

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

England & Wales · Charity number 1199840

Details

Other names HEARTLINK

Status Registered

Legal form Other

Registered 2022-07-28

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

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Activities

Objects: TO RELIEVE SICKNESS AND TO PRESERVE AND PROTECT HEALTH AMONG PEOPLE SUFFERING FROM HEART DISEASE IN THE BOROUGH OF EALING AND SURROUNDING AREA, IN PARTICULAR BY: A) PROVIDING REGULAR SOCIAL AND RECREATIONAL ACTIVITIES AND MEETINGS FOR THOSE SUFFERING WITH HEART DISEASE IN ORDER TO HELP RELIEVE ANXIETY, REDUCE ISOLATION AND PROMOTE HEALTHY LIFESTYLES BY INTERACTING WITH OTHERS WHO SHARE SIMILAR EXPERIENCES AND HAVE AN UNDERSTANDING OF THEIR NEEDS; B) WORKING WITH THE WIDER COMMUNITY TO PROMOTE HEART HEALTH AND RAISE AWARENESS OF HEART DISEASE, ITS CAUSES, TREATMENTS, IMPLICATIONS AND HELP THAT IS AVAILABLE; C) SUPPORTING PATIENT CARE AT THE CARDIOLOGY DEPARTMENT AT EALING HOSPITAL BY PROVIDING ITEMS AND OTHER FORMS OF COMFORT AND SUPPORT NOT REQUIRED TO BE PROVIDED BY ANY STATUTORY AUTHORITY.

Activities: Organise educational seminars, Run a Heart Health Info Desk, Visit patients in hospital, Provide a telephone help line, Run a Community Hub, Organise Day Trips, Have a weekly walk group, Hold social

events, Support the Cardiology Dept at Ealing Hospital, Work in the wider community to promote heart health, raise awareness of heart disease, its causes, treatments and help that is available.

Classification

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

Geography

- **Area of benefit:** LOCAL
- Ealing

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£42,042	£23,100	-	-
2023-12-31	£57,209	£20,945	-	-

Trustees

Name	Role	Appointed
Bernard Diamant	Chair	2023-10-05
Barbara Byrne		2024-04-03
Dr Amarjit Singh Sethi		2022-05-23
Dr Harmandeep Singh		2022-05-12
Dr Nabeel Ahmed		2025-01-27
Gary La Touche		2022-05-17
Lolin Jones		2022-07-21
Professor Jaspal Singh Kooner		2022-06-09

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

England & Wales - Charity number 1199840

Accounts



EALING HOSPITAL HEART SUPPORT GROUP
Annual Report and Financial Statement
For Year Ending 31st December 2024

Charity Registration Number: 1199840

Table of Contents

1. Introduction
2. Chairman's Summary
3. The Organisation, it's Aims and Objectives
4. Charitable Objectives and The Public Benefit
5. Performance, Achievements and Community Impact
6. Financial Review
7. Structure, Governance and Management
8. References and Administrative Details
9. Declarations
10. Independent Examiner's Report

1. INTRODUCTION

This report outlines the work Heartlink carried out in 2024, including key milestones and achievements. It details the activities, initiatives, events, financial performance, and the impact Heartlink made in terms of the public benefit, supporting those suffering from heart disease.

1.1 Heart Disease in Ealing – The Reason We Exist

In the London Borough of Ealing, heart and circulatory diseases represent a serious and growing public health challenge. These conditions affect thousands of residents across all ages, backgrounds, and ethnicities — **heart disease does not discriminate**.

Heart disease includes a wide range of complex conditions that affect the cardiovascular system, including the heart and blood vessels. Some of the most common forms are **coronary artery disease**, **high blood pressure (hypertension)**, and **atrial fibrillation**, an irregular heartbeat that significantly increases the risk of stroke. Other serious conditions include **heart valve disorders** and **heart failure**, where the heart is unable to pump blood effectively. Many people in Ealing also live with **inherited heart conditions** and **congenital heart defects**, which are present from birth. Adding to this burden, Ealing has one of the **highest rates of diabetes** in the region, a condition strongly linked to the development of heart disease.

Together, these conditions are among the leading causes of death and long-term disability, both globally and here in Ealing.

They require **early diagnosis**, **timely treatment**, **ongoing management**, and **significant lifestyle changes** to help reduce risk and improve quality of life.

This highlights the urgent need for **awareness**, **prevention**, and **support services** tailored to the needs of the local community.

1.2 Heartlink's Mission

Heart disease affects lives — but no one should face it alone.

In Ealing, thousands of people are living with heart and circulatory conditions like heart disease, high blood pressure, and diabetes. These conditions can be life-changing, and while medical care is vital, it's often not enough. People also need understanding, encouragement, and consistent, community-based support.

Heartlink exists to meet that need.

We provide practical help, emotional support, and a safe space for people and families to connect, share experiences, and feel less alone. We raise awareness about heart health and help people take steps toward better wellbeing — together.

By building a strong local support network, we try to help to improve lives but we also strengthen the community and ease the strain on local health services.

Awareness helps save lives - Support promotes recovery

2. CHAIRMAN'S SUMMARY

Dear Members, Trustees and Friends,

It is a privilege to share this year's Chairman's Report, which captures the collective achievements and progress we've made together over the past year. What follows is my personal reflection on the dedication, hard work, and unwavering support from our Trustees, members, volunteers, partners, and the wider community, all of whom have played a vital role in furthering Heartlink's impact.

Since our beginnings in 1994 as a local heart support group, we have supported thousands of heart patients in the local area. Following our transition to registered charity status in 2022, I'm proud to say that we have significantly broadened our scope and deepened our impact across the communities we serve. This shift has **allowed us to reach more people than ever with vital heart health information and support.**

I'd like to begin by sincerely thanking our Trustees and key supporters. Your steadfast commitment, strategic guidance, and clear-sighted leadership have been instrumental in helping me, and the rest of our team, steer Heartlink through another successful year. I'm equally grateful to our members, their encouragement, involvement, and belief in what we do continue to inspire and motivate me every day.

To our **extraordinary volunteers, thank you.** Your dedication, generosity, and tireless efforts form the very core of Heartlink. Whether you've helped to organise events, offered specialist expertise, or provided support behind the scenes, each of you has made a meaningful and lasting contribution. It is your compassion that breathes life into our mission. **You truly are the "heart" of Heartlink.**

2024 marked a milestone year for Heartlink, with **three standout achievements** that showcased the power of community, collaboration, and compassion. We proudly launched our borough-wide **Heart Health Campaign**, formed a dynamic partnership with Ealing Council to champion **the Smokefree Service**, and most memorably celebrated **Heartlink's 30th Anniversary** in style. Our anniversary celebration was a truly special occasion, **brought to life by our dedicated committee and attended by over 350 guests**, including heart patients, their families, and our incredibly generous supporters. It was a moving tribute to three decades of service, connection, and unwavering support for heart health in our community.

The launch and **success of our Heart Health Campaign** has been a very proud achievement. Driven by those with lived experience, this grassroots initiative was designed to educate, motivate, and empower our local community around the importance of cardiovascular health. It has played a vital role in raising awareness, encouraging healthier lifestyle choices, and giving people the tools and confidence to take control of their own heart health. The overwhelmingly positive response has been a powerful reminder of the strength and spirit within our community, **a testament to the impact of patients supporting patients.**

Another major initiative was our **partnership with Ealing Council** to support and promote the **Smokefree Service**. Through this collaboration, we've helped connect individuals with tailored support to quit smoking, one of the most significant risk factors for heart disease.

As part of this effort, we have actively referred people to the service, distributed vital information and provided one-to-one conversations at outreach events to raise awareness about the benefits of quitting. **This initiative aligns perfectly with our mission of prevention**, and I'm proud of the stronger connections we've built with both service users and healthcare professionals. **The early outcomes are promising**, and I'm optimistic about the long-term impact this work will have.

Throughout the year, **our volunteers took part in over 30 outreach visits** to local groups, health centres, places of worship, colleges and businesses. These in person engagements allowed us not only to deliver heart health and smokefree education, but also to hear directly from the people we support. The feedback we received has been invaluable and will guide us as we continue shaping our services to meet real and evolving needs.

While doing this we continued delivering a wide range of impactful community projects. From serving meals at our Community Hub, to running IT training courses that bridge the digital divide, offering Tai Chi classes to support physical and mental wellbeing, and equipping volunteers with essential health training. **Truly inspiring work that reflects our commitment to supporting our communities.**

I'm incredibly proud of what **our committee** has achieved this year. Their energy, **teamwork, and shared commitment to Heartlink's mission have been nothing short of inspiring**. Together, we've achieved key milestones in programme delivery and fundraising, progress that will allow us to grow our services, broaden our reach, and support even more individuals and families affected by cardiovascular disease in the coming year.

Looking ahead whilst this year has seen real progress, **important challenges still lie ahead**. We remain committed to pushing for improved patient pathways, earlier diagnosis, and wider access to innovative treatments. Our work with the NHS, policymakers, and clinical experts will continue to drive our efforts, **helping to ensure heart disease in all its forms is given the attention it deserves** within public health planning. **In the coming year, we aim to build on our achievements, grow our campaigns, and deepen our impact.**

In closing, I want to **extend my deepest appreciation to each and every one of you who has contributed to Heartlink's success this year**. Your ongoing support, belief in our work, and commitment to our mission make everything we do possible. It's through our combined efforts that we continue to make a meaningful difference in the fight against heart disease.

Thank you for being such a valued part of the Heartlink family.

With gratitude

A handwritten signature in black ink, appearing to read 'Bernard Diamant', with a long horizontal flourish extending to the right.

Bernard Diamant
Chair, Heartlink Ealing Hospital Heart Support Group

3. THE ORGANISATION, IT'S AIMS AND OBJECTIVES

3.1 Who We Are

Heartlink is a local charity run by heart patients, for heart patients, their families, and carers. We serve the London Borough of Ealing and surrounding areas. **Founded in 1994 by Professor Kooner**, Heartlink's **purpose was to support individuals diagnosed with heart disease on their recovery journey**. We are linked to the **British Heart Foundation**, which provides us with information booklets and resources.

Heartlink is governed by a board of **eight trustees**, made up of clinicians and heart patients. Day-to-day operations are managed by an **elected committee**, supported by a team of **20+ volunteers**, all working together to serve our growing membership of over **700 members**.

Our Trustees

Our trustees play a vital role in guiding Heartlink's work. They provide strategic leadership, actively take part in events, and help shape our future direction. Their expertise and commitment help maximise our community impact. Regular trustee meetings are held to review progress, address challenges, and plan for the future.

The Heartlink Committee

Elected annually at our **Annual General Meeting (AGM)**, the committee oversees all aspects of Heartlink's operations. This includes managing finances, maintaining our website, keeping membership records, recruiting and training volunteers, and ensuring members are kept up to date through newsletters, meetings, and other communications.

Our Volunteers

Our volunteers are the heart of Heartlink. Their dedication drives everything we do from organising and supporting events to offering companionship to fellow members. In the past year alone, our volunteers contributed **over 1260 days, a remarkable achievement**. We are deeply grateful for their commitment and always welcome new volunteers to help us expand our reach. All volunteers working within hospital settings or directly with patients undergo **Enhanced Disclosure and Barring Service (DBS)** checks. In 2023, we partnered with a third-party charity to process updated DBS certifications for our team.

Our Members

Our **members come from all walks of life** and reflect a wide range of ethnicities, genders, and backgrounds, **united by a shared experience**, living with heart disease. This **common journey creates a strong sense of connection, empathy, and mutual support**. Many of our **members have remained loyal to Heartlink**, continuing to **support our work and one another over many years**. In 2024, our **membership steadily grew to over 700 people**, thanks in large part to our work in Ealing Hospital and the outreach work delivered through the campaigns and projects.

280 new members joined us with many taking an active part in events and, in some have now become our valued volunteers. Our **members are the Heartlink family**, diverse in background, experience, and culture, but **united by shared experiences** and strong commitment to **supporting each other** and help build a healthier community.

3.2 What We Do

Receiving a heart disease diagnosis can be life changing, physically, emotionally, and socially. At Heartlink, we understand these challenges firsthand. Our aim is to walk alongside people during recovery, offering support, information, and most importantly, connection with others who've had similar experiences. We believe this sense of community brings reassurance and belonging. While supporting those with heart conditions remains at the centre of our mission, we also focus on **prevention** through **education and awareness**.

