL RECEIPTS	17,942		10,084	28,026	18,014
PAYMENTS					
Costs of Generating Funds					
Fundraising	937			937	540
Charitable Trading	0			0	0
Other	378			378	0
Sub-total	1,315	0	0	1,315	540
Charitable Activities					
Specific Projects			0	0	14,812
General Activities	16,980			16,980	0
Sub-total	16,980	0	0	16,980	14,812
Support Costs					
Governance	0			0	0
Administration	801			801	936
Sub-total	801	0	0	801	936
Advance Payments	0			0	0
TOTAL PAYMENTS	19,096	0	0	19,096	16,288
NET RECEIPTS-PAYMENTS	-1,155	0	10,084	8,929	1,726

Movements in Funds for the Financial Year To 31-Mar-25

Cash Assets	Bt'Fwd at 01-Apr-24	Receipts in Period	Payments in Period	Net Transfers in Period	
Cash at Bank & in Hand					
Petty Cash	-1	0	-95	92	-5
Bank Current Account	1,620	28,026	-19,001	-10,126	518
	1,618	28,026	-19,096	-10,034	514
Sundry Debtors (Unreconciled Deposits)	0				0
Sundry Creditors (Unreconciled Payments)	0				0
	0				0
Investment/Deposit Accounts					
Bank, Deposit Account	Bt'Fwd 6,032	Interest 197		Net Transfers 10,034	Cd'Fwd 16,263
Total Cash Assets	7,650				16,776

Allocation of Funds for the Financial Year To 31-Mar-25

Cash Assets	Bt'Fwd at 01-Apr-24	Receipts in Period	Payments in Period	Transfers in Period	Cd'Fwd at 31-Mar-25
Comprising:					
General (Unrestricted) Fund	7,650	17,942	-9,073	0	16,715
Designated Funds	0		0		0
Restricted Funds					
R1- SportEngland 7-24	0	9,084	-9,159		-75
R2- ADWF	0	1,000	-864		136
R4R-	0	0	0		0
R4R-	0	0	0		0
0	0	0	0		0
R6-	0	0	0		0
R7-	0	0	0		0
R8-	0	0	0		0
R9-	0	0	0		0
R10-Rename or delete	0	0	0		0
Total Restricted Funds	0	10,084	-10,023		61
Total Funds	7,650				16,776

Statement of Assets & Liabilities as at 31-Mar-25

	Unrestricted Funds	Designated Funds	Restricted Funds	Total at 31-Mar-25
Cash Assets	16,715		61	16,776
Other Monetary Assets				0
Investments Assets	497			497
Assets Retained for Own Use				0
Liabilities				0

Receipts & Payments Account for the Financial Year Ended 31-Mar-25

CRITICAL CARE SUPPORT NETWORK 100 CLUB

Current Financial Year, Apr'24-Mar'25	Current Financial Year, Apr'24-Mar'25				Last Year
	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total £	Total £
RECEIPTS					
Voluntary Income	4,840			4,840	0
Income Generation	0			0	0
Investment Income	0			0	0
Charitable Income	0		0	0	0
Advance Receipts	0			0	0
TOTAL RECEIPTS	4,840		0	4,840	0
PAYMENTS					
Costs of Generating Funds					
Fundraising	4,752			4,752	0
Charitable Trading	0			0	0
Other	0			0	0
Sub-total	4,752	0	0	4,752	0
Charitable Activities					
Specific Projects			0	0	0
General Activities	0			0	0
Sub-total	0	0	0	0	0
Support Costs					
Governance	0			0	0
Administration	0			0	0
Sub-total	0	0	0	0	0
Advance Payments	0			0	0
TOTAL PAYMENTS	4,752	0	0	4,752	0
NET RECEIPTS-PAYMENTS	88	0	0	88	0

Movements in Funds for the Financial Year To 31-Mar-25

Cash Assets	Bt'Fwd at 01-Apr-24	Receipts in Period	Payments in Period	Net Transfers in Period	
Cash at Bank & in Hand					
Petty Cash	0	0	0	0	0
Bank Current Account	528	4,920	-4,752	0	696
	528	4,920	-4,752	0	696
Sundry Debtors (Unreconciled Deposits)	0				0
Sundry Creditors (Unreconciled Payments)	0				0
	0				0
Investment/Deposit Accounts	Bt'Fwd	Interest		Net Transfers	Cd'Fwd
Bank, Deposit Account	0	0		0	0
Total Cash Assets	528				696

Allocation of Funds for the Financial Year To 31-Mar-25

Cash Assets	Bt'Fwd at 01-Apr-24	Receipts in Period	Payments in Period	Transfers in Period	Cd'Fwd at 31- Mar-25
Comprising:					
General (Unrestricted) Fund	528	4,920	-4,752	0	696
Designated Funds	0	0	0		0
Restricted Funds					
R1-	0	0	0		0
R10-Rename or delete	0	0	0		0
Total Restricted Funds	0	0	0		0
Total Funds	528				696

Statement of Assets & Liabilities as at 31-Mar-25

	Unrestricted Funds	Designated Funds	Restricted Funds	Total at 31-Mar-25
Cash Assets	696	-	-	696
Other Monetary Assets				0
Investments Assets				0
Assets Retained for Own Use				0
Liabilities				0

Note: Assets retained for own use are shown at purchase price. Current (residual) value is unknown.



Section A Independent Examiner's Report

Report to the trustees/ members of

CRITICAL CARE SUPPORT NETWORK

On accounts for the year ended

31st March 2025

Charity no (if any)

1182307

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

K. N. Healy

Date:

19/6/2025

Name:

KEVIN N HEALY

Relevant professional qualification(s) or body (if any):

FCCA, FIIA.

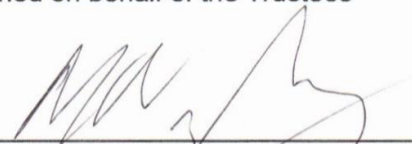
Notes to the Accounts 31 March 2025

- a) Accounting Policies
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities, and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees
No trustee receives any payments for the services they provide to the charity in their role as Trustees.
In the current financial year the charity employed no staff.
- d) Exercise and Yoga classes and similar are taken by qualified trainers who are paid a session fee, they are not employed by the Charity. Any trainers who are also trustees are paid the normal session fee.
- e) Fixed Assets
The charity has not purchased or disposed of any fixed assets in the current financial year;
- f) Creditors & Debtors
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- g) Rounding Discrepancies
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

Approval of the Board of Trustees


The Trustees declare that they approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the Trustees



Miles Negus-Fancey
Chair

Date 19/8/25



Susan Dean
Treasurer

Date 19/8/25

Critical Care Support Network

England & Wales - Charity number 1182307

Accounts



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Quentin Underhill		4 March 2019	
Aleta Doran		4 March 2019	31 March 2021
Deborah Graham		8 July 2019	31 August 2021
Elizabeth Hinds		3 September 2019	

Bank

NatWest Bank,
Eastgate Street
Chester
CH1 1LG

Governing Document

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Charitable Objects – as defined in our Constitution:

To preserve and protect the health and well-being of current and former critical care patients, their family members and carers by providing and assisting in the provision of facilities and support services and through engaging with and assisting other individuals and organisations towards the same aims.

Trustee Selection Methods

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In accordance with the Constitution, Trustees are appointed or re-appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity members.

In appointing trustees, due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

This year, no Trustees are due to stand for re-election.

