

REGISTERED COMPANY NUMBER: 05389416 (England and Wales)
REGISTERED CHARITY NUMBER: 1109021
WALSALL CARDIAC REHABILITATION TRUST
(A COMPANY LIMITED BY GUARANTEE)
REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2018

Bamford Tiffen
19 Maney Corner
Sutton Coldfield
West Midlands
B72 1QL

**WALSALL CARDIAC REHABILITATION TRUST
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FOR THE YEAR ENDED 31ST MARCH 2018**

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**WALSALL CARDIAC REHABILITATION TRUST
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2018**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31st March 2018. The trustees have adopted the provisions of 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 2015).

Objectives and activities

Objectives and aims

The Charitable Trust is constituted by Trust Deed and its objects are to relieve sufferers of myocardial infarction and similar heart complaints or disease and providing rehabilitation unit facilities and after care. In addition, the Trust also finances and undertakes weight management courses for patients who are suffering from heart diseases.

Significant activities

The Trust continues to be part funded by the Walsall Clinical Commissioning Group based on new patient referrals.

The total referrals for this year were 818 within the target of 800 +/- 5%.

The majority of referrals were received from either New Cross Hospital (61%) and Walsall Manor Hospital (27%).

The majority of patients were white British (70%) with 12% ethnic minority patients. 67% of patients were male and 32% female.

414 patients commenced a cardiac rehabilitation programme (51% - the same as last year).

Heart Care has continued to provide a menu-driven service, with the professional staff ascertaining and agreeing the best pathway for each individual, including relevant advice, structured exercise programme, tai chi and/or home/web based programmes. Educational sessions have continued for specific groups of patients such as those waiting for surgery and those suffering from angina, in addition to the general information sessions being provided every 6 weeks and relaxation sessions. There were 112 patients who undertook education only, provided through relevant talks or one-to-ones, either at interview or on the phone, for various reasons from unsuitable for exercise programme to undertaking exercise elsewhere. We have received 32 evaluation forms from those attending the talks with all patients stating they found the sessions and content very good to excellent.

The total number of patients who completed a relevant programme during the year is 397 (96% from commencement). This is a further increase and it is encouraging that the majority of patients once they have commenced one of our programmes go on to complete the course. Of those completing 93% had improved fitness.

The majority of patients stayed on the course between 2-4 months, which included some who were fast-tracked based on low risk assessment and factors such as returning to work. The main reasons for patients being on the course of longer were related to other illness, personal issues and work commitments. 252 exit questionnaires have been received, 100% of patients stated they were satisfied/very satisfied with the service provided and 99% thought they received enough support. Patients indicated the benefits they have received from attending the courses such as confidence and increased fitness levels.

Goal setting continues within all programmes with 79% of patients stating that the goals and timescales were achievable.

53% continued on after care a further increase from last year.

Of those patients who defaulted, 68% never attended the Unit. Patients who default at any stage of the rehabilitation programme will be contacted by phone or letter to ascertain the reasons and where possible accommodated at a later stage and a letter is sent to their GP advising them of the current situation.

**WALSALL CARDIAC REHABILITATION TRUST
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2018**

Achievement and performance

Charitable activities

The Tai Chi classes continue to be successful. The team continue to encourage other groups of patients to attend the Unit in order to benefit from one of our programmes.

The counselling service has continued to receive very positive feedback from patients with positive individual results. There have been 49 referrals this year with the majority of patients attending, on average, 4 sessions. Information is recorded on Anxiety and Depression scores on commencement and completion, quality of life changes and goal achievements.

The main changes were:

- Less anxious, lost weight, more relaxed
- Able to come to terms with bereavement or traumas
- Patients felt more confident, had returned to work, coping better and feeling more in control.

We are continually marketing our service to the Local GPs and are reviewing our patient support group to ensure we are offering a wide range of activities that patients need for their on-going progress.

As well as the Cardiac Rehabilitation Programme, Heart Care is also providing a Pulmonary Rehabilitation programme for the Walsall CCG. The original funding for our weight management programme ceased due to the lack of funding within the Council but we have been able to secure some Charity Trust fund in order that we can still continue to provide this service to our own patients.

Pulmonary Rehabilitation

169 patients have been referred a further decrease from last year. The majority of these have been referred from Practice Nurses.

The majority of referrals received and known have been White British 90%, with 10% 'others'. However there is a large number who are 'unknown' 55% of total referrals. These will be patients who have not attended for interview. This is the same as last year. There are still a higher proportion of patients being referred within the older age range, however, we are continuing to receive referrals for patients in the age range 40-59 which is encouraging and will continue to promote this to GPs and Practice Nurses.

We have tried a new referral process with a few GP Practices where they automatically refer patients into the programme. These started to come through on Quarter 3 (40% of referrals) and Quarter 4 (21% of referrals). From the previous two quarters, where there were no auto referrals, the significant changes were: Mossely and Fisher Park Road surgeries who changed from 2 referrals to 11 and Park View surgery which changed from 0 to 7 referrals.

