



Registered Charity Number:1056887

**Trustees' Annual Report &
Statement of Financial Activity
2023/24**

Trustees

Gareth Davies

Greg Overs

Jackie Miles

Nigel Dancer

Tony Lowery

David Owen

Neil Gregory

**Trustees' Annual Report
& Statement of Financial Activity**

Trustees Annual Report & Statement of Financial Activity

1 Reference and Administration Details

1.1 Charity Name & Registration

Small Charity Support

The charity is a Charitable Incorporated Organisation, registration no: 1056877, registered with the Charity Commission on 01 July 1996

The charity is registered with HM Revenue & Customs

1.2 Charity's Address

Cardiac Charity, 56 Holywell Crescent, Abergavenny. NP7 SLG

e-mail: office@cardiac-rehab.org.uk

Telephone: 07856 692148

website: www.cardiac-rehab.org.uk

1.3 Names of the Trustees Who Manage the Charity

	<i>Role</i>	<i>Appointed</i>
Jackie Miles	Chair	26/1/2016
Gareth Davies	Vice Chair	17/10/2017
Greg Overs	Treasurer	26/1/2016
Tony Lowery	Secretary	03/12/2019
Nigel Dancer	Class Management	24/10/2016
Neil Gregory		14/11/2023
David Owen		14/11/2024

1.4 Names of Advisors & Senior Members of Staff

None

1.5 Bank

Barclays Bank, Leicester, LE87 2BB

2 Structure, Governance & Management

2.1 Type of Governing Document

Constitution - based on the Charity Commission's model governing document for Foundation Charitable Incorporated Organisations, *i.e.*: where the Trustees are the only Members of the charity.

2.2 Charitable Objects

As defined in My Charity's Constitution (Governing Document)

The object of the Charity is the relief of sickness particularly amongst cardiac patients by: -

- 1.1 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.
- 1.2 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.

The Charity has been developed to raise the funding required and plan and deliver a professionally led North Gwent Community Cardiac Rehabilitation Service.

Cardiac Rehabilitation (CR) helps people to recover from heart attacks, heart failure, heart surgery, percutaneous coronary intervention, or procedures such as stenting or angioplasty. Once patients have completed on average a six-week education, counselling, and exercise programme either centre based or at home they are assessed and encouraged to continue their rehabilitation through the attendance of community exercise classes in part funded and provided by the Charity. Such classes are provided throughout Blaenau Gwent and Monmouthshire.

2.3 Trustee Selection Methods

There must be at least three charity trustees. The maximum number of trustees is 7.

In accordance with the Constitution, Trustees are appointed or re-appointed for a term of five years by a resolution passed at a properly convened meeting of the charity trustees.

In appointing Trustees due consideration is given to ensuring that the Trustees have, between them, the skills and experience necessary to manage the charity effectively and in accordance with charity law.

Current Roles of the Trustees

Chair- Chair meetings of the trustees, focusing on strategic matters, setting governance standards, supervising the management of community tutors, acting as a figure head of the charity. Fundraising. Fundraising chair, responsible for planning and co-ordinating events (e.g., Tokyo and Everest Challenge). Leading on communication- material for website, ticker news, Facebook, phase 3 interface (welcome pack) information for participants. Supporting the community tutors regarding skills and education.

Secretary- organising meetings, taking minutes, managing correspondence, managing updates and background information (governance documentation), keeping records of membership, supporting communication (newsletter, info leaflets and posters)

Treasurer-Oversee and present budgets, accounts and financial statements to the trustees, Banking, bookkeeping, and record keeping.

Trustee- Supporting the operational management of the community tutors.

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3 Activities

3.1 Statutory Declaration

The Trustees of Small Charity Support confirm that they have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

4 Achievements & Performance

Last Year's AGM

At the AGM held in the Education Centre last November, the audience had the opportunity to listen to two speakers, Dr Nishat Siddiqi and Neil Duffey.

Dr Siddiqi, a local consultant cardiologist gave a presentation on three developments that she believes will have a big impact on treatment for heart disease. The developments being Semaglutide a drug seen as a potential alternative to gastric band surgery, Leadless pacemakers as the new norm and the use of Artificial intelligence to speed up the treatment and diagnosis of heart disease.