Activities

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From April 2020 we have operated almost exclusively on Zoom and found that it has been surprisingly successful.

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Chair – Miles Negus-Fancey

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We have continued to offer vital support to critical care patients and their families whilst in hospital and, especially, when they return home.

At a time when the NHS is not able to provide the social and community care needed for meaningful rehabilitation, we have bridged the gap with a successful year of patient drop-ins, family member drop-ins, professional exercise classes, professional yoga classes, relaxation sessions, social events, and arts and crafts as a route to mindfulness.

All of this is free of charge to our service users and easily accessible online. We feel we have developed systems that are manageable for anyone and that financial restrictions should not be a barrier to participation in our service structure.

As an early member of CC-SN, I found participation on all levels of the groups an important tool to regain confidence and life skills after ICU.

We remain a patient and family experience-lead charity offering peer-to-peer support. We have been through what our members and service users are going through. We can talk to them honestly about our own experience and we know the sort of support options they need to help them prepare for a future.

This year, attendance at each session has developed well, even when you consider the usual rotation of our service users. Paradoxically, we measure our success by this turnover. It means that many have returned to 'normal' life and the usual family, work and everyday routines. They have received the support that they personally felt they required, and we have been there for them when needed. And we will be here if they need us again.

We do not see any advantage of moving back to face-to-face meetings and will remain a national online service for the foreseeable future since so many of our members do not reside near Cheshire.

The sessions are well attended although they are not operating at the limit of their capacity. We would encourage any who joins us to try them out, they will remain free at the point of access. We understand how the financial burden of being critically ill can impact a family.

All the work undertaken by the committee and trustees for the charity is on a voluntary basis. We do pay for the professional services of those who run our various classes. Our trainers and instructors give a fantastic standard of service and an amazing level of commitment. We are extremely grateful to Joanne Ruffell and Gareth Tattum for the exercise sessions and Lynn Mooney for yoga.

Thank you to Sarah Graaskov and Amanda Tipper for all their work promoting our sessions, the 100 Club, Easy Fundraising, and our annual raffle. They tirelessly send emails out about all our activities.

Beyond the weekly exercise sessions and drop-ins, we hold regular relaxation workshops. Post ICU anxiety and poor sleep hygiene is common amongst families who have had a critical care admission. We are further developing ideas to help combat stress, and also to reduce the sense of social isolation and loss of confidence. We feel that our varied programme of arts and crafts activities meets this goal, as do our social events like bingo and quiz nights. I would like to thank our artists who have run various sessions, Stuart Hughes for bingo, and everyone who helps with our quizzes.

We have produced bifold leaflets and posters that reflect the development of the group and the services we offer. Our thanks to Sarah and Stuart for their work on these and to Alderstone Solicitors for financing the printing costs. Thanks too to Phil Dean for his work updating our website in line with our new materials and for making it as user friendly as possible. We understand that our message needs to be short, sharp, and sweet. We can all remember how hard it is to concentrate on information after ICU. Phil has designed the perfect website.

Thanks to Amanda, our social media presence is growing. We have a steady stream of requests for public information packs from NHS Trusts right across the country. Running alongside our weekly virtual sessions, we also have an expanding forum on Facebook, which is monitored daily and is now 2 years old. Thanks to our dedicated admins, which includes Simon Newton-Smith, and Amanda and Sarah.

We have continued to work with the educational team at Countess of Chester Hospital. We strongly believe this can only benefit both patients and staff as they begin to understand the issues faced by critical care patients. Sue Dean and Tony Cotgreave take on the lion's share of this.

I would also encourage members to get involved in research projects. Not only will your experience be of huge value, but you will also increase awareness of CC-SN.

Looking to the future

A significant challenge for us is funding. Sue has done an amazing job raising funds from grants and she is tirelessly looking at more ambitious funding options.

We are extremely grateful to all of those who have supported us throughout this year. It has enabled us to make a massive difference to the people we are able to support.

The details of donors and supporters are in our Financial Report.

The return of the Bartonfest music festival has also given us some welcome funding. We would like to thank the organisers for their wonderful generosity.

We are always looking for new ideas and our 100 Club is a brilliantly simple way for each of us to make a painless financial contribution to the charity. There is a prize draw each month with the chance to win one of three prizes. Amanda and Sue can give you more information.

Sarah and Sue have created a wonderful monthly newsletter and along with Amanda, they also form the administration team which shares tasks amongst those who would like to help us. This includes organising the annual raffle and any social or special workshops that we may choose to run.

Another challenge is to encourage our expanding Facebook community to engage with all aspects of the charity. I do believe that 2 years on we are now getting much more 'cross-pollination'. Simon's passion and regular posts on group activities has worn our Facebook followers down!

We hope to collaborate with more Health Authorities over this coming year. Our inclusion in the first national rehabilitation booklet can only be a good thing. Bradford Hospital's excellent new ICU Support Hub website also has direct links to our website. We worked with them during the pandemic.

Our committee will work tirelessly to disseminate information, posters and leaflets for all of our sessions.

We will continue to develop relationships with critical care outreach teams across the country and offer our services as a crucial aid to recovery, once the person is home but also for family members whilst their loved one is in ICU.

We are proud of the dedication and time given by our trustees and committee members. They are all working together to plan for a busy and constructive future. Our trustees have again reviewed the development of the group, we can only see the need for our services continuing and we are therefore working to secure funding to develop further.

We would always consider any sensible proposal that our members would like to put forward. So, please get in touch if you have any ideas or suggestions.

Miles Negus-Fancey
Chair

Financial Review

Treasurer – Sue Dean

Details of any funds materially in Deficit - The Charity has no funds which are materially in deficit.

Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a. to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income;
- b. to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.
- c. Currently the policy is to have £6000 in reserve.
- d. This policy is reviewed annually at the start of the financial year.

Principal Sources of Funding and Outgoings Year Ending 31 March 2024

Income

- We would particularly like to thank everyone who has donated to the Group – a magnificent total of £9920. Special thanks to R J Peel and the Spread Eagles Caravan Club via Simon Newton-Smith who raised £800 for us with matched funding from Barclays Bank; Daxa Patel and HR Results Ltd for £500 and of course, supporting us once again, Bartonfest for £5013.
- We have received 2 grants this year - £500 from Magic Little Grants and £1000 from Anne, Duchess of Westminster, Charitable Trust. Our grateful thanks to both for their support.

Our members have been actively fundraising for us and we are very grateful for everyone's support and generosity. We would particularly like to thank everyone who took part in or supported the following events:

- Chester Business Club's Sponsored Walk – Stuart Hughes, Phil Dean, Mark & Julie Gray, Maria & Kevin Healy - raising a total of £1241
- Reclaiming our Days – our Chair, Miles, undertook to climb the equivalent of Snowden on the climbing wall at the Boardroom Climbing Centre in Deeside and raised £1271 – our thanks to Miles and everyone who sponsored him.
- Zoe Boyd entered the Great North Run and Raised £270 whilst Carla Smith climbed a volcano, Mount Liumuiga, and raised £176.
- A number of our members have very generously run birthday fundraisers for us on Facebook raising an excellent £535 for our funds.

Each Spring we hold our annual Prize Draw. This year we raised £953. Our thanks to everyone who bought or sold tickets and special thanks to Alderstone Solicitors for their donation of £300 of John Lewis vouchers for the first prize. All other prizes were also donated – our thanks to the donors.

This year we launched our 100 Club – the first draw was in July with 47 numbers – we ended the year in March with 68 members in the draw. 35% of the proceeds, £924, was given out as prizes and 65%, £1741, went to Group funds from 9 draws this financial year.

