

MEON VALLEY HEARTSTART

England & Wales · Charity number 1190496

Details

Status Registered

Legal form CIO

Registered 2020-07-21

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

Contact

Address Meon Valley Heartstart
c/o 8 EASTWAYS
Bishops Waltham
Southampton
SO32 1EX

Phone 07730148920

Email info@heartstartmeonvalley.co.uk

Website www.heartstartmeonvalley.co.uk

Activities

Objects: 1. TO ADVANCE THE EDUCATION AND PROMOTION OF GOOD PRACTICE IN LIFE SAVING SKILLS AND HOW TO COPE SAFELY IN THE EVENT OF A MEDICAL EMERGENCY UNTIL PROFESSIONAL HELP ARRIVES. THIS WILL BE ACHIEVED THROUGH THE PROVISION OF TRAINING, EQUIPMENT, FACILITIES AND COMMUNICATION FOR THE BENEFIT OF THE GENERAL PUBLIC OF ALL AGES IN THE SOUTH OF ENGLAND. 2. TO ADVANCE THE EDUCATION OF PUPILS AT SCHOOLS AND COLLEGES IN THE SOUTH OF ENGLAND BY PROVIDING TRAINING AND ASSISTING IN THE PROVISION OF EQUIPMENT, NOT REQUIRED TO BE PROVIDED BY THE LOCAL EDUCATION AUTHORITY. THIS INCLUDES GOOD PRACTICE IN LIFE SAVING SKILLS AND HOW TO COPE SAFELY IN THE EVENT OF A MEDICAL EMERGENCY UNTIL PROFESSIONAL HELP ARRIVES.

Activities: To help save lives by training people in emergency life saving (ELS) skills.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Hampshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£11,335	£13,714	-	-
2024-03-31	£17,486	£13,471	-	-
2023-03-31	£10,157	£3,390	-	-
2022-03-31	£5,500	£3,685	-	-
2021-03-31	£1,671	£2,898	-	-

Trustees

Name	Role	Appointed
Adrian Keen		2024-11-01
DAVID WILLIAMSON		2020-07-21
Diane McLean		2020-07-21
Dr Stephen Smallwood		2020-07-21
Gerald Pilkington		2026-04-08
Jayne Gibson		2024-11-01
Roger Freemantle		2020-07-21

MEON VALLEY HEARTSTART

England & Wales - Charity number 1190496

Accounts



Trustees' Annual Report for the period

From 1 Apr 2024 To 31 March 2025

Charity name: Meon Valley Heartstart

Charity registration number: 1190496

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. To advance the education and promotion of good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives. This will be achieved through the provision of training, equipment, facilities and communication for the benefit of the general public of all ages in the South of England.</p> <p>2. To advance the education of pupils at schools and colleges in the South of England by providing training and assisting in the provision of equipment, not required to be provided by the local education authority. This includes good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>1. Creation of on-line training materials in critical life-saving skills</p> <p>2. Running public courses or running courses for community organisations in critical life-saving skills</p> <p>3. Running one-off courses or a regular programme of courses to schools</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees can confirm that the organisation has undertaken all activities with regard to the guidance on public benefit issued by the Charity Commission

Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>In 2024, the organisation trained 5,645 people (4,573 children and 1,072 adults) in critical life saving skills.</p> <p>This brings the total number of people trained since the organisation began to 41,497.</p> <p>If training delivery continues to maintain this pace in the coming years, we will meet our target of training 75,000 people by 2030.</p> <p>This is a significant increase on our 2022 figures (3,986) largely brought about by a renewed focus on our schools programme, driven by our training manager, scheme co-ordinator and our recently recruited schools liaison officer.</p> <p>Although difficult to assess the utilisation of the skills that have been taught, the organisation continues to be made aware of instances where an individual trained by Meon Valley Heartstart has been able to intervene and save a life with the skills attained as result of the training.</p>
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Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>The organisation's finances have improved over the last 12 months as it shood with the addition of a dedicated fundraising lead. An increased level of grant funding has been added to the ongoing public support that the organisation receives. This has allowed significant new expense as we modernise our training capabilities.</p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>The Meon Valley Heartstart organisation do not hold any reserved funds.</p>
<p>Amount of reserves held</p>	<p>Para 1.22</p>	<p>None</p>
<p>Reasons for holding zero reserves</p>	<p>Para 1.22</p>	<p>The organisation has no onging financial commitments. Expenditure such as venue hire are on an as required basis. Any future expenditure will be meet from current funds and future public donations.</p>
<p>Details of fund materially in deficit</p>	<p>Para 1.24</p>	<p>The Meon Valley Heartstart charity has no subsidiary undertakings and do not plan on having any in the future.</p>
<p>Explanation of any uncertainties about the charity continuing as a going concern</p>	<p>Para 1.23</p>	<p>At the annual Meon Valley Heartstart financial review there were no concerns regarding the charities ability to continue to meet it's planned objectives and goals.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Most of the organisation's funds come from public donations and grants from local community organisations.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	No constitutional provisions other than trustee agreement at a general meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	We have recently updated our Health and Safety and Safeguarding procedures as long as creating our diversity and inclusion policy. All documents have been reviewed and agreed by all trustees.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The organisation is made up of a board of trustees (with various roles, see below), trainers and training assistants. Some of the assistants provide support for fundraising and marketing activities.

Relationship with any related parties	Para 1.51	The organisation has previously affiliated to the British Heart Foundation (BHF). In 2021, the BHF decided to withdraw all reference to the Heartstart scheme and remove their official sanctioning of a Heartstart programme. Meon Valley Heartstart have decided to continue (with BHF agreement) with the Heartstart brand but removal all reference to the BHF.
Other		Our current chair, Gary Ford, left early in 2025 and has be replaced.