Neil Duffey is a member of one of the classes and he talked in detail about his condition known as "microvascular angina". He talked in depth about the nature of the condition and how it impacts his life. He also talked about the importance of the classes to help him sustain a healthy life span.

At the meeting the trust welcomed two new trustees to the board, Neil Gregory and David Owen. Both bring a wealth of experience to support the trust.

Neil is a regular member of the Llanfoist class. He is a director of GOS Tool and Engineering, which is a Blaenavon based company that specialises in the manufacture of equipment for the railway industry. Neil also works part time for the Department of Trade and industry, and is a STEM ambassador, encouraging Welsh Students to see the benefits of studying Science, Technology, Engineering and Maths as a progression to careers in engineering.

David has spent most of his working life working in Finance, based with international companies in Europe and the USA. Now retired, he lives in Abergavenny and plays an active role in Local Policing and Crime prevention Groups. Like Neil Duffey, David's daughter has Microvascular angina and so has a keen personal interest in supporting the trust.

Phase 4 exercise classes

Due to the success of our information event at last year's AGM the trust arranged another event in the spring at the Moose Hall in Tredegar. The afternoon event was well attended. The sessions delivered included expert advice on how to manage cholesterol levels, local healthy eating initiatives, how to live with a long-term health condition and Neil Duffey was invited back to share his experiences of Vascular angina with a wider audience. The Trust would like to thank all those speakers who kindly gave up their time to make such an event possible. In October, a similar event is planned as part of the 2024 AGM.

Towards the end of 2023, the latest round of fitness assessments showed the real gain in people attending our classes. The results proved to be very encouraging, over 58% of the cohort had improved blood pressure readings and 74% found that their cardiovascular endurance had improved since the last assessment. This is continuing evidence of the importance of the benefits of attending the weekly exercise classes.

In March of this year, our Chair Jacky gave a presentation on the services that the trust provides to the Tredegar wellbeing hub. This gave the trust the opportunity to form partnership links with associated health care professionals and other voluntary organisations in the Blaenau Gwent area. One of the main objectives of these meetings was to establish a more accessible referral pathway for people with heart disease. As GP's are not always up to date with patient information supplied by acute services, they are reluctant to sign off referral to exercise forms. As a result, they suggested we use self-referral forms (and following approval from the FI's) these widely validated forms (used for people prior to attending exercise classes) are now available on the website and in the classes.

We are pleased to welcome Helen Sanchez back to take our Abertillery and Usk classes - as Tom has taken up a FI role with Phase 3.

We are also pleased that there has been an easy transition for Tredegar class members attending the Orpheus Hall to the Fresh Active Gym (reduced hire costs, easy parking and coffee bar!) - starting 28th Aug.

We are aware of the important positive contribution of peer support during recovery from a health event and that this may help people attending the Phase 3 programme. To this end we have collaborated with ABUHB's volunteer team in writing a profile for a CR Expert by Experience role. This has yet to be approved by the staff side and translated into Welsh before we can formally advertise - expressions of interest are welcome.

On the banking front, after a long and sometimes tenuous period dealing with our local bank. The trust has moved to digital banking. This means that it is easier for our members to pay for services if they wish and allows us to manage our financial services in a more streamlined fashion.

In terms of funding, the trust is still losing monies in the support of keeping costs down in subsidising funding of our exercise classes. From the last AGM the classes are running at a loss of approximately £1200 per month, with an additional loss to administration costs of £1500 per quarter. The Trust recognises that rising costs are a fact of life in the present economic climate but are committed to keeping the fees at an affordable rate for the membership. The importance then of fundraising events and your support have never proved more important.

Fundraising events

The Board would like to recognise the hard work that the Fundraising team has done this year in raising funds in what has proved to be a difficult financial climate. It is recognised that without the hard work of a very small, dedicated team in raising funds it would be difficult for the charity to continue funding the classes. If any members would like to join the fundraising team or organise an activity, it would be greatly appreciated.

