

CARDIAC RISK IN THE YOUNG

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2016



HELMORES

**CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE**

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2016**

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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2016**

LEGAL STRUCTURE AND GOVERNANCE

The trustees present their annual report and audited financial statements of the company for the year ended 31 May 2016.

Reference and Administrative Details

Company Registration Number: 3052985

Registered Charity Number: 1050845

Registered Office: 13/15 Carteret Street, Westminster, London, SW1H 9DJ

Principal Office: Unit 1140B, The Axis Centre, Cleeve Road, Leatherhead, KT22 7RD

Bankers: Lloyds TSB, High Street, Epsom, Surrey, KT19 8AT

Auditors: Helmores UK LLP, 13/15 Carteret Street, Westminster, London SW1H 9DJ

Solicitors: A J Lutley, Springfield, Rookery Hill, Ashtead Park, Ashtead, Surrey, KT21 1HY

Trustees: Hugh Mulcahey (Chairman)
Dr Tim Bowker
Louise Brooker-Carey
Patrick Marnham
Tony Mason
Peadar O'Donnell
Dr Anthea Tilzey

Chief Executive: Dr Steven Cox

Company Secretary: Alison Cox MBE

Structure, Governance and Management

Governing Document

Cardiac Risk in the Young was incorporated on 3 May 1995 as a company limited by guarantee and is governed by its Memorandum and Articles of Association. The company was subsequently registered as a charity with the Charity Commission and is also known by its initials – CRY.

Appointment of trustees

The charity or the trustees may appoint a person who is willing to act to be a trustee either to fill a casual vacancy or as an additional trustee. As set out in the Articles of Association the board appoints the chair of the trustees.

Trustee induction and training

New trustees are briefed on their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the trustee board and decision-making processes, the business plan and recent financial performance of the charity. Their induction involves the meeting of key employees and other trustees. Trustees are encouraged to attend appropriate external training events.

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Audit Committee

The Audit Committee is comprised of Hugh Mulcahey (CRY Trustee), Tony Mason (CRY Trustee), Peadar O'Donnell (CRY Trustee), Dr Steven Cox (CRY Chief Executive) and Patrick Wilson (CRY Operations Director). The Committee meets at least twice a year. The Committee helps to ensure that sound financial policies and internal controls are in place by providing a formal mechanism for reviewing matters of corporate governance and risk management together with external audits.

Organisation

The board of trustees administers the charity. The board meets three to four times a year. A Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority for operational matters including development, finance, employment, public relations and fundraising.

Related parties

Professor Sanjay Sharma, CRY's Consultant Cardiologist, who was previously based at King's College Hospital and is now based at St George's Hospital, oversees the clinical aspects of the CRY cardiac screening programme. All services provided by Professor Sharma are on a voluntary basis.

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OBJECTIVES AND ACTIVITIES

Objectives

The objective of the charity is to prevent young sudden cardiac deaths through awareness, screening and research, and to support affected families.

Public benefit

CRY is a UK charity that supports families after a bereavement, both clinically and emotionally. CRY supports expert fast-track pathology and fast-track cardiological referral into the NHS to test the family. CRY also provides literature for the public written by leading cardiac experts. CRY offers a unique bereavement support programme.

The screening programme that CRY has developed gives the opportunity to save the young lives of those at risk who are asymptomatic, "fit and healthy". There is no other charity that offers screening for young people aged 14 to 35 to schools, elite and recreational athletes and communities in the UK. CRY does not discriminate in the service we offer, whether it is an Olympic Gold Medalist or an adolescent in any local community. CRY's screening programme is not just a service provision; it is also a research programme. CRY offers support to all people affected by cardiac conditions that can cause young sudden cardiac death.

The charity has two main aims:

1. Saving young lives
2. Helping those affected

The strategies employed to save young lives are:

- raising awareness of cardiac risk in the young
- operating a national cardiac screening programme
- funding medical research into young sudden cardiac death

The strategies employed to help those affected are:

- supporting families after a tragedy
- funding the CRY Centre for Cardiac Pathology.
- funding the CRY Centre for Inherited Cardiovascular Conditions & Sports Cardiology
- supporting those diagnosed through our *myheart* Network.

The Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties. The public benefit of the Charity's activities are outlined under 'Objectives and Activities' above.

1. Saving young lives

Raising awareness of cardiac risk in the young

Through raising awareness of these conditions, the public, medical and sporting communities will become more alert to the symptoms that can lead to a young sudden cardiac death as well as the potential risks that these conditions have on an asymptomatic population. The public will be aware of courses of action that can help to minimise their risk, including the choice to be screened at one of CRY's screening clinics.

The medical community will be aware of the specialist services that are available to facilitate diagnosing these conditions, as well as how to best manage these patients. The sporting community will be aware of the specialist cardiac services available at the CRY Centre for Sports Cardiology as well the importance of screening athletic populations. CRY also raises awareness within Parliament. It is essential that MPs are well informed with the latest research as well as the implications these findings have on public policy.

