

**REGISTERED COMPANY NUMBER: 02042583 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 518586**

**REPORT OF THE TRUSTEES AND  
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022  
FOR  
EXERCISE REHABILITATION ASSOCIATION LTD**

Saxon & Co Accountants Ltd  
Kings Chambers  
Queens Cross  
High Street  
Dudley  
West Midlands  
DY1 1QT

**EXERCISE REHABILITATION ASSOCIATION LTD**

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FOR THE YEAR ENDED 31 MARCH 2022**

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**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2022**

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 31 March 2022. 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 2019).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

The charity provides a cardiovascular rehabilitation service that helps people who suffer from heart or vascular related conditions. These aims are mainly achieved via its clinical activities at the Action Heart Centre at Russells Hall Hospital in Dudley, West Midlands.

The charity is a public benefit entity. The trustees have had due regard for guidance published by the Charity Commission, including guidance on public benefit.

Action Heart serves its local community via its 'core service', the cardiovascular rehabilitation programme, which receives referrals from the Dudley Health economy and also from certain catchment areas within Sandwell, Staffordshire, Worcestershire, Wolverhampton and Birmingham health economies. The above geographical areas result in Action Heart serving a population in excess of 400,000. Action Heart also runs exercise rehabilitation programmes for patients with other conditions, such as diabetes, obesity and cancer.

Although Action Heart receives funding for the above clinical activities, the charity continues to trade through its wholly owned subsidiary Action Heart (Trading) Ltd, in order to generate additional funding to further the charity's objectives. Fundraising activities include sporting events, exercise classes and sales of goods. Its performance during the year is detailed in note 11 of the financial statements.

The charity's work is also underpinned by the wonderful contribution it receives from its 100+ volunteers, many of whom are ex-patients or carers of Action Heart's services. Indeed, the volunteers are an integral part of Action Heart's service and receive appropriate training and support to carry out their activities.

**ACHIEVEMENT AND PERFORMANCE**

All of Action Heart's services continued to be affected by the COVID-19 pandemic in line with most other health providers in the UK.

For long periods of time the Action Heart Centre's capacity was reduced with approximately one third of its area being repurposed to host the hospital's vaccination centre. This resulted in the Action Heart staff continuing to offer 'virtual' services, in place of face to face services, to its patients for Cardiovascular Rehabilitation, Exercise Referral, Cancer Rehabilitation and Phases (Action Heart's child weight management service).

The Action Heart staff worked wonders, hosting a helpline, producing patient videos and maintaining contact with all existing and new patient referrals. Furloughed staff returned to work at the end of the furlough period and were able to start offering more face to face rehabilitation, as COVID 19 guidelines relaxed a little. It is envisaged that Action Heart's 'forced' adoption of virtual services will help the charity to develop 'hybrid' rehabilitation services in the future, a combination of virtual and face to face contact.

Action Heart's new and maintenance patients also responded extremely well to the situation, appreciating the reasons for why there was only a virtual service available at certain times during the year and why the Action Heart Centre had to give up some of its floor space to the vaccination centre.

Although NHS services were drastically affected by the pandemic, referrals to Action Heart remained fairly stable and all patients were contacted and offered either virtual or face to face rehabilitation. This helped to keep waiting lists under control and puts Action Heart in a strong position to resume normal services as soon as the opportunity arises.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2022**

**FINANCIAL REVIEW**

At the beginning of this financial year, Action Heart's commissioners, Dudley CCG and Dudley Public Health quickly assured Action Heart that normal funding would be continued, irrespective of any changes to the usual contract Key Performance Indicators.

Although Action Heart's key income streams continued, the charity lost the vast majority of its fundraising income, with health club income significantly reduced. However, the furlough scheme and successful COVID-19 grant applications helped reduce the impact of this lost income.

At the close of the financial year, Action Heart appeared to be in a stable position, from both a financial and operational perspective.

**FUTURE PLANS**

Since the year end, normal face to face services have continued to increase. Action Heart continued to receive 'Long Covid' referrals and it is highly likely that such patients will be requiring support for some while, resulting in Action Heart developing another exercise rehabilitation 'specialism'. This additional patient group will help us to meet our clinical activity targets. Fundraising activities have started to recover and health club income has slowly increased. The current focus continues to be to rebuild the charity's activities to pre-pandemic levels.

