



## Trustees' Annual Report for the period

From **1<sup>st</sup> April 2022** Period start date To **31<sup>st</sup> March 2023**  
Period end date

Charity name: **York Coronary Support Group Trust**

Charity registration number: **1011149**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The aims of the Group shall be to help cardiac patients by mutual support and the provision of facilities for them and their partners.
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	The provision of rehabilitation exercise classes following on from the classes operated by York District Hospital.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All Trustees have regarded the guidance issued by the Charity Commission on public benefit.

### 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		

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## 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	Providing a much needed and appreciate follow on support network for members, and their families, with heart related issues.

### 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	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are held to ensure to continuation of classes.
Amount of reserves held	Para 1.22	£40,000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### 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	Bequests, membership fees and fundraising.
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	Loss of income to cover the cost of classes – experienced during Covid.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Constitution
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	Para 1.25	As a Trust
Trustee selection methods including details of any	Para 1.25	

constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees		
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**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	York Coronary Support Group Trust
Other name the charity uses	n/a
Registered charity number	1011149
Charity's principal address	16 Church Close, Tollerton York YO61 1QS

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Jennifer Cookson	Treasurer	20 <sup>th</sup> July 2018 to date	
2	Desmond Mahon	Vice Chair	16 <sup>th</sup> November 2017 to date	
3	Anthony Fletcher		30 <sup>th</sup> June 2014 to date	
4	Nicholas Longster		20 <sup>th</sup> October 2022 to date	
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**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### 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

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## 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>	Jennifer Cookson	Desmond Mahon
<b>Position (eg Secretary, Chair, etc)</b>	Treasurer	Vice Chair
<b>Date</b>		



York Coronary Support Group Trust			Charity No (if any)	1011149
<b>Annual accounts for the period</b>				
Period start date	<b>1st April 2022</b>	To	Period end date	<b>31st March 2023</b>

## Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
<b>Incoming resources (Note 3)</b>						
<b>Income and endowments from:</b>						
Donations and legacies	S01	72,401	-	-	72,401	4,068
Charitable activities	S02	19,609	-	-	19,609	14,985
Other trading activities	S03	2,083	-	-	2,083	931
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
<b>Total</b>	S07	<b>94,093</b>	<b>-</b>	<b>-</b>	<b>94,093</b>	<b>19,984</b>
<b>Resources expended (Note 2)</b>						
<b>Expenditure on:</b>						
Raising funds	S08	475	-	-	475	125
Charitable activities	S09	37,103	-	-	37,103	27,199
Separate material item of expense	S10	-	-	-	-	-
Other	S11	300	-	-	300	-
<b>Total</b>	S12	<b>37,878</b>	<b>-</b>	<b>-</b>	<b>37,878</b>	<b>27,324</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>	S13	56,215	-	-	56,215	- 7,340
Net gains/(losses) on investments	S14	-	-	-	-	-
<b>Net income/(expenditure)</b>	S15	56,215	-	-	56,215	- 7,340
<b>Extraordinary items</b>	S16	-	-	-	-	-
<b>Transfers between funds</b>	S17	-	-	-	-	-
<b>Other recognised gains/(losses):</b>						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	250	-	-	250	-
Other gains/(losses)	S19	-	-	-	-	-
<b>Net movement in funds</b>	S20	<b>56,465</b>	<b>-</b>	<b>-</b>	<b>56,465</b>	<b>- 7,340</b>
<b>Reconciliation of funds:</b>						
Total funds brought forward	S21	21,132	-	-	21,132	28,472
<b>Total funds carried forward</b>	S22	<b>77,597</b>	<b>-</b>	<b>-</b>	<b>77,597</b>	<b>21,132</b>

# Section B

# Balance sheet

Guidance Notes

## Fixed assets

			Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Intangible assets (Note 15)	B01		1,136	-	-	1,136	1,393
Tangible assets (Note 14)	B02		-	-	-	-	-
Heritage assets (Note 16)	B03		-	-	-	-	-
Investments (Note 17)	B04		-	-	-	-	-
<b>Total fixed assets</b>	B05		1,136	-	-	1,136	1,393