We believe that knowledge helps people make better decisions for their heart health and that early understanding of risk factors can lead to lasting positive change.

Through regular **health campaigns, events, and outreach activities**, we help individuals become more informed, adopt healthier habits, and help reduce risk factors of developing heart disease.

All our services are free and open to everyone.

To explore our services and discover how to get involved, visit: <https://heartlink.charity>

4. CHARITABLE OBJECTIVES AND THE PUBLIC BENEFIT

Heartlink's charitable objectives are to relieve sickness and to preserve and protect health among people suffering from heart disease in the Borough of Ealing and surrounding area, by:

a) providing regular social and recreational activities and meetings for those suffering with heart disease in order to help relieve anxiety, reduce isolation and promote healthy lifestyles by interacting with others who share similar experiences and have an understanding of their needs;

Living well with long-term conditions

For many people living with long-term health conditions, shared experiences and a sense of community can be a powerful source of strength and comfort. At Heartlink, our **Community Hub**, **monthly Educational Seminars**, **Social Events** and **Weekly Walking Group** all play a vital role in creating those meaningful connections by offering a friendly, social space where individuals can meet, form friendships, and take part in a wide variety of engaging activities.

In 2024, we expanded our programme to include **Chair Yoga**, **Tai Chi** and **IT Training Courses** and four major **festive events**—a community **Summer Party**, an **Anniversary Dinner Dance**, a **formal Christmas Dinner** and a **Christmas Community Party**.

These activities bring **clear public benefit** by helping to **reduce loneliness**, **ease isolation and anxiety**, and **boost overall wellbeing**. By encouraging people to stay active and connected, we also promote greater independence and support longer, healthier lives.

b) working with the wider community to promote heart health and raise awareness of heart disease, its causes, treatments, implications and help that is available;

Tackling Heart Health Inequalities in Ealing

Ealing Council's 2023 Public Health Strategy identified serious health challenges within the borough's diverse communities, particularly those located near to Ealing Hospital. These included high rates of diabetes, low levels of physical activity, and shorter life expectancy. The South Asia

Biobank Study further underscored the elevated genetic risk of heart disease among South Asians, highlighting the need for targeted, preventative action.

In response, we launched our **Heart Health Campaign** in 2023 to raise awareness about heart disease, its risk factors, prevention strategies, and treatment options. **We've continued this important work throughout 2024**, reaching out across the community with the support of our trustee clinicians who provide expert advice, deliver health talks, and offer on-site health screenings.

We also partnered with **Ealing Council** to promote the **Smokefree Service**, which gives personalised support to those looking to quit smoking—one of the leading risk factors for heart disease. Our outreach has helped inform people about the dangers of smoking, the benefits of quitting, and how to access the right help. We've distributed a wide range of educational materials designed to encourage healthier, smoke-free lives.

This work delivers **significant public benefit** by **promoting early intervention**, encouraging **lifestyle changes** like physical activity and **smoking cessation**, and **raising awareness of heart health**. We are helping reduce serious illness, improve wellbeing, and, ultimately **helping to save lives**. In 2024 we've **brought these campaigns to over 30 venues**, including community centres, faith-based organisations and shopping centres, encouraging healthier choices and greater awareness.

c) supporting patient care at the Cardiology Department at Ealing Hospital by providing items and other forms of comfort and support not required to be provided by any statutory authority.

Support Through Shared Experiences

Throughout the year, we remained committed to supporting individuals recently admitted to hospital by connecting them with volunteers who have lived experience of heart conditions. These peer connections offer more than just conversation, they provide comfort, understanding, and hope from someone who truly knows what they're going through.

We also continued to support people referred to us through Ealing Hospital Cardiology, Community Cardiology services, local GPs, the British Heart Foundation, and personal recommendations.

For many, especially those newly diagnosed, this kind of support can make a world of difference. It helps ease feelings of fear and isolation, builds confidence, and encourages people to take an active, empowered role in their recovery journey.

Alongside emotional reassurance, we also guided individuals toward appropriate local health services, making sure they could access the practical care and resources they needed at the right time.

The **public benefit** of this work lies in **improving both the physical and mental health of heart patients**. Having **someone to talk to** who truly understands the trauma of a cardiac episode can be deeply reassuring, **while guiding individuals toward appropriate health services** ensures they receive the right treatment and **support for their recovery**.

5. PERFORMANCE, ACHIEVEMENTS AND COMMUNITY IMPACT

OUR YEAR AT A GLANCE

2024 represented a significant milestone for Heartlink, highlighted by our accomplishments that underscore the organisation's commitment to community engagement, collaborative partnerships, and comprehensive heart health support.

Firstly, Heartlink successfully **launched a borough wide Heart Health Campaign**. Led by individuals with lived experience of heart conditions, the initiative aimed to raise awareness of cardiovascular health and encourage healthier lifestyle choices. Through the campaign, people gained valuable knowledge to better understand, manage, and improve their heart health. **The positive response highlights just how engaged and willing people are to take steps toward looking after their heart health.**

Secondly, a strategic **partnership was established with Ealing Council** to support and **promote the Smokefree Service**. This collaboration focused on connecting individuals with tailored cessation support to address smoking, a major risk factor for heart disease. We held outreach **events in communities with higher smoking rates, referred people** to the Smokefree Service, **distributed informational materials** including participating clinics and pharmacies, and **promoted the benefits** of quitting smoking. **Early indicators point to this partnership delivering positive outcomes.**

Over the course of the year, Heartlink volunteers **conducted more than 30 outreach visits** to community groups, healthcare centres, educational institutions, and workplaces as part of these two campaigns. Visits helped deliver heart health education and smoking cessation information while also gathering valuable feedback from community members. The **insights gained** have been essential in **shaping the ongoing development of Heartlink's services** to better meet the community's evolving needs.

In addition to these initiatives, **Heartlink continued to deliver** a broad range of **community focused projects**. These included the **provision of nutritious meals** at the Community Hub, **IT Training courses** designed to reduce digital exclusion, **Tai Chi and Chair Yoga** classes aimed at enhancing physical and mental wellbeing, and **health training for our volunteers**.

In February, we held a **planning workshop** to identify challenges, set priorities, and map out our goals for the year ahead. **May saw Heartlink celebrate its 30th Anniversary—a major milestone in the organisation's history.** This important event was organised by the Heartlink committee and attended by over 350 guests, including heart patients, their families, and supporters. **The anniversary provided a meaningful opportunity to honour three decades of dedicated service to the community.**

Full details of all our work are detailed in the following sections.

5.1 OUR ACTIVITIES AND EVENTS

The following sections provide an overview of our key activities and community outreach efforts throughout 2024. A detailed schedule of events and activities for the year can be found in the appendix to this report.

5.2 Information Desks at Ealing Hospital

Our **Information Desks** at Ealing Hospital play an essential role in directly engaging with the public, providing reliable health information, and guiding individuals to appropriate services. These Desks have become trusted points of contact for patients and visitors seeking accessible and easy-to-understand information on heart health and the Smokefree Service.

We currently operate two Information Desks each week: one located **in the main hospital walkway and** the other at the newly opened **Community Diagnostic Centre (CDC)**. Their presence ensures consistent, visible support for patients and the wider public.

Volunteers are on hand to offer a wide range of free materials from the British Heart Foundation and other reputable health organisations. Topics covered include heart disease prevention, diagnosis, treatment options, diabetes, stroke, and smoking cessation. In addition to providing printed resources, volunteers are available to answer general enquiries and direct individuals to relevant local services and support networks.

To further extend access to information, our volunteers also maintain **seven dedicated Information Racks across the hospital**. These are regularly restocked with up-to-date literature, ensuring that accurate, trusted resources are always available to those who need them.

We would like to **extend our thanks to the LNWU Hospital Trust** for enabling us to set up the New Information Desk and Booklet Rack in the CDC.

5.3 Educational Seminars: Supporting Better Health Through Knowledge

Education is essential to maintaining good health, and Heartlink's monthly educational seminars are central to our mission of raising awareness about heart health and associated risk factors. These sessions are designed to equip individuals with the knowledge needed to make informed decisions about their overall health.

Each seminar features expert speakers from a range of clinical backgrounds, including cardiologists, dietitians, specialist nurses, and other healthcare professionals, all who generously share their expertise, medical insights, and give practical advice.

With regular attendance of 40 or more participants, the consistently strong turnout highlights the community's demand for accessible and trustworthy health information.

Topics covered are wide-ranging, from advances in cardiac treatment and disease management to lifestyle changes that support long term health. During the year topics have covered:

Cardiovascular Health and Care

- Hypertension
- Atrial Fibrillation
- Heart Failure
- Echocardiograms
- Angiograms
- Angioplasty and Stents

Chronic Conditions and Related Health Topics

- Diabetes
- Kidney Disease
- Eye Health

Lifestyle and Prevention

- Diet Choices
- Importance of Exercise

Cancer Awareness

- Prostate Cancer
- Breast Cancer

Mental Health and Support

- Psychology
- Counselling Therapies

Public Health and Access to Services

- The Smokefree Service
- Community Pharmacy Services

These interactive sessions give attendees the chance to connect directly with healthcare professionals, ask questions, and gain clear insights into complex health topics. This dynamic exchange boosts understanding and helps individuals feel more confident in managing their health.

Beyond raising awareness, the seminars also provide practical tools for prevention and self-care, supporting participants in improving their health and achieving better outcomes.

We are **deeply grateful to all our guest speakers for their time and expertise**, and for helping us and those we serve to help live healthier, more informed lives.

Educational Seminars Held in 2024

- 4th January **Professor Rosen:** Echocardiogram Tests
- 2nd February **Jane Beckford:** Coping with Worry & Stress
- 7th March **Emmy West:** Diet and Heart Health
- 4th April **Dr Harman:** Strokes
- 2nd May **Jaspal Gill:** (Southall Active) Exercise and Wellbeing
- 6th June **Dr Nabeel Ahmed:** Types of Stents
- 5th July **Dr Karagiannis:** Heart Medications
- 5th September **Subhash Suthar:** Eye Health
- 7th November **Katerina Manginas:** Smoking & Heart Health, Introducing Smokefree Service
- 5th December **Anish Dattani:** The Role of Community Pharmacies in Healthcare & Smokefree Service

5.4 Support Through Shared Experiences

Being diagnosed with heart disease is often a frightening and isolating experience. Many people face uncertainty, fear, and loneliness as they begin their journey toward recovery.

Visiting patients in hospital to share experiences of heart-related conditions is a powerful and compassionate way to provide emotional support, reassurance, and hope. Hearing directly from someone who has lived through similar challenges can ease anxiety, reduce feelings of isolation, and offer real-life insight into recovery and coping strategies.

In 2024, we resumed these visits at the request of Trustees. Visits are made in a sensitive, patient centred way, with discretion and full respect for individual circumstances. Such visits can also complement medical care by promoting open conversations about fears, lifestyle changes, and the journey ahead, ultimately contributing to improved mental health and motivation during a vulnerable time.

Supporting Recovery from Day One

During the year, we collaborated closely with the cardiac rehabilitation teams at Northwick Park Hospital and the Ward Manager of Cheseman (4 South) ward in Ealing to improve the discharge information provided to patients leaving the hospital after a heart related admission.

Understanding that the days and weeks following discharge can be overwhelming, we updated the Discharge Pack to include a helpful selection of British Heart Foundation booklets, offering clear and reliable information about heart health, recovery, and lifestyle changes.

We also **created our own easy to read leaflet** containing **key local contact numbers** and guidance on where to go for further support, ensuring patients feel less alone and more informed as they begin their recovery journey at home.

Helping Patients Navigate Recovery

Personal connection remains a vital part of Heartlink's support network. Referrals continue to come from a range of sources, including our website, the Trust's Cardiology Department, Community Cardiology services, and the British Heart Foundation. In addition, many families and friends encourage their loved ones to reach out to Heartlink, playing a valuable role in extending our reach.

When people contact us, we continue to connect them with others who've had similar heart-related experiences, if that's what they're looking for. However, we've **seen a marked change in what people are asking for**. Increasingly, **they seek practical help understanding how to access the right medical services**, manage their appointments, and navigate the healthcare system more confidently

There's also growing interest in our wider programme of events and activities. These offer more than just information, they create spaces for social interaction, education, and ongoing emotional support. **In response, we have placed greater emphasis on tailored advice and signposting**, as well as **welcoming them to join our community events** where people can share their experiences, feel supported, stay informed, and "know they are not alone."

