



# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month 11	Year 2023		Day 31	Month 10	Year 2024

## Section A Reference and administration details

**Charity name**

**Other names charity is known by**

**Registered charity number (if any)**

**Charity's principal address**

Langdon Square Community Centre	
Coulby Newham	
Middlesbrough	
<b>Postcode</b>	<b>TS8 0TF</b>

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Keith Watson	Chair		Members
2	PT Howes	Treasurer		Members
3	DC Moore			Members
4	I Raine	Tutor Liaison		Members
5	E Hartley	Secretary		Members
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20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Elected by members

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The Aim of THSG is to promote the preservation and protection of health and relieve the needs of persons who have suffered from or had medical treatment for any form of cardiovascular disease, or those individuals considered by a medical practitioner to be at risk from a form of cardiovascular disease, and their carers, family or friends, who are living in Middlesbrough or Redcar & Cleveland or the areas surrounding these Unitary Authorities

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

Our activities include

- 1) BACPR Level 4 Exercise classes run by qualified tutors, that help us to regain our fitness and rebuild our confidence in our physical abilities.
- 2) Relaxation sessions that help to counter stress and anxiety that might otherwise affect our relationships and lifestyles.
- 3) Social events that encourage members to share both their worries and their experiences

We believe that

- 1) With the right care and support we can all lead full and active lives we might even be healthier and happier than before our illness.
- 2) Its not just about exercise classes and relaxation: we are all helped by the group support, discovering that others face much the same challenges as us.
- 3) For some of us, its just about getting out and seeing new friends

**Additional details of objectives and activities (Optional information)**

Objectives – to secure candidates to finance and upskill as BACPR tutors. We have 2 tutors retired due to family commitments this year and spent considerable time advertising, networking and interviewing to secure cover for the classes involved.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

We were hoping for a lottery grant but were unsuccessful..  
We have moved from having 7 to 4 years reserve funds, if we continue to achieve the same income and expenditure rate  
We have continued to network and formed links with Tees Millions, RCDVA (through Local Lottery)

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

No policy

**Details of any funds materially in deficit**

None

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Primary source of funds is class fees  
Primary expenditure is Tutor fees and Hall hire

## Section F

## Other optional information

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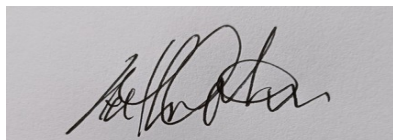
## Section G

