



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	<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	
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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20				

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)

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Full name(s)

Gary Peter Ford

Gary Peter Ford	
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Position (eg Secretary,  
Chair, etc)

Chair

Chair	
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Date

9Jan2023

9Jan2023
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**Report of the Treasurer  
Final Financial Statements  
For The Year Ended 31<sup>st</sup>  
March 2023  
for  
Meon Valley Heartstart  
Charity**

Meon Valley Heartstart  
Financial Statement for the year ending  
31<sup>st</sup> 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  
31<sup>st</sup> 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	Donationss	£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
	<b>sub total</b>	<b>£10,155.72</b>	£120	Polo Shirts	£156.48
	Interest	£2.07	£70	Training Supplies	£522.13
			£303	Misc	£214.00
	<b>Total Income</b>	<b>£10,157.79</b>		<b>Total Expenditure</b>	<b>£3,390.17</b>
Balance 1st April 2022			Balance 31st March 2023		
Current A/C	<b>£5,562.55</b>		Current A/C	<b>£12,328.10</b>	
Deposit A/C	<b>£2,192.88</b>		Deposit A/C	<b>£2,194.95</b>	
		<b>£7,755.43</b>			<b>£14,523.05</b>

Hon Treasurer

*RA Freemantle*

(R Freemantle)

Date *27 April 2023*

Hon Examiner

*bell*

*A. Crab*

Date *15/5/23*