All Heartlink volunteers who provide this support hold Enhanced Disclosure and Barring Service (DBS) certification, reflecting our commitment to safeguarding and the highest standards of trust.

5.5 Weekly Walkers Group

Our weekly walking group has flourished over the year, becoming much more than just a chance for light exercise. It has evolved into a group where people come together to enjoy the outdoors, connect with others, and build real friendships.

Re launch of the Wednesday Walkers

In 2024, we **relaunched our walking group**, extending the invitation beyond our members to the wider local community. To promote the group and highlight the benefits of walking for heart health, we **created an eye-catching leaflet** with all the key details.

The relaunch aimed not only to attract new participants but also to inspire people to spend more time outdoors, build social connections, and enjoy the physical and mental health benefits that regular walking can bring.

What makes the group special is its diversity, people from all walks of life coming together to enjoy nature, fresh air, and good company. Founded by a few passionate members, the group remains popular and continues to promote both physical health and friendship.

They meet every Wednesday at 10 a.m. outside Greenford Hall for relaxed walks along familiar footpaths, usually lasting 2 to 3 hours with stops for tea and coffee.

While most walks explore local Ealing areas, they have also visited other locations further afield using public transport. Participants are welcome to walk at their own pace and distance. Rain or shine, the group meets regularly, embracing all weather with enthusiasm.

5.6 Heartlink Community Hub

Our Community Hub has grown into a lively and welcoming monthly gathering that brings people together in a warm, friendly setting to socialise, connect, and support one another. It's a relaxed drop-in space where friendships are formed, stories are shared, and there's always plenty of laughter.

The Hub offers a wide **variety of activities, from Bingo and Chair Yoga** to informal **health talks and scam awareness sessions** delivered by Ealing Council. Local pharmacies, including **Southall Pharmacy**, have played a key role by **offering free blood pressure, weight, and BMI checks**, helping attendees stay informed about their health in a supportive environment.

Throughout the year, the **Hub also hosted memorable social occasions**, such as a **coach trip to Eastbourne**, a joyful **summer party**, and a **festive Christmas celebration**, each helping to strengthen community bonds and create lasting friendships.

Chair Yoga - Our regular Chair Yoga sessions at the Community Hub are suitable for all fitness levels and focus on gentle stretching and muscle strengthening to improve balance, flexibility, and confidence, helping to reduce the risk of falls and related injuries.

Attendance has steadily **grown, with an approx. 38+ people regularly joining us** each month to enjoy the mix of social connection, light physical activity, and practical health support.

We are **truly thankful to our committed volunteers** and **generous sponsors** whose support made all three Community Projects possible. We take **great pride in the achievements of our Community Hub and its three core programmes focused on education, exercise, and inclusion**. We are deeply grateful to our dedicated team of volunteers who help the Hub run so smoothly; to **Mr. Chana, who generously leads our Chair Yoga sessions**; to **Southall Pharmacy** for their continued **commitment to delivering vital health checks**; and to **George Lafford** for organising the **fantastic summer trip to Eastbourne**.

5.7 PROJECTS: ADDRESSING ISOLATION, INEQUALITIES, AND DIGITAL EXCLUSION

Our work to help address local health and social inequalities continued throughout 2024.

A number of projects aimed at reducing isolation, encouraging healthy lifestyles, and improving access to services were completed over the course of the year. The most notable included:

- **Nutritional Meals Project** – A four-month initiative providing free healthy meals at our Hub, encouraging better nutrition and social connection.
- **Digital Inclusion with Age UK Ealing** – A joint project offering IT sessions for older adults to help them stay connected, access services, and build confidence with technology.
- **Chair Yoga and Tai Chi Sessions** – Free weekly classes promoting gentle movement, relaxation, and stress relief in a friendly, inclusive setting.

➤ **SHARING COMMUNAL MEALS TO HELP ADDRESS ISOLATION**

The first quarter of 2024 saw the completion of this project, which began in late 2023. Each month, **lunches were served to over 35+ people**. Sharing food in a warm, welcoming setting created an inclusive atmosphere that encouraged conversation, sparked new friendships, and helped ease feelings of loneliness. **Feedback was overwhelmingly positive**, with many attendees saying that the act of sharing a meal gave them a stronger sense of community and connection. Several also mentioned that it made **meeting new people and making friends** easier and **helped them feel more supported**.

➤ **IT TRAINING COURSES TO TACKLE DIGITAL EXCLUSION**

Developed in partnership with Age UK Ealing, this IT course addressed the response to growing concerns about digital exclusion, especially among older adults. The initiative began in late 2023 and ran over a 6 month period with two six-week courses, one at the end of 2023 and the second in early 2024.

Over 25 participants completed the two courses with experienced IT trainers leading the programme, focusing on practical skills for daily life. The **course covered key topics** such as **creating an email account**, **use of the Patient Knows Best system**, contacting **GPs for online access** to their surgeries, and recognising and **avoiding common online scams**.

This initiative has gone some way in **helping to reduce digital exclusion**, supporting people to stay connected, informed, and better able to manage their health.

➤ **GENTLE EXERCISE TO IMPROVE HEALTH AND BALANCE**

Another community-based project focused on enhancing mental health and physical balance to help prevent falls was successfully completed in the early part of 2024.

Tai Chi

A 10-week Tai Chi course was launched in early 2024, focusing on slow, deliberate movements designed to improve balance, coordination, and flexibility. The course also included mindful breathing and meditation exercises designed to reduce stress and encourage relaxation. More than **25 people began the course, with around 18 completing it**. It was very well received, with many participants sharing positive feedback. Several attendees were motivated to keep practicing Tai Chi on their own by joining local classes in their communities.

5.8 CAMPAIGNS - OUR HEART HEALTH CAMPAIGN IN THE COMMUNITY

In 2023, in response to Ealing Council's Public Health Strategy which identified elevated rates of diabetes and heart disease risk among the borough's diverse communities, Heartlink launched its Heart Health Campaign. The campaign focused on raising awareness of heart disease, with an emphasis on prevention, early detection, and effective management, delivered through targeted community outreach.

Throughout 2024, Heartlink significantly expanded its engagement, reaching over 16 venues including religious institutions, community organisations, colleges, and healthcare centres. These activities included expert led presentations facilitated by our clinical trustees. The venues visited as part of the campaign are listed below. While each event had its own value and impact, the two highlighted here differ in size and type and give a sense of the range of people we've reached.

In **May saw us extend** our outreach **to the commercial sector**, where volunteer nurses conducted comprehensive health screenings, including blood pressure monitoring and health advice, for employees. The success of this initiative has resulted in invitations to implement similar programs at additional company locations in future years. **Our gratitude is extended to Ann Rosen**, whose efforts were crucial in bringing this to fruition, **the nurses** who took time to conduct health checks, **and Quattro for their generous donation**.

On 7th & 8th Sept: Sant Ishar Singh Ji Barsi Samagam - Heartlink hosted a stall over two days at the Sant Ishar Singh Barsi Samagam—a major spiritual and cultural event in Northolt attended by more than 20,000 people over the weekend. **In partnership with nurses from Hope Church**, we **offered heart health advice, blood pressure checks, BMI assessments, and weight management guidance** to attendees

HEART HEALTH CAMPAIGN COMMUNITY OUTREACH

➤ ABC Health Training from Learn with Nurses	12 th January
➤ PPG Northolt	1 st Feb
➤ North Southall PCN PPG	1 st March
➤ Social Prescribers	8 th Jan
➤ Western Road Gurdwara	10 th Feb
➤ Southall Alliance	14 March
➤ Hounslow Multi Cultural Centre	1 st April
➤ Ealing Gurdwara	14 th April
➤ Southall Kings Street Mandir Temple	1 st May
➤ Quattro	3 rd May
➤ Mael Gael	15 May
➤ Hanwell Cardiac Rehab Sessions	17 June
➤ Cholesterol Training from Learn with Nurses	25 th July
➤ Sant Ishar Singh Ji Barsi Samagam	7 th & 8 th September
➤ Greenford Rotary Club Christmas Stall	14 th December

Through our outreach efforts we have made strong collaborative partnerships with local community groups, pharmacies, and social enterprises, thereby enhancing our capacity to deliver vital health information and services. **Sincere thanks go to our trustees and nurses who generously** volunteered their time to carry out this important work.

5.9 PROMOTING A SMOKEFREE FUTURE ACROSS EALING

Heartlink Joins the Fight for a Smokefree Ealing

In September 2024, Heartlink proudly became a key community partner in Ealing Council's bold and energised Smokefree campaign—a borough-wide initiative aimed at tackling smoking and vaping across all seven towns of Ealing. Awarded a 12 month contract to support this vital work, we wasted no time raising awareness of the serious health risks associated with smoking, from heart disease and strokes to cancer and respiratory conditions.

Working closely with the Council's new Smokefree Service, we focused on reaching those ready to quit, helping connect them with the support they need to take that important first step.

We brought the campaign into the heart of the community, visiting places of worship, health and fitness groups, local organisations, colleges, and workplaces. We also ran eye-catching stalls at busy public venues and major events, sparking important conversations about heart health, smoking, and how to live smokefree.

This **partnership** has not only extended the reach of our heart health messaging but also **reaffirmed Heartlink's role as a trusted voice in public health and prevention.**

The venues we visited during the campaign, each unique and valuable in their own way, are listed below. While it's not possible to provide detailed reports on every visit, we've highlighted two events in particular. These stood out because the communities involved were new to us. Sharing these examples helps to show the breadth of people we reached and the varied settings in which Heartlink is making an impact.

12 Nov: University of West London – Heartlink Smokefree Stall

Heartlink had a stall in the University Mental Health and Well-being Fair engaging a largely young student audience. We were **joined by the Smokefree Team** from West London Health Trust. This **joint effort raised awareness about smoking's impact**, attracting many student smokers interested in quitting. The stall also sparked **important conversations with students concerned about vaping**. This collaboration highlighted Heartlink's commitment to reaching younger people and working closely with local partners to promote healthier choices.

15 Nov: Visit Greenford Mosque with a Guest Speaker

Heartlink was honoured to be invited to visit Greenford Mosque for the first time, accompanied by Trustee Dr. Nabeel Ahmed as a guest speaker. **Dr. Ahmed spoke about the importance of healthy habits, diets, and we promoted the Smokefree Service.** Following his talk, many of the congregation visited our stall expressing strong interest in quitting smoking. The event was highly successful, and **we extend our thanks to the Mosque Committee, Dr Nabeel Ahmed and our committee member, Mukhtar Khan for initiating the visit.**

Where We Took the Smokefree Message in 2024:

- 5 Aug: Imperial Heart Failure Service – Sign Up to Smokefree
- 13 Aug: Imperial Cardiac Rehab – Sign Up to Smokefree
- 20 Aug: LNWH A&E & Urgent Care – Sign Up to Smokefree
- 7–8 Sep: Sant Ishar Singh Ji Barsi Samagam
- 9 & 30 Sept: Ealing Hospital – Smokefree Service Launch
- 19 Sept: Primary Care: North Southall PCN & PPG
- 3 & 8 Oct: Acton and Hanwell Cardiac Rehab
- 8 Oct: LNWH Respiratory Outpatients Clinics
- 10 Oct: Shree Jalaram Mandir Greenford
- 24 Oct: Jubilee Gardens Medical Centre & Local Library Stall
- 12 Nov: University of West London Stall
- 15 Nov: Greenford Mosque
- 28 Nov: Acton Cardiac Rehab
- 3 Dec: Hanwell Cardiac Rehab & Smokefree Service
- 14 & 21 Dec: Ealing Broadway Christmas Market

Together, we're making Ealing a little bit healthier by one smokefree conversation at a time.

5.10 TRAINING OUR VOLUNTEERS

Heartlink's success is largely due to the dedication of our volunteers, who generously give their time to support heart patients and are essential to our operations. Over the past year, our committed volunteers have contributed an estimated over 1260 days of service, playing a crucial role in driving our initiatives and supporting our mission. Their hard work and unwavering support enable us to make a significant impact in the community and continue our efforts to improve heart health awareness.

Heartlink offered its volunteers a comprehensive training programme focused on key heart health topics. The aim was to support volunteers in becoming Heartlink health champions, helping friends, family, and the wider community with information on heart health and healthy lifestyle choices.

