



## Trustees' Annual Report for the period

**From** 01-04-2023 **Period start date**  
**To** 31-03-2024 **Period end date**

**Charity name: Bournemouth Heart Club**

**Charity registration number: 1006725**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the Club, as stated in its Constitution, are the relief or prevention of sickness amongst persons with or at risk of cardiovascular disease, and for the rehabilitation of those who have undergone therapeutic cardiovascular intervention or whom have chronic debilitating disease.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The Club was initially established to provide regular exercise sessions and education regarding healthy lifestyle habits amongst persons who have suffered from heart attacks or who have undergone heart surgery or procedures.</p> <p>This was later extended to the rehabilitation of patients who have undergone angioplasty, or who are dealing with heart failure and in 2022 further extended to include a range of other chronic debilitating diseases such as Diabetes, COPD (Chronic Obstructive Pulmonary Disease), plus Intermittent Claudication and Cancer Prehabilitation more recently</p> <p>The Heart Club's activities take place in a purpose-built facility housing two gymnasiums, changing rooms, members' lounge and office accommodation.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have paid due regard to the guidance issued by the Charity Commission on public benefit in deciding what activities the charity should undertake.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

### Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>When the Club moved into their present building in September 1996 there were 405 members and 9 exercise sessions each week.</p> <p>At the end of March 2024, the Club had 719 members taking part in 45 exercise sessions a week. We now have 45% of members exercising more than 5 times a month, being a 15% increase over the previous year</p> <p>This is a move towards the prescribed exercise requirement for cardiac fitness established by the World Health Organisation (WHO).</p> <p>In 2023-24, the first of a 3-year Plan, we have grown the membership of the Club by attracting individuals who recognise the importance and value of regular exercise.</p> <p>We now focus on recruiting new members from proven pathways, specifically Cardiac Rehabilitation, Diabetes Refocusize and Cancer Prehabilitation Programmes, all run in conjunction with University Hospitals Dorset plus our own Keep-Well Scheme.</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	On 31st March 2024, Investments, Bank and Building Society savings accounts and cash at bank and in hand totalled £1,001,775 (2023 £910,860). After paying creditors the sum of £29,299 (2023 - £17,341), there remains £972,476 (2023 - £893,520) for the purposes prescribed in the Constitution.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Trustees have reviewed in detail the justification and governing policies for the Designated Reserves that we now hold as detailed in Note 22 of the 2023-24 Accounts. In addition to Cash Reserves, the Lease Fund is the cost of the lease extension which is being written back to reserves over the period of the lease.
Amount of reserves held	Para 1.22	<p>We continue to maintain an Undesignated <b>General Fund of £274,166</b> to help fund the day-to-day operating costs of the Club and, in particular, to provide the financial headroom that is required whilst we continue to rebuild ongoing incomes.</p> <p>The <b>Designated Property Repair and Replacement Fund of £400,000</b> has been reassigned to a fund for unforeseen business interruption, due to improved relationships with UHD estates management.</p> <p><b>Unforeseen Business Interruption Fund</b> is a designated, but unrestricted fund set aside by the Trustees in order to enable monies to be available to help meet any unforeseen interruption to the club, such as another pandemic or damage to buildings during the on-going, major hospital building works.</p> <p><b>£100k Equipment Replacement Fund</b> is a designated, but unrestricted fund set aside by the Trustees for the cyclical replacement of exercise equipment.</p> <p><b>Lease Fund 2021-2046 (Prepaid 2010)</b> is a designated, but unrestricted fund of £526,045 set aside by the Trustees in order to recognize the amount of funds represented by the Lease of the Club.</p> <p><b>Hardship Fund of £2,950</b> is designated but unrestricted fund set aside by the Trustees in order to support individuals who would benefit from our services but who are unable to fund themselves.</p> <p><b>£100k Lease Fund beyond 2046</b> is a new designated, but unrestricted fund as is the <b>£100k Designated Refurbishment Fund</b>. A <b>£50k Wealth Mngt Fluctuation Fund</b> is a new designated, but unrestricted fund.</p>

Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

**Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		The Constitution of the Bournemouth Heart Club was registered with the Charity Commission in December 1991.
Type of governing document (trust deed, royal charter)	Para 1.25	The Constitution was revised and adopted by the Bournemouth Heart Club on 13th June 2002, and subsequently revised on 9th August 2010, 25th July 2013, 24th July 2014, 20th July 2017, 24th February 2022.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	The Club is an Unincorporated Association.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Only members of the Club shall be eligible to serve as Honorary Officers.</p> <p>Honorary Officers must be nominated and seconded by members of the Club in writing and the nominations must be in the hands of the Manager of the Club at least 42 days before the Annual General Meeting so that all necessary enquiries can be made regarding the suitability of nominees.</p> <p>Should nominations exceed vacancies, election shall be by ballot.</p> <p>The details of all persons nominated for an Honorary Officer position shall be displayed on the Club's notice boards at least one month before the Annual General Meeting.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	Bournemouth Heart Club
Other name the charity uses	None
Registered charity number	1006725
Charity's principal address	Royal Bournemouth Hospital (F10) Castle Lane East Bournemouth Dorset BH7 7DW

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Dates of appointment of Trustees
1	John Slade	Chairman		Trustee since 2015
2	Colin Peter Wardell	Vice Chairman		Appointed 24 February 2022
3	Jeffrey Osment	Trustee		Appointed 24 February 2022
4	Sue Strassheim	Trustee		Appointed 24 February 2022
5	Nigel Priest	Treasurer		Appointed 24 February 2022
6	Graham Flexman	Secretary		Trustee since 2018
7	Julia Baker	Trustee	Resigned 26 March 2024	Trustee since 2019
8	Vacancy	President		

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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#### Name of chief executive or names of senior staff members (Optional information)

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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

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### Other optional information

All Trustees (except the President) are elected at the AGM by the members of the Bournemouth Heart Club for a three-year term of office. The President is elected by the Trustees. Past President and Founder, Dr Adrian Rozkovec continues to serve the Trustees in a co-opted advisory role. The policy and general management of the affairs of the Club are directed by a Trustees Committee comprising the Trustees, and Management Team (Ms Caroline Marshall - General Manager and Ms Olivia Bailey - Operations Manager) whose duties include attending meetings of the Trustees Committee.

# Declarations

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

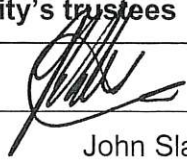
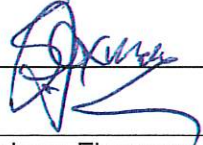
Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	John Slade	Graham Flexman
<b>Position (eg Secretary, Chair, etc)</b>	Chairman	Secretary
<b>Date</b>	21 October 2024	

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	John Slade	Graham Flexman
Position (eg Secretary, Chair, etc)	Chairman	Secretary

18 November 2024

18/11/24

Charity registration number 1006725

**BOURNEMOUTH HEART CLUB**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

# BOURNEMOUTH HEART CLUB

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	Mr John Slade (Chairman) Mr Nigel Priest (Treasurer) Mr Colin (Peter) Wardell (Vice Chairman) Mr Graham Flexman MBA MSc DMS CiLCA (Secretary) Mrs Susan Strassheim Mr Jeff Osment Mrs Julia Baker	(Resigned 26th March 2024)
<b>Patron</b>	Mr Graeme Souness CBE	
<b>Charity number</b>	1006725	
<b>Principal address</b>	Royal Bournemouth Hospital (F10) Castle Lane East Bournemouth Dorset BH7 7DW	
<b>Independent examiner</b>	Hill Osborne Tower House Parkstone Road Poole BH15 2JH	

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# BOURNEMOUTH HEART CLUB

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# **BOURNEMOUTH HEART CLUB**

## **TRUSTEES' REPORT**

### ***FOR THE YEAR ENDED 31 MARCH 2024***

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The Trustees present their report and accounts of the charity for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

#### **Objectives and activities**

The objects of the Club, as stated in its Constitution, are the relief or prevention of sickness amongst persons with or at risk of cardiovascular disease, and for the rehabilitation of those who have undergone therapeutic cardiovascular intervention or whom have chronic debilitating disease.