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Operating a national screening programme

Systematic screening programmes are needed to establish the prevalence of cardiac conditions in the young. The aim of a screening programme is to detect a condition, or its risk factors. Once detected, preventative or therapeutic interventions can be implemented earlier and the disease can be treated when it is less advanced. In the case of cardiac conditions, the aim is to put in place treatments and lifestyle changes that will minimise the risk of a sudden cardiac death. These preventative actions may include medications, surgery or lifestyle changes. In some cases the condition can be cured with the risk of sudden cardiac death removed. CRY operates screening programmes for the general public (between the age of 14 and 35), sports clubs and teams.

Funding medical research into young sudden cardiac death

CRY funds medical research through research fellowship grants. These grants cover a broad spectrum from fast track screening to pathology after a death. The grants also help to provide specialist knowledge of sports cardiology. The field-gathered data in CRY's screening programme is analysed and reported in peer reviewed journals, providing essential information on the understanding of these conditions.

2. Supporting families affected

Funding the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology

CRY supports clinics at St George's Hospital, London. At these fast-track clinics families can be seen within a few weeks of referral after the sudden death of a family member. The CRY Centre for Sports Cardiology (CRY CSC) provides a specialist service led by Professor Sharma for expert clinical cardiac diagnoses of elite athletes.

Funding the CRY Centre for Cardiac Pathology

CRY also funds expert cardiac pathology. The importance of correct pathology cannot be overstated as it gives families the opportunity to obtain valid answers about the cause of death and to quantify the risk posed to other family members.

Supporting families after a tragedy

Following a tragedy in a family where a young person has died suddenly, family members will require support. From a medical perspective they would need to understand the potential genetic risks that may face other family members if affected. This support is provided by the provision of specialist cardiac information written by experts in the field, specifically for families or a non-medical community.

CRY has a select group of bereavement supporters - volunteers who have undergone a similar tragedy themselves and been trained to help others cope with their traumatic experience. Bereavement counselling is also available if requested through the office or with some of the bereavement supporters who have accredited counselling qualifications. CRY also offers other opportunities for bereaved families to come together including national bereavement support events and our annual Heart of London Bridges Walk.

Supporting those diagnosed - myheart Network

CRY runs support days for members of the *myheart* Network. The members are young people (35 and under) who have had, or are about to confront, potentially life-saving surgery and want to talk to others who have been through a similar experience - including fitting of pacemakers and implantable defibrillators (ICDs), and ablation surgery. The group was set up after feedback from young people who found that the existing support groups available for ICD recipients, and other cardiac conditions, were unhelpful. It was developed as a support system that increases effective coping and decreases social isolation for young implant recipients, whilst also training young people to be able to offer support to others in a similar situation.

The group meets twice a year at locations around the UK and they are offered 'Question and Answer' sessions with a specialist cardiologist, Dr Michael Papadakis; directions on how to support others in a similar situation; group support to talk through recent difficult experiences; opportunities to socialise

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with group members. The *myheart* website contains medical information, personal experiences from young people who are living with a cardiac condition, questions and answers videos with Dr Michael Papadakis and a 'members only' area where young people living with a cardiac condition can connect and share experiences.

ACHIEVEMENTS AND PERFORMANCE

New CRY Patron - Jack Clifford

23-year-old Jack is a Harlequins flanker and England international rugby player. He became a Patron of CRY in May 2016 in memory of his friend and former Cobham teammate Matthew Cragg, who died suddenly from an undiagnosed heart condition in October 2014. Jack said: "As a Patron, I would like to help raise awareness of the work CRY does, especially in schools and sports clubs, in screening young people involved in sport. I would like to do anything I can to lessen the chances of young, fit sportspeople, like my friend, dying from an unknown heart condition."

CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Healthcare NHS Trust

In 1995 St George's was the first hospital in the UK to develop a family screening clinic after CRY's donation of an echocardiogram machine established a specialist clinic in young sudden cardiac death and meant that whole families could be screened together after a tragedy.

The CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's, combines three essential features of CRY's mission to eliminate young (aged 35 and under) sudden cardiac death - offering services for 'affected families', competitive athletes and the general population. The centre provides a 'one stop shop' for young people and 'affected families' who wish to be screened for potentially life-threatening cardiac problems.

The CRY Centre is led by CRY's consultant cardiologist, Professor Sanjay Sharma, who is Professor of Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, London.

It is a unique service where after a young sudden death families will be seen within a few weeks of the referral being received. It is a "one stop shop" where all the tests will be conducted on the same day and all family members will be seen together (even when travelling from different parts of the country). The Centre is able to provide this service because CRY provides the funding for the doctors and support staff at the centre.

The Centre is also the leading referral centre for elite athletes whose results can often mimic disease and they can easily be misdiagnosed if not seen by an expert cardiologist.

