

Charity registration number: 512815

# Young at Heart

Annual Report and Financial Statements  
for the Year Ended 31 March 2025

**Young at Heart**  
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## Young at Heart

### Reference and Administrative Details

<b>Chairman</b>	C Donnelly
<b>Charity Registration Number</b>	512815
<b>Principal Office</b>	Lonsdale House Unit 305A 52 Blucher Street Birmingham B1 1QU
<b>Independent Examiner</b>	Mark A Jordan Independent examiner Knighton House 62 Hagley Road Stourbridge West Midlands DY8 1QD

# Young at Heart

## Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2025.

### **Objectives and activities**

#### ***Objects and aims***

Young at Heart exists to provide help and support to families of babies and children receiving treatment for cardiac conditions at Birmingham Children's Hospital. We work closely with the hospital's Paediatric Cardiac Unit and provide regular ward visits to support families during what can be an extremely challenging time.

Our aim is to bring families together through a range of social activities and events, enabling them to meet others in similar circumstances, share experiences, reduce feelings of isolation, and build lasting friendships.

### **Achievements and performance**

Despite some changes within the committee during the year, including several members stepping down due to changes in personal circumstances, the charity continues to benefit from a committed and dedicated team. We have also welcomed new trustees, ensuring the charity remains well supported and able to grow.

During the year, Young at Heart continued to:

- Meet the increasing demand for our services as our membership continues to grow.
- Expand the support provided to families under the care of Birmingham Children's Hospital Paediatric Cardiac Unit. This included memory gifts, bereavement support, care packages and items such as superhero bears and sibling bears.
- Provide specialist medical equipment, including INR monitoring machines, allowing children and young people to safely manage their conditions at home and reduce the need for frequent outpatient appointments.
- Continue to sponsor a Fontan workshop project delivered by Birmingham Children's Hospital and replaced a faulty Defibrillator for one of our members.
- Deliver more social events than ever before for our families. Events included visits to Little Owl Farm, an Easter party, Dudley Zoo Dream Nights, trips to Drayton Manor, a Halloween party, Christmas party, pantomime outing and regular coffee mornings.

As our membership continues to increase, we remain committed to accommodating our families by sourcing larger venues where required to ensure events remain inclusive and accessible.

## Young at Heart

### Trustees' Report (continued)

#### Trustees and officers

The trustees and officers serving during the year and since the year end were as follows:

Trustees:

- C Donnelly
- C Webster
- E Byrne
- K Bruton (resigned 28 June 2025)
- B Brown (resigned 30 September 2024)
- A Obinna
- T Holmes (resigned 28 September 2025)
- P Welch
- S D Bisson (appointed 14 June 2024 and resigned 13 September 2025)
- K Roberts (appointed 14 June 2024)
- C Hughes (appointed 29 August 2025)
- J Couchman (appointed 5 November 2025)

None of the Trustee's has any beneficial interest in the company.

Chairman: C Donnelly

The annual report was approved by the trustees of the charity on 19 December 2025 and signed on its behalf by:



E Byrne  
Trustee

## Young at Heart

### Statement of Trustees' Responsibilities

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

The law applicable to charities 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 period. 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 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 enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees 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.

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

Approved by the trustees of the charity on 19 December 2025 and signed on its behalf by:



E Byme  
Trustee

## Young at Heart

### Independent Examiner's Report to the trustees of Young at Heart

I report to the trustees on my examination of the accounts of Young at Heart for the year ended 31 March 2025.

#### Responsibilities and basis of report

As the charity trustees of Young at Heart you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Young at Heart's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### Independent examiner's statement

I have completed my examination. I confirm that no material 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 Young at Heart as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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 accounts to be reached.