Both the tai chi sessions and the singing classes run by the British Lung Foundation Co-ordinator are still being held on a weekly basis. However, due to numbers the British Lung Foundation Co-ordinator has combined her classes and is no longer using Heart Care. We have been fortunate enough to find another singing teacher who is willing to take on the sessions at Heart Care and we are hoping to start these again during the next financial year.

81% had improved fitness and increased walking distance

89% of patients would recommend the course to others with lung conditions

The average number of outcome improvements for patients was 6.

These include improved anxiety and depression scores, improved SATs, improved COPD Assessment Test scores, improved blood pressure and improved perception of their condition.

There was significant improvement in distance walked from initial assessment to reassessment

The singing classes are encouraging and patients are still commenting on how much of a difference it has made to them.

There has been a higher number of patients completing even though the referrals received have decreased which is encouraging.

34 Exit questionnaires have been received and patients seem very satisfied with the service they are receiving.

Patients have indicated the benefits that they have received from attending the course, such as confidence and fitness, socialising with other patients who have the same condition and 50% of patients who have completed the course have stated that they will be continuing with the exercise regime.

After care sessions continue for patients who have completed any of the above free courses and wish to continue exercising at Heart Care. These patients continue to be monitored by the Clinical Team to maintain their lifestyle and fitness.

The Trustees continue to be committed to raising additional funds with their Community Fund-raiser organising various activities throughout the West Midlands, including sponsored events and collections and applying for grants from relevant Trusts and through various contacts.

**WALSALL CARDIAC REHABILITATION TRUST
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2018**

Financial review

Financial position

Due to changes and financial restraints on the Walsall CCG, the cardiac and pulmonary rehabilitation contracts have only been renegotiated for a further year with the Walsall Clinical Commissioning Group, both will now be under regular review.

As previously reported we have managed to secure Trust Charity monies to be able to continue to provide our Weight Management programme to our patients,

Future plans

The Trustees continue to promote a high level service and continual development by:

Continual 'marketing' of the Unit to GP Practices

Reviewing other potential groups of patients who would benefit from the type of programme Heart Care provides.

Funding has been secured to develop a new website

Structure, governance and management

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Reference and administrative details

Registered Company number

05389416 (England and Wales)

Registered Charity number

1109021

Registered office

12 Portland Street
Walsall
West Midlands
WS2 8AB

Trustees

C E Blakemore

Dr P D Giles

Dr A K Haire

Mrs S J Leather

M Walsh

E B Watts

P Griffin

Company Director
(retired)

Doctor

General Medical
Practitioner

Retired Medical
Technical Officer

Director Nhs (retired)

Retired

- appointed 22.5.2017

Company Secretary

Mrs S M Ursell

Independent examiner

Bamford Tiffen

19 Maney Corner

Sutton Coldfield

West Midlands

B72 1QL

**WALSALL CARDIAC REHABILITATION TRUST
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST MARCH 2018**

Approved by order of the board of trustees on 31st October 2018 and signed on its behalf by:

Mrs S M Ursell - Secretary

WALSALL CARDIAC REHABILITATION TRUST

STATEMENT OF TRUSTEES RESPONSIBILITIES FOR THE YEAR ENDED 31ST MARCH 2018

The trustees (who are also the directors of Walsall Cardiac Rehabilitation Trust for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
WALSALL CARDIAC REHABILITATION TRUST**

Independent examiner's report to the trustees of Walsall Cardiac Rehabilitation Trust ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2018.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FAIA which is one of the listed bodies

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

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FAIA
Bamford Tiffen
19 Maney Corner
Sutton Coldfield
West Midlands
B72 1QL

31st October 2018

WALSALL CARDIAC REHABILITATION TRUST
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2018

		2018 Unrestricted fund £	2017 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies		27,818	40,286
Charitable activities			
Rehabilitation Programmes		273,313	321,781
Aftercare programme		80,733	86,552
Other trading activities	2	22,755	22,623
Investment income	3	5,243	5,631
Total		<u>409,862</u>	<u>476,873</u>
EXPENDITURE ON			
Raising funds			
Raising donations and legacies		<u>17,490</u>	<u>17,033</u>
		17,490	17,033
Charitable activities			
Rehabilitation Programmes		281,806	327,959
Other		133,460	153,047
Total		<u>432,756</u>	<u>498,039</u>
NET INCOME/(EXPENDITURE)		<u>(22,894)</u>	<u>(21,166)</u>
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>619,552</u>	<u>640,718</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>596,658</u></u>	<u><u>619,552</u></u>

