



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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| 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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| |
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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

Receipts and payments accounts


CC16a

| For the period from | Period start date | To | Period end date |
|------------------------|-------------------|----|-----------------|
| | 06/04/2020 | | 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 |
| B2 Other monetary assets | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds 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 | 3/2/22 | |