Reference and Administrative details

Charity name	Meon Valley Heartstart
Other name the charity uses	None
Registered charity number	1190496
Charity's principal address	8 Eastways, Bishops Waltham, Hampshire, SO32 1EX

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	Ursula Nicol	Secretary		
2	David Williamson	Training Manager & Scheme Coordinator		
3	Dr Stephen Smallwood	Scheme Director		
4	Gary Ford	Chair		
5	Roger Freemantle	Treasurer		
6	Justine Greenfield	Technology Officer		
7	Diane McLean	Safeguarding Officer		
8				
9				
10				
11				
12				
13				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

RA Freemantle

Full name(s)

Roger Anthony Freemantle

**Position (eg Secretary,
Chair, etc)**

Treasurer

Date

13 May 2025

MEON VALLEY HEARTSTART

Summary of Accounts Year Ending 31st March 2025

2023/24	INCOME	2024/25	2023/24	EXPENDITURE	2024/25
	Donations	£5,758.64		Travel & Mileage	£1,735.70
	Grants	£750.00		Stationery Post Tele	£160.00
	Collection Boxes	£1,819.13		Training Equipment	£9,850.25
	Credit Card	£680.74		Insurance	£386.28
	Gift Aid HMRC	£253.53		DBS	£90.00
	Web	£426.93		Ink/papePrinting	£141.58
	Miscellaneous	£1,228.00		I T Costs	£881.26
	Auction	£239.85		Polo Shirts	£246.60
	sub total	£11,156.82		Training Supplies	£133.25
	Interest	£178.48		Misc	£90.00
	Total Income	£11,335.30		Total Expenditure	£13,714.92
Balance 1st April 2024			Balance 31st March 2025		
	Current A/C	£6,316.21		Current A/C	£3,758.11
	Deposit A/C	£12,224.13		Deposit A/C	£12,402.61
	Gross Value	£18,540.34		Charity Value	£16,160.72
			Summary		
			Start of Year		£18,540.34
			Income for year		£11,335.30
			Total revenuefor yr		£29,875.64
			Expenditure for year		£13,714.92
			Ring Fenced		-£750.00
			End of Yr Net Value		£15,410.72

Note: £750 is ring fenced for the Soberton Village Defibulator project.

Hon Treasurer

R Freemantle
(R Freemantle)

Date

16th May 2025

Hon Examiner

Alan E Crabb
Alan E Crabb

Date

20/5/2025

MEON VALLEY HEARTSTART

England & Wales - Charity number 1190496

Accounts



Trustees' Annual Report for the period

From 1 Jan 2023 To 31 December 2023

Charity name: Meon Valley Heartstart

Charity registration number: 1190496

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. To advance the education and promotion of good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives. This will be achieved through the provision of training, equipment, facilities and communication for the benefit of the general public of all ages in the South of England.</p> <p>2. To advance the education of pupils at schools and colleges in the South of England by providing training and assisting in the provision of equipment, not required to be provided by the local education authority. This includes good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives.</p>
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Financial Review

<p>Review of the charity's financial position at the end of the period</p>	<p>Para 1.21</p>	<p>The organisation's finances have improved over the last 12 months as it shook off any residual impacts from Covid. With the addition of a dedicated fundraising lead in 2022, an increased level of grant funding has been added to the ongoing public support that the organisation receives. This has allowed significant new expense as we modernise our training capabilities.</p>
<p>Statement explaining the policy for holding reserves stating why they are held</p>	<p>Para 1.22</p>	<p>The Meon Valley Heartstart organisation do not hold any reserved funds.</p>
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network with which the charity works		
Relationship with any related parties	Para 1.51	<p>The organisation has previously affiliated to the British Heart Foundation (BHF). In 2021, the BHF decided to withdraw all reference to the Heartstart scheme and remove their official sanctioning of a Heartstart programme.</p> <p>Meon Valley Heartstart have decided to continue (with BHF agreement) with the Heartstart brand but removal all reference to the BHF.</p>
Other		<p>Our previous Schools Liaison Officer, Gill Cooper, resigned as a trustee in 2023. Her role as a trustee has not been replaced.</p> <p>Our current chair, Gary Ford, will be leaving early in 2024 and will be replaced by Justine Greenfield, our current Technology Officer</p>

Reference and Administrative details

Charity name	Meon Valley Heartstart
Other name the charity uses	None
Registered charity number	1190496
Charity's principal address	8 Eastways, Bishops Waltham, Hampshire, SO32 1EX

Names of the charity trustees who manage the charity

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4	Gary Ford	Chair		
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6	Justine Greenfield	Technology Officer		
7	Diane McLean	Safeguarding Officer		
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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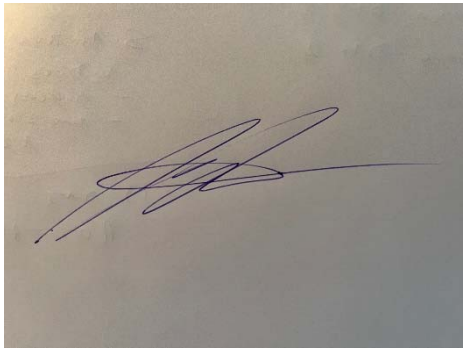
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Gary Peter Ford	
Position (eg Secretary, Chair, etc)	Chair	
Date	8Jan2024	

***Meon Valley Heartstart
Charity Number 1190496***

**Report of the Treasurer
Final Financial Statements
For The Year Ended 31st
March 2024
for
Meon Valley Heartstart
Charity**

Web address www.heartstartmeonvalley.co.uk

Email address info@heartstartmeonvalley.co.uk

Telephone 07730 148920

Meon Valley Heartstart
Financial Statement for the year ending
31st March 2024

Charitable Status: - CIO - FOUNDATION Registered 21 Jul 2020
Charity registration number 1190496

The Meon Valley Heartstart charity has seven trustees.

- Justine Greenfield
- Roger Freemantle
- Diane McLean
- Ursula Nicol
- Stephen Smallwood
- David Williamson

The trustees meet on a regular basis and ensure the charity is operating in accordance with the Governance Document.

The Meon Valley Heartstart Objective is

To advance the education and promotion of good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives. This will be achieved through the provision of training, equipment, facilities and communication for the benefit of the general public of all ages in the south of England. 2. To advance the education of pupils at schools and colleges in the south of England by providing training and assisting in the provision of equipment, not required to be provided by the local education authority. This includes good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives.

Taxation: The charity is exempt from tax on its charitable activities.

Fund accounting: Unrestricted funds can be used in accordance with the charitable objects set out by the governing document at the discretion of the trustees.

The Meon Valley Heartstart is Recognised by HMRC for gift aid.

