

HEART 2 HEART

England & Wales · Charity number 1182697

Details

Status Registered

Legal form CIO

Registered 2019-03-29

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

Contact

Address 1 Woodstock Court
Woodstock Road
Toton
Nottingham
NG9 6QP

Phone 07895588102

Email h2hgroup@yahoo.com

Website www.h2honline.co.uk

Activities

Objects: TO RELIEVE THE NEEDS OF PEOPLE AFFECTED BY HEART/CARDIAC CONDITIONS AND THEIR FAMILIES/CARERS IN NOTTINGHAMSHIRE, DERBYSHIRE, LEICESTERSHIRE AND SOUTH YORKSHIRE BY :A) THE PROVISION OF A SELF-HELP GROUP TO REDUCE SOCIAL ISOLATION AND INCREASE MENTAL WELLBEING OF THOSE PEOPLE BY COMING TOGETHER TO SHARE EXPERIENCES;B) PROVIDING A SAFE, FRIENDLY AND NON JUDGEMENTAL SPACE IN WHICH PEOPLE CAN SHARE, LISTEN AND BE LISTENED TO;C) RAISING AWARENESS OF CLINICAL TREATMENT, PREVENTION, RECOVERY AND MENTAL WELLBEING RELATED TO CARDIAC CONDITIONS.

Activities: Support of those affected by heart failure in and around the midlands.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Derbyshire
- Leicestershire
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£1,826	£2,059	-	-
2024-04-05	£303	£1,082	-	-
2023-04-05	£382	£391	-	-
2022-04-05	£209	£505	-	-
2021-04-05	£1,347	£493	-	-

Trustees

Name	Role	Appointed
AMY CARNALL		2019-03-29
JACQUELINE ELEANOR BROWNE		2019-03-29
JAIMIE LOUISE SELBY		2019-03-29
RICHARD JAMES CARNALL		2019-03-29

HEART 2 HEART

England & Wales - Charity number 1182697

Accounts

Trustees' Annual Report for the period

		Period start date			Period end date		
From	06	04	2024	To	05	04	2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

1 Woodstock Court	
Woodstock Road	
Toton, Nottingham	
Postcode	NG9 6QP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amy Carnall			
2	Richard Carnall			
3	Jaimie Selby			
4	Jacqueline Browne			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods
(eg. appointed by, elected by)

Every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs of people affected by heart/cardiac conditions and their families/carers in Nottinghamshire, Derbyshire, Leicestershire and South Yorkshire by:

- The provision of a self-help group to reduce social isolation and increase mental wellbeing of those people by coming together to share experiences.
- Providing a safe, friendly and non-judgemental space in which people can share, listen and be listened to.
- Raising awareness of clinical treatment, prevention, recovery and mental wellbeing related to cardiac conditions.

Summary of the main activities undertaken for the public benefit in relation to these objects

In planning activities for the year H2H kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

The main activities are as follows:

- Hosting self-help groups/meetings at least once per month
- Hosting occasional walking groups

The monthly self-help groups benefit those affected by cardiac conditions and their families/carers by providing a safe space to share experiences. Cardiac Nurses are available during these meetings to offer advice about medications, exercise, treatments, etc. and having such valuable knowledge available boosts the morale of the local community attending these groups. We welcome all those who may be suffering and their extended families and carers regardless of faith, gender or personal circumstances.

The walking groups enable those with cardiac conditions to exercise safely with others in similar circumstances. This boosts morale and gives people self-confidence to try some light exercise after a significant cardiac event.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

In April 2024, Heart 2 Heart held a successful fundraiser in memory of a dear group supporter. Enough money was raised to purchase 2 defibrillators – one was presented to the local church where the group meetings are held and the other was presented to the local petrol station, which is situated on a notoriously dangerous crossroads.

Work is still ongoing for the new website and social media campaign to boost group numbers, which are currently static.

Section E

Financial review

Brief statement of the charity's policy on reserves

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Future Plans

In March 2020 we were granted access to the Cardiac wards of local hospitals with the goal of speaking to those in the immediate aftermath of a cardiac event and providing support and knowledge. The Coronavirus pandemic took hold before this could get underway though this is one of our big objectives for the future.