Mark A Jordan  
Independent examiner

Knighton House  
62 Hagley Road  
Stourbridge  
West Midlands  
DY8 1QD

19 December 2025

## Young at Heart

### Statement of Financial Activities for the Year Ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	
<b>Income and Endowments from:</b>					
Donations, legacies and grants		18,356	3,070	21,426	
Charitable activities		45,361	-	45,361	
Other income		1,461	-	1,461	
<b>Total income</b>		<u>65,178</u>	<u>3,070</u>	<u>68,248</u>	
<b>Expenditure on:</b>					
Raising funds		(6,110)	-	(6,110)	
Charitable activities		(30,160)	(4,364)	(34,524)	
Other expenditure	5	(32,866)	-	(32,866)	
<b>Total expenditure</b>		<u>(69,136)</u>	<u>(4,364)</u>	<u>(73,500)</u>	
<b>Net expenditure</b>		<u>(3,958)</u>	<u>(1,294)</u>	<u>(5,252)</u>	
<b>Net movement in funds</b>		(3,958)	(1,294)	(5,252)	
<b>Reconciliation of funds</b>					
Total funds brought forward		61,892	1,794	63,686	
Total funds carried forward	11	<u>57,934</u>	<u>500</u>	<u>58,434</u>	
		<b>Note</b>	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
<b>Income and Endowments from:</b>					
Donations, legacies and grants		13,664	11,769	25,433	
Charitable activities		45,007	-	45,007	
Other income		1,405	-	1,405	
<b>Total income</b>		<u>60,076</u>	<u>11,769</u>	<u>71,845</u>	
<b>Expenditure on:</b>					
Raising funds		(2,724)	-	(2,724)	
Charitable activities		(18,309)	(16,427)	(34,736)	
Other expenditure	5	(25,224)	-	(25,224)	
<b>Total expenditure</b>		<u>(46,257)</u>	<u>(16,427)</u>	<u>(62,684)</u>	
<b>Net income/(expenditure)</b>		<u>13,819</u>	<u>(4,658)</u>	<u>9,161</u>	
<b>Net movement in funds</b>		13,819	(4,658)	9,161	
<b>Reconciliation of funds</b>					
Total funds brought forward		48,073	6,452	54,525	
Total funds carried forward	11	<u>61,892</u>	<u>1,794</u>	<u>63,686</u>	

The notes on pages 9 to 13 form an integral part of these financial statements.

## **Young at Heart**

### **Statement of Financial Activities for the Year Ended 31 March 2025 (continued)**

All of the charity's activities derive from continuing operations during the above two periods.  
The funds breakdown for 2024 is shown in note 11.

## Young at Heart

### (Registration number: 512815) Balance Sheet as at 31 March 2025

	Note	2025 £	2024 £
<b>Fixed assets</b>			
Tangible assets	9	3,114	2,251
<b>Current assets</b>			
Cash at bank and in hand	10	<u>55,320</u>	<u>61,435</u>
<b>Net assets</b>		<u>58,434</u>	<u>63,686</u>
<b>Funds of the charity:</b>			
<b>Restricted income funds</b>			
Restricted funds		500	1,794
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>57,934</u>	<u>61,892</u>
<b>Total funds</b>	11	<u>58,434</u>	<u>63,686</u>

The financial statements on pages 6 to 13 were approved by the trustees, and authorised for issue on 19 December 2025 and signed on their behalf by:



E Byrne  
Trustee

# Young at Heart

## Notes to the Financial Statements for the Year Ended 31 March 2025

### 1 Accounting policies

#### **Statement of compliance**

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

#### **Basis of preparation**

Young at Heart meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

#### **Going concern**

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

#### **Income and endowments**

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

#### **Donations and legacies**

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

#### **Grants receivable**

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

#### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

#### **Raising funds**

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

## Young at Heart

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### **Charitable activities**

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Support costs**

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

#### **Taxation**

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

#### **Tangible fixed assets**

Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Furniture and Equipment	20% straight line

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Fund structure**

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

## Young at Heart

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### 2 Income from donations, legacies and grants

	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total funds £</b>
Donations and legacies;			
Donations from individuals	17,356	750	18,106
Grants, including capital grants;			
Grants from other charities	1,000	2,320	3,320
<b>Total for 2025</b>	<b>18,356</b>	<b>3,070</b>	<b>21,426</b>
<b>Total for 2024</b>	<b>13,664</b>	<b>11,769</b>	<b>25,433</b>