This charity does not own and/or lease land or property.

Meon Valley Heartstart
Financial Statement for the year ending
31st March 2024

Treasurers' summary.

For the year 2023 / 2024 the charity has seen an increase in most forms of our income. This may only be a little in some cases, but an increase is still an increase towards supporting our services. Donations up 5%, Collection Boxes up 14% and Web Donations up 750% (from a very small start).

See summary of Account Sheet for more details on page 4.

Our expenses on the other hand had decrease very slightly, which I see increasing considerable in the forthcoming year as inflation has taken off.

All of the Meon Valley Heartstart funds are unrestricted.

In the year 2023 / 2024 we have invested in new video which will have an impact on our equity, but we need to invest in the future. Fortunately, we did receive some grants to meet part of the cost of renewing the video which will help elevate the hit on our reserves.

It's thanks to all our instructors and assistants who give their time running and attending courses. They are our main interface to the public, promote our cause and encourage donations.

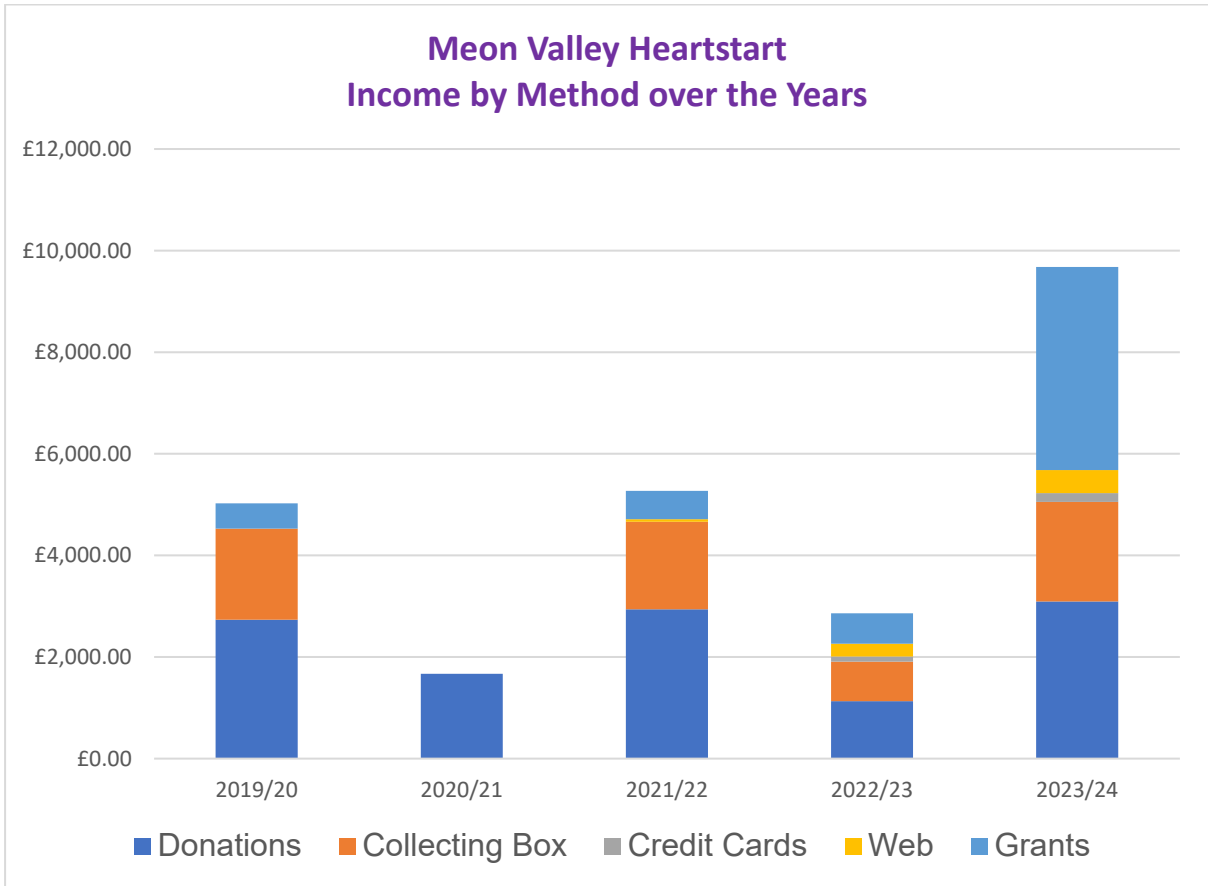
We have a small team of supporters that are attending local fetes and shows and I thank them for the income they generate by various means.

The accounts have been scrutinised by an independent examiner.

Roger

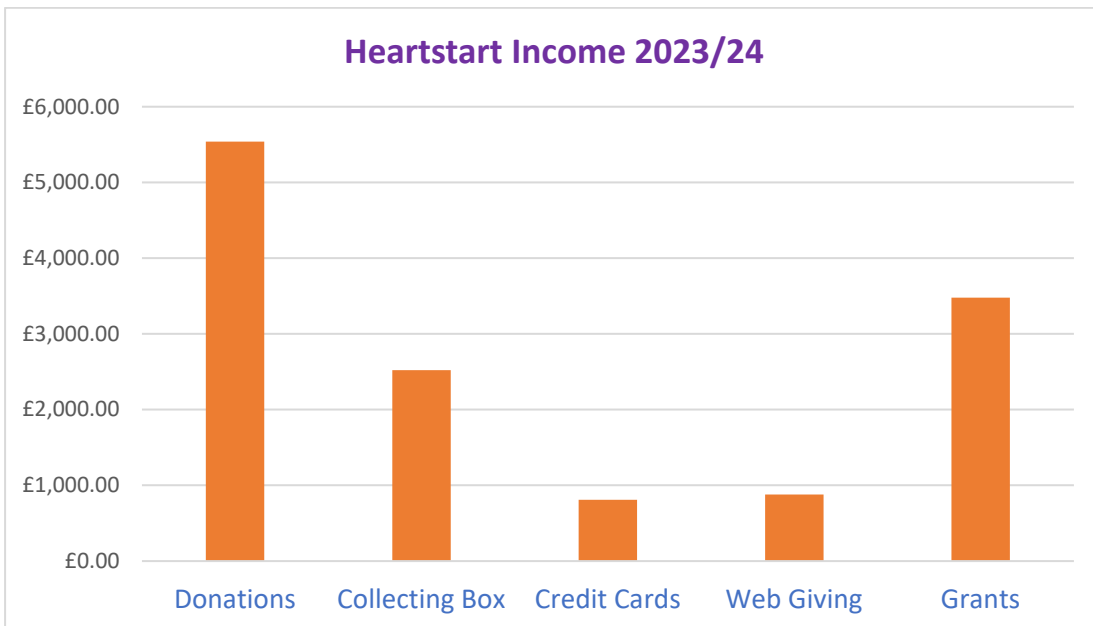
Meon Valley Heartstart
Financial Statement for the year ending
31st March 2024