CRY Centre for Cardiac Pathology

The CRY Centre for Cardiac Pathology (CRY CCP) is an international cardiac referral centre and the leading centre in the UK. The centre was established with a donation from the Howard and Sebastian English Memorial Fund. The service is led by Professor Mary Sheppard who is an expert cardiac pathologist, with a team of staff funded by CRY. When a cause of death is 'unascertained' and the person is aged 35 years or under, the centre will provide a free fast-track cardiac diagnostic service.

The examination and report from the centre will be completed on average within 2 weeks. When pathology is not referred to this centre it can take up to 2 years for an expert investigation to be conducted. Expert pathology is essential to help the family understand the cause of death. This information will guide clinical decisions when assessing the first degrees blood relatives. When expert pathology is not conducted the family could be offered inappropriate clinical tests and there is the potential for false reassurance.

As well as providing a support service for bereaved families, the work conducted at this centre is resulting in ground breaking research to improve our understanding of the causes of young sudden cardiac death. In this financial year, CRY continued to fund the 3 staff that support Professor Sheppard at the centre, these being an administrator, a clinical technician and a researcher.

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CARDIAC SCREENING

This financial year CRY had 294 screening days and screened 25,704 young people. This is an increase of 7,645 people being tested compared to the previous financial year.

ECG screening

ECG screening - where an Echo is also conducted on the day on approximately 1 in 10 of those people with abnormalities - continues to be the most cost effective way of testing large numbers of young people. There were 282 ECG-only screening days where 25,525 young people were screened.

After a tragedy a family will often raise funds specifically for screening, working to potentially save the life of someone else's child even though it is too late for them.

- The first family event of this financial year was in memory of Jack Thomas. This screening event was held at the Oakdale Surgery in Blackwood.
- Another screening event in memory of Zoe Teale was held. This was a two day event at BOA Academy in Birmingham.
- The 20th ECG screening event in memory of Lewis Marsh was held in Sandhurst.
- There were 2 days of screening held in Memory of Claire Reed in Eastleigh.
- The 6th 2 day screening in memory of Martyn Lockett was held in Cornwall.
- A first 2 day screening event in memory of Alan Bail was held in Orkney.
- There have been some new screenings this year in Memory of Stuart Cutler, Charlie Ibrahim, Michael Cadman, Matthew Thoppil, Caradoc James and Thomas Fleetwood.
- Once again there were two 2 day events on the Isle of Man, where hundreds of people were screened by CRY for the charity Craig's Heartstrong Foundation, which raised money for screening in memory of Craig Lunt.

CRY's school screening continues to be an important factor in making these services readily available to young people. This year we screened: Cheadle Hulme School in Cheshire, Winston Churchill School in Woking, St John's School in Leatherhead, Stockport Grammar School, Sedbergh School in Cumbria, Millfield School, Royal Grammar School (Guildford), Eton College, Wellington College, Berkhamstead School and Queen Elizabeth Hospital School.

An increasing number of school and college screening events are being funded by CRY ringfenced Memorial Funds.

- Berkhamstead School, Stockport Grammar School and Royal Grammar School were funded in memory of Harry Faulkner, Sara Pilkington and Christian Thunhurst, respectively.

CRY's mobile screening is fundamental in bringing specialist services to local communities. One of the challenges CRY faces is establishing regional services throughout the UK. As well as responding to the needs of a football club or local community after a death, CRY is setting up services that young people can be directed to; services that are readily available.

Over the year there were 18 days of testing in Northern Ireland (8 at the UU Clinic at Ulster University in Belfast; 2 at the School of Nursing in Coleraine, 4 in Derry, 2 at Newry and 2 in Armagh at Royal Grammar School). These clinics were open to any young person between the ages of 14 and 35.

Screening equipment

In this year we had a screening unit (a van, 3 ECG machines and 1 ECHO machine) donated in Memory of Dean Mason. We also had 1 ECG machine donated in Memory of Tom Wall. An ECHO machine was donated in Memory of Tom Claburn and Claire Prosser. Two ECG machines were donated in Memory of Dr Jennifer Bucknall. Another 4 ECG machines were donated by the Beefy Foundation.

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Cardiac screening at St George's Hospital at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology

CRY's Centre for Cardiac Screening is based at St George's Hospital where there are regular screening events held every 2-4 weeks. It is a unique regular service attended by young people from all over the country. The events at CRY's national centre are funded through a number of sources including CRY families, grants, charities, corporate sponsors and CRY core funding.

In this financial year there were 12 screening days held at St George's Hospital that were funded by CRY. 6 Screening clinics at St George's Hospital were funded in Memory of Tom Clabburn and Claire Prosser. One clinic was funded by the Patrick Evans Foundation.

Screening in sport

CRY provides screening for many elite and professional sports teams/clubs which includes a medical questionnaire, resting ECG and consultation with the Cardiologist (one of Professor Sanjay Sharma's Research Fellows). If an Echocardiogram is required this is also performed on the day.