#### 3 Income from charitable activities

	<b>Unrestricted funds General £</b>	<b>Total funds £</b>
Donations and fundraising	45,361	45,361
<b>Total for 2025</b>	<b>45,361</b>	<b>45,361</b>
<b>Total for 2024</b>	<b>45,007</b>	<b>45,007</b>

#### 4 Expenditure on charitable activities

	<b>Unrestricted funds Designated £</b>	<b>Restricted funds £</b>	<b>Total 2025 £</b>
Family support donations and gifts	30,160	4,364	34,524
	<b>Unrestricted funds General £</b>	<b>Restricted funds £</b>	<b>Total 2024 £</b>
Family support donations and gifts	18,309	16,427	34,736

## Young at Heart

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### 5 Other expenditure

	Note	Unrestricted funds General £	Total funds £
Independent examiner fees			
Examination of the financial statements		1,560	1,560
Other resources expended		<u>31,306</u>	<u>31,306</u>
<b>Total for 2025</b>		<u><u>32,866</u></u>	<u><u>32,866</u></u>
<b>Total for 2024</b>		<u><u>25,224</u></u>	<u><u>25,224</u></u>

#### 6 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

#### 7 Independent examiner's remuneration

	2025 £	2024 £
Examination of the financial statements	<u>1,560</u>	<u>1,500</u>

#### 8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

#### 9 Tangible fixed assets

	Furniture and equipment £	Total £
<b>Cost</b>		
At 1 April 2024	3,033	3,033
Additions	<u>1,836</u>	<u>1,836</u>
At 31 March 2025	<u>4,869</u>	<u>4,869</u>
<b>Depreciation</b>		
At 1 April 2024	782	782
Charge for the year	<u>973</u>	<u>973</u>
At 31 March 2025	<u>1,755</u>	<u>1,755</u>
<b>Net book value</b>		
At 31 March 2025	<u><u>3,114</u></u>	<u><u>3,114</u></u>
At 31 March 2024	<u><u>2,251</u></u>	<u><u>2,251</u></u>

## Young at Heart

### Notes to the Financial Statements for the Year Ended 31 March 2025 (continued)

#### 10 Cash and cash equivalents

	2025 £	2024 £
Cash at bank	<u>55,320</u>	<u>61,435</u>

#### 11 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>				
General	61,892	65,178	(69,136)	57,934
<b>Restricted funds</b>	<u>1,794</u>	<u>3,070</u>	<u>(4,364)</u>	<u>500</u>
<b>Total funds</b>	<u>63,686</u>	<u>68,248</u>	<u>(73,500)</u>	<u>58,434</u>
	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
<b>Unrestricted funds</b>				
General	48,073	60,076	(46,257)	61,892
<b>Restricted funds</b>	<u>6,452</u>	<u>11,769</u>	<u>(16,427)</u>	<u>1,794</u>
<b>Total funds</b>	<u>54,525</u>	<u>71,845</u>	<u>(62,684)</u>	<u>63,686</u>

#### 12 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2025 £
Tangible fixed assets	3,114	-	3,114
Current assets	<u>54,820</u>	<u>500</u>	<u>55,320</u>
<b>Total net assets</b>	<u>57,934</u>	<u>500</u>	<u>58,434</u>
	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2024 £
Tangible fixed assets	2,251	-	2,251
Current assets	<u>59,641</u>	<u>1,794</u>	<u>61,435</u>
<b>Total net assets</b>	<u>61,892</u>	<u>1,794</u>	<u>63,686</u>

## Young at Heart

### Statement of Financial Activities by fund for the Year Ended 31 March 2025

	<b>Total Unrestricted Funds 2025 £</b>	<b>Total Unrestricted Funds 2024 £</b>
<b>Income and Endowments from:</b>		
Donations, legacies and grants	18,356	13,664
Charitable activities	45,361	45,007
Other income	1,461	1,405
<b>Total income</b>	<u>65,178</u>	<u>60,076</u>
<b>Expenditure on:</b>		
Raising funds	(6,110)	(2,724)
Charitable activities	(30,160)	(18,309)
Other expenditure	(32,866)	(25,224)
<b>Total expenditure</b>	<u>(69,136)</u>	<u>(46,257)</u>
<b>Net (expenditure)/income</b>	<u>(3,958)</u>	<u>13,819</u>
<b>Net movement in funds</b>	(3,958)	13,819
<b>Reconciliation of funds</b>		
Total funds brought forward	<u>61,892</u>	<u>48,073</u>
Total funds carried forward	<u>57,934</u>	<u>61,892</u>