The trustees will continue to closely monitor the charity's income and expenditure levels.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity constitutes a limited company registered in England & Wales, limited by guarantee, as defined by the Companies Act 2006. It is controlled by its Memorandum and Articles of Association, which form its governing document. The charity is known as 'Action Heart'.

**Recruitment and appointment of new trustees**

The directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as members of the Council of Management.

Under the requirements of the Memorandum and Articles of Association one third of the longest serving members of the council must retire from office each year. (If their number is not three or a multiple of three, then the number nearest one third shall retire from office). A retiring member of the council can be re-elected at the next Annual General Meeting or a new member, who must have been recommended by the council, can be appointed by resolution.

**Organisational structure and key management**

The board of directors, who are also the trustees, are the charity's key management personnel. The day to day decision making and management of the charity is performed by Russell Tipson. Any major decisions are made by the Trustees. Russell Tipson's remuneration is authorised by the charity commission and is set by the other trustees who review it on an annual basis. The charity trades through a 100% owned subsidiary Action Heart (Trading) Ltd and its performance is detailed in note 11 of the accounts.

**Induction and training of new trustees**

The charity has procedures in place to train new trustees and this includes making them aware of their legal obligations under charity and company law, briefing them on charity commission guidance and trustee resources and making them aware of the contents of the governing document.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

02042583 (England and Wales)

**Registered Charity number**

518586

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2022**

**Registered office**

5 Baird House  
Dudley Innovation Centre  
Pensnett Estate  
Dudley  
West Midlands  
DY6 7YA

**Trustees**

L D Dugmore  
R J Tipson  
P A Owen  
R J Ennis

**Company Secretary**

R J Tipson

**Auditors**

Saxon & Co Accountants Ltd  
Kings Chambers  
Queens Cross  
High Street  
Dudley  
West Midlands  
DY1 1QT

**Solicitors**

Rees Page  
8/12 Waterloo Road  
Wolverhampton  
WV1 4BL

**Bankers**

Lloyds Bank PLC  
63 High Street  
Dudley  
West Midlands  
DY1 1PY

**Use of Other Names**

The charity also operates under the name "Action Heart".

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of Exercise Rehabilitation Association Ltd 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).

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 MARCH 2022**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

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.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

The auditors, Saxon & Co Accountants Ltd, will be proposed for re-appointment at the forthcoming Annual General Meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 15 December 2022 and signed on its behalf by:

P A Owen - Trustee

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF EXERCISE REHABILITATION ASSOCIATION LTD**

### **Opinion**

We have audited the financial statements of Exercise Rehabilitation Association Ltd (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF  
EXERCISE REHABILITATION ASSOCIATION LTD**

**Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

**Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF EXERCISE REHABILITATION ASSOCIATION LTD**

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks to obtain sufficient appropriate audit evidence on which to base our opinion.

To identify and assess risks of material misstatement in respect of irregularities, including fraud, we conduct general and specific risk assessment procedures which include considering:

- The nature of the entity and the industry in which it operates, business performance and the control environment.
- The laws and regulations applicable to the entity.
- Management's own assessment of the risk of fraud occurring and non-compliance with laws and regulations.
- The operating effectiveness of management's controls established to mitigate the risks of fraud or non-compliance with laws and regulations.
- Whether management know of any instances of fraud or non-compliance with laws and regulations.

We also hold an audit engagement team meeting to discuss how and where fraud might occur, if any opportunities and incentives may exist within the charity and assess any potential indicators of fraud.

As a result of our procedures we identify direct and indirect laws and regulations applicable to the entity. Direct laws and regulations are those that effect the financial statements and indirect laws and regulations are those that may be central to the entity's ability to operate. The direct laws and regulations identified are the Companies Act, Charities Act, UK GAAP (FRS 102 SORP) and UK Tax Legislation. Indirect laws and regulations identified are the charity's governing document, charity law and the Charity Commission public benefit.

Our response to the risks identified include:

- Reviewing the financial statement disclosures and testing supporting documentation.
- Enquiring of management concerning actual or potential litigation claims.
- Performing analytical procedures to identify any unusual or unexpected variances that may be indicators of material misstatement due to fraud.
- Assessing the risk of management override of controls and bias by testing the appropriateness of journal entries and estimates within the financial statements.
- Obtaining an understanding of related parties and evaluating related party transactions and any significant transactions outside the normal course of business.