CRY continues to provide cardiac screening to the following governing bodies/organizations:

- English Institute of Sport (EIS) - regional screenings for Olympic/Paralympic athletes and future potential Olympic/Paralympic athletes at the EIS regional Centre's. Six of these screenings were held across the country.
- Rugby Football Union – screening is performed for all of England rugby's squads from the U16s squad all the way through to the world cup team. This also includes the women's teams.
- The Aviva Premiership rugby union has all their professional clubs screened as mandatory over the pre-season months at each of the club's stadiums or training grounds and included Bath, Exeter Chiefs, Gloucester, Sale Sharks, Saracens, Harlequins, Newcastle Falcons, London Irish, London Wasps, Leicester Tigers, Northampton Saints and Worcester Warriors. These screenings are for any contracted player (age 16 upwards), but the clubs will often include non-contracted players as well.
- A new addition was the Welsh Rugby Union holding two screening days at their performance centre for their world cup squad and age group teams. In addition to this CRY also provided screening for the following professional welsh teams: Ospreys, Cardiff Blues, Newport Gwent Dragons and Scarlets.
- England and Wales Cricket Board (ECB) – all ages/teams from the men's and women's teams.
- County Cricket Clubs (CCC) to include Essex CCC, Middlesex CCC, Surrey CCC and Lancashire CCC. These clubs either hold their own screening day or arrange for their athletes to attend another organised CRY screening locally.
- Women's Super league Cricket – a new league organised by the ECB made up of 6 teams. These athletes started to attend CRY's screenings locally during spring 2016.
- The Lawn Tennis Association continues to have their athletes screened with ECG & Echocardiogram as routine at their National Tennis Centre in Roehampton.
- The governing body for Rugby League (the RFL) have continued cardiac screening for their national and academy squads. They also introduced mandatory cardiac screening for the Championship clubs where they held 6 weekend screening clinics for these clubs to attend across the country. CRY have also continued to screen many of the super league clubs during pre-season including Wakefield Wildcats, Wigan Warriors, Castleford Tigers, Huddersfield Giants, Leeds Rhinos and Hull KR.
- The Royal Ballet Company held another screening at the Royal Opera House in Covent Garden for any new professional dancers that had joined them.
- CRY have continued to provide screening for the professional SKY cycling team to include resting ECG, Echocardiogram if required and their Stress/Exercise ECG test for their UCI license.

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- ONE pro cycling also had a second screening in 2015 to meet UCI requirements where by all their riders had ECG & Echocardiogram as routine.
- Many football clubs require pre-season screening annually and CRY have provided this to Manchester City FC, Bolton Wanderers FC, Ipswich Town FC and Burnley FC.
- GB Taekwondo and England Squash organized a screening day together at their centre in Manchester to have all their available athletes screened whilst on a training camp.

RESEARCH

CRY Research Fellows

CRY Research Fellows are trained to have considerable expertise in the athlete's heart, the cardiomyopathies and ion channel diseases - thus expanding the pool of specialist doctors in this complicated field of medicine.

The Research Fellows play an instrumental role in the CRY Inherited Cardiovascular Conditions Clinics; within the NHS; and with the field work conducted in CRY's screening programme. Each Fellow also pursues a specific area of research.

CRY has funded 10 full time research fellows during the year. Dr Rajay Narain started his fellowship grant in October 2012, Dr Aneil Malhotra started in September 2013 and Dr Lynne Millar and Dr Harshil Dhutia started in October 2013. Three research fellows under the supervision of Professor Sharma started their grants in 2014 Dr Keerthi Prakash, Dr Tracey Ketepe-Arachi and Dr Gherardo Finocchiaro.

Two new research fellows started their fellowship grants with CRY and under the supervision of Dr Behr. Dr Bode Ensam started his fellowship grant in September 2015 and Dr Alban Baruteau started in May 2016. One new fellowship grant under the supervision of Prof Sharma started in January 2016, Dr Stathis Papatheodorou. CRY is also funding a cardiologist, Dr Michael Papadakis to support and further expand its collaborative research programme with St George's.

In July 2014 Professor Sharma's team appointed Jacqueline Ah-Fong, a CRY funded research nurse to support the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology. CRY also funds two specialist physiologists, to support research and conduct ECGs, Ultrasound and Vo2 max tests at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology.

CRY's screening programme continues to surpass all expectations and has fed into crucial research for the benefit of all involved in this field. CRY was first to identify the upper limits of wall thickness and cavity size in British athletes; CRY are the first organisation in the world to characterise cardiac dimensions in adolescent athletes – knowing how to differentiate pathology from physiology is vital for diagnosis; and the first organisation to characterise ECG changes in athletes in a document that is now the blueprint for the Sports Cardiology Section of the European Society of Cardiology.

Apart from diagnostics and these physiological goals, CRY has also been pivotal in identifying the prevalence of conditions such as hypertrophic cardiomyopathy (HCM) in sportsmen. This includes recently identifying conditions such as long QT as more common than HCM.

