

The Trustees
The Mark Benevolent Fund
Mark Masons' Hall
86 St James'S Street
London
SW1A 1PL

19 October 2021

Dear Trustees

Following the very generous award of £6678 from The Mark Benevolent Fund in January 2021, I am pleased to provide you with a report giving an update on the status of our operations and our Anniversary Appeal. I have also enclosed a copy of our Autumn / Winter Newsletter for your information.

Operational Update

After a limited re-opening to independent exercisers in April 2021, in July we were delighted to finally resume a full programme of classes at our Rehab Centre in response to the overwhelming request from our Exercisers for a more social format. We are now offering 52 class hours per week plus 3 online classes and 2 outdoors.



Classes have now moved back into their normal space, meaning we no longer need 2 instructors per class. Although we are still operating with slightly reduced class numbers the difference between our class cost vs. fees received is now lower than it was when we were operating with full social distancing in place. We are now back to a position where exerciser fees cover 40% of the cost to run classes versus approximately half of that when we were operating under strict social distancing measures.

The funds received during this year have helped to see us through the transition period between operating under strict social distancing measures, with increased instructor costs and low class numbers, and the more relaxed conditions now.



For us though, a major impact of this pandemic has been that we have 'lost' around a third of the total population of 850 exercisers we had on the books in March 2020, and they will not be returning to the Centre. As a result, we are very likely to be running at a significant deficit this year through a considerable drop in charitable income from class fees and much reduced community and event fundraising; only now are we able to plan and run fundraising events.

Going forwards a large part of our focus will be on rebuilding attendance levels and accessing people who had heart attacks during the pandemic and have received none of the usual face-to-face rehabilitation due to the pressures on the NHS.

We are also now seeing the impact that Long-COVID is having in our community, and we have worked with our local Primary Care Network to develop a new rehabilitation service to help people recover from the effects of this debilitating illness. We have already received our first referrals to this service and expect to see 8 to 10 referrals per month going forwards as we are the only provider of physical rehabilitation available for long-COVID sufferers in our area. The service will be provided free of charge, and we are now actively fundraising to support the cost of this service (approx. £235 per person for 20 rehab sessions).

Capital Projects Update

We have now fully funded all "Phase 1" capital projects and over the summer we engaged contractors who will begin this work in December. We are finding that availability of contractors and materials has had a big impact on progress with this work with long lead times for contractor availability and a scarcity of materials. Early this year we did replace our hot water boiler and some pictures are shown below:



We have contracted a company to make repairs to the leaking roof, replace the Velux windows and make good the damage caused by the leak. The new windows have now been ordered; however, we are experiencing delays to start-up of this work with lead times for windows now 6-8 weeks compared with 3 days previously, consequently this work will not start until December.

Company limited by guarantee, registered in England no. 2732756
Charity registration no. 1013238
01420 544794
www.cardiac-rehab.co.uk



We have also identified a contractor to make the necessary repairs to the gutters and soffits and replace the external door and we hope to begin this work before the end of the year as well.

Funding Status Update

Since launching our 25th Anniversary Appeal in November 2020, we have received a total of £121,198 in grants, donations, and pledges which breaks down into the various elements of the appeal as follows:

- Health programme Support Fund - £33,200 raised
- Covid recovery plus Long-COVID rehabilitation - £12,013 raised
- Capital and Equipment – £55,910 raised
- In addition, we have received £20,075 of unrestricted grants and donations which can be spent as we choose

We have now raised over 58% of our £210,000 appeal target and continue to seek Trust and Foundation funding to reach this target. We are also now able to resume community and event fundraising and have a number of events planned in the run up to Christmas (details of which are given in the newsletter) and we hope that these will add to our funding pot.

We would like to thank the Trustees for their support of Cardiac Rehab over this difficult period and as we look forward to rebuilding our exerciser base back to pre-Pandemic levels over the coming months and completing our repairs programme.

