



**North Gwent**  
Cardiac Rehabilitation  
and Aftercare Charity

# Annual Report 2021/2

North Gwent Cardiac Rehabilitation and Aftercare Charity no:1056887

Full trustees report and statement of financial activity submitted to 'The Charity  
Commission for England and Wales' gov.uk

# Objectives

1. The advancement of a rehabilitation and aftercare programme developed by the Cardiac Rehabilitation Team at Nevill Hall Hospital and within the catchment area served by that hospital.
2. The provision of resources to maintain and extend the Cardiac Rehabilitation programme and the promotion of community classes caring for cardiac patients within the catchment area served by Nevill Hall Hospital.

# Classes

- **Operationally managed by Nigel**
- Through the successful partnership with the phase 3 team at the Aneurin Bevan Health Board, the charity has been able to take some positive steps to encourage referrals e.g Welcome Video.
- 10 classes are spread out over the region, supported by three BACPR fitness instructors (Tom, Callum and Maja and assistant instructors Allen and Owen).
- New instructor Maja Baraskiewiz was appointed, to replace Zavia Penn who left to in the summer to fill a new role at Cardiff University.
- Classes offer support and instruction in a positive manner.
- Trialling of the fitness assessment at the start of the year at the Llanfoist class. Proved popular with the 15 participants and is now being rolled out starting with Llanfoist Hall as a venue in early November (33 participants). There are plans to pilot a similar event in a Blaenau Gwent centre and Monmouth in the New Year.
- Still managing to cover 50% of class costs – Usk and Ebbw Vale have the lowest numbers

# Fundraising

We would like to recognise the hard work that the Fundraising team has done this year in raising funds in what has proved and continues to be a difficult financial climate.

- Easter Wreath Making event at Llanfoist Village Hall hosted by Suzanne Indge.
- Alun Williams charity event.
- Regular coffee mornings held at St Marys Church in Monmouth, Organised by Mary Wakelin, and members of her class.
- Water Colour workshop by local artist Jude Lowery at Llanfoist Village Hall.
- Potato challenge supported by Abergavenny Garden Centre. The event ran through the summer months with a grand reveal in June.
- Ultimate Pop Quiz held in Tredegar hosted by popular Valleys DJ Phillip Miles.
- The Festive Christmas Cocktail classes run with the support of the Balcony Bar, Abergavenny organised by Ashella Indge and Suzanne.
- Current events include the charity Grand Christmas Draw organised by Kathy and Allen.
- The Cardiac Christmas Market Llanfoist Village Hall Dec 11<sup>th</sup> – stall holders organised by Ashella along with a Christmas Raffle.
- The Charity would like to thank all the organisations and individuals who have given up their time and energy to support the charity especially Kathy and Allen Cleveland, Andrea Davies, Suzanne and a new recruit Ashella Indge.

# Membership 200+ Club Donations Grant

**MEMBERSHIP** - A big thank you goes out to Kathy Cleveland for managing the Membership again this year

**200+ CLUB** - A big thank you goes out to Owen Webber for organising and managing the 200+ Club again this year.

**Donations** - Thanks go to the following organisations/groups for donating monies.

- Trellech Council,
- Waitrose, Abergavenny,
- Several donations from the estates of past members,
- National Farmers Union.

## **Wales Community Lottery Grant**

- Successful in grant funding to allow us to produce a welcome video, telephone support, and fitness assessments. Development of online classes is under review.
- Thank you to the Llanfoist class in supporting the development and production of the video through their participation.

# Media Support

AIM to generate increased class attendance and funds

- After a selection process we employed the services of local media experts Dianne Spencer and Simon Walter in Oct.
- They will support the charity in managing its media footprint by improving our digital resources and awareness within the community. So far, they have updated the website and Facebook, had articles accepted and published in local newspapers, undertaken member stories and had a presence at fundraising events. Currently updating phase 3 and membership information.

# Finances year end March 2022

Please refer to the full statement as verified by R Jones independent examiner on the Charity Commission for England and Wales website [gov.uk](http://gov.uk)

- Both years 21/22 reveal an operating deficit and the impact of Covid makes trend analysis difficult
- There are concerns re a continued shortfall in income due to a reduction in class numbers and membership fees, and expenditure on tutors and hall hire
- We continue to subsidize class costs at 50%
- Due to the current financial hardship imposed on people we have taken the decision not to increase class fees or membership at this time; they will be kept under review.



THANK YOU SO MUCH FOR  
YOUR SUPPORT