



HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

Annual Report and Financial Statement For Year Ending 2023

Charity Registration Number: 1199840

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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.

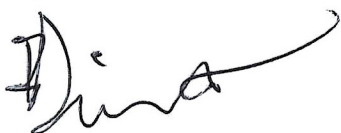
We undertook over fifteen successful visits to community groups, health centres, businesses, and schools, where we engaged with the public, shared knowledge, and received valuable feedback. These interactions have not only strengthened our community ties but have also provided us with insights to better 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 25 th January	➤ Sant Ishar 8 & 9 th September
➤ Naga Kirtan Festival Southall 2 April	➤ Quattro Visit 11 th October
➤ East African Asian Elders Group 6 th April	➤ Visitation Church Group 12 th October
➤ Women's Group at Age UK 11 th April	➤ Western Road Gurdwara 22 nd October
➤ Greenford Wellbeing Stall 11 th July	➤ Havelock Rd Gurdwara 22 nd October
➤ Meadow View Surgery 15 th July	➤ Ealing Gurdwara 5 th November
➤ Sikh Smagam Festival 16 th July	➤ Mael Gael Community Group 29 th November
➤ Mael Gael Community Group 18 th August	➤ Dairy Meadow School 6 th December

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

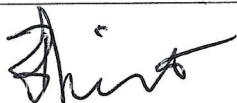
Management Committee

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

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 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		17,169	19,095	36,264	7,657
Transfers between funds		-	-	-	-
Net movements in Funds		17,169	19,095	36,264	7,657
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.