Yours faithfully

Chief Executive

Hearty News

Autumn/Winter 2021



Cardiac Rehab

Basingstoke & Alton Cardiac Rehabilitation Charity Ltd

The view from here...

As I write, the Centre is now back to a normal timetable albeit with some social distancing measures still in place, including spreading the exercise machines out into the Lecture Room.



We took the decision to return to class-based sessions from 19th July in response to the overwhelming request from our Exercisers for a more social format. However, we did not roll back the clock entirely and have continued two outdoor and three online classes, because for some the variety is welcome, and others prefer exercising at home or outdoors.



With almost all restrictions relaxed and the vaccination programme more or less complete for our Exerciser beneficiaries, the focus of our efforts at Cardiac Rehab is to re-build the numbers of people who are exercising with us. For us, the impact of this pandemic has been that we have 'lost' around a third of the total population of 850 exercisers we had on the books in March 2020, and

they will not be returning to the Centre. As a result, we are very likely to be running a significant deficit this year through a considerable drop in charitable income and much reduced fundraising: only now are we able to plan and run fundraising events. However our diary is filling up and I hope that we can count on your support at these events, as we have done in the past.

25th Anniversary Appeal update



I am delighted to report that we have now raised a total of **£98,818** (49%) towards our original target of £200,250. We

will be starting work in the coming months to repair the leaking roof and Velux windows, making good the damage caused by the leak. The next phase is to raise funds to install an accessible front door, Centre redecoration and additional storage, and towards a heart rate monitor

For the diary...

3 October

London & Local
Marathons

22 October

Big Band Concert

3 November

Guest lecture

with Prof. Jim Al-Khalili

30 November

The Big Give

Christmas Challenge

3 December

Step into Christmas

with AODS

More details inside...

system to improve our supervision of exercise programmes. Read more on page 3.

We have been thrilled with the help that you have given us over the past months, not only from your donations (and see our Big Give news on page 4!), but by fundraising on our behalf as Richard, Jane and Tom have done (see page 4). Every pound really does count, and you can have great fun raising funds for Rehab! Do get in touch if you would like to get involved.

As ever, thank you for your support and we look forward to seeing many of you either at the Centre or an event in the coming months!



Sarah Quarterman
- CEO

Improving heart health, fitness & wellbeing

Annual Report...

Our annual report for the past financial year (2020-21) is available to read and download from our website (www.cardiac-rehab.co.uk/about-cardiac-rehab/annual-reports) but we wanted to share some of the highlights with you as it was quite a year.

16.1%

Improvement
in physical
fitness



50

hours

Classes per week
pre-COVID

15

hours

Online classes
developed
from scratch

COVID grants, an unusual number of legacies, made a successful Business Interruption insurance claim, benefitted from the fundraising success mentioned above and actioned successful cost control.

Thank you for your support over the past year and we are looking forward to a brighter 2021-22!

As Chair of Trustees, Dr Mike Hayward explains:

"Cardiac Rehab exists to improve the heart health of our beneficiaries and the fact we achieve this is borne out by the statistics as shown in this report. We have coped amazingly well in a torrid COVID pandemic year both in adapting how we deliver our classes and managing our cash to ensure we can retain our staff, continue to deliver public benefit and remain a going concern."

fitness and wellbeing across several different factors. Typical outcomes for exercisers include an increase in fitness levels, a decrease in blood pressure and a decrease in waist circumference. This was during a time where social distancing measures and general concern about COVID infection reduced the classes on offer and the numbers of attendees generally.

Numbers of Exercisers

850

Attending
pre-COVID

240

Attending
during Q3 2020



Social
distancing
measures
reduced
capacity to
27% of pre-
COVID levels

Our reduced capacity had an impact on our income for the year. Our supporters stepped up to help bridge the shortfall in income: there were increases in challenge fundraising, regular giving income and donations helping us to minimise the losses. We also received furlough support,

CPR Training...