CRY's findings are published in reputable, peer reviewed journals and CRY's guidelines are now nationally and internationally recognised. The current international cardiac screening guidelines have been based on a Caucasian population in the Veneto region of Italy. CRY's research not only highlights the importance of establishing "normal" cardiac parameters in differing ethnic groups, but it is also guiding international screening recommendations when applied to these groups.

Being part of the CRY screening programme is not only about identifying those at risk through employing the highest level of cardiac expertise. It is about taking part in a national research programme that endeavours to eliminate young sudden cardiac death from sport and save the lives of young people.

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The academic papers published in this financial year include:

- "The U-shaped relationship between exercise and cardiac morbidity." Merghani, A., Malhotra, A., Sharma, S. Trends in Cardiovascular Medicine, June 2015.
- Robertus, J.L., Sheppard, M.N. "The CRY Sudden Cardiac Death Database. 18 Years of Referral for Expert Opinion." Heart, June 2015.
- Robertus, J.L., Sheppard, M.N., Burrell, A. "The Pathological Disease Spectrum of Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC) in Sudden Cardiac Death Emphasising Biventricular Involvement and Challenges in Diagnosis." Heart, June 2015.
- Sharma, S., Merghani, A., Mont, L. "Exercise and the heart: the good, the bad, and the ugly." European Heart Journal, June 2015.
- Zaidi, A., Sheikh, N., Jongman, J., Gati, S., Panoulas, V., Carr-White, G., Papadakis, M., Sharma, R., Behr, E., Sharma, S. "Clinical Differentiation Between Physiological Remodelling and Arrhythmogenic Right Ventricular Cardiomyopathy in Athletes With Marked Electrocardiographic Repolarisation Anomalies." Journal of the American College of Cardiology, June 2015.
- D'Silva, A., Papadakis, M. "Sudden Cardiac Death in Athletes." European Cardiology Review, July 2015.
- Prakash, K., Sharma, S. "The Electrocardiogram in Highly Trained Athletes." Clinics in Sports Medicine, July 2015.
- Sheikh, N., Papadakis, M., Schnell, F., Panoulas, V., Malhotra, A., Wilson, M., Carré, F., Sharma, S. "Clinical Profile of Athletes With Hypertrophic Cardiomyopathy." Circulation: Cardiovascular Imaging, July 2015.
- Steriotis, A., Sharma, S. "Risk Stratification in Hypertrophic Cardiomyopathy." European Cardiology Review, July 2015.
- Zaidi, A., Sharma, S. "Arrhythmogenic right ventricular remodelling in endurance athletes: Pandora's box or Achilles' heel?" European Heart Journal, August 2015.
- Dhutia, H., Malhotra, A., Parpia, S., Gabus, V., Finocchiaro, G., Mellor, G., Merghani, A., Millar, L., Narain, R., Sheikh, N., Behr, E.R., Papadakis, M., Sharma, S. "The prevalence and significance of a short QT interval in 18,825 low-risk individuals including athletes." British Journal of Sports Medicine, September 2015.
- Jongman, J.K., Zaidi, A., Muggenthaler, M., Sharma, S. "Relationship between echocardiographic right-ventricular dimensions and signal-averaged electrocardiogram abnormalities in endurance athletes." Europace, September 2015.
- Sharma, S., Dhutia, H. "Variation of electrocardiogram interpretation: yet another contributor to the Achilles heel of pre-participation electrocardiographic programmes in athletes." Europace, September 2015.
- Dhutia, H., Sharma, S. "Playing it safe: exercise and cardiovascular health." The Practitioner, October 2015.
- Prakash, K., Sharma, S. "A little exercise can do you good." Cardiomyopathy Association of Australia, October 2015.
- Calore, C., Zorzi, A., Sheikh, N., Nese, A., Facci, M., Malhotra, A., Zaidi, A., Schiavon, M., Pelliccia, A., Sharma, S., Corrado, D. "Electrocardiographic anterior T-wave inversion in athletes of different ethnicities: differential diagnosis between athlete's heart and cardiomyopathy." European Heart Journal, November 2015.