Chart 1



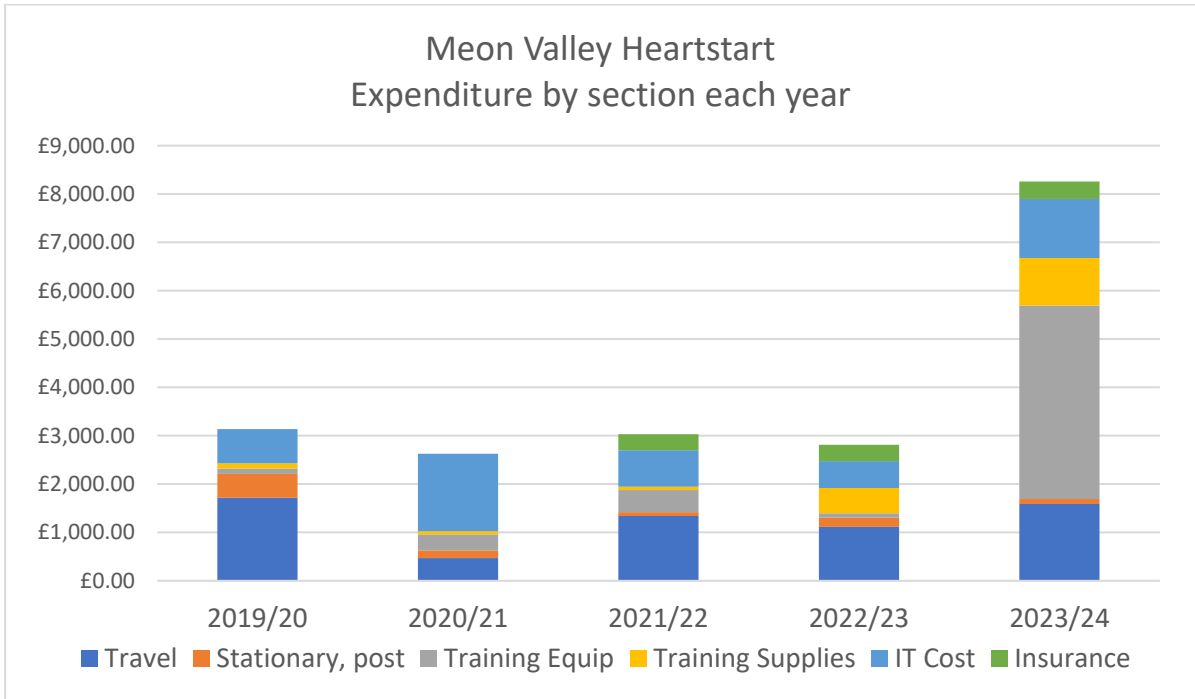
The 2023/24 year has seen an increase in income, mainly due to grants received from various councils. (Light Blue above)

Chart 2



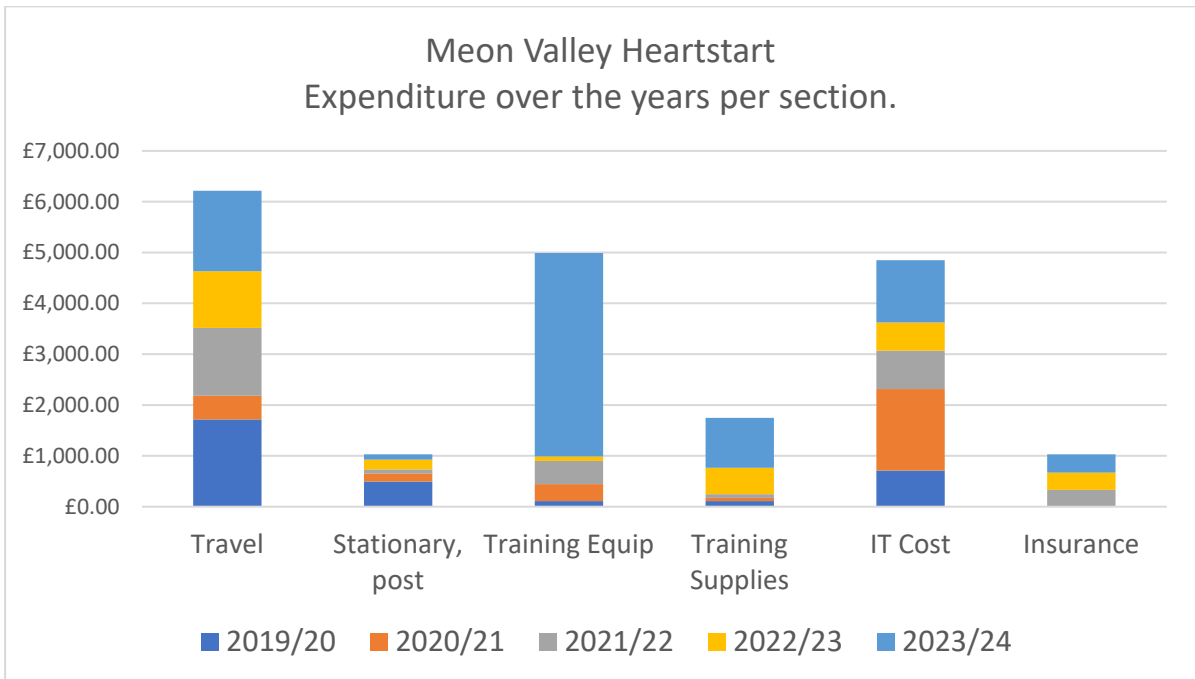
Meon Valley Heartstart
Financial Statement for the year ending
31st March 2024

Chart 3



Most years our expenditure is fairly constant although travel increases with the number of courses undertaken. This is often offset by an increase in donations. For this year, 2023/24, The rather unusual expense on Training Equipment is a reflection in the creation of a new video for our courses.