Learning CPR (or cardiopulmonary resuscitation to give it its full name) has never been more prominent in the news than when footballer Christian Eriksen collapsed on the pitch at the Euro 2020 tournament in June. Thankfully, he received rapid medical treatment - a combination of CPR and defibrillator use - which saved his life. Other people in the street suffering similar attacks may not be so lucky. But you could help.

Our training courses cover how to give CPR and how to use a defibrillator, which could be vital in saving a life. If you would like to find out more, please contact Reception.

Our website is full of information about heart health, all our events and news, plus the current timetable and availability information

Why not take a look? www.cardiac-rehab.co.uk

25th Anniversary Appeal

Many of you will know that The Basingstoke & Alton Cardiac Rehabilitation service was started in 1976 with just a few cardiac patients utilising facilities in Alton Sports Centre. Following several years of local fundraising the current Centre was built in 1997 and it is now in need of a refurbishment to see it through the next 25 years!

Our anniversary appeal is in full swing, and we are delighted that Phase One of our project is now funded, which will allow the repairs to the Gym Velux windows, roof and guttering to commence. Thank you to everyone who has supported this appeal so far.

Run for Rehab...

We are delighted that three of the Rehab team will be taking part in this year's London Marathon.



Instructor Jan will be undertaking the 26.2 mile route around London and is excited to be heading to the capital for this iconic event. At the same time, Dr Hugh and Instructor Julie will run the same distance locally as part of the official Virtual Marathon. We are so proud that they are challenging themselves for Rehab - good luck to all!



If you would like to support the Team, please use this link:

uk.virginmoneygiving.com/fund/run-for-rehab-21

There will also be a sponsor form at reception.



**LONDON
MARATHON**
2021

We would also like to take this opportunity to thank all the Vice Patrons who have supported the appeal with our applications to Trusts and Foundations and helping to recruit more Vice Patrons into our network, to make our project a reality.



Phase Two will include further Centre refurbishment, a new Treadmill for our initial assessments, and upgrades to some of our digital systems. For example, the real-time Heart Rate Monitor Project, once installed, will give our exercise specialists greater information about how you are exercising which will help to improve your fitness outcomes with us, leading to greater heart health benefits. This will be an exciting addition to our programme, and we will be updating you as we progress.



The Cardiac Rehab 25th Anniversary Summer Ball

The Ball will be the highlight and culmination of the Campaign. Please keep a look out for further updates. Would you like to be involved? We are a very small fundraising team at the centre, and we are therefore looking for volunteers to help with the organisation of this major fundraising event. If you have any fundraising or experience of organising events, please get in touch. Likewise, if you don't have any experience but can assist in another way then we would love to hear from you too!

Email: denise@cardiac-rehab.co.uk

Events... We hope you can join us for our upcoming events!

Big Band Concert - 22 October



Treat your loved ones to a Night Out to Remember! The Sidewinder Big Band's repertoire includes a wide variety of music from the traditional big band sounds of Count Basie, Buddy Rich, Glenn Miller and Duke Ellington to the more contemporary sounds of bands like Earth, Wind and Fire and the Average White Band.

Tickets sold out when they last performed for us in 2019 so get in quick!

Guest lecture with Professor Jim Al-Khalili - 3 November



Join us for our latest lecture with BBC Radio 4 *The Life Scientific* presenter and renowned theoretical physicist

Professor Jim Al-Khalili. It promises to be a fascinating evening.

Step into Christmas with AODS - 3 December



We are delighted to team up with Alton Operatic and Dramatic Society for our Christmas

concert - hope you can join in with our festive fun!

For further details on all our events, plus ticket booking, head to the website www.cardiac-rehab.co.uk/events

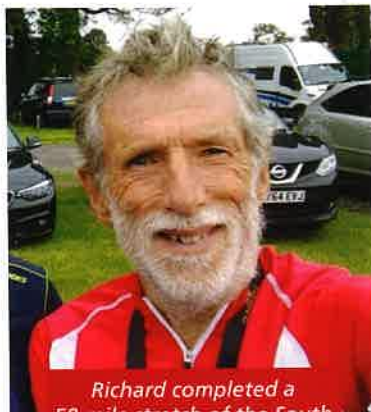
A BIG Thank You to our Community Fundraisers...