The Club was initially established to provide regular exercise sessions and education regarding healthy lifestyle habits amongst persons who have suffered from heart attacks or who have undergone heart surgery or procedures. This was later extended to the rehabilitation of patients who have undergone angioplasty, or who are dealing with heart failure and in 2022 further extended to include a range of other chronic debilitating diseases such as Diabetes, Chronic Obstructive Pulmonary Disease (COPD), Intermittent Claudication and Cancer Prehabilitation.

The Heart Club's activities take place in a purpose-built facility housing two gymnasiums, changing rooms, members' lounge and office accommodation.

When the Club moved into the present building in September 1996 there were 405 members and 9 exercise sessions each week. Following the change in the way the exercise sessions are paid for by moving to a monthly Direct Debit model and abolishing the annual membership fee, which was incredibly costly to administer, we have reassessed the definition of a member and how we count them.

At the end of March 2024 we had 719 members taking part in 45 exercise sessions a week. We now have 45% of our members exercising more than 5 times a month, an increase over the year of 15 percentage points. This is a move towards the prescribed exercise requirement for cardiac fitness established by the World Health Organisation.

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

# **BOURNEMOUTH HEART CLUB**

## **TRUSTEES' REPORT (CONTINUED)**

### ***FOR THE YEAR ENDED 31 MARCH 2024***

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#### **Activities and actions undertaken by the Trustees and Management during the year 2023 to 2024 include:**

- We implemented the planned migration to a monthly Direct Debit model for members to pay for their exercise sessions.
- We developed budgets for Income and Expenditure to improve management of the Club and its finances.
- We have recruited additional Trustees to support the ongoing development of the Club who will be formally appointed at the next AGM.
- Fundraising has continued to be developed with connections to Bournemouth Football Club and events at various Golf Clubs. Quiz Nights, organised by our Trustee Sue Strassheim, have been a huge success and we hope they continue. Talks to various local organisations have continued with the objective of getting the Club name “out there” and attracting new members. In addition local food companies, including Rick Stein (Sandbanks), have allowed us to hold events on their premises.
- Trustees have been encouraged to attend different classes to improve visibility and enable communication with members.
- We have continued to engage with local media outlets to encourage new members. This included involvement in a BBC South Today news broadcast.
- We have updated the Keep Well Scheme leaflets and they have been distributed.
- We have reviewed and updated the pricing model for the Keep Well Scheme to bring it in line with the standard pricing model for the club.
- The Trustees and Management undertook a review of the organisation structure and staffing levels. A new structure was agreed and Management have been working to recruit new staff to implement the changes.
- Processes have been implemented to manage and control access to our Hardship Fund.
- Trustees have continued to build our working relationship with UHD Estates and Finance Teams and cooperation and liaison is working well.

# **BOURNEMOUTH HEART CLUB**

## **TRUSTEES' REPORT (CONTINUED)**

### **FOR THE YEAR ENDED 31 MARCH 2024**

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#### **Financial review**

On 31st March 2024 Investments, Bank and Building Society savings accounts and cash at bank and in hand totalled £1,001,775 (2023: £910,860). After paying creditors the sum of £29,299 (2023: £17,340), there remains £972,476 (2023: £893,520) for the purposes prescribed in the Constitution.

The Trustees see the financial priorities of Bournemouth Heart Club to be: -

- To reverse, or at least minimize, the pattern over previous financial years of depletion of reserves due to shortfalls of income over expenditure. The target period is within a 3-year timescale starting April 2023.
- To safeguard the Club's future over the medium and long term, giving due regard to the commitments of our lease with University Hospitals Dorset which runs to 2046.
- To grow the membership of the Club through proven pathways of recruitment that attract individuals who recognise the importance and value of regular exercise to themselves.

In 2023/24, the first year of the 3-year Plan, we have achieved: -

1. A change in membership from pay per visit to monthly direct debit with the aim of providing certain and regular incomes such that the staff costs of the Club will increasingly be met from these. After the first year our exercise incomes covered 74% of the staff costs compared to 55% in 2022/23.

2. The remaining costs of running the Club were met by our Fundraising efforts and recharging maintenance costs to University Hospitals Dorset as allowed by our Lease. In addition, we were very fortunate to benefit from Legacies left by past members to the value of £83,352. These have allowed us to initiate an overdue program of replacement of our exercise equipment.

