



**EALING HOSPITAL HEART SUPPORT GROUP**  
**Annual Report and Financial Statement**  
**For Year Ending 31<sup>st</sup> December 2024**

**Charity Registration Number: 1199840**

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## 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**

- 4<sup>th</sup> January      **Professor Rosen:** Echocardiogram Tests
- 2<sup>nd</sup> February    **Jane Beckford:** Coping with Worry & Stress
- 7<sup>th</sup> March        **Emmy West:** Diet and Heart Health
- 4<sup>th</sup> April         **Dr Harman:** Strokes
- 2<sup>nd</sup> May          **Jaspal Gill:** (Southall Active) Exercise and Wellbeing
- 6<sup>th</sup> June          **Dr Nabeel Ahmed:** Types of Stents
- 5<sup>th</sup> July          **Dr Karagiannis:** Heart Medications
- 5<sup>th</sup> September   **Subhash Suthar:** Eye Health
- 7<sup>th</sup> November    **Katerina Manginas:** Smoking & Heart Health, Introducing Smokefree Service
- 5<sup>th</sup> 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 <sup>th</sup> January
➤ PPG Northolt	1 <sup>st</sup> Feb
➤ North Southall PCN PPG	1 <sup>st</sup> March
➤ Social Prescribers	8 <sup>th</sup> Jan
➤ Western Road Gurdwara	10 <sup>th</sup> Feb
➤ Southall Alliance	14 March
➤ Hounslow Multi Cultural Centre	1 <sup>st</sup> April
➤ Ealing Gurdwara	14 <sup>th</sup> April
➤ Southall Kings Street Mandir Temple	1 <sup>st</sup> May
➤ Quattro	3 <sup>rd</sup> May
➤ Mael Gael	15 May
➤ Hanwell Cardiac Rehab Sessions	17 June
➤ Cholesterol Training from Learn with Nurses	25 <sup>th</sup> July
➤ Sant Ishar Singh Ji Barsi Samagam	7 <sup>th</sup> & 8 <sup>th</sup> September
➤ Greenford Rotary Club Christmas Stall	14 <sup>th</sup> 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 30<sup>th</sup> Anniversary Dinner Dance May 17<sup>th</sup> 2024**

Friday 17<sup>th</sup> May, held our biggest event yet, the **Heartlink 30<sup>th</sup> 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 22<sup>nd</sup> 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	<b>Constitution Adopted 21<sup>st</sup> July 2022</b>
Charity Constitution	<b>Unincorporated Association</b>
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 3<sup>rd</sup> October 2024

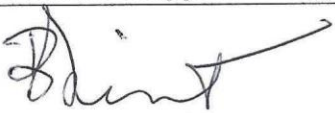
Prof Jaspal Kooner	President and Trustee - Consultant Cardiologist
Dr Amarjit Sethi	Consultant Cardiologist
Dr Harmandeep Singh	Consultant Cardiologist & Acute Medicine
Dr Nabeel Ahmed	Consultant Cardiologist
Gary La Touche	Cardiac Ward Manager Cheseman Ward
Barbara Bryne	Heart Failure Specialist Nurse
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 <sup>nd</sup> 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 31<sup>st</sup> DECEMBER 2024

# HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

## LEGAL AND ADMINISTRATIVE INFORMATION

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### 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 2<sup>nd</sup> 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

	<b>Page</b>
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

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The trustees present their financial statements of the charity for the 12 months to the year ended 31<sup>st</sup> 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 31<sup>st</sup> DECEMBER 2024

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I report on the accounts of the Trust for 12 months up to the year ended 31<sup>st</sup> 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: 31<sup>st</sup> 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 31<sup>st</sup> DECEMBER 2024

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	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
<b>Incoming Resources</b>					
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>
<b>Total Incoming Resources</b>		<u>31,792</u>	<u>10,250</u>	<u>42,042</u>	<u>57,209</u>
<b>Resources Expended</b>					
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
<b>Total Resources Expended</b>		<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>	-
<b>Net movements in Funds</b>		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>
<b>Total Funds Carried Forward</b>		<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 31<sup>st</sup> DECEMBER 2024

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

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

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# HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

## NOTES TO THE FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31<sup>st</sup> 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 31<sup>st</sup> DECEMBER 2024

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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>

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# HEARTLINK EALING HOSPITAL HEART SUPPORT GROUP

## NOTES TO THE FINANCIAL STATEMENTS (CONT ...) FOR THE YEAR ENDED 31<sup>st</sup> DECEMBER 2024

### 5 TANGIBLE FIXED ASSETS

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