WALSALL CARDIAC REHABILITATION TRUST
BALANCE SHEET
AT 31ST MARCH 2018

		2018 Unrestricted fund £	2017 Total funds £
	Notes		
FIXED ASSETS			
Tangible assets	7	384,093	398,733
CURRENT ASSETS			
Debtors	8	3,800	76,448
Prepayments and accrued income		3,884	4,611
Cash at bank and in hand		220,921	154,527
		<u>228,605</u>	<u>235,586</u>
CREDITORS			
Amounts falling due within one year	9	(16,040)	(14,767)
NET CURRENT ASSETS		<u>212,565</u>	<u>220,819</u>
TOTAL ASSETS LESS CURRENT			
LIABILITIES		<u>596,658</u>	<u>619,552</u>
NET ASSETS		<u>596,658</u>	<u>619,552</u>
FUNDS	11		
Unrestricted funds		<u>596,658</u>	<u>619,552</u>
TOTAL FUNDS		<u>596,658</u>	<u>619,552</u>

WALSALL CARDIAC REHABILITATION TRUST
BALANCE SHEET - CONTINUED
AT 31ST MARCH 2018

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2018 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in
- (b) accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 31st October 2018 and were signed on its behalf by:

C E Blakemore -Trustee

**WALSALL CARDIAC REHABILITATION TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST MARCH 2018**

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property	- 2% on cost
Plant and machinery	- 25% on reducing balance
Fixtures and fittings	- 15% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

WALSALL CARDIAC REHABILITATION TRUST
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31ST MARCH 2018

2. Other trading activities

	2018 £	2017 £
Fundraising events	<u>22,755</u>	<u>22,623</u>

3. Investment income

	2018 £	2017 £
Rents received	5,180	5,504
Deposit account interest	63	127
	<u>5,243</u>	<u>5,631</u>

4. Net income/(expenditure)

Net income/(expenditure) is stated after charging/(crediting):

	2018 £	2017 £
Depreciation - owned assets	20,335	20,857
Hire of plant and machinery	4,071	4,331
Deficit on disposal of fixed asset	<u>-</u>	<u>163</u>

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31st March 2018 nor for the year ended 31st March 2017.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st March 2018 nor for the year ended 31st March 2017.

6. Staff costs

The average monthly number of employees during the year was as follows:

	2018	2017
Medical Staff	12	12
Admin Staff	3	5
Fundraising Staff	1	1
	<u>16</u>	<u>18</u>

No employees received emoluments in excess of £60,000.

WALSALL CARDIAC REHABILITATION TRUST
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31ST MARCH 2018

7. Tangible fixed assets

	Freehold property £	Plant and machinery £	Fixtures and fittings £	Totals £
Cost				
At 1st April 2017	524,554	98,729	7,546	630,829
Additions	-	5,695	-	5,695
At 31st March 2018	<u>524,554</u>	<u>104,424</u>	<u>7,546</u>	<u>636,524</u>
Depreciation				
At 1st April 2017	147,871	78,329	5,896	232,096
Charge for year	13,565	6,523	247	20,335
At 31st March 2018	<u>161,436</u>	<u>84,852</u>	<u>6,143</u>	<u>252,431</u>
Net book value				
At 31st March 2018	<u>363,118</u>	<u>19,572</u>	<u>1,403</u>	<u>384,093</u>
At 31st March 2017	<u>376,683</u>	<u>20,400</u>	<u>1,650</u>	<u>398,733</u>

8. Debtors: amounts falling due within one year

	2018 £	2017 £
Walsall Clinical Commissioning Group	<u>3,800</u>	<u>76,448</u>

9. Creditors: amounts falling due within one year

	2018 £	2017 £
Trade creditors	(1)	-
Accrued expenses	<u>16,041</u>	<u>14,767</u>
	<u>16,040</u>	<u>14,767</u>

10. Leasing agreements

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2018 £	2017 £
Within one year	4,193	4,221
Between one and five years	<u>4,193</u>	<u>8,443</u>
	<u>8,386</u>	<u>12,664</u>

WALSALL CARDIAC REHABILITATION TRUST
NOTES TO THE FINANCIAL STATEMENTS - CONTINUED
FOR THE YEAR ENDED 31ST MARCH 2018

11. Movement in funds

	At 1/4/17 £	Net movement in funds £	At 31/3/18 £
Unrestricted funds			
General fund	619,552	(22,894)	596,658
TOTAL FUNDS	<u>619,552</u>	<u>(22,894)</u>	<u>596,658</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	409,862	(432,756)	(22,894)
TOTAL FUNDS	<u>409,862</u>	<u>(432,756)</u>	<u>(22,894)</u>

Comparatives for movement in funds

	At 1/4/16 £	Net movement in funds £	At 31/3/17 £
Unrestricted Funds			
General fund	640,718	(21,166)	619,552
TOTAL FUNDS	<u>640,718</u>	<u>(21,166)</u>	<u>619,552</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	476,873	(498,039)	(21,166)
TOTAL FUNDS	<u>476,873</u>	<u>(498,039)</u>	<u>(21,166)</u>

12. Related party disclosures

There were no related party transactions for the year ended 31st March 2018.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.