3. The Trustees have reviewed in detail the justification and governing policies for the Designated Reserves that we now hold as detailed in Note 21 of this report. In addition to Cash Reserves, the Lease Fund is the cost of the lease extension which is being written back to reserves over the period of the lease.

4. We continue to maintain an undesignated General Fund to help fund the day-to-day operating costs of the Club and, in particular, to provide the financial headroom that is required whilst we continue to rebuild ongoing incomes.

5. Following a number of trial initiatives, we have decided to focus on recruiting new members from proven pathways, specifically Cardiac Rehabilitation, Diabetes Refocusize and Cancer Prehabilitation Programmes, all run in conjunction with University Hospitals Dorset plus our own self-referral Keep Well Scheme.

6. To underpin our sound working relationships with the Estates and Finance communities of University Hospitals Dorset (UHD) we will re-instate regular communication channels with senior stakeholders in UHD. This will ensure that both parties are in a position to comply with the legal and financial provisions of the lease agreement.

The Trustees have assessed the major risks to which the charity is exposed and are satisfied that processes and procedures are in place to mitigate exposure to the major risks.

#### **Activities and actions planned to be undertaken by the Trustees and Management during the year 2024 to 2025 will include:**

- Develop a Capacity Planning model to forecast requirements based on Members vs Staffing vs Space vs Training.
- Develop a planned Staff and Management Pay Review process.
- Devolve responsibility and accountability to Management Team for Income and Expenditure.
- Organise training for new staff on Sportsoft so we can develop new functionality e.g. web based booking, exercise session management, waiting list management, improved management reports, marketing information, etc.

# **BOURNEMOUTH HEART CLUB**

## **TRUSTEES' REPORT (CONTINUED)**

**FOR THE YEAR ENDED 31 MARCH 2024**

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### **Activities and actions planned to be undertaken by the Trustees and Management during the year 2024 to 2025 (continued)**

- We will initiate a planned renewal of gym equipment to improve the experience of members.
- Management will monitor the Parking situation and advise Trustees of any issues or potential problems so that actions can be initiated to mitigate problems for members attending classes.
- Our Legacy leaflet will be reviewed and, where necessary, amended to make it more readable and understandable.
- Trustees will review the current Membership Fees in view of the 3 year plan to have members monthly fees covering the Club's Pay costs by March 2026.
- Trustees will start developing a plan for the refurbishment of the Changing Rooms.
- Trustees will start developing a plan for the refurbishment of the Lounge Areas of the Club.

### **Structure, governance and management**

The Constitution of the Bournemouth Heart Club was registered with the Charity Commission in December 1991. The Constitution was revised and adopted by the Bournemouth Heart Club on 13th June 2002, and subsequently revised on 9th August 2010, 25th July 2013, 24th July 2014, 20th July 2017 and 24th February 2022. The Club is an unincorporated Association.

The Trustees who served the charity during the year were:

Mr John Slade (Chairman)  
Mr Nigel Priest (Treasurer)  
Mr Colin (Peter) Wardell (Vice Chairman)  
Mr Graham Flexman MBA MSc DMS CiLCA  
(Secretary)  
Mrs Susan Strassheim  
Mr Jeff Osment  
Mrs Julia Baker (Resigned 26 March 2024)

All Trustees (except the President) are elected at the AGM by the members of the Bournemouth Heart Club for a three-year term of office. The President is elected by the Trustees. Past President and Founder, Dr Adrian Rozkovec continues to serve the Trustees in a co-opted advisory role. The policy and general management of the affairs of the Club are directed by a Trustees Committee comprising the Trustees, and Management Team (Ms Caroline Marshall - General Manager and Ms Olivia Bailey - Operations Manager) whose duties include attending meetings of the Trustees Committee.

### **Independent Examiner**

The Trustees have requested that Hill Osborne carry out an independent examination in accordance with the Charity's Constitution.

Signed on behalf of the Trustees Committee

  
Mr John Slade  
Chairman  
Dated: 8/8/24

  
Mr Nigel Priest  
Treasurer

# **BOURNEMOUTH HEART CLUB**

## **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

***FOR THE YEAR ENDED 31 MARCH 2024***

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The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial 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 of the charity for that year.