Chart 4



Travel and IT costs are our main expenditure throughout the years.

How the income was derived from different sources.

MEON VALLEY HEARTSTART CASH BOOK

Income 2023 / 2024

Bank	Donations	Grants	Collection Boxes	C Card donation /Sales	Gift Aid HMRC	Website	Mis	Auction
£17,459.95	£4,678.97	£3,878.00	£2,520.22	£807.21	£251.25	£896.76	£2,516.29	£1,911.25

A Breakdown of our income for the year.

How the money was spent during the year.

MEON VALLEY HEARTSTART

Expenditure 2023 / 2024

Date	CQ No	Bank Total	Travel & Mileage	Stationery Post Tele	Training Equipment	Insurance	DBS	Ink/paper Printing	I T Costs	Polo Shirts	Training Supplies	Misc
		£13,471.84	£1,586.40	£104.53	£8,807.45	£360.00	£85.00	£143.87	£1,223.66	£148.80	£983.63	£28.50

A Breakdown of our expenditure for the year.

MEON VALLEY HEARTSTART
Summary of Accounts
Year Ending 31st March 2024

2022/23	INCOME	2023/24	2022/23	EXPENDITURE	2023/24
£3,093	Donations	£4,678.97	£1,337	Travel & Mileage	£1,586.40
£4,000	Grants	£3,878.00	£78	Stationery Post Tele	£104.53
£1,961	Collection Boxes	£2,520.22	£458	Training Equipment	£8,807.45
£174	Credit Card	£807.21	£330	Insurance	£360.00
£120	Gift Aid HMRC	£251.25	£30	DBS	£85.00
£451	Web	£896.76	£202	Ink/papePrinting	£143.87
£355	Miscellaneous	£2,516.29	£754	I T Costs	£1,223.66
	Auction	£1,911.25	£120	Polo Shirts	£148.80
	sub total	£17,459.95	£70	Training Supplies	£983.63
£2	Interest	£26.46	£303	Misc	£28.50
	Total Income	£17,486.41		Total Expenditure	£13,471.84

Balance 1st April 2023

Balance 31st March 2024

Current A/C	£12,328.10
Deposit A/C	£2,197.67
Gross Value	£14,525.77

Transfere to Deposit account	£10,000.00
Current A/C	£6,316.21
Deposit A/C	£12,224.13
Charity Value	£18,540.34

Summary

Start of Year	£14,525.77
Income for year	£17,486.41
Total revenue for yr	£32,012.18
Expenditure for year	£13,471.84
End of Yr Net Value	£18,540.34

Hon Treasurer

Date

RA Freemantle
 (R Freemantle)

3/6/2024

Hon Examiner

Date

SE Gabb

4/6/2024

A. CRABB

Photo copy of original account statement.

MEON VALLEY HEARTSTART

England & Wales - Charity number 1190496

Accounts



Trustees' Annual Report for the period

From 1 Jan 2022 To 31 December 2022

Charity name: Meon Valley Heartstart

Charity registration number: 1190496

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. To advance the education and promotion of good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives. This will be achieved through the provision of training, equipment, facilities and communication for the benefit of the general public of all ages in the South of England.2. To advance the education of pupils at schools and colleges in the South of England by providing training and assisting in the provision of equipment, not required to be provided by the local education authority. This includes good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ol style="list-style-type: none">1. Creation of on-line training materials in critical life-saving skills2. Running public courses or running courses for community organisations in critical life-saving skills3. Running one-off courses or a regular programme of courses to schools
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees can confirm that the organisation has undertaken all activities with regard to the guidance on public benefit issued by the Charity Commission

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>In 2022, the organisation has trained 3,986 people (3,072 children and 914 adults) in critical life saving skills.</p> <p>This is a decrease on our 2021 figures (5,383) which were possibly boosted by school programmes in catch up from the previous Covid impacted year. It is about 20% under our target of 4,867.</p> <p>The organisation has also been hampered by not have marketing and PR lead in place throughout 2022 as the existing lead has been unable to commit sufficient time to the organisation due to work priorities. A new lead is being actively sought.</p> <p>Although difficult to assess the utilisation of the skills that have been taught, the organisation continues to be made aware of instances where an individual trained by Meon Valley Heartstart has been able to intervene and save a life with the skills attained as result of the training.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	With challenges due to Covid-19 in both 2020 and 2021, the organisation's finances returned to a more healthy position in the last 12 months. The addition of a dedicated fundraising lead and a higher number of adult trainees in 2022 has led to an increase in donations, either via course attendees, the organisation's website, collection boxes or additional fundraising efforts. These have outstripped costs in 2022 leaving an increased surplus cash balance compared to a year ago.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Meon Valley Heartstart organisation do not hold any reserved funds.
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	The organisation has no ongoing financial commitments. Expenditure such as venue hire are on an as required basis. Any future

		expenditure will be met from current funds and future public donations.
Details of fund materially in deficit	Para 1.24	The Meon Valley Heartstart charity has no subsidiary undertakings and do not plan on having any in the future.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	At the annual Meon Valley Heartstart financial review there were no concerns regarding the charities ability to continue to meet it's planned objectives and goals.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Most of the organisation's funds come from public donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	No constitutional provisions other than trustee agreement at a general meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Under review following the change in affiliation to the British Heart Foundation.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The organisation is made up of a board of trustees (with various roles, see below), trainers and training assistants. Some of the assistants provide support for fundraising and marketing activities.
Relationship with any related parties	Para 1.51	<p>The organisation has previously affiliated to the British Heart Foundation (BHF). In 2021, the BHF decided to withdraw all reference to the Heartstart scheme and remove their official sanctioning of a Heartstart programme.</p> <p>Meon Valley Heartstart have decided to continue (with BHF agreement) with the Heartstart brand but removal all reference to the BHF.</p> <p>Meon Valley Heartstart has more recently created a partnership with the Wessex Heartbeat organisation.</p>
Other		