## Declaration

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

Signed on behalf of the charity's trustees

**Signature(s)**



**Full name(s)**

Keith Watson

**Position (eg Secretary, Chair, etc)**

Chair

**Date** 19.01.2025

TREASURERS MONTHLY REPORT 2023/2024

	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	RUNNING TOTAL	YTD
<b>INCOME FROM</b>														
Class Fees	1235.10	850.00	2055.00	875.00	1495.00	1075.00	1150.00	1630.00	1200.00	1875.00	1435.00	1515.00	16390.10	£11,254.27
Annual memberships	10.00	0.00	440.00	390.00	230.00	20.00	0.00	15.00	0.00	10.00	0.00	0.00	1115.00	
Grants and Charities	400.00	1250.00	275.00	0.00	0.00	0.00	0.00	1350.00	1628.00	0.00	150.00	0.00	5053.00	
Fundraising	0.00	0.00	145.00	21.00	45.10	21.00	0.00	110.00	303.50	21.72	0.00	0.00	667.32	
Donations	1066.80	0.00	0.00	520.00	300.00	329.00	0.00	270.00	1.50	400.00	0.00	0.00	2887.30	
Raffles	0.00	0.00	0.00	64.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64.00	
Branded goods	1.50	0.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.50	
Unmarked	0.00												0.00	
<b>TOTAL INCOME</b>	<b>2713.40</b>	<b>2100.00</b>	<b>2915.00</b>	<b>1872.00</b>	<b>2070.10</b>	<b>1445.00</b>	<b>1150.00</b>	<b>3375.00</b>	<b>3133.00</b>	<b>2306.72</b>	<b>1585.00</b>	<b>1515.00</b>	<b>26180.22</b>	<b>£26,180.22</b>
<b>EXPENDITURE DUE TO</b>														
TUTOR Fees	-400.00	-4650.00	-750.00	-150.00	-3650.00	-300.00	-500.00	-368.00	-3950.00	-450.00	-200.00	-3150.00	-18518.00	
Annual Retainer	0.00	0.00	-825.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-825.00	
Monthly Admin	-200.00	-200.00	-150.00	-150.00	-150.00	0.00	-150.00	-150.00	-150.00	-150.00	-150.00	-150.00	-1750.00	
Quarterly admin	0.00	0.00	-150.00	0.00	0.00	-52.00	0.00	0.00	-150.00	0.00	0.00	-150.00	-502.00	
TUTOR INSURANCE & ACCREDITATION	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-157.00	0.00	0.00	-157.00	
HALL HIRE	-376.50	-1438.50	-387.00	-646.50	-1013.20	0.00	-497.25	-549.35	-1219.33	-64.00	-428.00	-1174.75	-7794.38	
Other	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-100.00	-39.99	0.00	-139.99	
Printing	-75.00	0.00	-1.60	0.00	-4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-80.60	
EQUIPMENT PURCHASE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-806.55	0.00	0.00	-806.55	
EQUIPMENT MAINTENANCE	-7.00	0.00	0.00	0.00	-460.00	0.00	0.00	-43.06	-29.99	-60.00	0.00	0.00	-600.05	
Teatime	-101.72	-323.55	-82.68	-18.93	-47.78	-2.70	-56.49	-8.74	-59.00	-156.97	0.00	0.00	-858.56	