In preparing these 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 accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and 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 for taking reasonable steps for the prevention and detection of fraud and other irregularities.

# BOURNEMOUTH HEART CLUB

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF BOURNEMOUTH HEART CLUB

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I report to the Trustees on my examination of the financial statements of Bournemouth Heart Club (the charity) for the year ended 31 March 2024.

#### Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

*Lucia Ball*

**L. Ball, BSc FCA**  
**Hill Osborne**  
**Chartered Accountants**

Tower House  
Parkstone Road  
Poole  
BH15 2JH

Dated: *9th August 2024*

# BOURNEMOUTH HEART CLUB

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Total 2024 £	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Total 2023 £
<b>Income from:</b>							
Donations and legacies	3	102,001	-	102,001	22,735	-	22,735
Charitable activities	4	221,428	-	221,428	149,778	-	149,778
Activities for generating funds - sales of books, shirts, raffles etc.	5	12,278	-	12,278	19,197	-	19,197
Investments	6	12,776	-	12,776	4,008	-	4,008
<b>Total income</b>		<b>348,483</b>	<b>-</b>	<b>348,483</b>	<b>195,718</b>	<b>-</b>	<b>195,718</b>
<b>Expenditure on:</b>							
Raising funds	7	1,447	-	1,447	1,320	-	1,320
Charitable activities	8	308,953	-	308,953	277,473	-	277,473
Total expenditure		310,400	-	310,400	278,793	-	278,793
Net gains/(losses) on investments	13	52,400	-	52,400	(27,871)	-	(27,871)
<b>Net income/(expenditure)</b>		<b>90,483</b>	<b>-</b>	<b>90,483</b>	<b>(110,946)</b>	<b>-</b>	<b>(110,946)</b>
Transfers between funds		(225,789)	225,789	-	35,676	(35,676)	-
<b>Net movement in funds</b>		<b>(135,306)</b>	<b>225,789</b>	<b>90,483</b>	<b>(75,270)</b>	<b>(35,676)</b>	<b>(110,946)</b>
<b>Reconciliation of funds:</b>							
Fund balances at 1 April 2023		409,472	1,053,206	1,462,678	484,742	1,088,882	1,573,624
<b>Fund balances at 31 March 2024</b>		<b>274,166</b>	<b>1,278,995</b>	<b>1,553,161</b>	<b>409,472</b>	<b>1,053,206</b>	<b>1,462,678</b>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.


# BOURNEMOUTH HEART CLUB

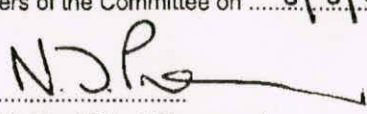
## BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	15		536,282		551,606
<b>Current assets</b>					
Stocks		967		1,445	
Debtors	16	43,436		16,107	
Investments	17	908,838		687,608	
Cash at bank and in hand		92,937		223,252	
			1,046,178		928,412
<b>Creditors: amounts falling due within one year</b>	19				
			29,299		17,340
Net current assets			1,016,879		911,072
<b>Total assets less current liabilities</b>			1,553,161		1,462,678
<b>The funds of the charity</b>					
Unrestricted funds - general			274,166		409,472
Unrestricted funds - designated	22		1,278,995		1,053,206
			1,553,161		1,462,678

The financial statements were approved by the members of the Committee on 8/8/24

  
 Mr John Slade (Chairman)  
 Trustee

  
 Mr Nigel Priest (Treasurer)  
 Trustee

# **BOURNEMOUTH HEART CLUB**

## **NOTES TO THE FINANCIAL STATEMENTS**

### **FOR THE YEAR ENDED 31 MARCH 2024**

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#### **1 Accounting policies**

##### **Charity information**

Bournemouth Heart Club is an unincorporated Association. The principal address is stated on the Legal and Administrative Information page of the financial statements.

##### **1.1 Accounting convention**

The financial statements have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

##### **1.2 Going concern**

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

##### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

##### **1.4 Incoming resources**

Income is received by way of exercise fees, donations, gifts, legacies, fund-raising activities and recharges to UHD for maintenance, cleaning and postage.