Reference and Administrative details

Charity name	Meon Valley Heartstart
Other name the charity uses	None
Registered charity number	1190496
Charity's principal address	8 Eastways, Bishops Waltham, Hampshire, SO32 1EX

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	Ursula Nicol	Secretary		
2	David Williamson	Training Manager & Scheme Coordinator		

3	Dr Stephen Smallwood	Scheme Director		
4	Gary Ford	Chair		
5	Roger Freemantle	Treasurer		
6	Justine Greenfield	Technology Officer		
7	Diane McLean	Safety Officer		
8	Gill Cooper	Schools Liaison Officer		
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	

Details of arrangements for safe custody and segregation of such assets from the charity's own assets	
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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

Gary Peter Ford

Gary Peter Ford	
-----------------	--

Position (eg Secretary, Chair, etc)

Chair

Chair	
-------	--

Date

9Jan2023

9Jan2023

Meon Valley Heartstart

Charity Number 1190496

**Report of the Treasurer
Final Financial Statements
For The Year Ended 31st
March 2023
for
Meon Valley Heartstart
Charity**

Meon Valley Heartstart
Financial Statement for the year ending
31st March 2023

Charitable Status :- CIO - FOUNDATION Registered 21 Jul 2020
Charity registration number 1190496

The Meon Valley Heartstart charity has eight trustees.

- Gill Cooper
- Gary Ford
- Roger Freemantle
- Justine Greenfield
- Diane McLean
- Ursula Nicol
- Stephen Smallwood
- David Williamson

The trustees meet on a regular basis and ensure the charity is operating in accordance with the Governance Document.

The Meon Valley Heartstart Objective is

To advance the education and promotion of good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives. This will be achieved through the provision of training, equipment, facilities and communication for the benefit of the general public of all ages in the south of England. 2. To advance the education of pupils at schools and colleges in the south of England by providing training and assisting in the provision of equipment, not required to be provided by the local education authority. This includes good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives.

Taxation: The charity is exempt from tax on its charitable activities.

Fund accounting: Unrestricted funds can be used in accordance with the charitable objects set out by the governing document at the discretion of the trustees.

The Meon Valley Heartstart is Recognised by HMRC for gift aid.

This charity does not own and/or lease land or property.

Meon Valley Heartstart
Financial Statement for the year ending
31st March 2023

Treasurers summary.

For the year 2022 / 2023 the charity has seen an increase in most forms of our income. May only be a little in some cases, but an increase is still an increase towards supporting our services. Donations up 5%, Collection Boxes up 14% and Web Donations up 750% (from a very small start).

See summary of Account Sheet for more details on page 4.

Our expenses on the other hand had decrease very slightly, which I see increasing considerable in the forthcoming year as inflation has taken off.

All of the Meon Valley Heartstart funds are unrestricted.

In the year 2023 / 2024 we are investing in new video which will have an impact on our equity, but we need to invest in the future. Fortunately, we are receiving some grants to meet part of the cost of renewing the video which will help elevate the hit on our reserves.

It's thanks to all our instructors and assistants who give their time running and attending courses. They are our main interface to the public, promote our cause and encourage donations.

We have a small team of supporters that are attending local fetes and shows and I thank them for the income they generate by various means.

The accounts have been scrutinised by an independent examiner.

Roger

MEON VALLEY HEARTSTART

Summary of Accounts Year Ending 31st March 2023

2021/22	INCOME	2022/23	2021/22	EXPENDITURE	2022/23
£2,940	Donations	£3,093.38	£1,337	Travel & Mileage	£1,113.54
£555	Grants	£4,000.00	£78	Stationery Post Tele	£192.76
£1,722	Collection Boxes	£1,961.36	£458	Training Equipment	£88.69
	Credit Card	£174.51	£330	Insurance	£340.00
£230	Gift Aid HMRC	£120.04	£30	DBS	£55.00
£53	Web	£451.23	£202	Ink /Printing	£152.39
£0	Miscellaneous	£355.20	£754	I T Costs	£555.18
	sub total	£10,155.72	£120	Polo Shirts	£156.48
	Interest	£2.07	£70	Training Supplies	£522.13
			£303	Misc	£214.00
	Total Income	£10,157.79		Total Expenditure	£3,390.17
Balance 1st April 2022			Balance 31st March 2023		
Current A/C	£5,562.55		Current A/C	£12,328.10	
Deposit A/C	£2,192.88		Deposit A/C	£2,194.95	
		£7,755.43			£14,523.05

Hon Treasurer

RA Freemantle

(R Freemantle)

Date *27 April 2023*

Hon Examiner

A. Crab

Date *15/5/23*

MEON VALLEY HEARTSTART

England & Wales - Charity number 1190496

Accounts



Trustees' Annual Report for the period

From 1 Jan 2021 **To** 31 December 2021

Charity name: Meon Valley Heartstart

Charity registration number: 1190496

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. To advance the education and promotion of good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives. This will be achieved through the provision of training, equipment, facilities and communication for the benefit of the general public of all ages in the South of England.2. To advance the education of pupils at schools and colleges in the South of England by providing training and assisting in the provision of equipment, not required to be provided by the local education authority. This includes good practice in life saving skills and how to cope safely in the event of a medical emergency until professional help arrives.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ol style="list-style-type: none">1. Creation of on-line training materials in critical life-saving skills2. Running public courses or running courses for community organisations in critical life-saving skills3. Running one-off courses or a regular programme of courses to schools
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees can confirm that the organisation has undertaken all activities with regard to the guidance on public benefit issued by the Charity Commission

