



CHARITY COMMISSION
FOR ENGLAND AND WALES

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>
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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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 2023, 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

Review of the charity's financial position at the end of the period	Para 1.21	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.
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 charity's ability to continue to meet its 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 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	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.

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

	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

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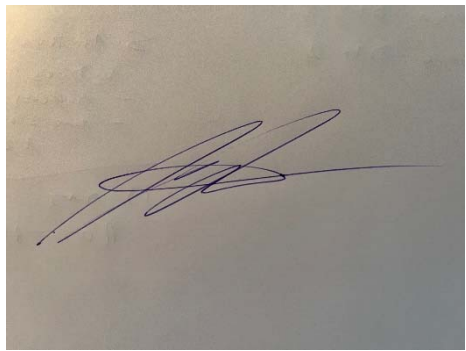
Other optional information

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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.

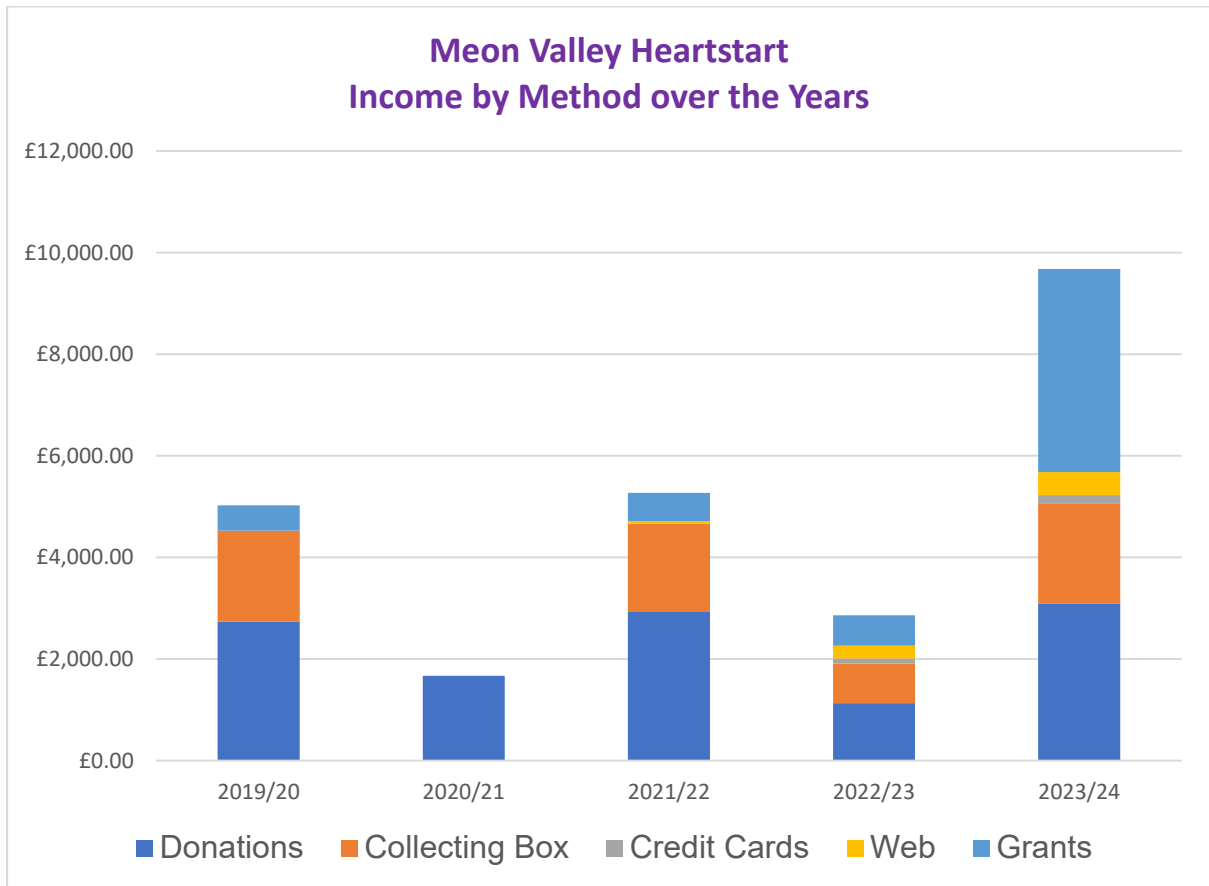
We have a small team of supporters that are attending local fetes and shows and I thank them for the income they generate by various means.