<b>TOTAL EXPENDITURE</b>	<b>-1160.22</b>	<b>-6612.05</b>	<b>-2346.28</b>	<b>-965.43</b>	<b>-5324.98</b>	<b>-354.70</b>	<b>-1203.74</b>	<b>-1119.15</b>	<b>-5558.32</b>	<b>-1944.52</b>	<b>-817.99</b>	<b>-4624.75</b>	<b>-32032.13</b>	<b>-£32,032.13</b>
<b>INCOME MINUS EXPENDITURE</b>	<b>1553.18</b>	<b>-4512.05</b>	<b>568.72</b>	<b>906.57</b>	<b>-3254.88</b>	<b>1090.30</b>	<b>-53.74</b>	<b>2255.85</b>	<b>-2425.32</b>	<b>362.20</b>	<b>767.01</b>	<b>-3109.75</b>	<b>-8581.91</b>	<b>-£5,851.91</b>
<b>CURRENT ACC BALANCE BROUGHT FORWARD</b>	<b>11254.27</b>	<b>12807.45</b>	<b>8295.40</b>	<b>8864.12</b>	<b>9770.69</b>	<b>6515.81</b>	<b>7606.11</b>	<b>7552.37</b>	<b>9808.22</b>	<b>7382.90</b>	<b>7745.10</b>	<b>8512.11</b>	<b>11254.27</b>	
<b>BALANCE + INCOME - EXPENDITURE</b>	<b>12807.45</b>	<b>8295.40</b>	<b>8864.12</b>	<b>9770.69</b>	<b>6515.81</b>	<b>7606.11</b>	<b>7552.37</b>	<b>9808.22</b>	<b>7382.90</b>	<b>7745.10</b>	<b>8512.11</b>	<b>5402.36</b>	<b>£5,402.36</b>	
<b>RESERVE ACCOUNT BROUGHT FORWARD</b>	<b>20510.66</b>	<b>20335.10</b>	<b>20558.76</b>	<b>20585.71</b>	<b>20609.43</b>	<b>20632.35</b>	<b>20659.40</b>	<b>20684.84</b>	<b>20707.85</b>	<b>20735.00</b>	<b>20759.71</b>	<b>20785.28</b>	<b>20510.66</b>	
<b>RESERVE ACCOUNT INTEREST</b>	<b>24.44</b>	<b>23.66</b>	<b>26.95</b>	<b>23.72</b>	<b>22.92</b>	<b>27.05</b>	<b>25.44</b>	<b>23.01</b>	<b>27.15</b>	<b>24.71</b>	<b>25.57</b>	<b>24.74</b>	<b>299.36</b>	<b>£299.36</b>
<b>RESERVE ACCOUNT TOTALS</b>	<b>20535.10</b>	<b>20558.76</b>	<b>20585.71</b>	<b>20609.43</b>	<b>20632.35</b>	<b>20659.40</b>	<b>20684.84</b>	<b>20707.85</b>	<b>20735.00</b>	<b>20759.71</b>	<b>20785.28</b>	<b>20810.02</b>	<b>20810.02</b>	<b>£20,810.02</b>
<b>Total funds</b>	<b>33342.55</b>	<b>28854.16</b>	<b>29449.83</b>	<b>30380.12</b>	<b>27148.16</b>	<b>28265.51</b>	<b>28237.21</b>	<b>30516.07</b>	<b>28117.90</b>	<b>28504.81</b>	<b>29297.39</b>	<b>26212.38</b>	<b>26212.38</b>	<b>£26,212.38</b>
<b>Restricted funds</b>														
East Cl Good Neighbours													£151.00	Printing/advertising
Teeside Relief in Sickness													£1,250.00	New tutor training/Marske class
ECGN													£500.00	to promote volunteering
Tees Millions													£978.00	
Unrestricted Funds													£2,879.00	Tutor costs East Cleveland +£670 training
													£23,333.38	
<b>Outstanding payments relating to 2023-24 paid 2024-25</b>														
Tutor costs	£1,600.00													
Hall hire	£658.00													