We exercise professional judgement and also communicate the requirement to maintain professional skepticism to all members of the engagement team and ensure they are aware of relevant identified laws and regulations, related parties and potential fraud risks and remain alert to any indicators of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF  
EXERCISE REHABILITATION ASSOCIATION LTD**

**Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Matthew Saxon (Senior Statutory Auditor)  
for and on behalf of Saxon & Co Accountants Ltd  
Kings Chambers  
Queens Cross  
High Street  
Dudley  
West Midlands  
DY1 1QT

15 December 2022

**EXERCISE REHABILITATION ASSOCIATION LTD**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 MARCH 2022**

		2022 Unrestricted fund £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>	Notes		
Donations, legacies, charitable and other trading activities	2	372,343	573,277
Investment income	3	43,013	32,843
<b>Total</b>		<u>415,356</u>	<u>606,120</u>
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>	4		
General		513,067	521,677
<b>NET INCOME/(EXPENDITURE)</b>		<u>(97,711)</u>	<u>84,443</u>
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>		271,744	187,301
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>174,033</u></u>	<u><u>271,744</u></u>

The notes form part of these financial statements

**EXERCISE REHABILITATION ASSOCIATION LTD (REGISTERED NUMBER: 02042583)**

**BALANCE SHEET  
31 MARCH 2022**

	Notes	2022 Unrestricted fund £	2021 Total funds £
<b>FIXED ASSETS</b>			
Tangible assets	10	20,341	21,805
Investments	11	<u>2</u>	<u>2</u>
		20,343	21,807
<b>CURRENT ASSETS</b>			
Debtors	12	28,024	14,623
Cash at bank		<u>143,096</u>	<u>253,903</u>
		171,120	268,526
<b>CREDITORS</b>			
Amounts falling due within one year	13	(17,430)	(18,589)
<b>NET CURRENT ASSETS</b>		<u>153,690</u>	<u>249,937</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		174,033	271,744
<b>NET ASSETS</b>		<u>174,033</u>	<u>271,744</u>
<b>FUNDS</b>	15		
Unrestricted funds		<u>174,033</u>	<u>271,744</u>
<b>TOTAL FUNDS</b>		<u>174,033</u>	<u>271,744</u>

The notes form part of these financial statements

**BALANCE SHEET - continued**  
**31 MARCH 2022**

These financial statements have been prepared in accordance with and delivered in accordance with the special provisions applicable to small charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15 December 2022 and were signed on its behalf by:

P A Owen - Trustee

R J Tipson - Trustee

R J Ennis - Trustee

The notes form part of these financial statements

**EXERCISE REHABILITATION ASSOCIATION LTD**

**CASH FLOW STATEMENT  
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	2022 £	2021 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	(148,820)	67,917
Net cash (used in)/provided by operating activities		<u>(148,820)</u>	<u>67,917</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(5,000)	-
Covenant		42,998	32,816
Interest received		15	27
Net cash provided by investing activities		<u>38,013</u>	<u>32,843</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>(110,807)</u>	<u>100,760</u>
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>253,903</u>	<u>153,143</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>143,096</u></u>	<u><u>253,903</u></u>

The notes form part of these financial statements

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE CASH FLOW STATEMENT  
FOR THE YEAR ENDED 31 MARCH 2022**

**1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2022 £	2021 £
<b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b>	(97,711)	84,443
<b>Adjustments for:</b>		
Depreciation charges	6,414	6,843
Loss on disposal of fixed assets	51	10
Interest received	(15)	(27)
Covenant	(42,998)	(32,816)
(Increase)/decrease in debtors	(13,402)	20,410
Decrease in creditors	(1,159)	(10,946)
<b>Net cash (used in)/provided by operations</b>	<u>(148,820)</u>	<u>67,917</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.21 £	Cash flow £	At 31.3.22 £
<b>Net cash</b>			
Cash at bank	253,903	(110,807)	143,096
	<u>253,903</u>	<u>(110,807)</u>	<u>143,096</u>
<b>Total</b>	<u>253,903</u>	<u>(110,807)</u>	<u>143,096</u>

The notes form part of these financial statements

## EXERCISE REHABILITATION ASSOCIATION LTD

### NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

#### 1. ACCOUNTING POLICIES

##### **Basis of preparation**

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 2019)', 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, with the exception of investments which are included at market value.