The **programme covered** important subjects such as cardiac and **vascular diseases, diabetes, strokes, COPD, cancer, and other related conditions**. It also addressed lifestyle factors including smoking, vaping, alcohol consumption, poor diet, and physical inactivity, while promoting overall wellbeing and healthy living.

Training was delivered through a flexible mix of face-to-face sessions, online resources, and courses provided by partner organisations. This initiative represented an important step in enabling our volunteers to provide valuable support to their communities. In addition to gaining a solid understanding of these significant health topics, volunteers were trained to guide individuals toward appropriate health services and assist them in accessing care and exploring their options.

Volunteers were encouraged to choose topics most relevant and interesting to them, with ongoing support throughout their learning journey. The training included three main components:

1. **Make Every Contact Count (MECC)** – An NHS-sponsored e-learning programme designed to help volunteers share health information confidently and effectively.
2. **Bite-sized videos** – Short 2-3 minute videos covering the basics of heart conditions, treatments, and medications.
3. **Face-to-face training** – Delivered by the charity *Learn with Nurses*.

THE LEARN WITH NURSES COURSES

Two valuable courses were delivered by *Learn with Nurses* in January and July, focusing on essential aspects of heart health:

The "ABC" of Heart Health

This course offered a clear overview of Atrial Fibrillation, Blood Pressure, and Cholesterol, three major modifiable risk factors that play a key role in cardiovascular disease. Gaining knowledge in these areas helps reduce the risk of heart attacks, strokes, and other serious heart conditions.

Understanding Cholesterol & Diet

This session explored the complexities of cholesterol, explaining its various components and how diet impacts cholesterol levels. Participants gained useful insights to help them make heart-healthy dietary choices for long-term wellbeing.

5.11 OTHER SIGNIFICANT EVENTS AND OCCASIONS DURING THE YEAR

Celebrating 30 Years of Supporting Heart Patients Our 30th Anniversary Dinner Dance May 17th 2024

Friday 17th May, held our biggest event yet, the **Heartlink 30th Anniversary Dinner and Dance**. **Over 350 members, supporters, and friends** gathered at the Blue Room in Harrow to celebrate this important milestone.

The event marked Heartlink's journey to becoming a strong and effective heart support group in London. A large screen displayed Heartlink's history and achievements throughout the evening. Guests enjoyed delicious food, lively music, dancing, and important fundraising activities.

The evening opened with a warm welcome from Tony Patti, our MC, followed by **Professor Jaspal Kooner, Heartlink's founder and president, who addressed the audience**. Other speakers included **Channi Singh**, the internationally acclaimed Bhangra singer and Heart Health Ambassador; **Councillor Mrs. Mohinder Midha**, former Mayor of Ealing and a key fundraiser for our cause; and **Trustees Dr. Armajit Sethi and Dr. Harmandeep Singh** also greeted guests and acknowledged key partners, including: London North West University Healthcare Trust, Pingalwara Charitable Trust, Mael Gael Community Project, Ealing Gurdwara, Shree Ram Mandir Southall, West London Indian Society, NHS staff from Ealing Hospital Cardiology, Hanwell Rehab Service, Hillingdon Hospital, Hounslow Multicultural Centre, Southall Lions, and Howdens. Thanks to generous donations and a raffle featuring wonderful prizes, vital funds were raised.

The event was **expertly organised by Krishanjit Bajwa and the dedicated Heartlink team**, to whom we extend our deepest gratitude for making the evening such a huge success. After the formal dinner, attendees enjoyed an amazing live performance by Channi Singh and Mona, with a couple of hours of hit songs and high-energy dancing. Thanks to generous donations and a raffle featuring wonderful prizes, vital funds were raised. **It was truly a night to remember!**

Our thanks to Krishanjit Bajwa and the Heartlink team who organised this very successful event.

➤ **Committee Workshop 22nd February 2024**

The Committee held a planning workshop to reflect on progress, set clear goals, and agree on priorities for the year ahead. The session provided valuable space for open discussion, collaborative thinking, and alignment on Heartlink's direction. **Workshops like this are essential for ensuring our work remains focused, coordinated, and responsive to the changing needs of the community.**

Agreed priorities included: restarting ward visits, developing a discharge leaflet with support packs, expanding activities at our Community Hub, promoting the Wednesday Walkers group, and improving support for our website. Other topics addressed included identifying the key success factors of our Heart Health Campaign, securing pharmacy or nursing support to deliver health checks, recruiting a volunteer coordinator, and strengthening links with key community organisations. Fundraising was also discussed, with the Committee agreeing that all bids for external funding must be approved in advance and properly resourced before proceeding.

Most of these goals have since been achieved. The exceptions being securing the services of clinical support for health checks and appointing a volunteer coordinator — both of which remain priorities for the year ahead.

➤ **Heartlink Enjoys Christmas Dinner at the Golf Club**

On December 12th, **over 80 Heartlink members** gathered in the dining area of West Middlesex Golf Club for a festive Christmas meal. The event provided a wonderful opportunity for members to reconnect, enjoy good company, and strengthen friendships within the community. Attendees shared stories, laughter, and a delicious festive meal. We were also honoured to welcome key supporters from a range of public and community organisations—including representatives from our Trust, Imperial College, Ealing Council, West London Asian Society, and Southall Community Alliance—all of whom have played a vital role in supporting Heartlink. The warm and joyful atmosphere made the evening a memorable celebration of the year's achievements and a hopeful moment to look forward to the year ahead together.

➤ **Heartlink Members Christmas Party at the Community Hub**

On 19th December, we hosted a relaxed and informal Christmas party at our Community Hub. **More than 45 people came together** to enjoy sandwiches, snacks, desserts, traditional mulled wine, and a raffle. The festive atmosphere making the event a wonderful success.

➤ **Heartlink Christmas Stall in Ealing Broadway Shopping Centre**

Our year concluded with a Christmas Stall in the heart of Ealing Broadway Shopping Centre.

In December over two days leading up to Christmas, we distributed British Heart Foundation literature and leaflets while raising awareness about heart health. The public was generous and kind, and many people engaged with our message, helping to spread vital information and support our cause.

6. FINANCIAL REVIEW

The 2024 Accounts are contained in the Independent Examiner's Report that is contained within this Annual Report. Below is a summary of our income, expenditure, and our Reserves Policy.

Income

Heartlink's income came from a combination of generous public support, community driven fundraising, and targeted grant awards. Our financial sustainability continues to depend on the strong commitment of our members, partners, and the wider Ealing community.

- **Community Fundraising:** The majority of our income was generated through individual donations and at local events. A **highlight of the year** was our **Anniversary Celebration Dinner and Dance on May 17th**, which brought together over 300 supporters and raised a significant amount to fund our programmes.
- **Legacy and Corporate Support:** We were honoured to receive a **generous legacy gift**, along with a valued **contribution from** local business **Quattro**, both of which gave a significant boost to our ongoing work and future plans.
- **Grants and Awards –** A **number of small grants** were awarded to Heartlink in late 2023, with funds transferred into our accounts in early 2024. These grants provided vital support for our ongoing campaigns and outreach into hard to reach communities.

Expenditure

This year, spending showed how we're reaching more people and staying focused on creating a positive impact in the community. Our money was used in several important areas, including:

- **Operational Costs:** Covering essential day-to-day running expenses supporting the functioning of Heartlink.
- **Printing and Publicity:** The production of leaflets, posters, banners, and other promotional materials used to raise awareness about heart health and our services.
- **Consultancy and Admin Support:** Heartlink continues to be a volunteer led organisation with no paid staff. However, in the first half of 2024, we retained the services of an experienced consultant to support our fundraising efforts. In addition, we also retained a part time help for administrative tasks.
- **Legacy Projects:** Fulfilling past commitments for community based programmes supporting heart patients.
- **Major Campaigns:** Including our **Heart Health Awareness and Smokefree Ealing** campaigns, which involved outreach across the borough, training, community events, and collaboration with local partners.

Reserves Policy

Heartlink maintains a Reserves Policy to ensure the organisation's financial stability and continuity. In line with this policy, we hold a designated sum in reserve that is sufficient to cover our core operational costs for a minimum period of 12 months.

Support and investment in Heartlink are crucial for delivering our programmes, raising awareness of risk factors, and educating people in ways that can help prevent future heart disease.

We extend our **sincere thanks to every individual, organisation, and partner** who contributed this year. Your support has allowed us to expand our reach, strengthen our work, and continue promoting better heart health throughout the borough.

7. STRUCTURE, GOVERNANCE AND MANAGEMENT

Type of Governing Document	Constitution Adopted 21st July 2022
Charity Constitution	Unincorporated Association
Trustee and Committee Selection	Trustees and the Committee are appointed nor re-appointed annually at the Annual General Meeting
Officers	Chair: Mr Bernard Diamant Treasurer: Mr Jasbir Sawhney Secretary: Ms Lolin Jones

7.1 TRUSTEES, THE COMMITTEE, VOLUNTEERS and MEMBERSHIP

Heartlink's achievements in 2024 are a testament to the unwavering dedication of our trustees, committee members, and volunteers, supported by strategic organisational efforts.

- **Trustees:** Meeting quarterly, our trustees offer vital leadership, strategic direction, and hands on support for events. For urgent matters requiring prompt resolution or guidance, trustees are also available between meetings, with key issues escalated to them as needed.
- **The Committee:** The Committee oversees all aspects of Heartlink's work. Meeting monthly, they provide strong direction by setting clear goals, managing resources effectively, and closely monitoring progress ensuring Heartlink's work remains focused and impactful.
- **Volunteers:** Our committed volunteers contributed over 1260 days of invaluable service, forming the backbone of Heartlink's work in supporting heart patients and driving community health initiatives.
- **Membership:** Membership grew steadily to over 700 members, fuelled by active outreach in hospitals and through our Heart Health Campaign. New members enthusiastically participate in events and volunteering, strengthening our community ties.
- **Website:** Our dynamic, user friendly website significantly broadened our reach and enhanced engagement, becoming a vital platform for information and connection.
- **Newsletters:** Our redesigned quarterly newsletter deepened communication with members, boosting involvement and awareness of Heartlink's activities.
- **Fundraising:** Grants received in 2024 allowed our campaign to continue without interruption, while legacy donations and commercial income further strengthened our financial position.

Together, this structure demonstrates Heartlink's enduring commitment to improving heart health and supporting our community with passion and purpose.

8. REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name	Heartlink Ealing Hospital Heart Support Group
Other Names Used	Heartlink
Registered Charity Number	1199840
Charity Principal Address	Heartlink C/o Dr Harmandeep Singh Cardiology Dept Level 2 Ealing Hospital LNWUH Trust Uxbridge Road Southall Mddx UB1 3HW
Contact Details	0300 102 4575
Email	info@ealingheartgroup.co.uk
Website	Https://Heartlink.Charity

Trustees 3rd October 2024

Prof Jaspal Kooner	President and Trustee - Consultant Cardiologist
Dr Amarjit Sethi	Consultant Cardiologist
Dr Harmandeep Singh	Consultant Cardiologist & Acute Medicine
Dr Nabeel Ahmed	Consultant Cardiologist
Gary La Touche	Cardiac Ward Manager Cheseman Ward
Barbara Bryne	Heart Failure Specialist Nurse
Bernard Diamant	Chair
Lolin Jones	Secretary

Management Committee

Role	Name
Chair	Bernard Diamant
Vice Chair	Jaspreet Oberai
Treasurer	Jasbir Sawhney
Secretary	Lolin Jones
Strategic Advisor	Sunny Chana
Hub Co-Ordinators	Trevor Davison and Dolly Birdee
Information Desk & Ward Visit Lead	Lolin Jones
Monthly Educational Seminars	Kiran Dhami
Wednesday Walkers	Rosaleen Mann & Trevor Davison
Admin & Organisational Support	Jaspreet Oberai
Events Co-ordinator	Krishanjit Bajwa
Community Champion(s)	Bachitar Diocee & Mukhtar Khan
Publicity Website & IT	Bernard Diamant & Jaspreet Oberai
Volunteer & Training Co-Ordinator	Lolin Jones
Committee Members without Portfolio	Amar Kalsi, Mohinder Kalsi, Kuldeep Gill, Japnam Sareen
Lifelong Member	Eric Tait

9. DECLARATIONS

The Trustee Report has been approved. Signed on Behalf of the Charity's Trustees

Signature:		Date:	22 nd August 2025
Full Name(s)	Bernard Diamant		
Position Held	Chair		Heartlink Ealing Hospital Heart Support Group

Charity Number: 1199840

**HEARTLINK EALING HOSPITAL HEART
SUPPORT GROUP**

FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2024

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Prof. Jaspal Singh Kooner (President)
Bernard Diamant (Chair)
Lolin Jones (Secretary)
Dr Amarjeet Singh Sethi
Dr Harmandeep Singh
Dr Nabeel Ahmed
Gary La Touche
Barbara Byrne

Charity Number:

1199840

Contact Address

HeartLink C/O DR Harmandeep Singh
Cardiology Dept 2nd Floor
Ealing Hospital LNWUH Trust
Uxbridge Road
Southall Mddx
UB1 3HW

Independent examiners

Lookman Divelli ACMA CGMA
Pure Accountancy & Consultancy Services Ltd
Association of Chartered Management Accountants
73 Junction Road
Bolton
BL3 4NF

Bankers

Lloyds Bank Plc
Ealing The Broadway
PO BOX 1000
BX1 1LT

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

	Page
Trustees' report	1
Independent examiners' report to the trustees	2
Statement of financial activities	3
Balance sheet	4
Notes to the financial statements	5 – 8

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

FOR THE YEAR ENDED 31st DECEMBER 2024

The trustees present their financial statements of the charity for the 12 months to the year ended 31st of December 2024. The financial statements have been prepared in accordance with the accounting policies set out on page 8 and comply with the charity's trust deed and applicable law.