Our Money4|Nothing campaign grows slowly – there is still much scope for more income without any costs to the donors. We can arrange collection of printer cartridges – Alderstone Solicitors are collecting for us now which should give the campaign a boost!

Easyfundraising is a painless way of donating when you shop online – we do not see who has shopped or what has been bought. Since the start donations have totalled £586 – thanks to everyone who has participated but we have many more members who could sign up in these days of on-line shopping.

We continue to use CAF Donate as our Fundraising platform.

Expenditure

Our total expenditure this year has been £16289. As always, our main expenditure has been a total of £14812 on all the members activities – Exercise, Yoga, Relaxation, Crafts. Of the remaining expenditure, £490 covered costs of prizes for members events, raffle tickets and a CCSN Banner, whilst £937 covered insurance, Zoom, website and emails, phone, stationery and postage.

Looking to the Future

Acknowledging the continuing pressures on the NHS, we believe the demand for our support will continue, whilst the competition for funds will remain strong. We therefore plan to continue our fundraising efforts whilst also continuing to apply for grants.

Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

Statutory Statements on Liabilities

The Trustees declare that:

- a. The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- b. The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Sue Dean
Treasurer

Receipts & Payments Account for the Financial Year Ended 31-Mar-24					
CRITICAL CARE SUPPORT NETWORK					
	Current Financial Year, Apr'23-Mar'24				Last Year
	Unrestricted Funds	Designated Funds	Restricted Funds	Total	Total
	£	£	£	£	£
RECEIPTS					
Voluntary Income	9,920			9,920	3,132
Income Generation	6,581			6,581	4,748
Investment Income	12			12	13
Charitable Income	0		1,500	1,500	0
Advance Receipts	0			0	0
TOTAL RECEIPTS	16,513		1,500	18,013	7,893
PAYMENTS					
Costs of Generating Funds					
Fundraising	540			540	490
Charitable Trading	0			0	0
Other	0			0	0
Sub-total	540	0	0	540	490
Charitable Activities					
Specific Projects			0	0	16,917
General Activities	14,812			14,812	0
Sub-total	14,812	0	0	14,812	16,917
Support Costs					
Governance	0			0	0
Administration	937			937	671
Sub-total	937	0	0	937	671
Advance Payments	0			0	0
TOTAL PAYMENTS	16,289	0	0	16,289	18,078
NET RECEIPTS-PAYMENTS	224	0	1,500	1,724	-10,185

Movements in Funds for the Financial Year To 31-Mar-24					
	Bt'Fwd at 01-Apr-23	Receipts in Period	Payments in Period	Net Transfers in Period	
Cash Assets					
Cash at Bank & in Hand					
Petty Cash	7	0	-23	15	-1
Bank Current Account	1,323	18,013	-16,266	-1,450	1,620
	1,329	18,013	-16,289	-1,435	1,618
Sundry Debtors (Unreconciled Deposit)	0				0
Sundry Creditors (Unreconciled Paym)	0				0
	0				0
Investment/Deposit Accounts					
Bank, Deposit Account	4,534	63		1,435	6,032
Total Cash Assets	5,864				7,650

Allocation of Funds for the Financial Year To 31-Mar-24					
	Bt'Fwd at 01-Apr-23	Receipts in Period	Payments in Period	Transfers in Period	Cd'Fwd at 31-Mar-24
Cash Assets					
Comprising:					
General (Unrestricted) Fund	5,864	18,013	-16,289	0	7,650
Designated Funds	0		0		0
Restricted Funds					
R1-	0	0	0		0
R2-	0	0	0		0
R4R-	0	0	0		0
R4R-	0	0	0		0
0	0	0	0		0
R6-	0	0	0		0
R7-	0	0	0		0
R8-	0	0	0		0
R9-	0	0	0		0
R10-Rename or delete	0	0	0		0
Total Restricted Funds	0	0	0		0
Total Funds	5,864				7,650

Statement of Assets & Liabilities as at 31-Mar-24					
	Unrestricted Funds	Designated Funds	Designated Funds	Restricted Funds	Total at 31-Mar-24
Cash Assets	7,650				7,650
Other Monetary Assets					0
Investments Assets	396				396
Assets Retained for Own Use					0
Liabilities					0

Cash, current & deposit bank accounts
Money still to be claimed, eg: Gift Aid
Santander shares
Physical assets - eg: computers, furniture
Commitments not yet paid.

Note: Assets retained for own use are shown at purchase price. Current (residual) value is unknown.

Receipts & Payments Account for the Financial Year Ended 31-Mar-24

CRITICAL CARE SUPPORT NETWORK - 100 CLUB

	Current Financial Year, Apr'23-Mar'24				Last Year
	Unrestricted Funds	Designated Funds	Restricted Funds	Total	Total
	£	£	£	£	£
RECEIPTS					
Voluntary Income	4,026			4,026	0
Income Generation	0			0	0
Investment Income	0			0	0
Charitable Income	0		0	0	0
Advance Receipts	0			0	0
TOTAL RECEIPTS	4,026		0	4,026	0
PAYMENTS					
Costs of Generating Funds					
Fundraising	3,498			3,498	0
Charitable Trading	0			0	0
Other	0			0	0
Sub-total	3,498	0	0	3,498	0
Charitable Activities					
Specific Projects			0	0	0
General Activities	0			0	0
Sub-total	0	0	0	0	0
Support Costs					
Governance	0			0	0
Administration	0			0	0
Sub-total	0	0	0	0	0
Advance Payments	0			0	0
TOTAL PAYMENTS	3,498	0	0	3,498	0
NET RECEIPTS-PAYMENTS	528	0	0	528	0

Movements in Funds for the Financial Year To 31-Mar-24

	Bt'Fwd at 01-Apr-23	Receipts in Period	Payments in Period	Net Transfers in Period	
Cash Assets					
Cash at Bank & in Hand					
Petty Cash	0	0	0	0	0
Bank Current Account	0	4,026	-3,498	0	528
	0	4,026	-3,498	0	528
Sundry Debtors (Unreconciled Deposits)	0				683
Sundry Creditors (Unreconciled Payments)	0				-738
	0				-65
Investment/Deposit Accounts	Bt'Fwd	Interest		Net Transfers	Cd'Fwd
Bank, Deposit Account	0	0		0	0
Total Cash Assets	0				528

Allocation of Funds for the Financial Year To 31-Mar-24

	Bt'Fwd at 01-Apr-23	Receipts in Period	Payments in Period	Transfers in Period	Cd'Fwd at 31-Mar-24
Cash Assets					
Comprising:					
General (Unrestricted) Fund	0	4,026	-3,498	0	528
Designated Funds	0		0		0
Restricted Funds					
R1-	0	0	0		0
R2-	0	0	0		0
R4R-	0	0	0		0
R4R-	0	0	0		0
0	0	0	0		0
R6-	0	0	0		0
R7-	0	0	0		0
R8-	0	0	0		0
R9-	0	0	0		0
R10-Rename or delete	0	0	0		0
Total Restricted Funds	0	0	0		0
Total Funds	0				528

Statement of Assets & Liabilities as at 31-Mar-24

	Unrestricted Funds	Designated Funds	Restricted Funds	Total at 31-Mar-24
Cash Assets	528			528
Other Monetary Assets				0
Investments Assets				0
Assets Retained for Own Use				0
Liabilities				0

Note: Assets retained for own use are shown at purchase price. Current (residual) value is unknown.