Following a request in our Spring Newsletter we were delighted to hear from Richard Care, Jane Ward and Tom Ferguson who have raised almost £2,000 for Cardiac Rehab.

Richard completed a 50-mile stretch of the South Downs Way on his bike, Jane organised a Village Plant Sale, and Tom held a Garage Sale. Thank you to all for your excellent fundraising efforts.

We rely on the generous support of the public and our community to help us deliver our vital services. Community fundraising, alongside charitable donations and grants, contribute 65% of our running costs.

Therefore, you can get involved too. If you have an idea for a fundraising event, or you would like to take part in a sponsored challenge, please email denise@cardiac-rehab.co.uk



Richard completed a 50-mile stretch of the South Downs Way on his bike

For fundraising suggestions and to download a fundraising pack please visit www.cardiac-rehab.co.uk/fundraising/raising-money

Heartbeat Lottery

Since our last newsletter we have had two big winners in the Heartbeat lottery, in addition to the many smaller prize winners we see on a weekly basis.

David from Basingstoke was over the moon with his £1,000 prize!

"Wow, what a fantastic surprise! I am so pleased to support Cardiac Rehab. I first used their services years ago after suffering a heart attack, the help and guidance I received from all at CR was instrumental in my recovery. I am, therefore, delighted to be able to give something in return and hopefully will continue to do so."

It costs just £1 a week to play, and you too could win up to £1,000!

This provides us with a much-needed regular income too, to help support the gym and keep the cost to our exercisers low. It's easy to sign up on our website too:

cardiac-rehab.co.uk/lottery



The Big Give 2021

2021 has been a difficult year for many charities and, as you will have read, we are no exception. We are delighted to again be working with The Big Give with their match-funding Christmas Challenge.

Our challenge for this year is "Rejuvenating the Cardiac Rehab service post COVID". We are aiming to raise £20,000 to help rebuild our services. COVID had a huge impact on our beneficiaries with 40% drop in exerciser numbers over the past 18 months and now we are rebuilding numbers attending by catching up on referrals. Usually, class fees cover 45% of costs but will be closer to 25% this year; this funding will support the rebuild.

This year's Big Give Christmas Challenge will take place from midday on Tuesday 30th November for one week and during that time your donation could be DOUBLED at no extra cost to you.



For more information, please visit www.cardiac-rehab.co.uk/fundraising/the-big-give

Cardiac Rehab Christmas Cards 2021

Buy your Christmas cards on our website or by completing the enclosed form and help support Cardiac Rehab this winter.



Exercise and the Control of Blood Pressure By Dr Hugh Bethell

Causes of hypertension

There are a range of effective drugs for treating hypertension (high blood pressure), however all drugs have side effects so it is clearly better to start treatment by tackling any aspect of lifestyle which may be contributing towards the high blood pressure (BP). Some of the common ones are:

- **Obesity:** Being overweight or obese significantly increases blood pressure, particularly central obesity. Losing weight reduces blood pressure so should be one of the first aims of hypertensive patients, and exercise can play a big part in helping with this.
- **Alcohol:** Excessive alcohol intake (21 or more units for men and 14 or more for women) contributes to raised BP. Alcohol is also a source of calories and just reducing drinking can have a significant effect on body weight, as mentioned above.
- **Salt:** Reducing salt consumption usually reduces BP.
- **Inactivity:** Exercise is an effective tool in the fight against hypertension

Exercise in the prevention of raised blood pressure

Regular exercise and good levels of physical fitness are associated with

lower body weight and this alone results in lower blood pressures. However, the role of exercise in the control of BP is additional to that of weight control: Physical fitness has a direct effect on blood pressure and the fitter you are the lower your BP. A large Harvard alumni study showed that those who engaged in regular vigorous leisure activities had a 33% lower risk of developing hypertension than those who took little exercise. There is a dose response relationship between physical fitness and BP - that is to say that the fitter you are the lower your BP is likely to be.