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

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#### 1 Accounting policies

(Continued)

#### 1.5 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

The salaries included within Charitable Activities relate to exercise staff. Within the heading of Office and Centre Costs are included office and administration staff salaries. These staff members spend a proportion of their time in dealing with charitable activities of the Heart Club in relation to membership and exercise classes. However it is impracticable to accurately apportion these costs between specific Charitable Activities and Office Centre Costs and therefore the total costs are shown under the heading Office and Centre Costs.

#### 1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life. These rates were as follows;

Lease	25 years straight line
Exercise and cardiac equipment	4 years straight line
Fixtures and fittings	4 years straight line
Office equipment	4 years straight line
IT equipment	3 years straight line
Tablets and mobile phones	2 years straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

#### Heart Club Facilities

Bournemouth Heart Club does not own the completed building but has a lease for 25 years at a peppercorn rent from September 1996 to 2021. In 2010 negotiations were concluded to extend the lease for a further 25 years to 2046. As part of this agreement a capital transfer of £592,000 was made from the Club to the Royal Bournemouth and Christchurch Hospital NHS Trust as a payment in advance (index linked) to cover the cost of the extension from 2021 to 2046. The cost of the lease in Tangible Fixed Assets relates to the cost of the lease of the property for the benefit of the Club from 2021 to 2046. The cost of the lease therefore is being written off in the twenty-five year period from 2021 to 2046. Items of moveable equipment and furnishings are capitalised and shown as part of fixed assets of Bournemouth Heart Club.

#### 1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### 1.8 Stocks

Stock comprises stamps, car parking fobs and locker tokens and are stated at the lower of cost and estimated selling price less costs to complete and sell, after making allowance for obsolete and slow moving items.

#### 1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

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#### 1 Accounting policies

(Continued)

##### 1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

##### 1.11 Other investments

Other investments comprise call deposits with original maturities of more than three months.

#### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 3 Income from donations and legacies

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations and gifts	18,649	18,807
Legacies receivable	83,352	3,928
	<u>102,001</u>	<u>22,735</u>
<b>Donations and gifts</b>		
General donations	11,561	8,720
Gift aid	3,548	3,647
Car parking deposits released to Bournemouth Heart Club	-	5,015
Car parking fees (non-returnable)	3,540	1,425
	<u>18,649</u>	<u>18,807</u>
<b>Legacies receivable</b>		
Legacies receivable (under £5,000)	2,352	3,928
Legacies receivable (over £5,000)	81,000	-
	<u>83,352</u>	<u>3,928</u>

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 4 Charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Exercise fees	151,442	93,028
Exercise fees - Keep Well	14,485	16,415
Exercise fees - Respiratory	128	971
Exercise fees - Diabetes	74	63
Car Park Fobs - Rehab	5,335	3,210
Car Park Fobs - Keep Well	1,160	630
Car Park Fobs - Respiratory	20	75
Car Park Fobs - Diabetes	35	-
Diabetes Grant	9,006	6,880
Health Assessments	930	190
Cancer Grant	4,000	-
RBCH Trust - reimbursed	26,523	22,887
UHD - 50% Staff Contribution	850	250
UHD - Gym Hire	7,440	5,179
	<u>221,428</u>	<u>149,778</u>

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 5 Activities for generating funds - sales of books, shirts, raffles etc.,

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Just Giving	476	6,011
Triathlon - Caroline Croucher	-	575
Easy Fund Raising	46	15
Raffles	2,167	1,327
Rotary Club Donations	610	-
Heart 2 Heart Cycle	-	3,220
Snowball Lunches	-	150
Locker Tokens	13	7
Quiz	3,070	1,885
Commission from BHC Merchandise	129	171
100 Club	2,292	2,352
Water	116	339
BH Coastal Lottery	1,674	1,811
Much Loved	413	168
Amazon Smile	227	352
PayPal Giving	6	-
Purple Patch	103	52
Coffee Mornings	280	-
Other items	656	762
	<u>12,278</u>	<u>19,197</u>

### 6 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other investment interest receivable	<u>12,776</u>	<u>4,008</u>