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	In 2021, the organisation has trained 5,383 people (4,901 children and 482 adults) in critical life saving skills. This is a significant increase on 2020 (badly impacted by Covid-19) and above our annual target of 4,867. Although difficult to assess the utilisation of the skills that have been taught, the organisation is aware of 2 occasions in 2021, where an individual trained by Meon Valley Heartstart has been able to intervene and save a life with the skills attained as result of the training.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The Meon Valley Heartstart organisation reviewed its finances at a management team meeting post financial year end. Over the past twelve months, due to covid restrictions, the teams ability to collect donations at public events was impeaded. The past year was the first in the twentyone years of operation that it recorded a small deficit. To help increase donations a donate button was added to the organisation's web page site. A plan was put in place to investigate the possible use of a credit card reader for collection of donations at future public events.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Meon Valley Heartstart organisation do not hold any reserved funds.
Amount of reserves held	Para 1.22	None
Reasons for holding zero reserves	Para 1.22	The organisation has no onging financial commitments. Expenditure such as venue hire are on an as required basis. Any future expenduture will be meet from current funds and future public donations.
Details of fund materially in deficit	Para 1.24	The Meon Valley Heartstart charity has no subsidiary undertakings and do not plan on having any in the future.
Explanation of any	Para 1.23	At the annual Meon Valley Heartstart

uncertainties about the charity continuing as a going concern		financial review there were no concerns regarding the charities ability to continue to meet it's planned objectives and goals.
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Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Most of the organisation's funds come from public donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	No constitutional provisions other than trustee agreement at a general meeting.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Under review following the change in affiliation to the British Heart Foundation.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The organisation is made up of a board of trustees (with various roles, see below), trainers and training assistants. Some of the assistants provide support for fundraising and marketing activities.
Relationship with any related parties	Para 1.51	The organisation has previously affiliated to the British Heart Foundation (BHF). In 2021, the BHF decided to withdraw all reference to the Heartstart scheme and remove their official sanctioning of a Heartstart programme. Meon Valley Heartstart have decided to continue (with BHF agreement) with the Heartstart brand but removal all reference to the BHF.
Other		

Reference and Administrative details

Charity name	Meon Valley Heartstart
Other name the charity uses	None
Registered charity number	1190496
Charity's principal address	8 Eastways, Bishops Waltham, Hampshire, SO32 1EX

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	Ursula Nicol	Secretary		
2	David Williamson	Training Manager		
3	Dr Stephen Smallwood	Medical Officer		

4	Gary Ford	Chair		
5	Roger Freemantle	Treasurer		
6	Justine Greenfield	Technology Officer		
7	Diane McLean	Safety Officer		
8	Gill Cooper	Schools Liaison Officer		
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Corporate trustees - names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	

Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

Gary Peter Ford	
-----------------	--

Position (eg
Secretary, Chair, etc)

Chair	
-------	--

Date

11Jan2022

MEON VALLEY HEARTSTART

ROGER FREEMANTLE

Financial Summary for year

1st April 2021 – 31st March 2022

1 Malvern Close

Bishops Waltham

Hampshire

SO32 1AY

014 8989 4950

30th June 2022

The year has shown a better result than we have had for the previous two years during the Covid epidemic. These two years saw us providing education through the internet with very little face to face contact and as a consequence our donations were very limited.

With the return of face to face training, donations into our collection tins at courses and directly via bank transfer, online gifts and cheques much improved our income.

As well as donations just mentioned, we received a grant from Winchester City Council towards updating equipment and IT costs.

There were no fund raising events during this financial year.

MEON VALLEY HEARTSTART

Summary of Accounts Year Ending 31st March 2022

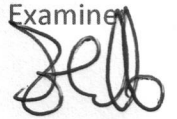
2021	INCOME	2022	2021	EXPENDITURE	2022
£1,670	Donations	£2,940.68	£467	Travel & Mileage	£1,337.00
	Fund Raising	£0.00	£160	Stationery Post Tele	£79.99
	Grants	£555.00	£333	Training Equipment	£458.59
	Collction Boxes	£1,721.95		Insurance	£330.00
	Gift Aid HMRC	£230.02	£30	DBS	£30.00
	Web	£53.05	£106	Ink /Printing	£201.72
	sub total	£5,500.70	£1,604	I T Costs	£754.10
			£34	Polo Shirts	£120.00
£4	Interest	£0.20	£65	Training Supplies	£69.79
				Misc	£303.79
	Total Income	£5,500.90		Total Expenditure	£3,684.98
Balance 1st April 2021			Balance 31st March 2022		
	Current A/C	£3,746.83		Current A/C	£5,562.55
	Deposit A/C	£2,192.68		Deposit A/C	£2,192.88
		£5,939.51			£7,755.43

Hon Treasurer


(R Freemantle)

Date 26th April 2022

Hon Examiner


A E Crabb

Date 13/5/22

MEON VALLEY HEARTSTART				CASH BOOK						
Income 2021 / 2022										
Date	Bank	Donations	Fund Raising	Grants	Collection Boxes	Gift Aid HMRC	Website	Interest	source	
07 Apr 21	£24.01	£24.01							Vic Short donation £25	
19 Apr 21	£97.23	£97.23							multi web donations	
04 May 21	£24.25	£24.25							George Gray donation £25	
20 May 21	£19.17	£19.17							Chris Lucas donation £20	
24 May 21	£31.27					£31.27			HMRC	
15 Jun 21	£86.25					£86.25			HMRC	
28 Jun 21	£60.00			£60.00					PCC Ecclesi	
07 Jun 21								£0.05	savings account	
01 Jul 21	£2.50					£2.50			HMRC	
09 Jul 21	£9.48	£9.48							Marc Harder donation £10	
13 Jul 21	£100.00	£100.00							Wilton House	
15 Jul 21	£230.50				£230.50				Collection Boxes	
16 Sep 21	£6.25					£6.25			HMRC	
06 Sep 21								£0.05	savings account	
20 Sep 21	£24.25	£24.25							Beverly Lambert donate £25	
30 Sep 21	£6.25					£6.25			HMRC	
01 Oct 21	£90.00	£90.00							cheques	
01 Oct 21	£25.85	£25.85							Janis Romer	
01 Oct 21	£54.76				£54.76				Collection Boxes	
									Daniel Stanley donated £25	
04 Oct 21	£48.41	£48.41							People's Fundraising	
06 Oct 21	£32.50					£32.50			HMRC	
07 Oct 21	£6.25					£6.25			HMRC	
08 Oct 21	£6.25					£6.25			HMRC	
19 Oct 21	£48.65	£48.65							On line giving	
19 Oct 21	£344.75				£344.75				Collection Boxes	