The accounts have been scrutinised by an independent examiner.

Roger

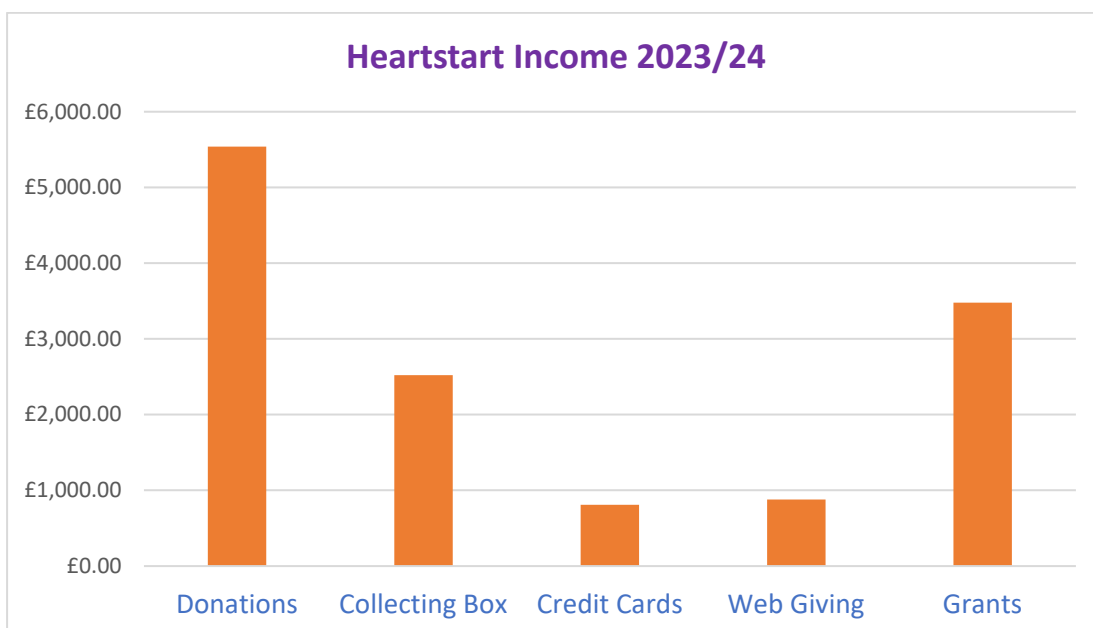
Meon Valley Heartstart
Financial Statement for the year ending
31st March 2024

Chart 1



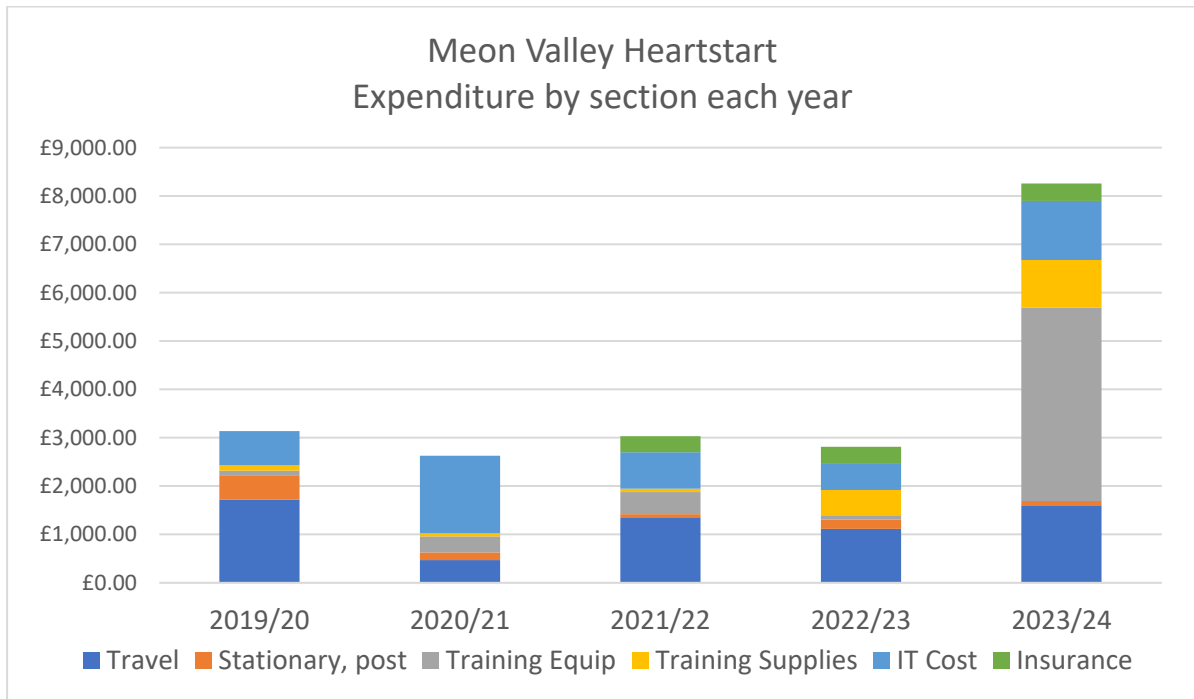
The 2023/24 year has seen an increase in income, mainly due to grants received from various councils. (Light Blue above)