- During the year, the Monmouth Exercise class organised a series of Coffee mornings in the Priory in Monmouth. We would like to thank the Monmouth Group and Mary Wakeling for their continued support.
- In November, the trust hosted a 60's night at the Moose Hall in Tredegar. There the audience was treated to a set of popular 60's and 70's favourites by popular covers band Then and **Now**.
- An Irish night was held at the Royal Oak pub in Monmouth. The audience was treated to a night of local talent playing the music of the Clancy Brothers, The Dubliners and The Fury's.
- A packed house at Chesters Wine merchants in Abergavenny enjoyed a fine selection of wines served up by their host Llyod.
- In December a Christmas Cocktail making event was held at the Balcony Bar in Abergavenny. This was run by local expert Ben ward. This gave the attendees the opportunity to make a delicious range of seasonal drinks and then of course drink them.
- The potato challenge organised with the kind support of Abergavenny Garden Centre started in the spring and culminated in the grand weigh in during the month of June.
- In March the Calon race night was back by popular demand and again entertained the crowds who attended.
- Crickhowell Tennis Club supported the trust by holding a summer tennis social. This was organised by Helen Sanchez, who you will all recognise as one of our class instructors.
- A big thanks to Ashella for organising a fundraising raffle at the "Queens of Drag" event held at the Kings Arms in Abergavenny.
- The Trust has held a series of Draws during the year including the Christmas Prize draw and the Summer Draw. Many thanks to the individuals who kindly donated prizes to the events.

The Charity would like to thank all the organisations and individuals who have given up their time and energy to support the members of the Trust

200Club

A big thank you goes out to Owen Webber for organising and managing the 200 club again this year.

Donations

The trust receives regular donations throughout the course of the year from the membership, and we received several generous gifts made through bequests. The Trustees would like to thank all those families who made these gifts in memory of their loved ones.

Media support

Our media team of Dianne Spencer and Simon Walter have been hard at work this year supporting the charity aims and objectives by working closely with the Chair through the promotion of the charity through a range of media outlets. There have been a range of news articles promoting the good work of the trust in local media. The Ticker News has gone from strength to strength giving great advice on features such as Cholesterol what it is and how to control it, Blood pressure and its impact and the importance of Exercise in reducing cardiac risk. It also provides a useful communication platform for all that is good in the trust.

Our social media platforms are regularly updated with interesting advice and general information as is our very professional website. Detailing all the information that people need to know in terms of the trust.

Future planning

The trustees are keen for the charity to make further progress in the next year. The board meet on a 6 weekly basis and cover a wide range of agenda items giving their time freely to support the membership.

A special thank you

We would like to recognise the important contribution of all our Trustees. We also acknowledge the work of Kath Cleveland in managing the membership and posting out the Ticker News. And lastly to our Fitness Instructors who deliver an excellent service and without whom the charity would not exist.

5 Financial Review

5.1 Details of Any Funds Materially in Deficit

The Charity has no funds which are materially in deficit.

5.2 Policy on Reserves

The Charity's policy on reserves is to generate and maintain a balance which is sufficient:

- a) to preserve the financial viability of the Charity if unforeseen and/or unavoidable circumstance precipitate a short-term fall in its income.
- b) to enable the Charity, in the interests of meeting its objectives, to undertake from time to time the setting up of new and innovative projects on a pilot basis to demonstrate the viability and potential benefits of such activities as a precursor to securing the external funding necessary to maintain such projects on an on-going basis.

For these purposes the Charity will endeavour to generate and maintain reserves which are at least 50% of its annual turnover.

5.3 Principal Sources of Funding

The main sources of funding are:

1. Class attendance fees currently £5 per session for members and £5.50 for non-members
2. Charity membership £10 annually (managed by the Membership Secretary)
3. Membership of the 200 club £20 annually (managed by the 200 Club Secretary)

The charity relies on the support and charity of the local community to support its role. This is done through donations and fundraising events.

All Trustees act in a voluntary capacity and receive no remuneration or other material benefits from their services to the Charity.

Out-of-pocket expenses necessarily and reasonably incurred by Trustees in promoting the purposes of the Charity are reimbursed at cost.

5.4 Financial Status

Though modest, Small Charity Support's current resources from unrestricted donations are more than sufficient to meet its outgoings for at least next year.

All the indications are that this will remain the case for the foreseeable future.

5.5 Statutory Statements on Liabilities

The Trustees declare that:

The charity has given no guarantees where potential liability under the guarantee is outstanding at the date of this statement (e.g.: any outstanding/ongoing contract or legal undertaking to buy or provide specific services);

The charity has no debt outstanding at the date of this statement which is owed by the CIO, and which is secured by an express charge on any assets of the CIO (e.g.: a mortgage on property owned by the charity);

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Trustees Responsibilities and Approval

The Trustees are satisfied that the charity is entitled to exemption from the requirement to obtain an audit under section 144(2) of the Charities Act 2011 (the 2011 Act).

