



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	28	April	2024		28	February	2025

Section A Reference and administration details

Charity name

RCT Heart Heroes

Other names charity is known by

N/A

Registered charity number (if any)

1204296

Charity's principal address

26 Dewinton Street Tonypanyd

Rhondda Cynon Taf

Postcode

CF40 2RA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mr Martin Robins	Tonypanyd	5	Cara Davis (Director)
2	Mr David Healy.	Tonypanyd	5	Cara Davis (Director)
3	Mrs Christine Hall	Tonypanyd	1	Cara Davis (Director)
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B

Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Charitable Incorporated Organisation ("the CIO")

How the charity is constituted
(eg. trust, association, company)

Association

Trustee selection methods
(eg. appointed by, elected by)

Approved by the Director and CEO

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

N/A

Summary of the objects of the charity set out in its governing document

'The relief of sickness and the preservation of preserving life for the public benefit among people residing in the Rhondda Cynon Taff Area of South Wales, in particular but not exclusively by providing a network of public access defibrillators throughout the area and helping to fund Cardiovascular medical research based in the area.'

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit at our trustee meetings.

In Wales there are approximately 8000 sudden cardiac arrests outside hospital each year. There is a survival rate of 3%. Where an AED (Defibrillator is used, the survival rate is 47-50%. This is because the chance of successful defibrillation declines at a rate of over 20 per cent per minute unless chest compressions are given. We are working in partnership with the Welsh Ambulance Service to massively increase the number of defibrillators throughout South Wales, with the aim of ensuring a defibrillator is situated in every community no more than 100mtrs away

We are also working in partnership with Rhondda Cynon Taf Council, local authority in providing a quality service to our community in that we are the only single charity that look after over 260 AEDs providing gaurdianship, servicing and maintenance in giviing everyone peace of mind in keeping everyone Heart Safe

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Our policy on grant making is that the grant received is for the purpose its intended to be used in line with the terms and conditions of the grant

Not Applicable

We are grateful for the many hours volunteers, including member volunteers, have spent organising, attending community events, promoting the work of the charity as they are the Heart of our organisation. Without this valuable contribution of time, energy and expertise we would not have been able to achieve so much by making a difference

Summary of the main achievements of the charity during the year

Rhondda Cynon Taf suffers nearly 50 premature coronary deaths per year per 100,000 populations. More deaths than neighbouring authorities and more than Wales's average. Two thirds of these premature deaths are men and Rhondda Cynon Taf premature death rates are over 60% greater than that of Cardiff.

These figures demonstrate that inverse care law where the most ill, deprived and at risk population benefit the least from preventive health care measures. The work of the RCT Heart Heroes is vital for the people of South Wales and we rely heavily on donations of time and money to assist us with our work, we are proud to state that all money raised will make a difference where you live

We have appointed a new board of trustee and a charity ambassador who advocates for our charity's mission and raises awareness of our work

We have started a new campaign in placing our very first portable AED / Grab and Go Bag to our local Rugby Club, as with only a small percentage of sports facilities having an AED on site, it is an important addition to any sports facility first aid provision

For the first time RCT Heart Heroes history, we have secured our official charity place for the TCL London Marathon Ballot, securing a place as 2026 will mark the first year of our official charity owned place

We have secured our very first AED on a brand new housing development at the former primary school Porth Rhondda Cynon Taf with ASD Construction, we are developing to have AEDs on all housing developments as out of hospital cardiac arrests affected over 100,000 people in the UK, especially residential areas

We have created an AED locator map which is imbedded into our website as it pin points the exact location of every AED throughout our community of Rhondda Cynon Taf, our 260 AEDs are located throughout our community, they are clearly identified with a tagging system and a personal ID number with the exact address of their location postcode

Our new campaign 2025 is protecting our children and saving lives is the commitment of our charity, research shows that 270 children die in school each year as a result of a cardiac arrest with an average of 12 healthy young people suffering from fatal undiagnosed heart conditions each week in Wales. We need to protect our children as no school should be without one, we will be taking measures to ensure that every school within our community as there are 111 in Rhondda Cynon Taf in giving them the skills to help save a life

Section E

Financial review

Brief statement of the charity's policy on reserves

Our charity reserves policy considers factors like potential income fluctuations, unexpected expenses, and opportunities for strategic development, the policy outlines how often the reserve level will be reviewed and adjusted to ensure it remains appropriate for the charity's needs and circumstances