To regain traction on the monthly self-help groups and to attract more attendees. Heart to Heart will be looking to appoint at least one more trustee in the future to get some assistance with advertising the group. We are also in the process of looking at designing a new website, logo and promotional materials.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

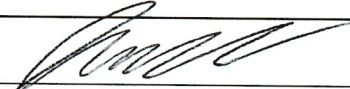
Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

	
AMY CARNALL	
TRUSTEE	

31/01/26



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart 2 Heart	No (if any) 1182697
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CC16a

Receipts and payments accounts

For the period from	Period start date 06/04/2024	To	Period end date 05/04/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Awards for All Grant	-	-	-	-	-
Broxtowe Lotto Donations	21	-	-	21	73
Fundraising - 3 Peaks Challenge	-	-	-	-	-
Donations	200	-	-	200	60
Donations towards April-24 Fundraiser	1,605	-	-	1,605	170
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,826	-	-	1,826	303
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,826	-	-	1,826	303
A3 Payments					
Telephone	132	-	-	132	20
Computer & Website	60	-	-	60	80
Advertising	134	-	-	134	-
Postage & Stationery	-	-	-	-	-
Subsistence (Tea/Coffee etc for Group Meets)	-	-	-	-	-
Cost of Fundraising Event	363	-	-	363	-
Insurance	101	-	-	101	101
Room Hire	59	-	-	59	132
Defibrillator for Rehab Group	1,211	-	-	1,211	750
Sub total	2,059	-	-	2,059	1,082
A4 Asset and investment purchases. (see table)					
Mobile Phone	-	-	-	-	-
Laptop	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,059	-	-	2,059	1,082
Net of receipts/(payments)	- 234	-	-	- 234	- 780
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,057	-	-	1,057	1,837
Cash funds this year end	823	-	-	823	1,057

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	823	-	-
	Petty Cash	-	-	-
		-	-	-
	Total cash funds	823	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

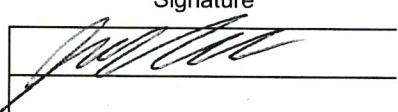
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Mobile Phone		70	-
	Laptop		399	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	AMY CARNALL	31/01/26

HEART 2 HEART

England & Wales - Charity number 1182697

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	06	04	2023	To	05	04	2024

Section A Reference and administration details

Charity name Heart 2 Heart

Other names charity is known by H2H

Registered charity number (if any) 1182697

Charity's principal address

1 Woodstock Court
Woodstock Road
Toton, Nottingham
Postcode NG9 6QP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amy Carnall			
2	Richard Carnall			
3	Jaimie Selby			
4	Jacqueline Browne			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs of people affected by heart/cardiac conditions and their families/carers in Nottinghamshire, Derbyshire, Leicestershire and South Yorkshire by:

- a) The provision of a self-help group to reduce social isolation and increase mental wellbeing of those people by coming together to share experiences.
- b) Providing a safe, friendly and non-judgemental space in which people can share, listen and be listened to.
- c) Raising awareness of clinical treatment, prevention, recovery and mental wellbeing related to cardiac conditions.

Summary of the main activities undertaken for the public benefit in relation to these objects

In planning activities for the year H2H kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

The main activities are as follows:

- Hosting self-help groups/meetings at least once per month
- Hosting occasional walking groups

The monthly self-help groups benefit those affected by cardiac conditions and their families/carers by providing a safe space to share experiences. Cardiac Nurses are available during these meetings to offer advice about medications, exercise, treatments, etc. and having such valuable knowledge available boosts the morale of the local community attending these groups. We welcome all those who may be suffering and their extended families and carers regardless of faith, gender or personal circumstances.

The walking groups enable those with cardiac conditions to exercise safely with others in similar circumstances. This boosts morale and gives people self-confidence to try some light exercise after a significant cardiac event.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

In May 2023 an official handover was hosted for the money raised for a defibrillator for the Cardiac Rehab Group.

Attendance from meetings has slowly picked up throughout the year. Work has commenced on a new website and social media campaign to launch in late 2024.

Following the loss of a dear group supporter, Heart 2 Heart are now organising a local community fundraising event scheduled for April 2024 with the ambition to raise enough funds to purchase a defibrillator for the local church where meetings are held. If successful, there is potential to turn this into an annual event.

Section E

Financial review

Brief statement of the charity's policy on reserves

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Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

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Section F

Other optional information

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To regain traction on the monthly self-help groups and to attract more attendees. Heart to Heart will be looking to appoint at least one more trustee in the future to get some assistance with advertising the group. We are also in the process of looking at designing a new website, logo and promotional materials.


Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

AMY CARNALL	
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Position (eg Secretary, Chair, etc)

TRUSTEE	
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Date

30/01/25



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Heart 2 Heart

No (if any)
1182697

CC16a

Receipts and payments accounts

For the period from	Period start date 06/04/2023	To	Period end date 05/04/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Awards for All Grant	-	-	-	-	-
Broxtowe Lotto Donations	73	-	-	73	151
Fundraising - 3 Peaks Challenge	-	-	-	-	-
Donations	60	-	-	60	231
Donations towards April-24 Fundraiser	170	-	-	170	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	303	-	-	303	382
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	303	-	-	303	382
A3 Payments					
Telephone	20	-	-	20	10
Computer & Website	80	-	-	80	218
Advertising	-	-	-	-	-
Postage & Stationery	-	-	-	-	-
Subsistence (Tea/Coffee etc for Group Meets)	-	-	-	-	-
Cost of Fundraising Event	-	-	-	-	-
Insurance	101	-	-	101	101
Room Hire	132	-	-	132	62
Defibrillator for Rehab Group	750	-	-	750	-
Sub total	1,082	-	-	1,082	391
A4 Asset and investment purchases. (see table)					
Mobile Phone	-	-	-	-	-
Laptop	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,082	-	-	1,082	391
Net of receipts/(payments)	- 780	-	-	- 780	9
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,837	-	-	1,837	1,846
Cash funds this year end	1,057	-	-	1,057	1,837

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	1,057	-	-
	Petty Cash	-	-	-
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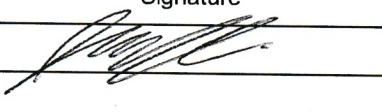
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		-	-	-
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B3 Investment assets			-	-
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			-	-
			-	-

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B4 Assets retained for the charity's own use	Mobile Phone		70	-
	Laptop		399	-
			-	-
			-	-
			-	-
			-	-
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			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name AMY CARNALL	Date of approval 30/01/25
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HEART 2 HEART

England & Wales - Charity number 1182697

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	06	04	2022		05	04	2023

Section A Reference and administration details

Charity name

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Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Following the face-to-face meetings restarting in February 2022, these slowly picked up attendance levels and were moved from a small free room to a larger paid for venue during the year. Attendance is still down from what it was before the Coronavirus pandemic, potentially due to the more vulnerable still being wary about socialising. However, an increase can be seen and projections for the future look positive.

Section E

Financial review

Brief statement of the charity's policy on reserves

£600 is still designated for the purchase of the defibrillator and an official handover to the cardiac rehab group has been scheduled for May 2023.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

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- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Future Plans

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.


Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

	
AMY CARNALL	
TRUSTEE	

01/02/24



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart 2 Heart	No (if any) 1182697
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CC16a

Receipts and payments accounts

For the period from	Period start date 06/04/2022	To	Period end date 05/04/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Awards for All Grant	-	-	-	-	-
Broxtowe Lotto Donations	151	-	-	151	209
Fundraising - 3 Peaks Challenge	-	-	-	-	-
Donations	231	-	-	231	-
Groundwork - Tesco Bags of Help	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	382	-	-	382	209
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	382	-	-	382	209
A3 Payments					
Telephone	10	-	-	10	120
Computer & Website	218	-	-	218	284
Advertising	-	-	-	-	-
Postage & Stationery	-	-	-	-	-
Subsistence (Tea/Coffee etc for Group Meets)	-	-	-	-	-
Cost of Fundraising Event	-	-	-	-	-
Insurance	101	-	-	101	101
Room Hire	62	-	-	62	-
	-	-	-	-	-
Sub total	391	-	-	391	505
A4 Asset and investment purchases, (see table)					
Mobile Phone	-	-	-	-	-
Laptop	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	391	-	-	391	505
Net of receipts/(payments)	9	-	-	9	296
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,846	-	-	1,846	2,142
Cash funds this year end	1,837	-	-	1,837	1,846

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	1,837	-	-
	Petty Cash	-	-	-
		-	-	-
	Total cash funds	1,837	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

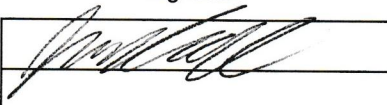
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Mobile Phone		70	-
	Laptop		399	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	AMY CARNALL	01/02/24

HEART 2 HEART

England & Wales - Charity number 1182697

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	06	04	2021		05	04	2022

Section A Reference and administration details

Charity name

Heart 2 Heart

Other names charity is known by

H2H

Registered charity number (if any)

1182697

Charity's principal address

1 Woodstock Court
 Woodstock Road
 Toton, Nottingham
Postcode NG9 6QP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amy Carnall			
2	Richard Carnall			
3	Jaimie Selby			
4	Jacqueline Browne			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs of people affected by heart/cardiac conditions and their families/carers in Nottinghamshire, Derbyshire, Leicestershire and South Yorkshire by:

- a) The provision of a self-help group to reduce social isolation and increase mental wellbeing of those people by coming together to share experiences.
- b) Providing a safe, friendly and non-judgemental space in which people can share, listen and be listened to.
- c) Raising awareness of clinical treatment, prevention, recovery and mental wellbeing related to cardiac conditions.

