

Trustee Annual Report

1. Charity name:

Life Guards Healthy Hearts Ltd

2. Charity registration number:

109326

3. Address:

3 Rosepark, Belfast, BT5 7RG

4. Reference and administrative details of the charity, its trustees and advisers

- Trustees during period:
 - Mrs Emilia Bellew (Chairperson)
 - Mr Richard Dixon
 - Mr Luke McCallum
- Any changes in trustees during the year and dates appointed/stepped down.
 - Mrs Joanne Patterson was appointed when the charity was registered, and stepped down in 2023.

5. Structure, governance and management

State your governing document (e.g. Constitution), how trustees are appointed/inducted, meeting frequency.

The charity is governed by its constitution adopted at registration. Trustees did not hold formal meetings during the reporting period as the charity was inactive, but remained responsible for oversight and compliance.

6. Objectives and activities

State your charity's purposes (from governing document).

The charity's objects are the advancement of education and the advancement of health, primarily through the delivery of school-based assemblies.

7. Achievements and performance

No activities were undertaken in the financial year.

8. Financial review

The charity did not receive any income, incur any expenditure, hold any assets, or have any liabilities during the year. The accounts are prepared on a receipts and payments basis. The charity is a non-trading charity and has no reserves.

9. Plans for future periods

No plans to undertake charitable activities in the coming financial year.

10. Statement of responsibilities of the trustees

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

11. Approved by the trustees on: 06 February 2026

Signed on behalf of the trustees:

Emilia Bellew, Chair

Charity Accounts

Receipts and Payments Account for the Year Ending 5 April 2025

Category	£
Receipts	
Income from donations and legacies	0
Income from charitable activities	0
Income from investments/assets	0
Other income	0
Total receipts	0
Payments	
Charitable activities	0
Governance costs	0
Other payments	0
Total payments	0
Surplus/(Deficit)	0
Cash and bank balances at year end	0

We do not have a bank account, because we do not handle finances.

Trustee Statement of No Financial Activity

During the financial year ending 5 April 2025, Life Guards Healthy Hearts Ltd did not undertake any activities and did not receive or expend any funds.

The charity did not hold a bank account during this reporting period (we have never had a bank account) and held no cash, assets, or liabilities at the beginning or end of the financial year. As a result, there were no financial transactions or accounting records for an Independent Examiner to review.

The trustees confirm that the charity was inactive throughout the financial year and that the accounts submitted accurately reflect the charity's financial position.

We are registered as a charity solely to do assemblies in schools, which doesn't cost anything and doesn't receive any income – and we didn't do any assemblies this year.

This statement is provided to accompany the Trustee Annual Report and nil accounts submitted as part of the Annual Monitoring Return.

Approved by the trustees on: 06 February 2026

Signed: Emilia Bellew

Position: Chair

On behalf of the trustees of Life Guards Health Hearts Ltd