There are no material uncertainties about the charity's ability to continue as a going concern.

The company is a parent and prepares separate financial statements that present information about the charity as an individual undertaking and not as a group. The charity is exempt from preparing consolidated financial statements by virtue of its size..

##### **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. Income derived from the provision of goods and services is stated net of VAT.

Donated resources are recognised as income once the subsequent sale of the donated goods is made. Contributions from unpaid general volunteers are not recognised.

The charity is given use of facilities at Russell Hall NHS hospital from which to conduct its activities. These donated facilities are not recognised as income because the value of such specialist facilities cannot be reliably measured.

##### **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.

##### **Governance costs**

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees.

##### **Tangible fixed assets**

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

Equipment	- 25% on reducing balance
Fixtures and fittings	- 15% on reducing balance
Computer equipment and software	- 25% 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.



# EXERCISE REHABILITATION ASSOCIATION LTD

## NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

### 1. ACCOUNTING POLICIES - continued

#### Fund accounting

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.

#### Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### 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.

#### Financial instruments

The charity only has basic financial instruments. Basic financial instruments are measured at amortised cost.

#### Government grants

Once the recognition criteria have been met the charity recognises grants using either the performance model or the accruals model. Covid-19 grants are revenue based grants and are therefore recognised immediately.

### 2. DONATIONS, LEGACIES, CHARITABLE AND OTHER TRADING ACTIVITIES

	2022	2021
£	£	
Donations and legacies	57,303	60,869
Income from charitable activities	245,241	286,945
Income from other trading activities	8,722	624
Government Covid-19 grants	61,077	224,837
	<u>372,343</u>	<u>573,275</u>

The amount received from non-exchange transactions included in the above amounts is £58,193 (2021- £54,417). These relate to donations and sales of donated goods.

### 3. INVESTMENT INCOME

	2022	2021
	£	£
Covenant- Action Heart (Trading) Limited	42,998	32,816
Interest received	15	27
	<u>43,013</u>	<u>32,843</u>

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 5) £	Totals £
General	<u>508,817</u>	<u>4,250</u>	<u>513,067</u>

**5. SUPPORT COSTS**

	Governance costs £
General	<u>4,250</u>

Support costs, included in the above, are as follows:

	2022 General £	2021 Total activities £
Auditors' remuneration	3,750	2,749
Auditors' remuneration for non audit work	<u>500</u>	<u>500</u>
	<u>4,250</u>	<u>3,249</u>

**6. NET INCOME/(EXPENDITURE)**

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

	2022 £	2021 £
Auditors' remuneration	3,750	2,749
Other non-audit services	500	500
Depreciation - owned assets	6,413	6,844
Deficit on disposal of fixed assets	<u>51</u>	<u>10</u>

**7. TRUSTEES' REMUNERATION AND BENEFITS**

	2022 £	2021 £
Trustees' salaries	<u>59,137</u>	<u>59,351</u>

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**8. STAFF COSTS**

	2022	2021
	£	£
Wages and salaries	397,584	405,694
Social security costs	28,255	30,324
Other pension costs	7,369	7,122
	<u>433,208</u>	<u>443,140</u>

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

	2022	2021
	26	31
Staff	<u>26</u>	<u>31</u>

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

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £
<b>INCOME AND ENDOWMENTS FROM</b>	
Donations, legacies, charitable and other trading activities	573,277
Investment income	<u>32,843</u>
<b>Total</b>	<u>606,120</u>
<b>EXPENDITURE ON</b>	
<b>Charitable activities</b>	
General	521,677
<b>NET INCOME</b>	<u>84,443</u>
<b>RECONCILIATION OF FUNDS</b>	
<b>Total funds brought forward</b>	187,301
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>271,744</u></u>

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**10. TANGIBLE FIXED ASSETS**