Summary of the main activities undertaken for the public benefit in relation to these objects

In planning activities for the year H2H kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

The main activities are as follows:

- Hosting self-help groups/meetings at least once per month
- Hosting occasional walking groups

The monthly self-help groups benefit those affected by cardiac conditions and their families/carers by providing a safe space to share experiences. Cardiac Nurses are available during these meetings to offer advice about medications, exercise, treatments, etc. and having such valuable knowledge available boosts the morale of the local community attending these groups. We welcome all those who may be suffering and their extended families and carers regardless of faith, gender or personal circumstances.

The walking groups enable those with cardiac conditions to exercise safely with others in similar circumstances. This boosts morale and gives people self-confidence to try some light exercise after a significant cardiac event.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Unfortunately, lockdowns, restrictions and general uncertainty due to the Coronavirus pandemic stopped face-to-face self-help groups abruptly. Though trustees hosted a small number of online "zoom" meetings during lockdowns to keep in touch with regular attendees, these were moderately well attended.

Face-to-face groups recommenced in February 2022. There were less attendees than before the pandemic, this would be due to those more vulnerable still wary about socialising.

Section E Financial review

Brief statement of the charity's policy on reserves

£600 is still designated for the purchase of the defibrillator, however, due to the ongoing pandemic, we are currently unable to host an official handover to the rehab group. This will be donated in the 2022/23 year.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Future Plans

In March 2020 we were granted access to the Cardiac wards of local hospitals with the goal of speaking to those in the immediate aftermath of a cardiac event and providing support and knowledge. The Coronavirus pandemic took hold before this could get underway though this is one of our big objectives for the future.

To regain traction on the monthly self-help groups and to attract more attendees. Heart to Heart will be looking to appoint at least one more trustee in the future to get some assistance will advertising the group.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

AMY CARNALL

Position (eg Secretary, Chair, etc)

Date

4/2/23



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart 2 Heart	No (if any) 1182697
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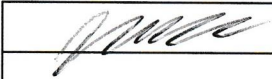
Receipts and payments accounts

For the period from	Period start date 06/04/2021	To	Period end date 05/04/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Awards for All Grant	-	-	-	-	-
Broxtowe Lotto Donations	209	-	-	209	247
Fundraising - 3 Peaks Challenge	-	-	-	-	-
Donations	-	-	-	-	100
Groundwork - Tesco Bags of Help	-	-	-	-	1,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	209	-	-	209	1,347
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	209	-	-	209	1,347
A3 Payments					
Telephone	120	-	-	120	120
Computer & Website	284	-	-	284	272
Advertising	-	-	-	-	-
Postage & Stationery	-	-	-	-	-
Subsistence (Tea/Coffee etc for Group Meets)	-	-	-	-	-
Cost of Fundraising Event	-	-	-	-	-
Insurance	101	-	-	101	101
Room Hire	-	-	-	-	-
	-	-	-	-	-
Sub total	505	-	-	505	493
A4 Asset and investment purchases, (see table)					
Mobile Phone	-	-	-	-	-
Laptop	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	505	-	-	505	493
Net of receipts/(payments)	- 296	-	-	- 296	854
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,142	-	-	2,142	1,315
Cash funds this year end	1,846	-	-	1,846	2,169

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	1,825	-	-
	Petty Cash	21	-	-
		-	-	-
	Total cash funds	1,846	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Mobile Phone		70	-
	Laptop		399	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Amy CARNALL	4.2.23.	