## Young at Heart

### Statement of Financial Activities by fund for the Year Ended 31 March 2025 (continued)

	Total Restricted Funds 2025 £	Total Restricted Funds 2024 £
<b>Income and Endowments from:</b>		
Donations, legacies and grants	<u>3,070</u>	<u>11,769</u>
Total income	<u>3,070</u>	<u>11,769</u>
<b>Expenditure on:</b>		
Charitable activities	<u>(4,364)</u>	<u>(16,427)</u>
Total expenditure	<u>(4,364)</u>	<u>(16,427)</u>
Net expenditure	<u>(1,294)</u>	<u>(4,658)</u>
Net movement in funds	(1,294)	(4,658)
<b>Reconciliation of funds</b>		
Total funds brought forward	<u>1,794</u>	<u>6,452</u>
Total funds carried forward	<u>500</u>	<u>1,794</u>

## Young at Heart

### Detailed Statement of Financial Activities for the Year Ended 31 March 2025

	Total 2025 £	Total 2024 £
<b>Income and Endowments from:</b>		
Donations, legacies and grants (analysed below)	21,426	25,433
Charitable activities (analysed below)	45,361	45,007
Other income (analysed below)	<u>1,461</u>	<u>1,405</u>
Total income	<u>68,248</u>	<u>71,845</u>
<b>Expenditure on:</b>		
Raising funds (analysed below)	(6,110)	(2,724)
Charitable activities (analysed below)	(34,524)	(34,736)
Other expenditure (analysed below)	<u>(32,866)</u>	<u>(25,224)</u>
Total expenditure	<u>(73,500)</u>	<u>(62,684)</u>
Net (expenditure)/income	<u>(5,252)</u>	<u>9,161</u>
Net movement in funds	(5,252)	9,161
<b>Reconciliation of funds</b>		
Total funds brought forward	<u>63,686</u>	<u>54,525</u>
Total funds carried forward	<u><u>58,434</u></u>	<u><u>63,686</u></u>

This page does not form part of the statutory financial statements.

## Young at Heart

### Detailed Statement of Financial Activities for the Year Ended 31 March 2025 (continued)

	Total 2025 £	Total 2024 £
<b><i>Donations, legacies and grants</i></b>		
Appeals and donations restricted	750	-
Appeals and donations	17,356	8,984
Grants - other agencies restricted	2,320	11,769
Grants - other agencies	1,000	4,680
	21,426	25,433
<b><i>Charitable activities</i></b>		
Fundraising	40,759	45,007
Income from charitable activities	4,602	-
	45,361	45,007
<b><i>Other income</i></b>		
Other income compensation	50	-
Other income	1,385	1,377
Bank interest receivable	26	28
	1,461	1,405
<b><i>Raising funds</i></b>		
Fundraising costs	(5,981)	(2,609)
Paypal charges	(129)	(115)
	(6,110)	(2,724)
<b><i>Charitable activities</i></b>		
Family support, donations and gifts restricted	(4,364)	(16,427)
Family support, donations and gifts	(30,160)	(18,309)
	(34,524)	(34,736)

## Young at Heart

### Detailed Statement of Financial Activities for the Year Ended 31 March 2025 (continued)

	Total 2025 £	Total 2024 £
<b><i>Other expenditure</i></b>		
Insurance	(695)	(216)
Depreciation of fixtures and fittings	(974)	(607)
Staff training	-	(821)
Telephone and fax	(495)	(394)
Printing, postage and stationery	(2,432)	(2,769)
Trade subscriptions	(810)	(725)
Sundry expenses - Christmas party	(11,133)	(6,211)
Sundry expenses	(196)	(159)
Trustee expenses	(3,340)	(3,518)
Advertising	(897)	(1,489)
Accountancy fees	(1,560)	(1,500)
Rent	(10,334)	(6,815)
	<u>(32,866)</u>	<u>(25,224)</u>