



Registered Charity 1182307  
[www.cc-sn.org](http://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](mailto:info@cc-sn.org)

Website: [www.cc-sn.org](http://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.



# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

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

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(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:

K. N. Healy

Date:

29<sup>th</sup> 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
	£	£	£	£	£
<b>RECEIPTS</b>					
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
<b>TOTAL RECEIPTS</b>	<b>21,398</b>		<b>0</b>	<b>21,398</b>	<b>10,049</b>
<b>PAYMENTS</b>					
Costs of Generating Funds					
Fundraising	577			577	455
Charitable Trading	0			0	0
Other	0			0	0
<b>Sub-total</b>	<b>577</b>	<b>0</b>	<b>0</b>	<b>577</b>	<b>455</b>
Charitable Activities					
Specific Projects			13,510	13,510	656
General Activities	813			813	6,273
<b>Sub-total</b>	<b>813</b>	<b>0</b>	<b>13,510</b>	<b>14,323</b>	<b>6,929</b>
Support Costs					
Governance	0			0	0
Administration	964			964	489
<b>Sub-total</b>	<b>964</b>	<b>0</b>	<b>0</b>	<b>964</b>	<b>489</b>
Advance Payments	0			0	0
<b>TOTAL PAYMENTS</b>	<b>2,354</b>	<b>0</b>	<b>13,510</b>	<b>15,864</b>	<b>7,873</b>
<b>NET RECEIPTS-PAYMENTS</b>	<b>19,044</b>	<b>0</b>	<b>-13,510</b>	<b>5,534</b>	<b>2,176</b>

## Movements in Funds for the Financial Year To 31-Mar-22

Cash Assets	BtFwd at 01-Apr-21	Receipts in Period	Payments in Period	Transfers in Period	
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	BtFwd	Interest		Net Transfers	CdFwd
Bank, Deposit Account	3,009	0		3,000	6,010
<b>Total Cash Assets</b>	<b>10,488</b>				<b>16,022</b>

## Allocation of Funds for the Financial Year To 31-Mar-22

Cash Assets	BtFwd at 01-Apr-21	Receipts in Period	Payments in Period	Transfers in Period	CdFwd at 31-Mar-22
<b>Comprising:</b>					
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
<b>Total Restricted Funds</b>	<b>728</b>	<b>0</b>	<b>-727</b>		<b>1</b>
<b>Total Funds</b>	<b>10,488</b>				<b>16,022</b>

## 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

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Miles Negus-Fancey  
Chair

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Susan Dean  
Treasurer

Date\_\_\_\_14 July 2022\_\_\_\_\_

Date\_\_14 July 2022\_\_\_\_\_