HEART 2 HEART

England & Wales - Charity number 1182697

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date			
From	06	04	2020	To	05	04	2021

Section A Reference and administration details

Charity name Heart 2 Heart

Other names charity is known by H2H

Registered charity number (if any) 1182697

Charity's principal address

1 Woodstock Court
Woodstock Road
Toton, Nottingham
Postcode NG9 6QP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amy Carnall			
2	Richard Carnall			
3	Jaimie Selby			
4	Jacqueline Browne			
5				
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation (CIO)

Trustee selection methods
(eg. appointed by, elected by)

Every trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the needs of people affected by heart/cardiac conditions and their families/carers in Nottinghamshire, Derbyshire, Leicestershire and South Yorkshire by:

- a) The provision of a self-help group to reduce social isolation and increase mental wellbeing of those people by coming together to share experiences.
- b) Providing a safe, friendly and non-judgemental space in which people can share, listen and be listened to.
- c) Raising awareness of clinical treatment, prevention, recovery and mental wellbeing related to cardiac conditions.

Summary of the main activities undertaken for the public benefit in relation to these objects

In planning activities for the year H2H kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

The main activities are as follows:

- Hosting self-help groups/meetings at least once per month
- Hosting occasional walking groups

The monthly self-help groups benefit those affected by cardiac conditions and their families/carers by providing a safe space to share experiences. Cardiac Nurses are available during these meetings to offer advice about medications, exercise, treatments, etc. and having such valuable knowledge available boosts the morale of the local community attending these groups. We welcome all those who may be suffering and their extended families and carers regardless of faith, gender or personal circumstances.

The walking groups enable those with cardiac conditions to exercise safely with others in similar circumstances. This boosts morale and gives people self-confidence to try some light exercise after a significant cardiac event.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Unfortunately, lockdowns, restrictions and general uncertainty due to the Coronavirus pandemic stopped face-to-face self-help groups abruptly. Though trustees hosted a small number of online “zoom” meetings during lockdowns to keep in touch with regular attendees, these were moderately well attended.

The pandemic also put a stop to holding awareness stalls in local supermarkets.

In October 2019, Heart 2 Heart applied to the Tesco “Bags of Help” Groundwork scheme for funding, this was approved for the charity to be put forward in April 2020. Due to the pandemic, this was then postponed. However, Groundwork announced grants to be issued without going through the in-store “vote” and £1,000 was received in March 2021.

Section E

Financial review

Brief statement of the charity's policy on reserves

Cash at bank at 05/04/2020 was £2,142. £600 of this is designated for the purchase of the defibrillator, however, due to the ongoing pandemic, we are currently unable to host an official handover to the rehab group. £1,000 from Groundwork is designated for the restart after the pandemic.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Future Plans

In March 2020 we were granted access to the Cardiac wards of local hospitals with the goal of speaking to those in the immediate aftermath of a cardiac event and providing support and knowledge. The Coronavirus pandemic took hold before this could get underway though this is one of our big objectives for the future.

To restart self-help groups on a monthly basis after the pandemic once restrictions are lifted. Due to the vulnerability of a lot of our attendees, this has not yet been possible, and we are aiming to restart in late spring 2022.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

AMY CARNALL

Position (eg Secretary, Chair, etc)

Date

3/2/22



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heart 2 Heart	No (if any) 1182697
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CC16a

Receipts and payments accounts

For the period from	Period start date 06/04/2020	To	Period end date 05/04/2021
------------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
National Lottery Awards for All Grant	-	-	-	-	3,149
Broxtowe Lotto Donations	247	-	-	247	173
Fundraising - 3 Peaks Challenge	-	-	-	-	722
Donations	100	-	-	100	-
Groundwork - Tesco Bags of Help	1,000	-	-	1,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,347	-	-	1,347	4,044
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,347	-	-	1,347	4,044
A3 Payments					
Telephone	120	-	-	120	111
Computer & Website	272	-	-	272	547
Advertising	-	-	-	-	823
Postage & Stationery	-	-	-	-	78
Subsistence (Tea/Coffee etc for Group Meets)	-	-	-	-	109
Cost of Fundraising Event	-	-	-	-	357
Insurance	101	-	-	101	90
Room Hire	-	-	-	-	118
	-	-	-	-	-
Sub total	493	-	-	493	2,233
A4 Asset and investment purchases, (see table)					
Mobile Phone	-	-	-	-	70
Laptop	-	-	-	-	399
Sub total	-	-	-	-	469
Total payments	493	-	-	493	2,702
Net of receipts/(payments)	854	-	-	854	1,342
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,315	-	-	1,315	-
Cash funds this year end	2,169	-	-	2,169	1,342

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	2,142	-	-
	Petty Cash	27	-	-
		-	-	-
	Total cash funds	2,169	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Mobile Phone		70	-
	Laptop		399	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	AMY CARNALL	3/2/22