Details of any funds materially in deficit

Not Applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Not Applicable

Not Applicable

Not Applicable

Section F

Other optional information

Future Plans

The coming year will see us making more of a difference which gives us a sense of belonging. Life can be difficult sometimes, but remembering we're all in this together can help us feel more connected to those around us

Everyone within our charity, whatever their role, makes a vital contribution to the achievement of the charities priorities, looking forward to making excellent progress in delivering and improving the many essential services we deliver for our community and businesses across Rhondda Cynon Taf

The energy and commitment our workforce bring to the charity every day is truly impressive, our team routinely going the extra mile to deliver the best possible services, often in challenging circumstances as this will be our mission to continue throughout the coming year

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

 

Full name(s)

Mr David Healy Mrs Cara Davis

Position (eg Secretary, Chair, etc)

CEO Director

Date

11-07-2025



Section A

Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
F01	F02	F03	F04	F05
580	-	-	580	1,127
2,385	-	-	2,385	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
2,965	-	-	2,965	1,127

Section B

Balance sheet

		Note	Total this year £ F01	Total last year £ F02
Fixed assets				
Tangible assets	(Note 8)	B01	-	-
		B02	-	-
Investments	(Note 9)	B03	-	-
Total fixed assets		B04	-	-
Current assets				
Stock and work in progress		B05	-	-
Debtors	(Note 10)	B06	-	-
(Short term) investments		B07	-	-
Cash at bank and in hand		B08	8,572	-
Total current assets		B09	8,572	-
Creditors: amounts falling due within one year	(Note 11)	B10	-	-
Net current assets/(liabilities)		B11	8,572	-
Total assets less current liabilities		B12	8,572	-
Creditors: amounts falling due after one year	(Note 11)	B13	-	-
Provisions for liabilities and charges		B14	-	-
Net assets		B15	8,572	-
Funds of the Charity				
Unrestricted funds		B16	-	-
Designated funds		B17	-	-
Total unrestricted funds			-	-
Restricted income funds	(Note 12)	B18	-	-
Endowment funds	(Note 12)	B19	-	-
Total funds		B20	-	-
Signed by one or two trustees on behalf of all the trustees			Signature	Date of approval
			D Healy	7月11日

Note 1 **Basis of preparation**

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
 - and with*

✓

 Accounting Standards;
 - or

 Financial Reporting Standards for Smaller Enterprises (FRSSE);
 - and with the Charities Act.
- [** except for the following].

Give details in this box if a different standard has been followed.

* -Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick “Accounting Standards”;
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick “Financial Reporting Standards for Smaller Enterprises (FRSSE)”.

** - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

Give details in this box of any material changes that have been made.

§ if no changes have been made to accounting policies then delete these words.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§§ except for the following).

Give details in this box of any material changes that have been made.

§§ if no changes have been made to accounts for previous periods then delete these words.

Note 2

Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none">the charity becomes entitled to the resources;the trustees are virtually certain they will receive the resources; andthe monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE	
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Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	Unrestricted £	restricted £	This year £	Last year £
Donations, legacies and Grants	Donations and gifts	580		-	-
	Gift Aid			-	-
	Legacies			-	-
	General grants (Moondance Foundation)	4,500		-	-
	Total	5			-
	Charitable activities	2,384.65		-	-
				-	-
				-	-
				-	-
	Total	2,384.65		-	-
				-	-
				-	-
				-	-
				-	-
	Total			-	-
				-	-
				-	-
				-	-
				-	-
	Total			-	-
				-	-
				-	-
				-	-
				-	-
	Total			-	-
				-	-
				-	-
				-	-
				-	-
	Total			-	-
				-	-
				-	-
				-	-
				-	-
	Total	7,464.65		-	-

Note 4

Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

Analysis	Unrestricted £	restricted £	This year £	Last year £
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
Total			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
Total			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
Total			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
Total			-	-

Note 5

Details of certain items of expenditure

5.1 Trustee expenses

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
£	£

5.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £

Note 6

Paid employees

Please complete this note if the charity has any employees.

6.1 Staff Costs

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
	-	-
Total staff costs	-	-

6.2 Average number of full-time equivalent employees in the year

	This year Number	Last year Number
The parts of the charity in which the employees work	-	-
	-	-
	-	-
	-	-
Total	-	-

6.3 Defined contribution pension scheme

Please complete if a defined contribution pension scheme is operated.