Income 2021 / 2022										
Date	Bank		Donations	Fund Raising	Grants	Collection Boxes	Gift Aid HMRC	Website	Interest	source
21 Oct 21	£6.25						£6.25			HMRC
22 Oct 21	£300.00		£300.00							Hannah Ettridge
02 Nov 21	£100.00		£100.00							
03 Nov 21	£25.00		£25.00							NORTHAMPTON LPC
05 Nov 21	£58.28		£58.28							People's Fundraising
05 Nov 21	£8.75						£8.75			HMRC
06 Nov 21	£6.25						£6.25			HMRC
11 Nov 21	£2.50						£2.50			HMRC
12 Nov 21	£3.75						£3.75			HMRC
17 Nov 21	£6.25						£6.25			HMRC
01 Nov 21	£270.00					£270.00				Collection Boxes
19 Nov 21	£72.25		£72.25							People's Fundraising
24 Nov 21	£245.70					£245.70				Boxes
08 Dec 21	£250.00		£250.00						£0.05	Wickham Community
23 Dec 21	£120.00		£120.00							Village Practice BGC
31 Dec 21	£215.60					£215.60				Collection Boxes
31 Dec 21	£5.01		£5.01							Janis Romer
06 Jan 22	£0.98		£0.98							Card Readers Test
14 Jan 22	£0.98		£0.98							Card Readers Test
18 Jan 22	£2.94		£2.94							Card Readers Test
26 Jan 22	£100.00		£100.00							Chatterbox
26 Jan 22	£75.00		£75.00							Parade Community Preschool
26 Jan 22	£36.00		£36.00							
27 Jan 22	£3.75						£3.75			Gift Aid
27 Jan 22	£150.00		£150.00							Arbour Dental
28 Jan 22	£50.00		£50.00							Wessex Cardiac Heartbeat
03 Feb 22	£600.00		£600.00							Hound Parish Council
04 Feb 22	£14.51							£14.51		Donation Button
04 Feb 22	£495.00				£495.00					Winchester City Council

Income 2021 / 2022										
Date	Bank		Donations	Fund Raising	Grants	Collection Boxes	Gift Aid HMRC	Website	Interest	source
21 Feb 22	£4.82							£4.82		Donation Button
21 Feb 22	£80.00		£80.00							New Forest Rotary
02 Mar 22	£360.64					£360.64				Collection boxes
04 Mar 22	£24.01							£24.01		On line giving
07 Mar 22	£100.00		£100.00						£0.05	Romsey Golf Club
09 Mar 22	£100.00		£100.00							New Forest Rotary
16.3.22	£2.50						£2.50			Gift Aid
21 Mar 21	£9.71							£9.71		Donation Button
22 Mar 22	£0.98		£0.98							Card Readers Test
28 Mar 22	£100.00		£100.00							BW Scout Group
31 Mar 22	£1.96		£1.96							Roger Card Reader Test
31 Mar 22	£12.50						£12.50			HMRC
31 Mar 22	£100.00		£100.00							County Bowling Club
	£5,500.70		£2,940.68	£0.00	£555.00	£1,721.95	£230.02	£53.05		£5,500.70
									£0.20	

MEON VALLEY HEARTSTART															
Expenditure 2021 / 2022															
	Date	CQ no	Bank		Travel & Mileage	Stationery Post Tele	Training Equipment	Insurance	DBS	Ink / Printing	I T Costs	Polo Shirts	Training Supplies	Misc	Expenditure 2021/2022
			Total	claimant											
7	07 Apr 21		£65.07	D Williamson	£39.60	£15.00				£10.47					£65.07
8	13 Apr 21		£19.99	U Nicol		£19.99									£19.99
9	07 Jun 21		£321.45	J Greenfield							£321.45				£321.45
10	19 Jun 21		£330.00	Hyde Insurance				£330.00							£330.00
11	24 Jun 21		£45.00	Church Hall										£45.00	£45.00
12	11 Jul 21		£455.72	D Williamson	£187.20	£15.00				£36.47	£112.65	£98.40	£6.00		£455.72
13	11 Jul 21		£97.20	Roy Bayntun	£97.20										£97.20
14	26 Jul 21		£47.70	G Pilkington	£47.70										£47.70
15	17 Aug 21		£15.00	Hall Hire										£15.00	£15.00
16	23 Aug 21		£195.30	S Smallwood	£195.30										£195.30
17	17 Sep 21		£15.00	Hall Hire										£15.00	£15.00
18	27 Sep 21		£140.00	J Greenfield							£140.00				£140.00
19	03 Oct 21		£129.60	Solent Design			£129.60								£129.60
20	04 Oct 21		£15.00	Hall Hire										£15.00	£15.00
21	10 Oct 22		£20.00	Community 1st					£20.00						£20.00
22	18 Oct 21		£389.68	D Williamson	£304.20	£15.00				£25.97		£21.60	£22.91		£389.68
23	01 Nov 21		£73.84	J Greenfield						£73.84					£73.84
24	02 Dec 21		£80.00	J Greenfield							£80.00				£80.00
25	06 Dec 21		£53.10	Roy Bayntun	£53.10										£53.10
26	09 Dec 21		£126.45	Janice Romer	£126.45										£126.45
27	29 Dec 21		£294.80	D Williamson	£198.95	£15.00				£54.97			£25.88		£294.80
28	15 Jan 22		£275.00	Marcus Way Video			£275.00								£275.00
29	31 Jan 22		£100.00	J Greenfield							£100.00				£100.00
30	03 Feb 22		£77.40	S Smallwood	£77.40										£77.40
31	03 Feb 22		£9.90	D Mclean	£9.90										£9.90
32	21 Feb 22		£197.79	R Freemantle										£197.79	£197.79
33	25 Feb 22		£53.99	Speakers			£53.99								£53.99
34	28 Feb 22		£16.00	Hall hire										£16.00	£16.00
35	28 Mar 22		£10.00	Communbity First					£10.00						£10.00
36	14 Mar 22		£15.00	Batteries									£15.00		£15.00
37	29 Mar 22		£10.00	Community 1st					£10.00						£10.00
			£3,694.98	Year to date	£1,337.00	£79.99	£458.59	£330.00	£40.00	£201.72	£754.10	£120.00	£69.79	£303.79	£3,694.98
	Balance c/f														
	31 Mar 20	current	£4,302.60												
	31 Mar 20	premium	£2,189.83												
			£10,187.41												