Statement of the Trustees' Financial Responsibilities

The trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The trustees are required to prepare financial statements for each financial period in accordance with Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of Heartlink Ealing Hospital Heart Support Group and of its incoming resources and application of resources of the charity for that period. In preparing the financial statements, the trustees should follow best practice and:

- Select suitable accounting policies and apply these consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare the financial statements on a going concern basis unless it is inappropriate to assume that Heartlink Ealing Hospital Heart Support Group will continue their activities.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure the financial statements comply with the applicable law, regulations and the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the Board of Trustees



Bernard Diamant

DATE: 31st May 2025

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31st DECEMBER 2024

I report on the accounts of the Trust for 12 months up to the year ended 31st December 2024, which are set out on pages 3 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed by a qualified person falling under the section 145(4).

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiners' report

My examination has been carried out in accordance with the General Directions given by the Charity Commissioner. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiners' statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

DATE: 31st May 2025

Pure Accountancy &
Consultancy Services Ltd
73 JUNCTION ROAD
Bolton
BL3 4NF

**LOOKMAN DIVELLI ACMA CGMA
ASSOCIATION OF CHARTERED
MANAGEMENT ACCOUNTANTS**

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Incoming Resources					
Charitable Activities Income	2	27,792	10,250	38,041	46,009
Other Income		<u>4,000</u>	<u>-</u>	<u>4,000</u>	<u>11,200</u>
Total Incoming Resources		<u>31,792</u>	<u>10,250</u>	<u>42,042</u>	<u>57,209</u>
Resources Expended					
Cost of Generating Funds Charitable Activities	3	6,425	14,929	21,354	17,445
Management and Administration	4	1,746	-	1,746	3,500
Total Resources Expended		<u>8,171</u>	<u>14,929</u>	<u>23,100</u>	<u>20,945</u>
Net (expenditure)/income for the year		23,621	(4,679)	18,942	36,264
Transfers between funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net movements in Funds		23,621	(4,679)	18,942	36,264
Total Funds Brought Forward		<u>35,688</u>	<u>23,450</u>	<u>59,138</u>	<u>22,874</u>
Total Funds Carried Forward		<u>59,309</u>	<u>18,771</u>	<u>78,080</u>	<u>59,138</u>

The notes on pages 5 to 8 form part of these accounts.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

BALANCE SHEET FOR THE YEAR ENDED 31st DECEMBER 2024

	Notes	£	2024 £	£	2023 £
FIXED ASSETS					
Tangible Assets	5		0		0
CURRENT ASSETS					
Debtors		0		0	
Cash at Bank and in hand	6	78,080		59,138	
		78,080		59,138	
CURRENT LIABILITIES					
Creditors: Amounts falling due within one year	7	(0)		(0)	
Net Current Assets			78,080		59,138
NET ASSETS			<u>78,080</u>		<u>59,138</u>
FUNDS					
Total Funds	8		<u>78,080</u>		<u>59,138</u>

Approved by the Board of Trustees and signed on their behalf by:



Bernard Diamant
Trustee

DATE: 31st May 2024

The notes on pages 5 to 8 form part of these accounts.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2024

1 ACCOUNTING POLICIES

1.1 Basis of accounting

The financial statements are prepared in accordance with applicable accounting standards using the historical cost convention.

The financial statements reflect the requirements of the Statements of Recommended Practice and 'Reporting and Accounting by Charities' issued in October 2005.

1.2 Fund Accounting

Unrestricted Funds are funds which are available for the use of discretion of the Trustees in furtherance of the general objectives of the charity and have not been put aside for other purposes.

Restricted Funds are funds which are to be used in accordance with specific restrictions which have been raised by the charity for a specific purpose. The cost of raising and administering such funds are charged against the specific fund.

1.3 Incoming resources

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

1.4 Resources expended

Resources expended is accounted for on an accrual basis and recognised in the period in which they are incurred. Resources expended include attributable VAT, which cannot be recovered.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.5 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Freehold Land	-	None
Freehold Building	-	None
Fixtures & Fittings	-	10% Straight line basis

Properties are included in the balance sheet at cost.

1.6 Tangible fixed assets and depreciation

None of the charity's functional fixed assets have been revalued during the year.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL STATEMENTS (CONT ...) FOR THE YEAR ENDED 31st DECEMBER 2024

2	CHARITABLE ACTIVITIES INCOME	Unrestricted Funds	2024	2023
		£	£	£
	Donations	<u>59,309</u>	<u>78,080</u>	<u>59,138</u>
3	Costs of Charitable Activities		2024	2023
			£	£
	Charitable Project & Activities Costs		20,351	17,445
	LBE Smokefree Project		1,003	0
			<u>21,354</u>	<u>17,445</u>
4	MANAGEMENT AND ADMINISTRATION		2024	2023
			£	£
	Legal & Professional		775	910
	Office Expenses		897	2,506
	Sundry expenses		74	84
			<u>1,746</u>	<u>3,500</u>

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL STATEMENTS (CONT ...) FOR THE YEAR ENDED 31st DECEMBER 2024

5 TANGIBLE FIXED ASSETS

	Property £	Fixtures & Fittings £	Total £
COST			
At 1st January 2024	-	-	-
Additions	-	-	-
Disposals	-	-	-
At 31st December 2024	-	-	-
DEPRECIATION			
At 1st January 2024	-	-	-
Charge for the period	-	-	-
Disposed in the period	-	-	-
At 31st December 2024	-	-	-
NET BOOK VALUES			
At 1st January 2024	-	-	-
At 31st December 2024	-	-	-

6 CURRENT ASSETS

	2024 £	2023 £
Cash at Bank	78,080	59,138
Cash in Hand	0	0
	<u>78,080</u>	<u>59,138</u>

7 CURRENT LIABILITIES

	2024 £	2023 £
Accruals	0	0
Loans	0	0
	<u>0</u>	<u>0</u>

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

**NOTES TO THE FINANCIAL STATEMENTS (CONT ...)
FOR THE YEAR ENDED 31st DECEMBER 2024**

8	TOTAL FUNDS	31st Dec 23	Incoming	Outgoings	Transfers	31st Dec 24
		£	£	£	£	£
	Total funds	<u>59,138</u>	<u>42,042</u>	<u>(23,100)</u>	<u>-</u>	<u>78,080</u>

The trustees are free to use funds in accordance with charitable objectives.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

England & Wales - Charity number 1199840

Accounts



HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

Annual Report and Financial Statement For Year Ending 2023

Charity Registration Number: 1199840

Contents

1. Introduction
2. Chairman's Summary
3. Our Organisation and Its Aims
4. Charitable Objectives and The Public Benefit
5. Performance & Achievements
6. Financial Statement and Independent Examiner's Report
7. Structure, Governance and Management
8. Reference and Administrative Details
9. Declarations

1. Introduction

This report outlines the work Heartlink carried out in 2023, including key milestones and achievements. It details the activities, initiatives, events, financial performance, and the impact Heartlink made in terms of the public benefit, supporting those suffering from heart disease.

1.1 Heart disease in Ealing – is the reason we exist

Local heart and circulatory disease information from the British Heart Foundation, based on statistics from official surveys and data sources.

The London Borough of Ealing:

Around 32,000 people are living with heart and circulatory diseases in Ealing.

Around 11,000 people are living with coronary heart disease in Ealing.

Around 2900 people have been diagnosed with heart failure by their GP in Ealing.

Around 58,000 people in Ealing have been diagnosed with high blood pressure.

Around 34,000 adults have been diagnosed with diabetes in Ealing.

Also in the Borough of Ealing:

20% of adults in Ealing have obesity.

33% of adults in Ealing do not meet physical activity recommendations.

Around 10% of adults in Ealing smoke.

Heart and circulatory diseases are the cause of nearly one in four deaths in Ealing.

Heart and circulatory diseases cause 45 deaths each month in Ealing.

Every 16 hours, someone dies from heart or circulatory disease in Ealing.

and.....

There are around 5000 stroke survivors in Ealing.

Around 5300 people have been diagnosed with atrial fibrillation in Ealing.

Around 3500 people have a faulty gene that can cause an inherited heart related condition.

Around 30 babies a year are diagnosed with a congenital heart defect in Ealing.



we exist in order to help support people with heart and circulatory diseases in Ealing because these conditions are very common and have a big impact on daily life. Many people facing health issues like heart disease, high blood pressure, and diabetes, need more than just medical treatment. They also need emotional support, practical help, and guidance to manage their conditions. Providing this support helps improve their quality of life, assists them in handling their health challenges, and hopefully eases the burden on local healthcare services.

A strong support network can offer valuable resources, build community connections, and help people manage their health better, especially in an area where there are significant medical needs.

2. Chairman's Summary

Dear Members, Trustees and Friends,

I am pleased to present this year's Chairman's Report, highlighting our collective efforts and achievements over the past year. The report reflects what we have all achieved.

Heartlink has helped thousands of local heart patients since it was founded in 1994, initially operating as a local heart support group. In 2022, we took the bold step of becoming a registered charity, operating under the oversight of the Charity Commission. This move has allowed us to significantly expand our role and work.

Firstly, I would like to **extend my heartfelt gratitude to our Trustees for their unwavering support and dedication.** Their guidance and commitment have been instrumental in steering Heartlink towards its goals. Likewise, the help and support from our members have been invaluable. Your active participation and encouragement have been key to our successes.

I also want to express **my deepest appreciation to our incredible volunteers.** Their selfless dedication and tireless efforts are the backbone of our organisation. Whether they assisted at events, offering their expertise, or simply lending a helping hand, their contributions have made a profound difference. It's their passion and generosity that truly brings our mission to life, and we couldn't do it without them. **They really are the "heart" in Heartlink.**

One of our most significant initiatives this year was the launch of our Heart Health Campaign in the community. This campaign has been pivotal in raising awareness of heart health, providing essential information, and promoting healthier lifestyles. The response from the community has been overwhelmingly positive, demonstrating a strong commitment by people to improving their own heart health.

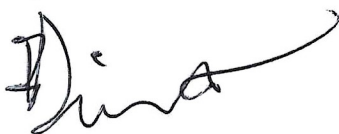
We undertook over fifteen successful visits to community groups, health centres, businesses, and schools, where we engaged with the public, shared knowledge, and received valuable feedback. These interactions have not only strengthened our community ties but have also provided us with insights to better serve those affected by cardiovascular diseases.

I am incredibly proud of our Committee's efforts. Their dedication, hard work, and passion for Heartlink's cause have been truly inspiring. Together, we have made a significant impact on patients and communities, and we have also met vital fundraising milestones. These achievements will enable us to further our mission and extend our reach.

In closing, I want to thank everyone involved for their continuing support and contributions. It is through our collective efforts that we continue to make a significant impact in the fight against heart disease.

Thank you to all for everything you did, and for being an essential part of our Heartlink family.

With gratitude.