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- Nademanee, K., Raju, H., de Noronha, S.V., Papadakis, M., Robinson, L., Rothery, S. Makita, N. Kowase, S., Boonmee, N., Vitayakritsirikul, V., Ratanarapee, S., Sharma, S., van der Wal, A.C., Christiansen, M., Tan, H.L., Wilde, A.A., Nogami, A., Sheppard, M.N, Veerakul, G., Behr, E.R. "Fibrosis, Connexin-43, and Conduction Abnormalities in the Brugada Syndrome." *Journal of the American College of Cardiology*, November 2015.
- Prakash, K., Sharma, S. "Interpretation of the Electrocardiogram in Athletes." *Canadian Journal of Cardiology*, November 2015.
- D'Silva, A., Sharma, S. "Exercise-Induced Cardiac Remodelling: Not a Case of One Size Fits All." *Circulation: Cardiovascular Imaging*, December 2015.
- Malhotra, A., Sharma, S. "Athletes with Hypertrophic Cardiomyopathy." *European Heart Journal: CardioPulse*, December 2015.
- Dhutia, H., Malhotra, A., Parpia, S., Gabus, V., Finocchiaro G., Mellor, G., Merghani, A., Millar, L., Narain, R., Sheikh, N., Behr, E.R., Papadakis, M., Sharma, S. "The prevalence and significance of a short QT interval in 18,825 low-risk individuals including athletes." *British Journal of Sports Medicine*, January 2016.
- Narain, R., Sharma, S. "Burden of cardiovascular risk in young, apparently healthy individuals in the Indian sub-continent: Time for intervention?" *Indian Heart Journal*, December 2015.
- Finocchiaro, G., Sharma, S. "Do endurance sports affect female hearts differently to male hearts?" *Future Cardiology*, March 2016.
- Ketepee-Arachi, T., Sharma, S. "Underestimating risk in women delays diagnosis of CVD." *Practitioner*, March 2016.
- Prakash, K., Sharma, S. "Interpretation of the Electrocardiogram in Athletes." *Canadian Journal of Cardiology*, April 2016.
- Finocchiaro, G., Sharma, S. "The Safety of Exercise in Individuals With Cardiomyopathy." *Canadian Journal of Cardiology*, April 2016.
- Muggenthaler, M., Petropoulou, E., Omer, S., Simpson, M.A., Sahak, H., Rice, A., Raju, H., Conti, F.J., Bridges, L.R., Anderson, L.J., Sharma, S., Behr, E.R., Jamshidi Y. "Whole exome sequence analysis reveals a homozygous mutation in PNPLA2 as the cause of severe dilated cardiomyopathy secondary to neutral lipid storage disease." May 2016.
- Finocchiaro, G., Papadakis, M., Robertus, J.L., Dhutia, H., Steriotis, A.K., Tome, M., Mellor, G., Merghani, A., Malhotra, A., Behr, E., Sharma, S., Sheppard, M.N. "Etiology of Sudden Death in Sports: Insights From a United Kingdom Regional Registry." *Journal of the American College of Cardiology*, May 2016.

CORE FUNDRAISING EVENTS

Bupa London 10,000 2015

33 runners, including CRY Patron Bill Neely, took part in this annual event on May 25th 2015.

CRY Heart of London Bridges Walk 2015

1,925 adults, children and dogs took part in the CRY Heart of London Bridges fundraising and awareness walk on 28th June 2015, raising £103,726 for CRY including £92,000 during the financial year. The annual event, in its 9th year was reached a record breaking number of participants. The walk was led by Carly Sykes-Blowers who has supported CRY since the death of her husband Paul in 2005.

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Most of the participants, as usual, were taking part in memory or support of a young person, although a number also took part to support CRY. London Bridge City, Westminster City Council Parks Office and Events Team, Chubb Insurance, Unum and Service Master Clean supported - either by providing complimentary or discounted venues or making donations towards the costs of the event, refreshments and snacks. Popchips and Lucozade Ribena and Suntory donated refreshments for walkers. Later in the afternoon, we had a performance by the Adam Street singers at Hays Galleria. See also <http://www.c-r-y.org.uk/cry-heart-of-london-bridges-walk-2015/>

Prudential RideLondon-Surrey 100 2015

51 Cyclists, including 24 own place cyclists took part in the event on the 2nd August 2015. CRY Patron Matt Wells took part in the event for the 3rd year running. See also <http://www.c-r-y.org.uk/prudential-ridelondon-surrey-100-2015/>

Morrisons Great North Run 2015

On 13th September 2015, 56 runners, of which 35 were own place runners took part in the Great North Run. See also <http://www.c-r-y.org.uk/morrisons-great-north-run-2015/>

Run to the Beat sponsored by Sure 2015

10 CRY runners, including a team of 2 own place runners, took part in the musical 10k on 13th September 2015. See also <http://www.c-r-y.org.uk/sure-run-to-the-beat-10k-2015/>

Running4Women Windsor 10K 2015

5 runners took part in the Running4Women Windsor 10K on the 26th September 2015. See also <http://www.c-r-y.org.uk/windsor-running-festival-2015/>

Windsor Half Marathon 2015

11 Runners, including 2 Own Place runners took part in the Windsor Half Marathon on the 27th September 2015. See also <http://www.c-r-y.org.uk/windsor-running-festival-2015/>

CRY Durham Riverside Walk 2015

203 participants took part in the 6th CRY Durham Riverside Walk on Saturday 3rd October 2015. The event, hosted by Durham Amateur Rowing Club, gave CRY supporters from the North East a chance to meet each other and enjoy a picturesque walk and talk about why they were walking. Most of those taking part walked in memory of a young person who had tragically died from sudden death syndrome. Pop Chips donated bags of crisps, Northumberland Water donated 300 bottles of water and Radflex donated chocolate bars for the walkers on the day. Durham Markets allowed us to have an awareness stand at Durham Outdoor Saturday Market and the John Duck Pub provided sandwiches for our walkers. For more details and pictures of the event go to <http://www.c-r-y.org.uk/cry-durham-riverside-walk-2015/>