Section A Independent Examiner's Report

Report to the trustees/ members of Charity Name CRITICAL CARE SUPPORT NETWORK

On accounts for the year ended 31st MARCH 2024 Charity no (if any) 1182307

Set out on pages (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD/MM/YYYY.

Responsibilities and basis of report As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement [The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
• the accounts did not accord with the accounting records; or
• the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 2/6/2024

Name: KEVIN NIGEL HEALY

Relevant professional qualification(s) or body (if any): FCCA, FIIA


Notes to the Accounts

- a) Accounting Policies
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities, and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees
No trustee receives any payments for the services they provide to the charity. In the current financial year the charity employed no staff.
- d) Exercise and Yoga classes and similar are taken by qualified trainers who are paid a session fee, they are not employed by the Charity.
- e) Fixed Assets
The charity has not purchased or disposed of any fixed assets in the current financial year;
- f) Creditors & Debtors
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- g) Rounding Discrepancies
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

Approval of the Board of Trustees


The Trustees declare that they approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the Trustees



Miles Negus-Fancey
Chair

Date 10/7/24



Susan Dean
Treasurer

Date 10 July 2024

Critical Care Support Network

England & Wales - Charity number 1182307

Accounts



Registered Charity 1182307
www.cc-sn.org

Trustees' Annual Report & Accounts For the year ended 31 March 2023

Critical Care Support Network is a Charitable Incorporated Organisation, no. 1182307, first registered with the Charity Commission on 4 March 2019.

The charity is registered for Gift Aid with HM Revenue & Customs.

Contact details:

Critical Care Support Network
The Bluecoat
Upper Northgate Street
CHESTER
CH1 4EE

07955 848 955

Email: info@cc-sn.org

Website: www.cc-sn.org

Trustees of the Charity

	Role	Appointed	Resigned
Miles Negus-Fancey	Chair	4 March 2019	
Sue Dean	Treasurer	4 March 2019	
Quentin Underhill		4 March 2019	
Aleta Doran		4 March 2019	31 March 2021
Deborah Graham		8 July 2019	31 August 2021
Elizabeth Hinds		3 September 2019	

Bank

NatWest Bank,
Eastgate Street
Chester
CH1 1LG

Governing Document

Our Constitution is based on the Charity Commission's model governing document for Charitable Incorporated Organisations, Association model, where the members have voting rights.

Charitable Objects – as defined in our Constitution:

To preserve and protect the health and well-being of current and former critical care patients, their family members and carers by providing and assisting in the provision of facilities and support services and through engaging with and assisting other individuals and organisations towards the same aims.

Trustee Selection Methods

There must be at least 3 Trustees. The maximum number is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity members.

In appointing trustees, due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Activities

The Trustees of Critical Care Support Network confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Our overriding intention is to help critical care patients and their families make the best possible recovery from their illness.

From April 2020 we have operated almost exclusively on Zoom and found that it has been surprisingly successful.

Our Trustees and Committee meetings have all moved to Zoom and will remain there – we have found it is extremely time effective.

Chair – Miles Negus-Fancey Review of the Year

We have survived the most difficult 12 months imaginable. None of us could have predicted the full impact of the pandemic and it is only now that we are realising the aftermath. Our group has successfully adapted and altered to suit the climate we are experiencing and we will continue to develop accordingly. We are committed to remaining on line for the foreseeable future since so many of our members are not based near to our original base.

Our various sessions have been well attended although they are not operating at the limit of their capacity, we would encourage any who join us to try them out, they remain free at the point of access although, we as a charity pay those that run various sessions. To that end, our trainers & instructors have continued to give a fantastic standard of service for which we are extremely grateful so our thanks to Jo Ruffell and Gareth Tattum for the Exercise sessions, Lynn Mooney for Yoga, Zoe Tucker and Teri Bagnall for the Arts sessions and John Lindley for his Creative Writing workshop.

Please scroll through our website, if you would be interested in trying out any session then contact our admin team which is Sue, Sarah, Amanda. Simon will point you in the right direction if requested on FB.

I have included a list of the average weekly agenda.

- A twice weekly beginners exercise class for newly discharge patients
- A twice weekly Intermediate class for those progressing from beginners
- A weekly 'advanced' class for those who have improved and are planning at least a part time return to work or some aspects of their normal life. Relatives are also welcome.
- Two 'Core Control' classes – beginner and advanced to help build core strength.
- Weekly Gentle Yoga sessions – these are designed to aid mobility and flexibility and are a good way to deal with stress and lessen anxieties.
- Anyone wishing to attend any of our exercise or yoga classes now attends an Induction session – for them to understand what is involved and our trainers to understand their limitations – we have a duty of care to those taking part, and this is slightly more difficult on Zoom.
- We hold regular Relaxation workshops.
- As another option for dealing with stress, and also to combat social isolation we offer a varied programme of arts and crafts activities on Zoom.
- We have run a series of social events – Bingo, Quizzes and Murder Mystery evenings.

We now have new leaflets and posters that reflect the development of the Group – our thanks to Sarah and Stuart for their work on these and to Alderstone Solicitors for sponsoring them and also our striking new T-shirts and tabards. Thanks too to Phil for his work updating our website in line with our new materials.

Thanks to Amanda & Sarah our social media presence is building, we have a steady stream of requests for public information packs from trusts right across the country. Running alongside our weekly virtual sessions, we also have an expanding forum on FB which is monitored daily and is now nearly 1 year old. Thanks to our admins here too.

We have continued our involvement working with the educational team at Countess of Chester Hospital – we strongly believe this can only benefit both patients and staff as they begin to understand the issues faced by critical care patients.

Looking to the future

A significant challenge for us is funding. We are extremely grateful to all of those who have supported us throughout this difficult year – the details of donors and supporters are in the Financial Report.

Although none of the committee or trustees charge for their time and effort, we do have running costs and we pay our trainers for their time & expertise.

We are always looking for new ideas and our 100 club for instance is a brilliantly simple way for each of us to make a painless financial contribution to the charity and there is a prize draw each month.

We feel we have developed systems that are manageable for anyone and that financial restrictions should not be a barrier to participation in our service structure. Sarah Graaskov and Sue Dean have created a wonderful monthly newsletter and along with Amanda, they also formed the nucleus of an administration team which will share tasks amongst those who would like to help us, this includes organising the annual raffle and any social or special workshops that we may choose to run. As an early member of this group, I found participation on all levels of the groups and important tool to regain confidence and life skills after ICU.

Another challenge is to encourage our expanding FB community to engage with all aspects of the charity.

Most importantly we look to expand the catchment area of the group so that we can help as broad a spectrum of people as possible, specifically, we hope to collaborate with more health authorities. Our committee works tirelessly to disseminate information, posters and leaflets for all of our sessions.

We continue to develop relationships with critical care outreach teams across the country and offer our services as a crucial aid to recovery - we see this as an extension of the help offered by the various Trusts complementing the tremendous efforts put in by the critical care teams.

We greatly appreciate the dedication and time given by our Trustees and Committee members who have continued their hard work and are working with us to plan for a busy and constructive future.

Our Trustees have reviewed the development of the Group, we can only see the need for our services continuing and we are therefore working to secure funding to continue and increase our services

Miles Negus-Fancey - Chair

Treasurer – Sue Dean

Financial Review

Details of any funds materially in Deficit - The Charity has no funds which are materially in deficit.

Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a. to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income;
- b. to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.
- c. Currently the policy is to have £6000 in reserve.
- d. This policy is reviewed annually at the start of the financial year.

Principal Sources of Funding and Outgoings Year Ending 31 March 2023

Income

We began the year in a healthy financial situation. However, our total income has fallen to £7895 from £21398 last year, justifying our Reserves policy and reflecting the difficulties everyone has faced due to the pandemic. Grant income in particular has been hard to come by as grants givers focus on the rising cost of living. The grants awarded in this year will be received in the next financial year.

We would particularly like to thank everyone who has donated to the Group, resulting in a total of £2417.

Our members have been actively fundraising for us and we are very grateful for everyone's support and generosity. We would particularly like to thank everyone who took part in or supported the following events:

- **Chester Business Club's Sponsored Walk** – Stuart Hughes, Phil Dean, Mark & Julie Gray, Maria & Kevin Healy raised £1492
- **Ian Hockings Testway Ultra 50** (in support of Daniel Graaskov) £622 In this financial year and £788 in total.

Each Spring we hold our annual Prize Draw. This financial year due to the timing of Easter the proceeds of two Draws fall in these accounts. Our Draw in April 2022 raised £1203 and in April 2023 our Prize Draw raised £1096. Our thanks to everyone who bought or sold tickets and special thanks to Alderstone Solicitors for the donation of £250 of John Lewis vouchers for each first prizes.

We continually review our funding strategy. In view of the current economic climate we are exploring opportunities for income from recycling, and are working with Easyfundraising who make a donation to the Group for any on-line orders with a large number of retailers placed through them.

We continue to use CAF Donate as our Fundraising platform.

Expenditure

Our total expenditure this year has been £18078. Our main expenditure has been a total of £16917 on all the members activities – Exercise, Yoga, Relaxation, Crafts and Social Events. Of the remaining expenditure £490 covered fundraising costs whilst £670 covered insurance, Zoom, stationery and postage

Looking to the Future

We have from the beginning been aware that admission to Critical Care is almost always unplanned and can bring financial difficulties through absence from work and child care issues etc. We therefore plan to maintain our policy of not charging members for our activities, but we very much appreciate our members support through our fundraising activities. These are important, not only for the income they generate, but also in helping to spread the word about our services.

We therefore plan to continue our Annual Prize Draw which funds the basic necessities of Group Administration and our fundraising costs. We ended the year planning the launch of our 100 Club – anyone can join and pay a monthly donation of £5 and is allocated a number which is entered into the draw via a Random Number Generator. 35% of the income is distributed via 3 prizes and the remainder helps to fund the activities of the Group. Amanda is organising this and would be very happy to hear from anyone who would like to join!

Sarah also plans to expand our Money4Nothing campaign by expanding our recycling schemes.

We will of course continue to apply for grant funding to secure and expand our programme of activities.

Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

Statutory Statements on Liabilities

The Trustees declare that:

- a. The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- b. The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.

Sue Dean - Treasurer



Section A Independent Examiner's Report

Report to the trustees/ members of Charity Name
CRITICAL CARE SUPPORT NETWORK CC-SAL

On accounts for the year ended 31st MARCH 2023 Charity no (if any) 1182307

Set out on pages (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement [The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: K. N. Healy Date: 19/5/2023

Name: KEVIN N. HEALY BA.

Relevant professional qualification(s) or body (if any): FCCA
FIIA

Receipts & Payments Account for the Financial Year Ended 31-Mar-23

CRITICAL CARE SUPPORT NETWORK

	Current Financial Year, Apr'22-Mar'23				Last Year
	Unrestricted Funds	Designated Funds	Restricted Funds	Total	Total
RECEIPTS	£	£	£	£	£
Voluntary Income	3,133			3,133	10,152
Income Generation	4,749			4,749	7,998
Investment Income	13			13	0
Charitable Income	0		0	0	3,250
Advance Receipts	0			0	0
TOTAL RECEIPTS	7,895		0	7,895	21,400
PAYMENTS	£	£	£	£	£
Costs of Generating Funds					
Fundraising	490			490	577
Charitable Trading	0			0	0
Other	0			0	0
Sub-total	490	0	0	490	577
Charitable Activities					
Specific Projects			0	0	14,273
General Activities	16,917			16,917	50
Sub-total	16,917	0	0	16,917	14,323
Support Costs					
Governance	0			0	0
Administration	670			670	964
Sub-total	670	0	0	670	964
Advance Payments	0			0	0
TOTAL PAYMENTS	18,078	0	0	18,078	£15,864
NET RECEIPTS-PAYMENTS	-10,183	0	0	-10,183	5,536.00

Movements in Funds for the Financial Year To 31-Mar-23

Cash Assets	Bt'Fwd at 01-Apr-22	Receipts in Period	Payments in Period	Net Transfers in Period	
Cash at Bank & in Hand					
Petty Cash	19	0	-123	111	7
Bank Current Account	9,994	7,895	-17,954	1,389	1,323
	10,013	7,895	-18,078	1,500	1,329
Sundry Debtors (Unreconciled De	0				0
Sundry Creditors (Unreconciled P	0				0
	0				0
Investment/Deposit Accounts	Bt'Fwd	Interest		Net Transfers	Cd'Fwd
Bank, Deposit Account	6,010	25		-1,500	4,534
Cash Assets	16,022				5,864

Allocation of Funds for the Financial Year To 31-Mar-23

Cash Assets	Bt'Fwd at 01-Apr-22	Receipts in Period	Payments in Period	Transfers in Period	Cd'Fwd at 31-Mar-23
Comprising:					
General (Unrestricted) Fu	16,022	7,895	-18,078	0	5,864
Designated Funds	0		0		0
Restricted Funds					
R1-	0	0	0		0
R2-	0	0	0		0
R4R-	0	0	0		0
R4R-	0	0	0		0
0	0	0	0		0
R6-	0	0	0		0
R7-	0	0	0		0
R8-	0	0	0		0
R9-	0	0	0		0
R10-Rename or delete	0	0	0		0
Total Funds	0	0	0		0
Total Funds	16,022				5,864

Statement of Assets & Liabilities as at 31-Mar-23

	Unrestricted Funds	Designated Funds	Designated Funds	Restricted Funds	Total at 31-Mar-23
Cash Assets	5,864				5,864
Other Monetary Assets					0
Investments Assets	378				378
Assets Retained for Own Use					0
Liabilities					0

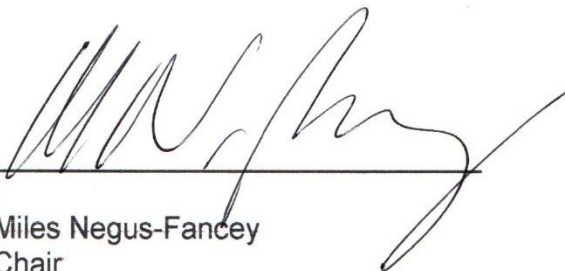
Notes to the Accounts

- a) Accounting Policies
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities. and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees
No trustee receives any payments for the services they provide to the charity. In the current financial year the charity employed no staff.
- d) Exercise and Yoga classes and similar are taken by qualified trainers who are paid a session fee, they are not employed by the Charity.
- e) Fixed Assets
The charity has not purchased or disposed of any fixed assets in the current financial year;
- f) Creditors & Debtors
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- g) Rounding Discrepancies
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.