Brief details of the scheme

	This year £	Last year £
The costs of the scheme to the charity for the year		
The amount of any contributions outstanding at the year end		
The amount of any contributions prepaid at the year end		

Note7Grantmaking

Please complete this note if the charity made any grants or donations which in aggregate form a material part of the charitable activities undertaken.

7.1 Total value of grants

Purpose for which grants made	Grants to institutions Total amount £	Grants to individuals Total amount £
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
	-	-
Total	-	-

7.2Grants made to institutions

If the charity has made grants to particular institutions that are material in the context of its grantmaking please give details of the institution supported, purpose of the grant and total paid to each institution listed. Sufficient information should be given to provide a reasonable understanding of the range of institutions supported.

Names of institutions	Purpose	Total amount of grants paid £
		-
		-
		-
		-
		-
		-
		-
		-
		-
		-
Total grants to institutions		-

Note8

Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

8.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	-	-	-
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

8.2 Accumulated depreciation and impairment provisions

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB	
** Rate						
Balance brought forward	-	-	-	-	-	-
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

8.3 Net book value

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

8.4 Revaluation

If any fixed assets have been revalued please give details of the valuer and method of valuation

* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Note 9 Investment assets

Please complete this note if the charity has any investment assets.

9.1 Fixed assets investments

	£
Carrying (market) value at beginning of year	-
Add: additions to investments at cost	-
Less: disposals at carrying value	-
Add/(deduct): net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

9.2 A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

9.3 A breakdown of the income from investments agreeing with SOFA.

Analysis of investments

Investment properties

Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes

Investments in subsidiary or connected undertakings and companies

Securities not listed on a recognised Stock Exchange

Cash held as part of the investment portfolio

Other investments

9.2 Market value at year end £	9.3 Income from investments for the year £
-	-
-	-
-	-
-	-
-	-
-	-
-	-
Total	-

9.4 Material investment holdings

If any investments are material in terms of their value (for example each represents more than 5 per cent of the value of the charity’s total investments) please provide details.

Investment held	Market value at year end £
	-
	-
	-
	-
Total	-

Note 10 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors

Trade debtors
Amounts due from subsidiary and associated undertakings
Other debtors
Prepayments and accrued income

Total

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

Note 11 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

11.1 Analysis of creditors

Loans and overdrafts
Trade creditors
Amounts due to subsidiary and associated undertakings
Other creditors
Accruals and deferred income

Total

Amounts falling due within one year		Amounts falling due after more than one year	
This year £	Last year £	This year £	Last year £
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

11.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

Note 12

Endowment and restricted income funds

Please complete this section if the charity has any endowment or restricted income funds.

12.1 Funds held

Please give a brief description of any of the following type of funds held by the charity:

- permanent endowment funds (PE);
- expendable endowment funds (EE); and
- restricted income funds, including special trusts, of the charity (R).
- other funds .

Fund Name	Type PE, EE , R or other	Purpose and restrictions

12.2 Movements of major funds

Please give details of the movements of the major funds summarised in the restricted and endowment columns of the Statement of Financial Activities.

Fund names	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	Fund balances carried forward £
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total Funds	-	-	-	-	-	-

12.3 Transfers between funds

Please give details of any transfers between funds.

From Fund (Name)	To Fund (Name)	Reason	Amount

12.4 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Endowed funds £	Total £
Fixed assets	-	-	-	-
Investments	-	-	-	-
Net current assets	-	-	-	-
Creditors due in more than one year and provisions				
Total net assets	-	-	-	-

Note 13

Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 5) details of such transactions should be provided in this note. If there are no transactions to report, please enter “None” in the relevant boxes.

13.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or related party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £

13.2 Loans

Please give details of and amounts owing to or from the charity’s trustees or other related parties by the charity at the year end.

	Name of trustee or related party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties				
Due from trustees and related parties				

13.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £

Note 14**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

Income categories

Donations, legacies and Grants

Fundraising events

Shop sales

Interest and dividends

fees for charitable services

Grants for services

Expenditure categories

Wages, salaries, pensions and NI

Cost of fundraising events

Rent, rates and Insurance

Repairs and maintenance

Light and heat

telephone postage and stationery

Donations and Grants

legal and professional fees

bank charges and interest

depreciation

Insurance

To edit the lists replace existing categories on either list with the new headings you prefer to use.