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 7 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
<b>Costs of generating donations and legacies</b>		
100 Club	1,300	1,300
Lottery licence	20	20
Other fundraising costs	127	-
	<u>1,447</u>	<u>1,320</u>

### 8 Charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Exercise staff costs	160,276	115,250
Office staff costs	33,716	58,366
Office and centre costs	64,032	58,728
Prevention staff costs	5,051	4,917
Cleaning staff costs	23,582	21,717
Employers National Insurance	10,489	8,149
	<u>297,146</u>	<u>267,127</u>
Share of governance costs (see note 10)	11,807	10,346
	<u>308,953</u>	<u>277,473</u>

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 9 Office and centre costs

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Insurance	4,692	4,425
Just Giving subscription	180	-
Go Cardless charges	3,058	-
Advertising - leaflets	1,310	327
Minor exercise equipment	1,731	316
Bank interest paid	-	19
Advertising/ leaflets - Keep Well	-	-
Exercise equipment maintenance	855	937
Air conditioning maintenance	640	(45)
Website maintenance	58	-
Sportsoft software	1,440	864
Zoom software	152	143
Telephone	131	219
Printing, postage and stationery	2,387	1,178
Bank charges	144	195
Equipment hire - card machine	24	441
EVO charges	579	891
Rates	2,861	3,219
Repairs and maintenance	1,790	3,255
New car park fobs	1,264	2,530
Car park fobs refunds	25	45
Car park fobs refunds - Rehab	1,820	870
Cleaning	703	1,070
Depreciation - exercise and cardiac equipment	3,411	420
Depreciation - office equipment and fixtures & fittings	309	4,391
Depreciation - lease	23,911	23,911
IT maintenance and support	4,978	5,038
Payroll software	420	293
Minor office equipment	361	-
Locker tokens	413	8
Staff refreshments	11	42
Staff Christmas gifts	99	113
Travel costs	9	5
Staff training	2,105	925
DBS checks for trustees	36	-
Refreshments for members	1,150	855
Staff uniforms	483	1,483
Sundry costs	492	345
	<u>64,032</u>	<u>58,728</u>

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 10 Support costs allocated to activities

	<b>Charitable activities 2024 £</b>	<b>Total 2023 £</b>
Governance	11,807	10,346
	<u>11,807</u>	<u>10,346</u>
	<b>2024 £</b>	<b>2023 £</b>
<b>Governance costs comprise:</b>		
Independent examination	2,982	2,700
Legal and professional	3,233	3,349
Bookkeeping fees	5,592	4,297
	<u>11,807</u>	<u>10,346</u>

### 11 Trustees

None of the Trustees (or any persons connected with them) received any remuneration during the year, or were paid any expenses during the year.

### 12 Employees

The average monthly number of employees during the year was:

	<b>2024 Number</b>	<b>2023 Number</b>
Full time equivalent	8.62	7.85
	<u>8.62</u>	<u>7.85</u>

There were no employees whose annual remuneration was £60,000 or more.

### 13 Gains and losses on investments

	<b>Unrestricted funds 2024 £</b>	<b>Unrestricted funds 2023 £</b>
Gains/(losses) arising on:		
Revaluation of investments	52,400	(27,871)
	<u>52,400</u>	<u>(27,871)</u>

### 14 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 15 Tangible fixed assets

	Lease	Exercise and cardiac equipment	Fixtures and fittings	Office equipment	Total
	£	£	£	£	£
<b>Cost</b>					
At 1 April 2023	597,778	50,574	43,801	4,997	697,150
Additions	-	11,970	-	337	12,307
At 31 March 2024	597,778	62,544	43,801	5,334	709,457
<b>Depreciation and impairment</b>					
At 1 April 2023	47,822	49,314	43,801	4,607	145,544
Depreciation charged in the year	23,911	3,411	-	309	27,631
At 31 March 2024	71,733	52,725	43,801	4,916	173,175
<b>Carrying amount</b>					
At 31 March 2024	526,045	9,819	-	418	536,282
At 31 March 2023	549,956	1,260	-	390	551,606