CRY Great Cake Bake 2015

The fourth CRY Great Cake Bake took place on Friday 27th November 2015, as part of Raising Awareness Week. 110 people signed up for the special Cake Bake packs. The event was supported by the following companies who donated freebies to be included in supporter packs: Bettys & Taylors Group (Yorkshire Tea), Bartec Paper & packaging Ltd (cupcake cases), Doric Cake Crafts (icing sugar), My Cupcake Toppers (toppers), Ariana Bundy (5 copies of her cook book) and 11 celebrity chefs kindly donated recipes which were published in the CRY Great Cake Bake recipe booklet. <http://www.c-r-y.org.uk/cry-great-cake-bake-2015/>

Asics Greater Manchester Marathon 2016

9 runners, including 7 Own place runners, took part in the Manchester Marathon on the 10th April 2016. See also <http://www.c-r-y.org.uk/asics-greater-manchester-marathon-2016/>

Brighton Marathon 2016

23 Runners, including 15 Own Place runners took part in the Brighton Marathon on the 17th April 2016. See also <http://www.c-r-y.org.uk/brighton-marathon-2016/>

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Virgin Money London Marathon 2016

136 CRY runners took part in the 2016 Virgin Money London Marathon on 24th April. Over £234,000 has been raised from this event including over £226,000 during this accounting period. The vast majority of the 136 runners (87 of whom took part with a place acquired through CRY and 49 own place runners) had a personal reason. Lucozade Ribena Suntory supported the event by donating bottles of Lucozade Sport drink for choosing CRY, including CRY Patrons Bill Neely (running for CRY for the seventh time). BBC journalist Liz Rawlings also took part for CRY in memory of Claire Prosser. See also

<http://www.c-r-y.org.uk/virgin-money-london-marathon-2016/>

Trust Donations

In this financial year CRY received a sum of £153,045 from 42 donations from Charitable Trusts and Foundations. The grant received from the Mazars Charitable Trust for £3,500, was ring-fenced and to be added to the Matthew Dewhirst Memorial Fund, to be used for screening. Another grant of £500 from the W H and A Hawkins Charitable Trust was ring-fenced and added to the Gregg Shoults Memorial Fund. £2,500 from the Royal Bank of Scotland- Local Community Fund was ring-fenced for screening locally. Beefy's Charity Foundation donated £40,000, which £20,000 was ring-fenced, for the cost of 4 ECG machines. £16,526 was ring-fenced for the cost of 2 ECG machines and 2 screening days at St. George's, which was donated by the Bailey Will Trust. £5,000 from the Discovery Foundation was ring-fenced for screening in Plymouth. The Vernon N Ely donated two amounts, totalling £29,000.

The breakdown of grants above £3,000 includes: Beefy's Charity Foundation (£40,000), Vernon N Ely Charitable Trust (£29,000), Robert Luff Foundation (£20,000), The Bailey Will Trust (£16,706) Tudor Foundation USA (£10,000), The Aubrey Orchard-Lisle Charitable Trust (£7,500), Redevco Foundation (£5,000), The Discovery Foundation (£5,000), The Indigo Trust (£4,000), The Florian Charitable Trust (£4,000), Mazars Charitable Trust (£3,500).

The following lists individual grants of up to £3000: The Stewarts Law Foundation, The Annandale Charitable Trust, G C Gibson Charitable Trust, Royal Bank of Scotland - Local Community Fund, W & M Morris Charitable Trust, Ladbrokes Charitable Trust,, BG Group-Flotel Campaign Charity Incentive Scheme, Toyota Charitable Trust, The Broyst Foundation, G M Morrison Charitable Trust, William Arthur Rudd Memorial Trust, The Borno Foundation, CMS Cameron McKenna Foundation, The Sylvia and Colin Shepherd Charitable Trust,, The W H and A Hawkins Charitable Trust, A + R Woolf Charitable Trust, B-CH 1971 Charitable Trust, The Edith Murphy Foundation, The Douglas Heath Eves Charitable Trust, Munro Trust, The Pennycress Trust, The Phoenix International Charity, The Weinstein Foundation, Sir Nigel Broakes 1993 Charitable Trust, The Rachel & David Barnett Charitable Trust, Reuben Foundation, The Rachel & David Barnett Charitable Trust, Cecil Rosen Foundation, The Arreton Trust, P & FW Family Charitable Trust.

COUNSELLING AND SUPPORT

National Bereavement Support Days

CRY offers National Bereavement Support Days. National Bereavement Support Days can be attended by bereaved families who have lost a young person to a sudden cardiac death from all over the UK. These are exclusive events held specifically for mums, dads, siblings and partners, as well as a Mums and Dads Bereavement Support Day and Family Bereavement Support Day.