	Equipment £	Fixtures and fittings £	Computer equipment and software £	Totals £
<b>COST</b>				
At 1 April 2021	209,826	54,539	25,448	289,813
Additions	-	-	5,000	5,000
Disposals	(5,650)	-	-	(5,650)
At 31 March 2022	<u>204,176</u>	<u>54,539</u>	<u>30,448</u>	<u>289,163</u>
<b>DEPRECIATION</b>				
At 1 April 2021	199,867	51,799	16,342	268,008
Charge for year	2,477	412	3,524	6,413
Eliminated on disposal	(5,599)	-	-	(5,599)
At 31 March 2022	<u>196,745</u>	<u>52,211</u>	<u>19,866</u>	<u>268,822</u>
<b>NET BOOK VALUE</b>				
At 31 March 2022	<u>7,431</u>	<u>2,328</u>	<u>10,582</u>	<u>20,341</u>
At 31 March 2021	<u>9,959</u>	<u>2,740</u>	<u>9,106</u>	<u>21,805</u>

**11. FIXED ASSET INVESTMENTS**

	Shares in group undertakings £
<b>MARKET VALUE</b>	
At 1 April 2021 and 31 March 2022	<u>2</u>
<b>NET BOOK VALUE</b>	
At 31 March 2022	<u>2</u>
At 31 March 2021	<u>2</u>

There were no investment assets outside the UK.

The company's investments at the balance sheet date in the share capital of companies include the following:

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**11. FIXED ASSET INVESTMENTS - continued**

**Action Heart (Trading) Limited**

Registered office: 5 Baird House, Dudley Innovation Centre, Pensnett Estate, Dudley, West Midlands, DY6 7YA.

Nature of business: Supply of goods and services

	%		
Class of share:	holding		
Ordinary	100		
		2022	2021
		£	£
Aggregate capital and reserves		3,240	3,309
Profit for the year		<u>42,929</u>	<u>32,736</u>

Summary

financial  
information of  
subsidiary:

	2022	2021
£	£	£
Turnover	107,985	56,576
Expenditure	(65,056)	(23,840)
Profit for the year	42,929	32,736
	<u>    </u>	<u>    </u>

Assets	26,225	20,542
Liabilities	(22,985)	(17,233)
Net Assets	3,240	<u>3,309</u>

**12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Amounts owed by group undertakings	16,986	3,573
Taxation and social security	2,054	3,090
Prepayments and accrued income	8,984	7,960
	<u>28,024</u>	<u>14,623</u>

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Social security and other taxes	6,470	7,055
Other creditors	2,204	2,234
Accrued expenses	8,756	9,300
	<u>17,430</u>	<u>18,589</u>

**14. LEASING AGREEMENTS**

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

	2022	2021
	£	£
Within one year	18,190	15,158
Between one and five years	34,865	-
	<u>53,055</u>	<u>15,158</u>

**15. MOVEMENT IN FUNDS**

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	271,744	(97,711)	174,033
<b>TOTAL FUNDS</b>	<u>271,744</u>	<u>(97,711)</u>	<u>174,033</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	415,356	(513,067)	(97,711)
<b>TOTAL FUNDS</b>	<u>415,356</u>	<u>(513,067)</u>	<u>(97,711)</u>

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**15. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	187,301	84,443	271,744
<b>TOTAL FUNDS</b>	<u>187,301</u>	<u>84,443</u>	<u>271,744</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	606,120	(521,677)	84,443
<b>TOTAL FUNDS</b>	<u>606,120</u>	<u>(521,677)</u>	<u>84,443</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	187,301	(13,268)	174,033
<b>TOTAL FUNDS</b>	<u>187,301</u>	<u>(13,268)</u>	<u>174,033</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	1,021,476	(1,034,744)	(13,268)
<b>TOTAL FUNDS</b>	<u>1,021,476</u>	<u>(1,034,744)</u>	<u>(13,268)</u>

**EXERCISE REHABILITATION ASSOCIATION LTD**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 MARCH 2022**

**16. RELATED PARTY DISCLOSURES**

Rees Page Solicitors charged the charity £653 during the year (2021- £2,067). Mr R J Ennis is a partner in the firm.

R Tipson was paid a salary of £59,137 during the year (2021- £59,351). This remuneration was approved by the charity commission.

Action Heart (Trading) Ltd, a 100% owned subsidiary, paid the charity by way of covenant £42,998 during the year (2021- £32,816) and £13,413 (2021- £Nil) for service recharges. At the 31st March 2022 the subsidiary owed the charity £16,823 (2021 -£3,573).

Pleagrove Ltd charged the charity £13,920 (2021- £13,920) for bookkeeping and payroll services. Mr P A Owen is a director and shareholder in this company.



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