Reviewed. WPAV FCA

L Poch

25/12/25

TREASURERS MONTHLY REPORT 2023/2024

	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	RUNNING TOTAL	YTD	
<b>INCOME FROM</b>															
Class Fees	1235.10	850.00	2055.00	875.00	1495.00	1075.00	1150.00	1630.00	1200.00	1875.00	1435.00	1515.00	16390.10	£11,254.27	Opening balance - 1 November 2023
Annual memberships	10.00	0.00	440.00	390.00	230.00	20.00	0.00	15.00	0.00	10.00	0.00	0.00	1115.00		
Grants and Charities	400.00	1250.00	275.00	0.00	0.00	0.00	0.00	1350.00	1628.00	0.00	150.00	0.00	5053.00		
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Donations	1066.80	0.00	0.00	520.00	300.00	329.00	0.00	270.00	1.50	400.00	0.00	0.00	2887.30		
Raffles	0.00	0.00	0.00	64.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	64.00		
Branded goods	1.50	0.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.50		
Unmarked	0.00												0.00		
<b>TOTAL INCOME</b>	<b>2713.40</b>	<b>2100.00</b>	<b>2915.00</b>	<b>1872.00</b>	<b>2070.10</b>	<b>1445.00</b>	<b>1150.00</b>	<b>3375.00</b>	<b>3133.00</b>	<b>2306.72</b>	<b>1585.00</b>	<b>1515.00</b>	<b>26180.22</b>	<b>£26,180.22</b>	Total Income - Year to date
<b>EXPENDITURE DUE TO</b>															
TUTOR FEES	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	RUNNING TOTAL		
Annual Retainer	0.00	-4650.00	-750.00	-150.00	-3650.00	-300.00	-500.00	-368.00	0.00	0.00	-3950.00	-450.00	-18518.00		
Monthly Admin	-200.00	-200.00	-825.00	-150.00	-150.00	0.00	0.00	0.00	-150.00	-150.00	-150.00	-150.00	-1750.00		
Quarterly admin	0.00	0.00	-150.00	0.00	0.00	-52.00	0.00	0.00	-150.00	0.00	0.00	0.00	-502.00		
TUTOR INSURANCE & ACCREDITATION	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-157.00	0.00	0.00	-157.00		
HALL HIRE	-376.50	-1438.50	-387.00	-646.50	-1013.20	0.00	-497.25	-549.35	-1219.33	-64.00	-428.00	-1174.75	-7794.38		
Other	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-100.00	-39.99	0.00	-139.99		
Printing	-75.00	0.00	-1.60	0.00	-4.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-80.60		
EQUIPMENT PURCHASE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-806.55	0.00	0.00	-806.55		
EQUIPMENT MAINTENANCE	-7.00	0.00	0.00	0.00	-460.00	0.00	0.00	-43.06	-29.99	-60.00	0.00	0.00	-600.05		
Teatime	-101.72	-323.55	-82.68	-18.93	-47.78	-2.70	-56.49	-8.74	-59.00	-156.97	0.00	0.00	-858.56		
<b>TOTAL EXPENDITURE</b>	<b>-1160.22</b>	<b>-6612.05</b>	<b>-2346.28</b>	<b>-965.43</b>	<b>-5324.98</b>	<b>-354.70</b>	<b>-1203.74</b>	<b>-1119.15</b>	<b>-5558.32</b>	<b>-1944.52</b>	<b>-817.99</b>	<b>-4624.75</b>	<b>-32032.13</b>	<b>-£32,032.13</b>	Total Expenditure - Year to date
<b>INCOME MINUS EXPENDITURE</b>	<b>1553.18</b>	<b>-4512.05</b>	<b>568.72</b>	<b>906.57</b>	<b>-3254.88</b>	<b>1090.30</b>	<b>-53.74</b>	<b>2255.85</b>	<b>-2425.32</b>	<b>362.20</b>	<b>767.01</b>	<b>-3109.75</b>	<b>-8581.91</b>	<b>-£5,851.91</b>	Profit +/-loss - Year to date
<b>CURRENT ACC BALANCE BROUGHT FORWARD</b>	<b>11254.27</b>	<b>12807.45</b>	<b>8295.40</b>	<b>8864.12</b>	<b>9770.69</b>	<b>6515.81</b>	<b>7606.11</b>	<b>7552.37</b>	<b>9808.22</b>	<b>7382.90</b>	<b>7745.10</b>	<b>8512.11</b>	<b>11254.27</b>	<b>11254.27</b>	
<b>BALANCE + INCOME - EXPENDITURE</b>	<b>12807.45</b>	<b>8295.40</b>	<b>8864.12</b>	<b>9770.69</b>	<b>6515.81</b>	<b>7606.11</b>	<b>7552.37</b>	<b>9808.22</b>	<b>7382.90</b>	<b>7745.10</b>	<b>8512.11</b>	<b>5402.36</b>	<b>£5,402.36</b>	<b>£5,402.36</b>	
<b>RESERVE ACCOUNT BROUGHT FORWARD</b>	<b>20510.66</b>	<b>20335.10</b>	<b>20558.76</b>	<b>20585.71</b>	<b>20609.43</b>	<b>20632.35</b>	<b>20659.40</b>	<b>20684.84</b>	<b>20707.85</b>	<b>20735.00</b>	<b>20759.71</b>	<b>20785.28</b>	<b>20510.66</b>	<b>£299.36</b>	Interest
<b>RESERVE ACCOUNT INTEREST</b>	<b>24.44</b>	<b>23.66</b>	<b>26.95</b>	<b>23.72</b>	<b>22.92</b>	<b>27.05</b>	<b>25.44</b>	<b>23.01</b>	<b>27.15</b>	<b>24.71</b>	<b>25.57</b>	<b>24.74</b>	<b>299.36</b>	<b>£299.36</b>	
<b>RESERVE ACCOUNT TOTALS</b>	<b>20535.10</b>	<b>20558.76</b>	<b>20585.71</b>	<b>20609.43</b>	<b>20632.35</b>	<b>20659.40</b>	<b>20684.84</b>	<b>20707.85</b>	<b>20735.00</b>	<b>20759.71</b>	<b>20785.28</b>	<b>20810.02</b>	<b>20810.02</b>	<b>£20,810.02</b>	
<b>Total funds</b>	<b>33342.55</b>	<b>28854.16</b>	<b>29449.83</b>	<b>30380.12</b>	<b>27148.16</b>	<b>28265.51</b>	<b>28237.21</b>	<b>30516.07</b>	<b>28117.90</b>	<b>28504.81</b>	<b>29297.39</b>	<b>26212.38</b>	<b>26212.38</b>	<b>£26,212.38</b>	Closing Balance
<b>Restricted funds</b>															
East Cl Good Neighbours														£151.00	Printing/advertising
Teeside Relief in Sickness														£1,250.00	New tutor training/Marske class
ECGN														£500.00	to promote volunteering
Tees Millions														£978.00	
Unrestricted Funds														£2,879.00	Tutor costs East Cleveland +£670 training
														£23,333.38	
<b>Outstanding payments relating to 2023-24 paid 2024-25</b>															
Tutor costs	£1,600.00														
Hall hire	£658.00														

Reviewed. WPAV FCA

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25/12/25