Approval of the Board of Trustees

The Trustees declare that they approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the Trustees



Miles Negus-Fancey
Chair



Susan Dean
Treasurer

Date 15/7/23

Date 15/7/23

Critical Care Support Network

England & Wales - Charity number 1182307

Accounts



Registered Charity 1182307
www.cc-sn.org

Trustees' Annual Report & Accounts For the year ended 31 March 2022

Critical Care Support Network is a Charitable Incorporated Organisation, no. 1182307, first registered with the Charity Commission on 4 March 2019.

The charity is registered for Gift Aid with HM Revenue & Customs.

Contact details:

Critical Care Support Network
The Bluecoat
Upper Northgate Street
CHESTER
CH1 4EE

07955 848 955

Email: info@cc-sn.org

Website: www.cc-sn.org

Trustees of the Charity

	Role	Appointed	Resigned
Miles Negus-Fancey	Chair	4 March 2019	
Sue Dean	Treasurer	4 March 2019	
Quentin Underhill		4 March 2019	
Aleta Doran		4 March 2019	31 March 2021
Deborah Graham		8 July 2019	31 August 2021
Elizabeth Hinds		3 September 2019	

Bank

NatWest Bank,
Eastgate Street
Chester
CH1 1LG

Governing Document

Our Constitution is based on the Charity Commission's model governing document for Charitable Incorporated Organisations, Association model, where the members have voting rights.

Charitable Objects – as defined in our Constitution:

To preserve and protect the health and well-being of current and former critical care patients, their family members and carers by providing and assisting in the provision of facilities and support services and through engaging with and assisting other individuals and organisations towards the same aims.

Trustee Selection Methods

There must be at least 3 Trustees. The maximum number is 12.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity members.

In appointing trustees, due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Activities

The Trustees of Critical Care Support Network confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Our overriding intention is to help critical care patients and their families make the best possible recovery from their illness.

From April 2020 we have operated almost exclusively on Zoom and found that it has been surprisingly successful.

Our Trustees and Committee meetings have all moved to Zoom and will remain there – we have found it is extremely time effective.

Review of the Year

Our members Drop-In meetings moved to weekly by demand at the start of the pandemic. Zoom means people can attend at an earlier stage in their recovery as they do not have to leave their home. Everyone is at a different stage of recovery and for many recovery is far from an overnight affair – it can take months or even years in some cases. We often have speakers on subject that are interesting or relevant and helpful to our members. We also hold a weekly Relatives Drop-In Meeting. These cover someone having a loved one who is still in ICU, someone who is recently discharged from hospital and recovering at home to someone who was discharged some time ago but is still struggling to regain as much of their former fitness as possible.

We know that a stay in Critical Care almost always causes muscle loss and stress, it can also cause delirium and cognitive dysfunction. It is so often unplanned so causes financial and practical issues for their family. The disruption to their normal life can also cause social isolation. To counter these problems, we now provide free of charge to all our members:

- A twice weekly beginners exercise class for newly discharge patients
- A twice weekly Intermediate class for those progressing from beginners
- A weekly 'advanced' class for those who have improved and are planning at least a part time return to work or some aspects of their normal life. Relatives are also welcome.
- Two 'Core Control' classes – beginner and advanced to help build core strength.
- Weekly Gentle Yoga sessions – these are designed to aid mobility and flexibility and are a good way to deal with stress and lessen anxieties.
- Anyone wishing to attend any of our exercise or yoga classes now attends an induction session – for them to understand what is involved and our trainers to understand their limitations – we have a duty of care to those taking part, and this is slightly more difficult on Zoom.
- We hold regular Relaxation workshops.
- As another option for dealing with stress, and also to combat social isolation we offer a varied programme of arts and crafts activities on Zoom.
- We have run a series of social events – Bingo, Quizzes and Murder Mystery evenings.

The Future

Our Trustees have reviewed the development of the Group, the impact of Covid-19 on the NHS long-term, and on the many patients who are suffering from long Covid. We can only see the need for our services continuing and growing and we are therefore working to secure funding to continue and increase our services

We are extremely grateful to all of those who have supported us throughout this difficult year – the details of donors and grant givers are in the Financial Report. We are so fortunate to have our dedicated trainers who have been a great source of encouragement to our members and have achieved our goal of helping people to make the best possible recovery from critical illness whilst carrying out the sessions exclusively by a virtual format.

We greatly appreciate the time and dedication taken by our Trustees and Committee members who have continued their hard work and are working with us to plan for a busy and constructive future (all of their hard work is undertaken on a voluntary basis too). We are always trying to spread the tasks of the charity amongst the willing and able. We feel we have developed systems that are manageable for anyone and that financial restrictions should not be a barrier to participation in our service structure. Sarah Graaskov and Sue Dean have created a wonderful monthly newsletter and they also form the nucleus of an administration team which will share tasks amongst those who would like to help us, this includes organising the annual raffle and any social or special workshops that we may choose to run. As an early member of this group, I found participation on all levels of the groups and important tool to regain life skills after ICU.

We have continued our involvement working with the educational team at Countess of Chester Hospital – we strongly believe this can only benefit both patients and staff as they begin to understand the issues faced by critical care patients.

We aim to to address the lopsided support offered to patients once they leave hospital by developing relationships with critical care outreach teams across the country and offering our services as a crucial aid to recovery - we see this as an extension of the help offered by the various Trusts complementing the tremendous efforts put in by the critical care teams – stepping in where the NHS inevitably has to stop in these challenging time and not as a replacement.

Financial Review

Details of any funds materially in Deficit

The Charity has no funds which are materially in deficit.

Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a. to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income;
- b. to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.
- c. Currently the policy is to have £6000 in reserve.
- d. This policy is reviewed annually at the start of the financial year.

Principal Sources of Funding and Outgoings Year Ending 31 March 2022

Income

We began the year in a healthy financial situation and thanks to support from many people we end the year with our Group in a strong financial situation. Our total income is £21398. We would particularly like to recognise the following people and organisations:

- The Marjorie Boddy Trust and Severn Trent Water for grants totalling £3250
- Bartonfest for a tremendous donation of £6699
- Donations & Donations in Memory £1895
- Lin Bloor for the donation of Santander shares.

Fundraising has been possible again in the second half of this year and we are very grateful for everyone's support and generosity. We would particularly like to thank everyone who took part in the following events:

- Reclaiming Your Days (which relates to the time spent in ICU) – Daniel Graaskov, Miles Negus-Fancey, Simon Newton Smith, Jennifer Eiles, Arthur Bowling.
- Chester Business Club's Sponsored Walk – Stuart Hughes, Janet Hurley, Phil Dean.
- Tony Cotgreave's Welsh Coastal Path Walk – Tony and his Screwfix colleagues
- Gareth Tattum's Fundraiser
- **In total these events raised £7452.**

We have also been able this year to hold our Annual Prize Draw – this began in February with the draw on 7 April – so full results next year but again very well supported by everyone and special thanks to Birchall Blackburn Law for donating the first prize.

All of the above has allowed us to increase our programme of events and increase our reserves to £6000 from the previous level of £3000, as well as putting us in a healthy position as we start the new year which still has a number of uncertainties in the general economic situation.

Finally, we have been able to claim Gift Aid of £1336.

Expenditure

Our total expenditure this year has been £15864. Our main expenditure has been a total of £14900 on all the members activities – Exercise, Yoga, Relaxation and Social Events. The remaining expenditure of £964 covered insurance, Zoom, stationery and postage

From the time the Group became a registered charity we have used Virgin Money Giving as our fundraising platform – sadly they ceased business in November 2020 and we have now moved to CAF Donate.

Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

Statutory Statements on Liabilities

The Trustees declare that:

- a. The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- b. The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name CRITICAL CARE SUPPORT NETWORK

On accounts for the year ended

31 MARCH 2022 Charity no (if any) 1182307

Set out on pages

1 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 29 May 2022

Name: KEVIN N. HEALY

Relevant professional qualification(s) or body (if any):

FCCA, FIIA

Address:

KOLOSSI, PEN Y PALMANT ROAD
MINEKA, WREXHAM
LL11 3YW

Receipts & Payments Account for the Financial Year Ended 31-Mar-22

CRITICAL CARE SUPPORT NETWORK					
	Current Financial Year, Apr'21-Mar'22				Last Year
	Unrestricted Funds	Designated Funds	Restricted Funds	Total	Total
	£	£	£	£	£
RECEIPTS					
Voluntary Income	10,151			10,151	3,899
Income Generation	7,997			7,997	0
Investment Income	0			0	0
Charitable Income	3,250		0	3,250	6,150
Advance Receipts	0			0	0
TOTAL RECEIPTS	21,398		0	21,398	10,049
PAYMENTS					
Costs of Generating Funds					
Fundraising	577			577	455
Charitable Trading	0			0	0
Other	0			0	0
Sub-total	577	0	0	577	455
Charitable Activities					
Specific Projects			13,510	13,510	656
General Activities	813			813	6,273
Sub-total	813	0	13,510	14,323	6,929
Support Costs					
Governance	0			0	0
Administration	964			964	489
Sub-total	964	0	0	964	489
Advance Payments	0			0	0
TOTAL PAYMENTS	2,354	0	13,510	15,864	7,873
NET RECEIPTS-PAYMENTS	19,044	0	-13,510	5,534	2,176

Movements in Funds for the Financial Year To 31-Mar-22					
	Bt'Fwd at 01-Apr-21	Receipts in Period	Payments in Period	Transfers in Period	
Cash Assets					
Cash at Bank & in Hand					
Petty Cash	19	0	0	0	19
Bank Current Account	7,460	21,398	-15,864	-3,000	9,994
	7,479	21,398	-15,864	-3,000	10,013
Sundry Debtors (Unreconciled Deposits)	0				0
Sundry Creditors (Unreconciled Payments)	0				0
	0				0
Investment/Deposit Accounts	Bt'Fwd	Interest		Net Transfers	Cd'Fwd
Bank, Deposit Account	3,009	0		3,000	6,010
Total Cash Assets	10,488				16,022

Allocation of Funds for the Financial Year To 31-Mar-22					
	Bt'Fwd at 01-Apr-21	Receipts in Period	Payments in Period	Transfers in Period	Cd'Fwd at 31-Mar-22
Cash Assets					
Comprising:					
General (Unrestricted) Fund	9,760	21,398	-15,137	0	16,021
Designated Funds	0		0		0
Restricted Funds					
R1-Mindfulness	0	0	0		0
R2-Exercise classes- Monday	206	0	-200		6
R4R-CW&C Covid 2	490	0	-487		3
R4R- Drop-in Meetings	0	0	0		0
CW&C Zoom	0	0	0		0
R6-Cheshire Community Fund	32	0	-40		-8
R7-Exercise classes - Thursday	0	0	0		0
R8-Yoga- Wednesday	0	0	0		0
R9-Yoga-Saturday	0	0	0		0
R10-Rename or delete	0	0	0		0
Total Restricted Funds	728	0	-727		1
Total Funds	10,488				16,022

Statement of Assets & Liabilities as at 31-Mar-22				
	Unrestricted Funds	Designated Funds	Restricted Funds	Total at 31-Mar-22
Cash Assets	16,021		1	16,022
Other Monetary Assets				0
Investments Assets	336			336
Assets Retained for Own Use				0
Liabilities				0

Note: Assets retained for own use are shown at purchase price. Current (residual) value is unknown.

Notes to the Accounts

- a) Accounting Policies
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities. and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees
No trustee receives any payments for the services they provide to the charity. In the current financial year the charity employed no staff.
- d) Exercise and Yoga classes and similar are taken by qualified trainers who are paid a session fee, they are not employed by the Charity.
- e) Fixed Assets
The charity has not purchased or disposed of any fixed assets in the current financial year;
- f) Creditors & Debtors
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- g) Rounding Discrepancies
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

Approval of the Board of Trustees

The Trustees declare that they approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the Trustees

Miles Negus-Fancey
Chair

Susan Dean
Treasurer

Date 14 July 2022

Date 14 July 2022

Critical Care Support Network

England & Wales - Charity number 1182307

Accounts

Trustees' Annual Report Accounts For the year ended 31 March 2021

ICUsteps Chester is a Charitable Incorporated Organisation, no. 1182307, first registered with the Charity Commission on 4 March 2019.

The charity is registered for Gift Aid with HM Revenue & Customs.

Contact details:

ICUsteps Chester
The Bluecoat
Upper Northgate Street
CHESTER
CH1 4EE

07955 848 955

Email: info.icustepschester@gmail.com

Website: www.icustepschester.org

Trustees of the Charity

	Role	Appointed	Resigned
Miles Negus-Fancey	Chair	4 March 2019	
Sue Dean	Treasurer	4 March 2019	
Quentin Underhill		4 March 2019	
Aleta Doran		4 March 2019	31 March 2021
Deborah Graham		8 July 2019	
Elizabeth Hinds		3 September 2019	

Bank

NatWest Bank,
Eastgate Street
Chester
CH1 1LG

Governing Document

Our Constitution is based on the Charity Commission's model governing document for Charitable Incorporated Organisation Association model, where the members have voting rights.

Charitable Objects – as defined in our Constitution:

To preserve and protect the health and well-being of current and former critical care patients, their family members and carers in Chester and surrounding areas by providing and assisting in the provision of facilities and support services and through engaging with and assisting other individuals and organisations towards the same aims.

Trustee Selection Methods

There must be at least 3 Trustees. The maximum number is 9.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of 3 years by a resolution passed at a properly convened meeting of the Charity members.

In appointing trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Activities

The Trustees of ICUsteps Chester confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

Our overriding intention is to help critical care patients and their families make the best possible recovery from their illness.

From April 2020 we have operated almost exclusively on Zoom and found that it has been surprisingly successful. Many of our members have learnt new IT skills.

Our Trustees and Committee meetings have all moved to Zoom and will remain there – we have found it is extremely time effective.

Our members Drop-In meetings have moved to weekly by demand, Zoom means people can attend at an earlier stage in their recovery as they do not have to leave their home. Everyone is at a different stage of recovery and for many recovery is far from an overnight affair – it can take months or even years in some cases. We often have speakers on subjects that are interesting or relevant and helpful to our members. We also hold a weekly Relatives Drop-In Meeting. These cover someone having a loved one who is still in ICU, someone who is recently discharged from hospital and recovering at home to someone who was discharged some time ago but is still struggling to regain as much of their former fitness as possible.

We have looked to extend the services that we already provided when we held face to face meetings.