### 16 Debtors

	2024	2023
	£	£
<b>Amounts falling due within one year:</b>		
Gift aid receivable	3,548	3,642
RBCH Trust	1,839	1,695
Prepayments and accrued income	31,139	9,450
UHD	6,910	1,320
	43,436	16,107

### 17 Investments

	2024	2023
	£	£
Charity Bank	82,000	-
Redwood Bank	85,000	-
Cambridge & Counties Bank	85,272	83,356
United Trust Bank	77,362	75,000
Yorkshire Building Society	2,762	5,210
Investec Wealth & Investment Portfolio	312,898	285,868
Quilter Plc Portfolio	263,544	238,174
	908,838	687,608

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

### 18 Cash at bank and in hand

	<b>2024</b>	<b>2023</b>
	£	£
HSBC Treasury account	7,025	88,077
HSBC Savings account	84,222	132,721
EVO account	157	470
Cash in hand	1,533	1,984
	<u>92,937</u>	<u>223,252</u>

### 19 Creditors: amounts falling due within one year

	<b>Notes</b>	<b>2024</b>	<b>2023</b>
		£	£
Other taxation and social security		3,734	2,907
Deferred income	<b>20</b>	15,010	7,235
Trade creditors		6,669	3,559
Accruals		3,886	3,639
		<u>29,299</u>	<u>17,340</u>

### 20 Deferred income

	<b>2024</b>	<b>2023</b>
	£	£
Arising from Diabetes grants	15,010	-
Arising from Exercise fees	-	7,235
	<u>15,010</u>	<u>7,235</u>

Deferred income is included in the financial statements as follows:

	<b>2024</b>	<b>2023</b>
	£	£
Deferred income is included within:		
Current liabilities	<u>15,010</u>	<u>7,235</u>
Movements in the year:		
Deferred income at 1 April 2023	7,235	-
Released from previous periods	(7,235)	-
Resources deferred in the year	<u>15,010</u>	<u>7,235</u>
Deferred income at 31 March 2024	<u>15,010</u>	<u>7,235</u>

# BOURNEMOUTH HEART CLUB

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 21 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £3,434 (2023- £2,909) and is included in staff costs.

#### 22 Unrestricted funds - designated

These are unrestricted funds which are material to the charity's activities.

	At 1 April 2023 £	Transfers £	At 31 March 2024 £
Designated Property Repair and Replacement Fund/Unforeseen Business Interruption	400,000	-	400,000
Designated Equipment Replacement Fund	100,000	-	100,000
Lease Fund 2021-2046 (Prepaid 2010)	549,956	(23,911)	526,045
Designated Hardship Fund	3,250	(300)	2,950
Lease Fund beyond 2046	-	100,000	100,000
Designated Refurbishment Fund	-	100,000	100,000
Designated Wealth Mgmt Fluctuation Fund	-	50,000	50,000
	<u>1,053,206</u>	<u>225,789</u>	<u>1,278,995</u>

#### Previous year:

	At 1 April 2022 £	Transfers £	At 31 March 2023 £
Designated Property Repair and Replacement Fund	400,000	-	400,000
Designated Equipment Replacement Fund	100,000	-	100,000
Designated Parking Deposits Fund	5,015	(5,015)	-
Lease Fund 2021-2046 (Prepaid 2010)	573,867	(23,911)	549,956
Designated Keep Well Fund	10,000	(10,000)	-
Designated Hardship Fund	-	3,250	3,250
	<u>1,088,882</u>	<u>(35,676)</u>	<u>1,053,206</u>



# **BOURNEMOUTH HEART CLUB**

## **NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)** ***FOR THE YEAR ENDED 31 MARCH 2024***

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### **24 Related party transactions**

There were no disclosable related party transactions during the year (2023 - none).

# BOURNEMOUTH HEART CLUB

## INDEPENDENT EXAMINER'S REPORT

### TO THE TRUSTEES OF BOURNEMOUTH HEART CLUB

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I report to the Trustees on my examination of the financial statements of Bournemouth Heart Club (the charity) for the year ended 31 March 2024.

#### Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

#### Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

*Lucia Ball*

L. Ball, BSc FCA  
Hill Osborne  
Chartered Accountants

Tower House  
Parkstone Road  
Poole  
BH16 2JH

Dated: *9th August 2024*