Bernard Diamant
Chairman

3. The Organisation, Its Aims and Objectives

3.1 Who We Are

Heartlink is a local charity run by heart patients for heart patients, their families and carers. It serves the borough of Ealing and surrounding areas. The group was formed in 1994 by Professor Kooner with the main purpose of supporting individuals diagnosed with heart disease on their recovery journey. Heartlink is affiliated to the British Heart Foundation, that provides us with information booklets and literature.

Heartlink has a board of 8 trustees comprising of clinicians and heart patients. An elected committee run day-to-day activities and a team of approx. 20 volunteers provide support services for our growing membership of over 600 members.

➤ Our Trustees

Our trustees are essential to our organisation, offering vital support, active participation at events, and strategic direction. They help shape our goals and engage directly with the community, enhancing the impact of our activities. Their dedication and leadership are crucial to our success and growth. Trustee meetings are held monthly to discuss progress, address issues, and plan future initiatives.

➤ Heartlink Committee

The Heartlink Committee is elected annually by our members during the Annual General Meeting. The committee is responsible for overseeing all activities, including but not limited to: managing finances, maintaining our website, membership records, recruiting and training volunteers, and providing regular updates to members at meetings, through Newsletters and other communications channels. Our new website containing all our events from 2023 to date and can be found at <https://Heartlink.Charity>

➤ Our Volunteers

Heartlink's success is largely attributed to the dedication and active involvement of our volunteers. Their passion and unwavering commitment drive our initiatives, from organising and assisting at events to providing companionship to our members. This year, over 1,000 days of volunteering were achieved, a remarkable milestone. We deeply appreciate their invaluable contributions and are profoundly grateful for their continued support. We are consistently recruiting new volunteers to help us deliver our services. All volunteers who work in the hospital and interact with patients undergo Enhanced Disclosure and Barring Service (DBS) checks. In 2023, we partnered with a third-party charity to conduct these checks, resulting in updated DBS certifications for our volunteers."

3.2 What We Do

A heart disease diagnosis can be traumatic, requiring significant lifestyle changes and ongoing care. As a patient-centered organisation, we recognise the emotional distress that can follow such a diagnosis. Our aim is to support individuals by connecting them with others who share similar experiences. This shared experience helps people find reassurance within a supportive community. While we initially focus on immediate patient needs, we have significantly expanded our services to include health education and raising awareness of heart disease for prevention. We emphasise the importance of early intervention and healthy lifestyles to improve overall heart health. Our events and activities are free and open to all. Our website provides a more comprehensive overview of our all our services at <https://Heartlink.Charity>

4. Charitable Objectives and The Public Benefit

Heartlink's charitable objectives are to relieve sickness and to preserve and protect health among people suffering from heart disease in the Borough of Ealing and surrounding area, by:

a) providing regular social and recreational activities and meetings for those suffering with heart disease in order to help relieve anxiety, reduce isolation and promote healthy lifestyles by interacting with others who share similar experiences and have an understanding of their needs;

People living with long-term conditions can greatly benefit from shared experiences and a sense of connection. Our Community Hub, along with our monthly Educational Seminars and Weekly Walking Group, plays a crucial role in this by offering a social environment where individuals can meet, make friends, and engage in various activities. This year, in addition to our regular weekly Walkers Group, we expanded our activities to include Chair Yoga sessions, IT training courses, two sponsored walks, a coach trip to Bournemouth, and two Christmas celebrations, featuring a formal dinner and a separate party.

The Public Benefit of these activities directly helps reduce loneliness, feelings of isolation, helps reduce anxiety and greatly impacts on the quality of life. Encouraging people to be more active and independent can help increase longevity.

b) working with the wider community to promote heart health and raise awareness of heart disease, its causes, treatments, implications and help that is available;

The Ealing Council Public Health Strategy 2023 highlighted Ealing's diverse ethnic communities, particularly located around Ealing Hospital. The report noted high levels of diabetes, low physical activity, and below-average life expectancy, linking diabetes to an increased risk of heart disease. The South Asia Biobank Study also identified a genetic predisposition to heart disease among South Asians. In response, we launched our Heart Health Campaign in 2023 to help address some of these issues by raising awareness about heart disease, its risk factors, treatments, and prevention. Throughout the year, we visited over 15 venues, including community groups and religious organizations, to promote healthy lifestyles. Our work is supported by trustee clinicians who provide expert advice, give talks, and conduct health checks for early disease detection.

The Public Benefit from raising awareness of heart disease, its risk factors, helping address early detection and diagnosis, and promoting healthy lifestyles, helps save lives.

c) supporting patient care at the Cardiology Department at Ealing Hospital by providing items and other forms of comfort and support not required to be provided by any statutory authority.

During the year we visited Heartlink members who had been admitted to hospital and continued our peer-to-peer support through the 'Heart Buddy' scheme for newly diagnosed heart patients. Referrals came from Ealing Hospital Cardiology, Community Cardiology, GPs, the British Heart Foundation, and via personal recommendations. We matched 13 patients with others who have had similar experiences and directed several more to appropriate local health services.

The Public Benefit of having someone to talk to who understands the trauma of having experienced a heart episode is in improving people's physical and mental health. In addition, signposting people to local health services provides a valuable service in ensuring they receive the appropriate care and support they need.

5. Performance and Achievements

Our comprehensive range of events and activities are free and open to all. We reach out to heart patients, their families, and carers, offering them the opportunity to participate in any activity that may help address their needs. All our work is made possible by the support and dedication of our trustees and volunteers.

In 2023, we resumed our core activities and launched several new projects to better serve our community. We successfully launched our Heart Health Campaign and undertook two sponsored walks, emphasising the importance of heart health and exercise. Additionally, we organised days out to Bournemouth, held social dinners and hosted a Christmas, providing enjoyable and engaging experiences for our members.

Our initiatives at the Community Hub included providing nutritious meals over a six month period and, in partnership with AGE UK Ealing, we developed and implemented an IT training course to address digital inequality amongst our members. Furthermore, we formed new partnerships, including collaborations with the Trust, to expand our outreach and impact. These efforts have strengthened our commitment to promoting heart health and supporting heart patients and their families, ensuring a healthier and more connected community.

5.1 Our Activities and Events

The following paragraphs summarise our core activities and community outreach work throughout 2023.

5.2 Information Desk at Ealing Hospital 2022

Our weekly Information Desk at Ealing Hospital has become a crucial part of our efforts. We assist hospital visitors by distributing important British Heart Foundation literature on various heart diseases, their management, and treatments. The Desk has become a vital information hub, guiding people to other relevant services and resources.

Our trained volunteers, skilled in 'Make Every Contact Count' (MECC) techniques, are available to interact with the public providing advice and support.

Additionally, volunteers make sure that cardiac-related areas, from the cardiac ward to outpatient clinics, are stocked with British Heart Foundation materials.

5.3 Educational Seminars

Our educational seminars are fundamental to Heartlink's mission of raising heart health awareness and related risk factors. Featuring expert speakers from various clinical backgrounds such as cardiologists, dietitians, and other experts in their field, seminars often attract 45 or more attendees, reflecting the community's strong need for reliable health information.

Monthly seminars address a range of topics, including the latest treatments for a range of cardiac diseases, their management, lifestyle changes, and self-management of conditions such as diabetes and hypertension. The interactive format allows attendees to engage directly with experts, enhancing their learning experience. These educational efforts are crucial as they offer a comprehensive understanding of the topics, enabling proactive health management and hopefully directly contributing to better health outcomes in the community.

This year, we hosted speakers on a wide range of topics, including diet, exercise, heart medications, diabetes, heart failure, atrial fibrillation, kidney disease, and prostate and breast cancer. We were also shown CPR techniques and were personally addressed by the Trust's Chief Executive and her team, who outlined future plans for Ealing Hospital and the Trust.

Educational Seminars held in 2023

• 5 th January Ben Jackson: The Trust and It's Future Plans
• 2 nd February Angela Hartley: Diet, Exercise & Medications
• 2 nd March Pippa Nightingale (Trust CEX) & Dr Nigel Stephens: Ealing Hosp plans & response to patients
• 6 th April Dr Mehta: Understanding Diabetes
• 4 th May Eve Maylas: Heart Failure
• 1 st June Dr Amarjit Sethi: Heart Disease and Home Monitoring
• 6 th July Dr Jaskaran Sethi: Atrial Fibrillation
• 3 rd August Gary La Touche: Your stay in Hospital and Discharge
• 7 th September Dr Harman: CPR Training Saving Lives
• 2 nd November Dr Marlene Pluess: Kidney disease and heart & vascular problems
• 7 th December Ana Izquierdo: Macmillan Prostate and Breast Cancer

We extend our gratitude to all those who spoke to our members, sharing valuable insights that help manage our own health better.

5.4 Ward Visits and Heart Buddies

The frequent COVID outbreaks, particularly in the early part of 2023, significantly disrupted our ability to maintain a regular ward visiting schedule. As a result, we were only able to do a limited number of visits, primarily in response to requests from our hospitalised members, whom we visited as personal friends. During this period, we focused on reviewing and updating our volunteers' DBS certifications to ensure compliance with the Trust's policies for future hospital-based activities.

However, our Heart Buddy scheme continued to flourish. Heartlink stayed active through our collaboration with the Primary Care GP Service 'Joy,' alongside our Trust, Imperial Community Cardiology, and the British Heart Foundation. These partners referred individuals to us for support, enabling our scheme to offer consistent assistance. 13 people were matched with others who had experienced similar conditions. Some chose to remain with Heartlink and join as members, while others were satisfied with the advice.

5.5 Weekly Walkers Group

Our weekly walking group has flourished throughout the year, providing a friendly environment for those seeking light exercise. We meet every Wednesday at 10 a.m. outside Greenford Hall for easy walks on well-established footpaths, usually lasting 2 to 3 hours with breaks for tea and coffee. Participants walk at their own pace and distance.

Besides exploring local Ealing areas, the group has ventured to other locations using public transport, so bringing a 'Freedom Pass' is useful. Launched by a few dedicated members, the initiative remains successful, promoting both physical fitness and social connections.

5.6 Heartlink Community Hub

Our community hub is a monthly informal gathering that offers a welcoming space for people to meet, make new friends, and share experiences. Initially created to support those feeling isolated and lonely after the pandemic, the Hub has grown into a nurturing environment that encourages a sense of community and helps build lasting relationships. The Hub acts as a drop-in centre offering a variety of social programmes, such as bingo, quizzes, and health-based advice. It also provides stress relief and relaxation through activities like chair yoga, along with guidance on diet, nutrition and weight management.

With an average of 30 attendees each month, participants enjoy a diverse range of activities, including our regular and very popular Chair Yoga sessions. They also benefited from blood pressure and weight management checks provided by local pharmacies, have received safety and scam avoidance advice from Ealing Council, and participated in several social gatherings and parties.

We are grateful to our volunteers for their dedication in making the Hub a success, and are indebted to those who generously offer their time to teach Chair Yoga, as well as to Southall Pharmacy for their ongoing commitment to providing health check services.

On the afternoon of December 21st, the Hub hosted its popular **Christmas party**, offering a variety of sandwiches, snacks, desserts, and festive mulled wine. Members and supporters enjoyed socialising, especially those living alone. The event featured a raffle and a team memory game, celebrating the successful end of the Hub's first year of operation.

5.7 Community Hub Projects: Tackling Isolation and Inequalities

At the Hub, we successfully completed three key projects during the autumn and winter months that addressed isolation and inequalities, directly impacting people's lives by tackling issues such as loneliness, lack of exercise, and limited IT skills. Our projects were:

- **Sharing Communal Meals** Over a six month period we served a variety of lunches to over 30 people every month. These brought people together to make friends, share experiences, and helped combat loneliness. We received great feedback! People said **"It's not just about food; it's about feeling like you belong to a community and having friends to share it with"**.
- **Gentle Exercise** Our regular Chair Yoga and later Tai Chi sessions helped improve physical and mental well-being of attendees. These sessions included exercises aimed at strengthening muscles, improving balance, and promoting controlled breathing through basic meditation techniques. These sessions were highly popular, and there is a strong demand for us to continue offering them in the future.
- **IT Training Initiative to help tackle Digital Exclusion** Many of our members told us they struggled with technology, making it hard for them to access health services or stay connected socially. With most NHS communication now digital, many missed hospital appointments or could not access important medical information and GP services.