We know that a stay in Critical Care almost always causes muscle loss and stress, it can also cause delirium and cognitive dysfunction. It is almost always unplanned so causes financial and practical issues for their family. The disruption to their normal life can also cause social isolation. To counter these problems, we now provide:

- A weekly beginners exercise class for newly discharge patients
- A twice weekly Intermediate class for those progressing from beginners
- A weekly 'advanced' class for those who have improved and are planning at least a part time return to work or some aspects of their normal life.
- We hold weekly Gentle Yoga sessions – these are designed to aid mobility and flexibility and are a good way to deal with stress and lessen anxieties.
- Anyone wishing to attend any of our exercise or yoga classes now attends an induction session – for them to understand what is involved and our trainers to understand their limitations – we have a duty of care to those taking part, and this is slightly more difficult on Zoom.
- We hold regular Relaxation workshops.
- As another option for dealing with stress, and also to combat social isolation we offer arts and crafts activities on Zoom.
- We have run a series of social events – Bingo, Quizzes and Murder Mystery evenings.

The Future

Our Trustees have reviewed the development of the Group, the impact of Covid-19 and the possible future situation for the country as a whole, as far as that is possible.

We are seeing an increasing number of people joining our Group as the impact of Covid-19 is felt, either through the virus directly, or the impact on normal NHS care and services. Our aim is to help as many people as possible – we will look to secure funding to continue and increase our services

We are extremely grateful to those who have supported us through this difficult year – more details in the Financial Report – to our dedicated trainers who have been a great source of encouragement to our members and of course to our Trustees and Committee members who have continued their hard work and are working with us to plan for a busy and constructive future.

Financial Review

Details of any funds materially in Deficit

The Charity has no funds which are materially in deficit.

Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a. to preserve the financial viability of the Charity in the event that unforeseen and/or unavoidable circumstances precipitate a short-term fall in its income;
- b. to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.
- c. Currently the policy is to have £1000 in reserve.
- d. This policy is reviewed annually at the start of the financial year.

Principal Sources of Funding and Outgoings

In March 2020 due to Covid-19 the country went into lockdown and all our plans either had to change or be put on hold.

Income

No fundraising events took place in this financial year. General donations and Donations in Memory totalled £3533 and we were able to reclaim Gift Aid of £365. We are extremely grateful for three grants which allowed us to continue and expand our services this year – two grants totalling £4070 were received from Cheshire West & Chester Covid Response Funds and a grant of £2080 was received from Cheshire Community Foundation.

Expenditure

Our main expenditure has been a total of £6660 on all the activities – Exercise, Yoga, Relaxation and the Bereavement Group. The remaining expenditure covered insurance Zoom, prizes for social events, stationery and postage

Remuneration of Trustees

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

Statutory Statements on Liabilities

The Trustees declare that:

- a. The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);
- b. The charity has no debt outstanding at the date of this statement which is owed by the CIO and which is secured by an express charge on any assets of the CIO.



Section A

Independent Examiner's Report

Report to the trustees/ members of

ICUsteps CHESTER

On accounts for the year ended

31st March 2021

Charity no (if any)

1182307

Set out on pages

(insert number to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

K. W. Healy

Date:

7th May 2021

Name:

K. W. HEALY

Relevant professional qualification(s) or body (if any):

FCCA
FIIA

Address:

KOLOSSI, PEN-Y-PALMANT ROAD
MINERA,
WREXHAM . LL11 3YU

Receipts & Payments Account for the Financial Year Ended 31-Mar-21

ICUsteps CHESTER- Registered charity 1182307

	Current Financial Year, Apr'20-Mar'21				Last Year
	Unrestricted Funds	Designated Funds	Restricted Funds	Total	Total
	£	£	£	£	£
RECEIPTS					
Voluntary Income	3,898			3,898	4,943
Income Generation	0			0	6,177
Investment Income	0			0	0
Charitable Income	0		6,150	6,150	2,834
Advance Receipts	0			0	0
TOTAL RECEIPTS	3,898		6,150	10,048	13,954
PAYMENTS					
Costs of Generating Funds					
Fundraising	455			455	1,554
Charitable Trading	0			0	0
Other	0			0	0
Sub-total	455	0	0	455	1,554
Charitable Activities					
Specific Projects			6,317	6,317	1,054
General Activities	343			343	6,273
Sub-total	343	0	6,317	6,660	7,327
Support Costs					
Governance	0			0	97
Administration	489			489	648
Sub-total	489	0	0	489	745
Advance Payments	0			0	0
TOTAL PAYMENTS	1,287	0	6,317	7,604	9,626
NET RECEIPTS-PAYMENTS	2,612	0	-167	2,445	4,328

Movements in Funds for the Financial Year To 31-Mar-21

	BtFwd at 01-Apr-20	Receipts in Period	Payments in Period	Transfers in Period	
Cash Assets					
Cash at Bank & in Hand					
Petty Cash	19	0	0	0	19
Bank Current Account	7,459	10,048	-10,048	0	7,460
	7,478	10,048	-10,048	0	7,479
Sundry Debtors (Unreconciled Deposits)	0				0
Sundry Creditors (Unreconciled Payments)	-20				0
	-20				0
Investment/Deposit Accounts	BtFwd	Interest		Net Transfers	CdFwd
Bank, Deposit Account	3,008	1		0	3,009
Total Cash Assets	10,466				10,488

Allocation of Funds for the Financial Year To 31-Mar-21

	BtFwd at 01-Apr-20	Receipts in Period	Payments in Period	Transfers in Period	CdFwd at 31-Mar-21
Cash Assets					
Comprising:					
General (Unrestricted) Fund	10,466	2,604	-1,939	0	11,153
Designated Funds	0		0		0
Restricted Funds					
R1-Mindfulness	0	0	0		0
R2-Exercise classes- Monday	0	1,294	-1,088		206
R4R-CW&C Covid 2	0	1,780	-1,290		490
R4R- Drop-in Meetings	0	0	0		0
CW&C Zoom	0	2,290	-2,603		-313
R8-Cheshire Community Fund	0	2,080	-2,048		32
R7-Exercise classes - Thursday	0	0	0		0
R8-Yoga- Wednesday	0	0	0		0
R9-Yoga-Saturday	0	0	-1,080		-1,080
R10-Rename or delete	0	0	0		0
Total Restricted Funds	0	7,444	-8,109		-665
Total Funds	10,466				10,488

Statement of Assets & Liabilities as at 31-Mar-21

	Unrestricted Funds	Designated Funds	Designated Funds	Restricted Funds	Total at 31-Mar-21
Cash Assets	11,153	-		-665	10,488
Other Monetary Assets					0
Investments Assets					0
Assets Retained for Own Use					0
Liabilities					0

Note: Assets retained for own use are shown at purchase price. Current (residual) value is unknown.

Notes to the Accounts

- a) Accounting Policies
The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities. and the charity's own Simple Accounts Spreadsheet.
- b) Reimbursement of Out-of-Pocket Expenses
Out-of-pocket expenses incurred necessarily, reasonably and incidentally in the course the charity's activities are reimbursed at cost.
No Trustees received any reimbursement of out-of-pocket expenses in the financial year.
- c) Salaries & Professional Fees
No trustee receives any payments for the services they provide to the charity. In the current financial year the charity employed no staff.
- d) Exercise and Yoga classes and similar are taken by qualified trainers who are paid a session fee, they are not employed by the Charity.
- e) Fixed Assets
The charity has not purchased or disposed of any fixed assets in the current financial year;
- f) Creditors & Debtors
Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.
- g) Rounding Discrepancies
All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.

Approval of the Board of Trustees

The Trustees declare that they approved the above Annual Report and Statement of Financial Activity.

Signed on behalf of the Trustees

Miles Negus-Fancey
Chair

Susan Dean
Treasurer

Date _____

Date _____