Reducing your BP with exercise and other lifestyle changes such as losing weight and cutting back on salt and alcohol intake are more risk-reducing than taking pills

Increasing age brings a gradual increase in average BP but all is not lost! You'll be pleased, and probably not surprised to hear that this also can be modified by increasing levels of physical activity. A cohort from the Aerobics Center Longitudinal Study (totalling 13,953 men aged 20 to 90 years), was followed up for up to 28 years after treadmill



testing to measure physical fitness. Systolic pressure increased over the whole period but those with higher fitness level had a slower increase. The fitter the individual the lower the risk of developing hypertension and the older they were when (if) it did develop.

Whatever your BP may be you would probably be better off if, by your own efforts, you could bring it down. So, avoid too much salt, drinking too much alcohol, being obese and, surprise, surprise, taking too little exercise. A bout of exercise reduces BP for several hours, while exercise training reduces BP both at rest and during exercise. It is likely that reducing your BP with exercise and other lifestyle changes (such as losing weight and cutting back on salt and alcohol intake) are more risk-reducing than taking pills because each lifestyle change has many other benefits. Often these can reduce BP sufficiently to allow the previously hypertensive patient to stop taking medication.

Kindly adapted from Dr Bethell's excellent blog. Follow the link to read the full article, and much more:
www.exercisefitnessandhealth.info/blog/exercise-in-the-control-of-blood-pressure

Heart Health after the Pandemic

Do you know anyone who had a cardiac event during lockdown who would be interested in finding out more about our services? For over a year there was no face-to-face NHS rehabilitation and with the NHS still stretched, the referrals processes are not as quick as they might be, so we are opening our Rehab services to those who need

them. In the first instance please ask them to get in touch with our Health Programme Team for a chat. We can then assess the best course of action and how to take things forward.

Simply call 01420 557 385 or email staywell@cardiac-rehab.co.uk and take the first step to improving heart health.



Improving heart health, fitness & wellbeing

Team News

We wished Health Programme Manager Dr Sally Turner a very happy retirement back at the end of July after many years' service to the Charity! Having helped set up Cardiac Rehab with Dr Hugh Bethell in 1976, her expertise and determination helped to create a Rehab Centre that was used as the blueprint for exercise rehab services across the country.

She was also a founder member of our industry body (the BACPR). She is going to be sorely missed but we hope to see her popping up to exercise and at our events.



Goodbye to Sally after 19 years at Cardiac Rehab



And it is a very warm welcome to Sarah Hill BSc. who has taken over as Programme Manager. Sarah, who heads up the instructors and

Health Programme team, has been working in cardiac rehab for 19 years, bringing with her a wealth of knowledge about cardiac rehab. She will be in the gym regularly so do stop her to say hello.



Thanks to our Corporate Supporters



We are delighted that NFU Mutual's Alton branch have sponsored our autumn events this year, as part of their "Agency Giving Fund". Richard Buer, Senior Partner at Alton Agency said: "Cardiac Rehab has been making a wonderful difference to our community during these challenging times, and we feel extremely proud to hear how our support has made an impact."



Thanks to Sheen Stickland for again sponsoring our Big Quiz Night



Thanks to NFU Mutual for sponsoring our Autumn Events.

If you would like your business to be more involved with Cardiac Rehab, please contact denise@cardiac-rehab.co.uk to discuss the range of options we have available.

Grand Christmas Draw 2021

1st Prize £1,000

2nd Prize - London Theatre Tickets & Dinner for Two

3rd Prize - Christmas Hamper,

4th Prize - Gin & Glasses Gift Set

Return Tickets by
10 December 2021

Draw Date
15 December 2021

Call us on 01420 544 794 to request additional books

See tickets for more information
*Please destroy any unused books - no need to return them to us.