To help address these issues, we partnered with Age UK Ealing to develop a course that teaches people how to use iPads to access NHS and other health-related services.

Gaining these skills enables individuals to make better informed decisions and improve their healthcare. Additionally, topics such as scams, security, and data protection were covered to ensure online safety.

Experienced trainers led two separate courses with our volunteers assisting, and a total of 27 people completed the courses, with requests for future sessions.

All three projects were made possible by funding awarded to us by major sponsors for which we are very grateful. The Heartlink Committee, along with our committed volunteers, feel incredibly proud and encouraged by what we've achieved through our Community Hub and its three programmes focusing on education, exercise, and inclusion.

5.8 The Heart Health Campaign

Background: Ealing Council Public Health Strategy 2023 highlighted the diverse communities around Ealing Hospital, including South Asian, Irish, Polish, and Somali groups. It identified high levels of diabetes, low physical activity, and shorter life expectancy in the area. It is known that diabetes is a risk factor for heart disease, and that South Asians, are more genetically prone to heart issues as identified by the South Asia Biobank Study.

Based on these facts, and in the knowledge that heart disease is a leading factor of mortality in the UK, in 2023 we developed and launched our **Heart Health Campaign**. Our campaign focuses on outreach work to raise awareness of heart disease, its risk factors, treatments, and medications. Crucially, it also emphasises prevention and early detection of disease to help save lives.

Throughout the year, we have been proactive in raising heart health awareness and promoting healthy lifestyles by visiting over 15 different venues. Our efforts have been guided by the expert advice and leadership of our trustees, who, as skilled clinicians, have delivered talks to large audiences on the importance of early disease prevention to help save lives. In addition, we provided on-the-spot health checks to help aid early detection of disease.

The community groups and venues we visited included Churches, Gurdwaras, religious festivals, community organisations, such as Mael Gael, Southall Community Alliance, Women's Groups, Elder Groups, GP's, Health Centres and Dairy Meadow Primary School.

As a result of these efforts, we have built strong connections with various community groups, local pharmacies, and social enterprises. These mutually beneficial partnerships enable us to collaborate on heart health awareness, conduct basic health checks, recruit and train volunteers, and share resources and expertise to better serve our communities.

Our outreach work also extended to a commercial company, where volunteer nurses conducted a health screening program that included blood pressure measurements and health advice for the workforce. The success of this initiative resulted in the business inviting us to visit their other offices in 2024.

Heart Health Campaign Some of the Groups and Venues Visited:

➤ Southall Community Alliance 25th January ➤ Naga Kirtan Festival Southall 2 April ➤ East African Asian Elders Group 6th April ➤ Women's Group at Age UK 11th April ➤ Greenford Wellbeing Stall 11th July ➤ Meadow View Surgery 15th July ➤ Sikh Smagam Festival 16th July ➤ Mael Gael Community Group 18th August	➤ Sant Ishar 8 & 9th September ➤ Quattro Visit 11th October ➤ Visitation Church Group 12th October ➤ Western Road Gurdwara 22nd October ➤ Havelock Rd Gurdwara 22nd October ➤ Ealing Gurdwara 5th November ➤ Mael Gael Community Group 29th November ➤ Dairy Meadow School 6th December
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5.9 Other Significant Events and Occasions During the Year

➤ Two Sponsored Walks in March and May

Two sponsored walks were organised on behalf of Heartlink, both of which raised significant funds for us. The first event, held in March, was led by Ealing Mayor Mrs. Midha, who guided participants on a scenic route from Greenford to Perivale, concluding at Pitshanger Park. At the end of this enjoyable walk, around 20 participants were greeted with tea and cakes to celebrate their achievement.

The second walk, held in May, was **organised by Ealing cardiology staff** and took place along the picturesque Thames Path at Kew, ending at Richmond. This walk provided a beautiful route for all involved. Both events were well-received and played a significant role in raising much-needed funds to support Heartlink's work. Our thanks go to everyone who dedicated their time to organizing and participating in these events on our behalf.

➤ Heartlink Honours a Great Supporter and Community Leader

On 12th June at Ealing Hospital, Heartlink held a well attended ceremony in honour of Councillor Tejinder Singh Dhami. During his term as Mayor of Ealing in 2018-19, Tejinder, who was a heart patient himself, adopted Heartlink as one of his chosen charities and raised many thousands of pounds for us. Those funds were used to purchase Night Owl monitors for heart patients, and oximeters and oxygen concentrators during the pandemic. Sadly, Tejinder passed away in 2021 after many years of service to the local community and 20 years as a councillor.

At the ceremony, Councillor Mrs. Mohinder Midha, (Mayor of Ealing), cut the ribbon on a new bench at the hospital entrance dedicated to Tejinder. Mrs Dhami also unveiled a memorial plaque in his honour in the Cardiology Clinic on Level 2.

The event was attended by Tejinder's family, friends, former Ealing Council colleagues, hospital staff, Trust representatives, and Heartlink members.

➤ **Ealing Mayor Presents Cheque for our Heart Health Campaign**

On August 17th, at a ceremony in the Council chamber at Ealing Town Hall, Councillor Mrs. Mohinder Midha presented Heartlink with a substantial cheque, representing the funds she raised during her term as Mayor of Ealing. Throughout her year in office, Councillor Midha worked tirelessly, organizing numerous fundraising events, including celebration dinners, and securing generous donations. These funds will be used to honour her efforts by expanding and enhancing our Heart Health Campaign within the community.

➤ **Day Out at the Seaside in Bournemouth**

In August 30 Heartlink members had a great day out in Bournemouth. **Our thanks to our long-standing member, Krishanjit Bajwa**, who organised the coach trip and to the generosity of coach hire and drivers who donated the cost of the trip to us. Most of those going on the trip were regular attendees at our monthly Community Hub.

➤ **Healthchecks for Lorry Drivers**

On October 11th, our consultant advisor secured a visit to a local commercial company. A team of Heartlink volunteers, including five health professionals, visited the Heston Depot of Quattro (UK) Ltd to conduct basic health checks on over 30 truck and concrete mixer drivers. Organised with the help of an experienced fundraising consultant, the event featured blood pressure and heart rhythm checks. Drivers received their results and were advised to see their GPs if any concerns were noted. Each participant also received British Heart Foundation leaflets and information about Heartlink. The initiative, requested by the Depot management, is part of our ongoing efforts to raise heart health awareness in the community.

Our gratitude is extended to Ann Rosen, whose efforts were crucial in bringing this to fruition, the nurses who took time to conduct health checks, **and Quattro for their generous donation** to Heartlink. Their support has been invaluable in advancing our heart health initiatives and making a meaningful impact in the community.

➤ **Heartlink wins Southall Team of the Year**

Heartlink was honoured as Team of the Year by the Southall Community Alliance at its Annual Awards Ceremony on November 25th. This award recognizes our efforts in supporting local heart patients and raising awareness about heart disease. Over the past year, our increased initiatives have been acknowledged, motivating us to further our work. Ten Heartlink members attended the ceremony, which celebrated various local heroes and was attended by over 200 people. We extend **our gratitude to the Directors & Board of Southall Community Alliance** for this recognition.

➤ **Heartlink Members enjoy Christmas Meal at the Golf Club**

On December 14th, 80 Heartlink members filled the dining area at West Middlesex Golf Club for a festive Christmas meal, celebrating our progress over the past year. The event featured a raffle that raised crucial funds for our 2024 activities. We were honoured to be joined by several special guests, including Councillor Mrs. Mohinder Midha and her husband, Mr Jaskaran Singh from the West London Asian Society and Southall Community Alliance, with his wife; Councillors Harbajan and Ranjit Dheer, longstanding supporters of Heartlink; and our President, Professor Jaspal Kooner, who founded Heartlink in 1994 and took time from his busy schedule to attend.

➤ **Heartlink Christmas Stall in Ealing Broadway Shopping Centre**

Our year concluded with a Christmas stall in the heart of Ealing Broadway Shopping Centre. Over three days in December, we distributed British Heart Foundation literature and leaflets while raising awareness about heart health. The public was generous and kind, and many people engaged with our message, helping to spread vital information supporting our cause.

5.10 Heartlink Your Charity

Heartlink trustees and committee members have been crucial in ensuring our core aims and initiatives were successfully achieved. Their efforts throughout the year have driven our activities and engaged with communities. An overview of their contributions follow:

- **Trustee Meetings** have been held monthly, and the commitment and leadership of our Trustees are vital to the success of Heartlink. Offering strong support, participating in events, and providing strategic direction, they make time to attend meetings regularly. Their active involvement ensures that we stay on track with our goals, effectively address challenges, and continuously plan for the future.
- **The Committee** has met monthly throughout the year, setting goals, agreeing on plans, and allocating resources effectively. Regular progress reviews and issue resolution have been crucial in keeping Heartlink on track and achieving success. The dedicated teamwork and valuable contributions of the committee members have been essential in reaching our objectives and driving our organisation forward.
- **Our Volunteers** Heartlink's success is largely due to the dedication of our volunteers, who generously give their time to support heart patients and are essential to our operations. Over the past year, our committed volunteers have contributed an estimated 1,000 days of service, playing a crucial role in driving our initiatives and supporting our mission. Their hard work and unwavering support enable us to make a significant impact in the community and continue our efforts to improve heart health awareness.
- **Membership** In 2023, our membership experienced steady growth, reaching over 500 members. This success can be largely attributed to our Hospital Information Desk and outreach efforts through the Heart Health Campaign. New members have actively engaged by attending events and a number have also contributed as volunteers.
- **The Heartlink Web Site** @ <https://Heartlink.Charity> In 2023, we developed and launched a new website greatly enhanced our visibility and expanding our reach to diverse communities. The website is a crucial tool for raising awareness about our initiatives and connecting with a wider audience. Its user friendly design and comprehensive content make it easy for people to learn about our services, access important information, and engage with us. By offering a central hub for updates, events, and resources, the website has significantly boosted our presence and effectively communicated our mission to the public.
- **Newsletters** throughout the year, we undertook a successful redesign of our newsletter and enlisted the help of a skilled volunteer with desktop publishing experience. This has allowed us to consistently produce and distribute regular newsletters, significantly improving our communication with members. By keeping them informed about the latest news, events, and updates, we have improved communication and increased member involvement. We now publish our newsletters on a quarterly basis in the new format.

➤ **Fundraising** Over the past year, we revised our approach to fundraising by enlisting the services of an experienced fundraiser to assist us with strategic planning and fundraising. This change allowed us to successfully apply for, and significantly increase funding resources from both local and national grants. These funds have supported several key projects aimed at addressing inequalities. Specifically, we provided nutritional meals at our Hub over a four-month period, partnered with Age UK Ealing to develop an IT program to tackle digital exclusion among older adults, and provided Chair Yoga and Tai Chi sessions to help with relaxation and stress management.

➤ **Finance**

2023 saw the Committee work tirelessly to raise funds in support of our core objectives and agreed projects. Their work led to significant successes, particularly in securing grants that were crucial to advancing our core aims. Additionally, being selected as the Mayor of Ealing's chosen charity for 2022–2023 provided further major financial support, culminating in the presentation of a substantial cheque. The following is a detailed breakdown of how these achievements were made possible.

In early 2023, the Committee revised its strategic direction, outlining key objectives for the year and, crucially, the funding required to achieve them. A thorough review was conducted to identify all operational costs necessary to keep the Charity functioning daily, as well as the funds needed to launch and sustain our Heart Health Campaign initiative.

This effort culminated in May with the creation of an 18-month Business Plan, which was presented to Trustees for discussion, refinement, and final approval at their meeting in May. The business model and plan have placed the Charity on a solid path to achieving its work programme over the following 18 months.

Guided by an experienced fundraiser, we were able to improve our fundraising efforts, resulting in a high success rate for our grant applications. This collaboration led to significantly increased funding from both local and national grants. These funds supported key projects aimed at addressing inequalities, including providing nutritional meals at the Hub, partnering with Age UK Ealing to tackle digital exclusion among older adults, and offering Chair Yoga and Tai Chi sessions to promote relaxation and stress management.

In the August of 2023 Heartlink was presented with a substantial cheque raised by the Mayor of Ealing Council, who had chosen Heartlink as her designated charity for 2022–2023. Throughout her term in office, the Mayor worked tirelessly, organising numerous fundraising events, including celebratory dinners, and securing generous donations. These funds were instrumental in launching and supporting our Heart Health Campaign in the community.