## Current assets

Stocks (Note 18)	B06		-	-	-	-	-
Debtors (Note 19)	B07		-	-	-	-	-
Investments (Note 17.4)	B08		-	-	-	-	-
Cash at bank and in hand (Note 24)	B09		76,761	-	-	76,761	19,739
<b>Total current assets</b>	B10		76,761	-	-	76,761	19,739

Creditors: amounts falling due within one year (Note 20)

B11			300	-	-	300	-
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**Net current assets/(liabilities)**

B12			76,461	-	-	76,461	19,739
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**Total assets less current liabilities**

B13			77,597	-	-	77,597	21,132
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Creditors: amounts falling due after one year (Note 20)

B14			-	-	-	-	-
B15			-	-	-	-	-

Provisions for liabilities

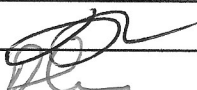

**Total net assets or liabilities**

B16			77,597	-	-	77,597	21,132
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## Funds of the Charity

Endowment funds (Note 27)	B17		-			-	-
Restricted income funds (Note 27)	B18			-		-	-
Unrestricted funds	B19		77,597		-	77,597	21,132
Revaluation reserve	B20					-	
<b>Total funds</b>	B21		77,597	-	-	77,597	21,132

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	JENNIFER COOKSON	6/6/24
	DES MAHON	6/6/24

## Treasurer's Report April 2022/23

You have a much happier Treasurer this year than last – we have recently received an incredibly generous bequest of £70,000 which has without doubt saved this Trust from extinction. I really do kid you not – without this bequest we would have closed our operation totally on 31<sup>st</sup> March 2023.

Although we have yet to achieve pre-Covid levels of attendance we continue to run exercise classes at York Stadium, Poppleton Community Centre and York St John and our aqua aerobics classes at Roko.

The small increase in fees has ensured that, whilst most of the exercise classes do not cover all costs, we are not supporting classes to the crippling level we were during 2021/22. This is to be followed an already agreed increase in September 2023 which will further ensure the continuation of our classes.

We held two events at St Crux during 2022 which raised £1608.36 towards our funds. Unfortunately the burden of running these event falls on an ever decreasing group of members – anybody who is able to help with baking and on the day is always welcomed with open arms.

It is the Treasurer's recommendation to the Committee that we amend the total budget for this coming year with some adjustment to the sections to that of £13,930 Budgets for 2023/2024 have provisionally been set as follows

Exercise Programmes Support	£ 8000
Administration	£ 200
Newsletter/publications	£ 2600
Affiliation Fees	£ 50
Exercise Equipment	£ 250
YDH Cardiac Rehabilitation	£ 1500
Social Events	£ 250
Storage	<u>£ 1080</u>
Total	<u>£13930</u>

We have also to ring fence £10,170 to cover activities - keep fit classes and wages, swimming classes and wages, monthly meeting hall hire and speaker fees. This covers the group for a three month period should the unexpected happen and we have no income – a situation which unfortunately we now have experience of!

The monies in the bank accounts and in hand at 31<sup>st</sup> March 2023 amount to £76,761.22 compared to a total of £19,735.85 at 31<sup>st</sup> March 2022 – which if you remove the £70,000 bequest indicates the level of support given to our exercise classes in the financial year.

The committee continues to state that one of the main purposes of the Trust is the help in rehabilitation and maintenance of good health in persons with heart related conditions. On these grounds monetary support will continue to maintain the Keep Fit classes at York Stadium, Poppleton Community Centre, York St John and the aqua aerobics at Roko Health Club with necessary training and certification courses for their leaders.

*Jenny Cookson*

*Treasurer*

*York Coronary Support Group Trust*

**June 2023**