Chart 2



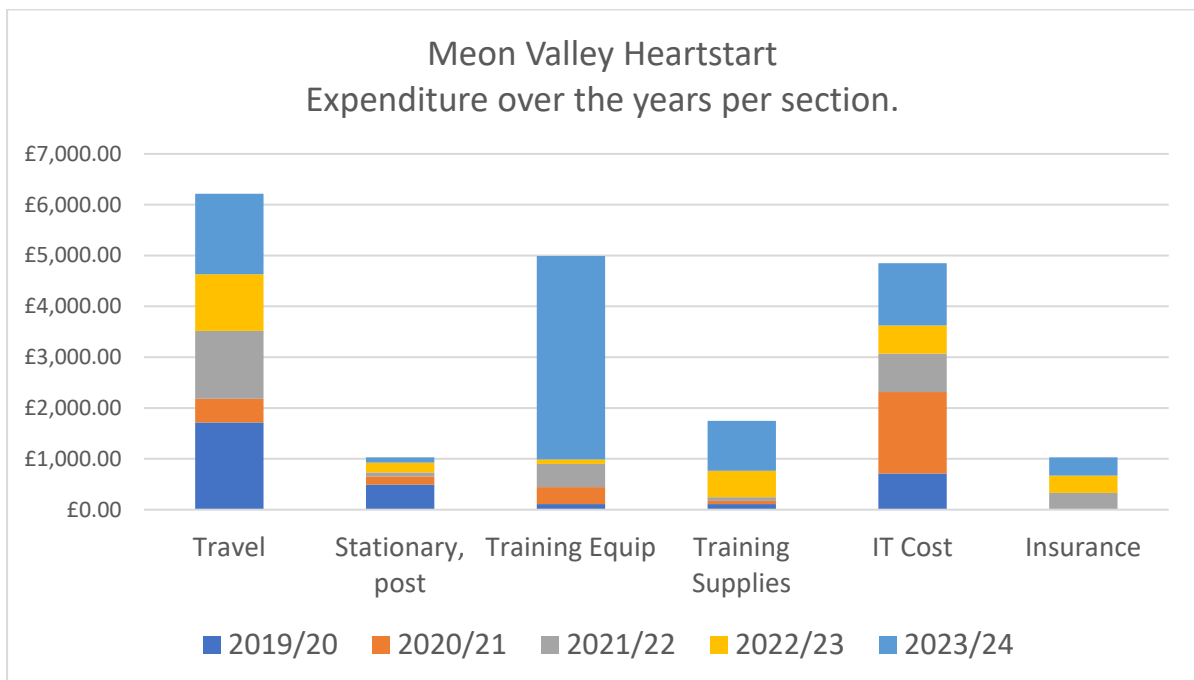
Meon Valley Heartstart
Financial Statement for the year ending
31st March 2024

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 Depositit account £10,000.00
Current A/C £6,316.21
Deposit A/C £12,224.13

Summary

Charity Value **£18,540.34**

Start of Year £14,525.77
Income for year £17,486.41
Total revenuefor 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

82 Gdb

4/6/2024

A. CRABB

Photo copy of original account statement.