In summary, 2023 proved to be an exceptionally successful year for Heartlink. Through strategic planning, tireless fundraising efforts, and the invaluable guidance of an experienced fundraiser, we were able to secure substantial funding that directly supported our core objectives. The combination of grant success and generous donations, particularly from being chosen as the Mayor of Ealing's chosen Charity, allowed us to launch vital community initiatives like the Heart Health Campaign and address key issues such as digital exclusion and stress management.

2023's accomplishments have set a strong foundation for the future, positioning the Charity to continue its important work in the months and years ahead. The success of our efforts is clearly reflected in our audited accounts, which are detailed in our Annual Return.

6. Financial Statement and Independent Examiner's Report

The Trustees are responsible for the preparation of Heartlink's Accounts.

In line with section 144(2) of the Charities Act 2011, the Trustees have commissioned a qualified Chartered Management Accountant, to undertake an independent examination of our Accounts for the financial year ending 2023.

The Accounts have now been independently examined and are attached as part of our Annual Return to the Charity Commission.

7. Structure, Governance and Management

Type of Governing Document	Constitution Adopted 21 st July 2022
Charity Constitution	Unincorporated Association
Trustee and Committee Selection	Trustees and the Committee are appointed nor re-appointed annually at the Annual General Meeting
Officers	Chair: Mr Bernard Diamant Treasurer: Mr Mohinder Kalsi Secretary: Ms Lolin Jones

8. Reference and Administrative Details

Charity Name	Heartlink Ealing Hospital Heart Support Group
Other Names Used	Heartlink
Registered Charity Number	1199840
Charity Principal Address	Heartlink C/o Dr Harmandeep Singh Cardiology Dept Level 2 Ealing Hospital LNWUH Trust Uxbridge Road Southall Mddx UB1 3HW
Contact Details	0300 102 4575
Email	info@ealingheartgroup.co.uk
Website	https://Heartlink.Charity

Trustees January 2023 until 5th October 2023

Prof Jaspal Kooner	President and Trustee Consultant Cardiologist
Prof Stuart Rosen	Consultant Cardiologist (July 2022 to May 2023)
Dr Amarjit Sethi	Consultant Cardiologist
Dr Harmandeep Singh	Consultant Cardiologist & Acute Medicine
Gary La Touche	Cardiac Ward Manager
Trevor Davison	Chair
Mohinder Kalsi	Vice Chair & Treasurer
Lolin Jones	Secretary
James Eric Tait	
Bachitar Singh Diocee	
Ajit Singh Saib	
Tony Hussain	
Bachitar Singh Diocee	

Trustees 5th October to 3rd October 2024

Prof Jaspal Kooner	President and Trustee Consultant Cardiologist
Dr Amarjit Sethi	Consultant Cardiologist
Dr Harmandeep Singh	Consultant Cardiologist & Acute Medicine
Gary La Touche	Cardiac Ward Manager
Barbara Bryne	Heart Failure Specialist Nurse (Trustee May 2024)
Bernard Diamant	Chair
Mohinder Kalsi	Vice Chair & Treasurer
Lolin Jones	Secretary

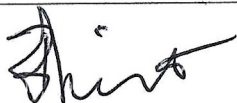
Management Committee

Role	Name
Chair	Bernard Diamant
Vice Chair Treasurer	Mohinder Kalsi
Secretary	Lolin Jones
Hub Co-Ordinator	Trevor Davison assisted by Dolly Birdee
Information Desk & Ward Visit Rota's	Trevor Davison & Amar Kalsi
Monthly Educational Seminars	Kiran Dhami
Wednesday Walkers	Rosaleen Mann & Trevor Davison
Admin & Organisational Support	Jaspreet Oberai
Events Co-ordinator	Krishanjit Bajwa
Community Champion(s)	Bachitar Diocee
Publicity Web Site & IT	Bernard Diamant
Volunteer & Training Co-Ordinator	Lolin Jones
Lifelong Member	Eric Tait & Ajit Saib

10. Declarations

The Trustee Report has been approved.

Signed on Behalf of the Charity's Trustees,

Signature:		Date: 13 th September 2024
Full Name(s)	BERNARD CHARLES DIAMANT	
Position Held	CHAIRMAN.	

Charity Number: 1199840

**HEARTLINK EALING HOSPITAL HEART
SUPPORT GROUP**

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st DECEMBER 2023**

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Trevor Davison (Chair)
Mohinder Singh Kalsi
Lolin Jones
Professor Jaspal Singh Kooner
James Eric Tait
Gary La Touche
Ajit Singh Saib
Dr Harmandeep Singh
Tony Hussain
Dr Amrjeet Singh Sethi
Bachitar Singh Diocee

Charity Number:

1199840

Contact Address

HeartLink C/O DR Harmandeep Singh
Cardiology Dept 2nd Floor
Ealing Hospital LNWUH Trust
Uxbridge Road
Southall Mddx
UB1 3HW

Independent examiners

Lookman Divelli ACMA CGMA
Pure Accountancy & Consultancy Services Ltd
Association of Chartered Management Accountants
73 Junction Road
Bolton
BL3 4NF

Bankers

Lloyds Bank Plc
Ealing The Broadway
PO BOX 1000
BX1 1LT

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

	Page
Trustees' report	1
Independent examiners' report to the trustees	2
Statement of financial activities	3
Balance sheet	4
Notes to the financial statements	5 – 8

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

FOR THE YEAR ENDED 31st DECEMBER 2023

The trustees present their financial statements of the charity for the 12 months to the year ended 31st of December 2023. The financial statements have been prepared in accordance with the accounting policies set out on page 8 and comply with the charity's trust deed and applicable law.

Statement of the Trustees' Financial Responsibilities

The trustees are responsible for preparing the financial statements in accordance with applicable law and regulations.

The trustees are required to prepare financial statements for each financial period in accordance with Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of Heartlink Ealing Hospital Heart Support Group and of its incoming resources and application of resources of the charity for that period. In preparing the financial statements, the trustees should follow best practice and:

- Select suitable accounting policies and apply these consistently
- Make judgements and estimates that are reasonable and prudent
- Prepare the financial statements on a going concern basis unless it is inappropriate to assume that Heartlink Ealing Hospital Heart Support Group will continue their activities.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure the financial statements comply with the applicable law, regulations and the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

On behalf of the Board of Trustees



Mohinder Singh Kalsi

DATE: 31st AUGUST 2024

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES FOR THE YEAR ENDED 31st DECEMBER 2023

I report on the accounts of the Trust for 12 months up to the year ended 31st December 2023, which are set out on pages 3 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed by a qualified person falling under the section 145(4).

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiners' report

My examination has been carried out in accordance with the General Directions given by the Charity Commissioner. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiners' statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
 - (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
 - (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

DATE: 31st AUG 2024

**LOOKMAN DIVELLI ACMA CGMA
ASSOCIATION OF CHARTERED
MANAGEMENT ACCOUNTANTS**

Pure Accountancy &
Consultancy Services Ltd
73 JUNCTION ROAD
Bolton
BL3 4NF

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Incoming Resources					
Charitable Activities Income	2	22,559	23,450	46,009	11,941
Other Income		11,200	-	11,200	-
Total Incoming Resources		<u>33,759</u>	<u>23,450</u>	<u>57,209</u>	<u>11,941</u>
Resources Expended					
Cost of Generating Funds Charitable Activities	3	13,090	4,355	17,445	3,093
Management and Administration	4	3,500	-	3,500	1,191
Total Resources Expended		<u>16,590</u>	<u>4,355</u>	<u>20,945</u>	<u>4,284</u>
Net (expenditure)/income for the year		<u>17,169</u>	<u>19,095</u>	<u>36,264</u>	<u>7,657</u>
Transfers between funds		-	-	-	-
Net movements in Funds		<u>17,169</u>	<u>19,095</u>	<u>36,264</u>	<u>7,657</u>
Total Funds Brought Forward		<u>22,874</u>	<u>-</u>	<u>22,874</u>	<u>15,217</u>
Total Funds Carried Forward		<u><u>40,043</u></u>	<u><u>19,095</u></u>	<u><u>59,138</u></u>	<u><u>22,874</u></u>

The notes on pages 5 to 8 form part of these accounts.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

BALANCE SHEET FOR THE YEAR ENDED 31st DECEMBER 2023

	Notes	£	2023 £	£	2022 £
FIXED ASSETS					
Tangible Assets	5		0		0
CURRENT ASSETS					
Debtors		0		0	
Cash at Bank and in hand	6	59,138		22,874	
		59,138		22,874	
CURRENT LIABILITIES					
Creditors: Amounts falling due within one year	7	(0)		(0)	
Net Current Assets			59,138		22,874
NET ASSETS			<u>59,138</u>		<u>22,874</u>
FUNDS					
Unrestricted Funds	8		<u>59,138</u>		<u>22,874</u>

Approved by the Board of Trustees and signed on their behalf by:



Mohinder Singh Kalsi
Trustee

DATE: 31st AUGUST 2024

The notes on pages 5 to 8 form part of these accounts.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st DECEMBER 2023

1 ACCOUNTING POLICIES

1.1 Basis of accounting

The financial statements are prepared in accordance with applicable accounting standards using the historical cost convention.

The financial statements reflect the requirements of the Statements of Recommended Practice and 'Reporting and Accounting by Charities' issued in October 2005.

1.2 Fund Accounting

Unrestricted Funds are funds which are available for the use of discretion of the Trustees in furtherance of the general objectives of the charity and have not been put aside for other purposes.

Restricted Funds are funds which are to be used in accordance with specific restrictions which have been raised by the charity for a specific purpose. The cost of raising and administering such funds are charged against the specific fund.

1.3 Incoming resources

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when receivable. Gifts donated for resale are included as income when they are sold. Donated assets are included at the value to the charity where this can be quantified and a third party is bearing the cost. The value of services provided by volunteers has not been included.

1.4 Resources expended

Resources expended is accounted for on an accrual basis and recognised in the period in which they are incurred. Resources expended include attributable VAT, which cannot be recovered.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management.

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.5 Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Freehold Land	-	None
Freehold Building	-	None
Fixtures & Fittings	-	10% Straight line basis

Properties are included in the balance sheet at cost.

1.6 Tangible fixed assets and depreciation

None of the charity's functional fixed assets have been revalued during the year.

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL STATEMENTS (CONT ...) FOR THE YEAR ENDED 31st DECEMBER 2023

2	CHARITABLE ACTIVITIES INCOME	Unrestricted	2023	2022
		Funds	£	£
	Donations	40,043	59,138	11,941
3	Costs of Charitable Activities		2023	2022
			£	£
	Charitable Project & Activities Costs		17,445	3093
	Wages & PAYE		0	0
			17,445	3,093
4	MANAGEMENT AND ADMINISTRATION		2023	2022
			£	£
	Legal & Professional		910	486
	Office Expenses		2,506	636
	Sundry expenses		84	69
			3,500	1,191

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL STATEMENTS (CONT ...) FOR THE YEAR ENDED 31st DECEMBER 2023

5 TANGIBLE FIXED ASSETS

	Property £	Fixtures & Fittings £	Total £
COST			
At 1st January 2023	-	-	-
Additions	-	-	-
Disposals	-	-	-
At 31st December 2023	-	-	-
DEPRECIATION			
At 1st January 2023	-	-	-
Charge for the period	-	-	-
Disposed in the period	-	-	-
At 31st December 2023	-	-	-
NET BOOK VALUES			
At 1st January 2023	-	-	-
At 31st December 2023	-	-	-

6 CURRENT ASSETS

	2023 £	2022 £
Cash at Bank	59,138	22,874
Cash in Hand	0	0
	<u>59,138</u>	<u>22,874</u>

7 CURRENT LIABILITIES

	2023 £	2022 £
Accruals	0	0
Loans	0	0
	<u>0</u>	<u>0</u>

HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

NOTES TO THE FINANCIAL STATEMENTS (CONT ...) FOR THE YEAR ENDED 31st DECEMBER 2023

8	UNRESTRICTED FUNDS	31st Dec 22	Incoming	Outgoings	Transfers	31st Dec 23
		£	£	£	£	£
	Unrestricted fund	<u>22,874</u>	<u>57,209</u>	<u>(20,945)</u>	<u>-</u>	<u>59,138</u>

The trustees are free to use unrestricted funds in accordance with the charitable objectives.