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act 2011 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Section 130 of the Charities Act 2011.

Approved by the Trustees and signed on their behalf,

Anthony Lowery

Name: Anthony Lowery

Date: 12 November 2024

Position: Secretary to the Trustees

Independent Examiners Report

We report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2024.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Basis of the independent examiner's report

Our examination was carried out in accordance with the General directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

Independent examiner's statement

In the course of our examination, no matter has come to our attention;

(A) which gives us reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that;

* proper accounting records are kept in accordance with section 130 of the 2011 Act; and

* accounts are prepared which agree with the accounting records and comply with the accounting requirements of the 2011 Act; or

(8) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Catherine A Williams Limited
Chartered Accountant
The Old **Bank**
Beaufort Street
Crickhowell
Powys

NP8 1AD

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**NORTH GWENT CARDIAC REHABILITATION UNIT
ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024
REGISTERED CHARITY: 10S6887**

INCOME AND EXPENDITURE ACCOUNT

EXPENDITURE		INCOME	
31/03/2023	Events	31/03/2023	Events
604.65	Fund Raising Events Walk	4,805.35	Fund Raising Events Walk
720.00	Christmas & Autumn raffle	2,112.57	Christmas & Autumn raffle
312.00	Christmas Cards	174.84	Christmas Cards
	Just Giving		Just Giving
	Marathon		facebook
875.00	200 Club	169.56	Marathon
		2,330.00	Other
			200 Club
			Amazon Stripe
2,511.65		10,252.32	
	Classes		Classes
7,560.60	Gyms	16,763.00	Subscriptions
	Membership	2,330.00	Membership
	Seminar		Seminar
99.90	Equipment		Gym Refund
17,642.40	Tutors		
4,274.00	Assistants		
	Assistants' Expenses		
	Courses		
29,576.90		19,093.00	
	General		General
3,125.00	Grant Expenditure	12,298.80	Donations
	Fundraiser		
257.00	Storage		Gift Aid
203.86	Web Design & Maintenance	61.45	Bank Interest
328.52	Ticker New		
180.75	Clothing	12.50	Clothing
426.60	Insurance	9,939.00	Grants
806.47	Expenses		
360.00	Solicitors' fees		
	Accountant		
810.30	Other		
6,498.50		22,311.75	
38,587.05		51,657.07	Sub Total
		38,587.05	EXPENDITURE
		13,070.02	SURPLUS (DEFICIT)FOR YEAR

**NORTH GWENT CARDIAC REHABILITATION UNIT
ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024
REGISTERED CHARITY: 1056887**

BALANCE SHEET AS AT 31ST MARCH 2024

	31st March 2024	31st March 2023
CURRENT ASSETS		
Deposit Account	55.51	19,040.56
Current Account	30,124.46	30,645.89
New Current Account	7,888.62	
Investment	50,000.00	50,000.00
	<u>111,088.59</u>	<u>99,686.45</u>
REPRESENTED BY:		
Accumulated Fund	99,686.45	86,616.43
(Deficit)/Surplus for the Year	11,617.86	13,070.02
	<u>88,068.59</u>	<u>99,686.45</u>

6.2 Notes to the Accounts

a) Accounting Policies

The financial statements have been prepared in accordance with the Charities Act 2011 Section 133, using the Receipts and Payments basis available to small charities and the charity's own Simple Accounts Spreadsheet.

b) Reimbursement of Out-of-Pocket Expenses

Out-of-pocket expenses incurred necessarily, reasonably, and incidentally in the course the charity's activities are reimbursed at cost.

c) Salaries & Professional Fees

No trustee receives any payments for the services they provide to the charity.

d) Fixed Assets

- The charity has not purchased or disposed of any fixed assets in the current financial year.

e) Creditors & Debtors

Cheques for goods or services purchased, or invoices for goods or services delivered, which are issued prior to the end of the financial year but not appearing in the end of financial year bank statement are reported as outstanding creditors or debtors respectively.

f) Rounding Discrepancies

All amounts are recorded to the penny, but in these accounts are shown as digitally rounded to the nearest pound. This can occasionally result in a total apparently not being the sum of its constituent amounts. All individual amounts, and their totals, are nevertheless correct.