Mums' National Bereavement Support Day – 12th March 2016

Seven bereaved mums came from all over the country to attend the Mums' Bereavement Support Day. The event was again held at the Macdonald Burlington Hotel in Birmingham. The groups were led by CRY Founder Alison Cox and counsellor Andy Usher. CRY Bereavement Supporters Sue Fisher and Marion Hayman also attended to offer their support.

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Partners' National Bereavement Support Day – 14th May 2016

Six bereaved partners came from all over the UK to attend the Partners' Bereavement Support Day at the Macdonald Burlington Hotel in Birmingham. The group was led by CRY Founder Alison Cox and Bereavement Supporter Shelagh Green attended to offer her support.

Family National Bereavement Support Day – 9th October 2016

14 bereaved family members came to the National Family Bereavement Support Day held at the Holiday Inn, Sutton. The groups were led by CRY Founder Alison Cox and Psychotherapist Alan Jones. Bereavement Supporters Ruth Lowe and David Foley also attended to offer their support.

Telephone Bereavement Support

CRY has a network of 20 Bereavement Supporters who have themselves been affected by a young sudden cardiac death, and have since completed a two year BAC accredited counselling skills and theory course so that they can offer telephone support to other people following a tragedy.

In the period 1st June 2015 to 31st May 2016, CRY's Bereavement Supporters took 46 new referrals from bereaved families, offering each person support for up to six months.

In September 2016 CRY began another 2 year Counselling Skills and Theory Course to train six more bereaved family members to become a CRY Bereavement Supporter.

Bereavement Support Literature

CRY has produced a series of grief booklets designed to help families feel less alone after the tragedy of a young sudden cardiac death. In November 2015 we launched a new booklet – 'Coping with Christmas after a Young Sudden Cardiac Death' – to support families coping with Christmas after a tragedy. The booklet was sent to over 8,000 people, including bereaved families and also friends and extended family who are supporting someone following a young sudden cardiac death.

This booklet was followed by the launch of 'Coping with Anniversaries following a Young Sudden Cardiac Death'. Both of these new booklets contained anonymous contributions from our Bereavement Supporters regarding their own experiences of coping with Christmas and other anniversaries following their tragedy.

The booklets follow the individual aspect of grief booklets; 'A Mother's Grief', 'A Partner's Grief', 'A Father's Grief' and 'Sibling Grief'.

myheart Network meetings

The *myheart* network meetings are informal meetings which include a morning counselling session for young people who have been diagnosed with life-threatening cardiac conditions to address any social problems they might have experienced after a diagnosis. Members also have the opportunity to spend time in a group, asking questions informally of an expert consultant cardiologist.

National *myheart* meeting – 1st November 2015

14 members registered, 8 members attended and 3 of them was new to *myheart*. This meeting was held at Hotel Holiday-Inn, Sutton. Alan Jones facilitated the counselling session and the question and answer session was taken by CRY's *myheart* cardiologist, Dr Michael Papadakis.

National *myheart* meeting – 17th April, 2016

11 members registered, 10 members attended and 2 of them attended for the first time. The meeting was held at Hotel Holiday-Inn, Sutton. Alan Jones facilitated the counselling session and CRY's *myheart* cardiologist, Dr Michael Papadakis led the question and answer session.

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RAISING AWARENESS

BCS Conference June 8–10

The British Cardiovascular Society (BCS) Conference, the UK's biggest cardiology meeting took place in Manchester. Amongst the most significant research exhibited was Dr Abbas Zaidi's study tackling the challenges of diagnosing ARVC (arrhythmogenic right ventricular cardiomyopathy) in athletes, a paper published later that month with an editorial in the Journal of the American College of Cardiology, and as described by Professor Sharma: "as of August 2015, the best study in sports cardiology this year."

CRY wins FUNDACIÓN MAPFRE "Best Health Promotion Initiative" award June 15

CRY Chairman Hugh Mulcahey and CRY Founder and Chief Executive Alison Cox were honoured to be invited to accept an international award on CRY's behalf at a special ceremony in Madrid. The FUNDACIÓN MAPFRE Social Outreach Awards recognise people and institutions that have made "outstanding contributions for the benefit of society in the scientific, cultural and social fields". In this latest round of awards, there were 450 nominations from Spain, Portugal and Latin America.

Her Majesty Queen Sofia of Spain presented the "Award for the Best Health Promotion Initiative" to CRY, granted due to "the significant contribution of the organisation to the promotion of health and the improvement of the quality of life, the degree of innovation and the originality of the action undertaken".

England Rugby publicises CRY screening July 3

England international and CRY Patron Nick Easter fronted a fantastic short film showing all 50 England players undergoing cardiac screening with CRY in preparation for the Rugby World Cup 2015 in September. In addition to Nick, also speaking on the film were Dr Nigel Jones, England Rugby Senior Team Doctor, and Dr Andrew D'Silva, CRY Research Fellow and the screening cardiologist on the day. The video was published as a feature on www.englandrugby.com on July 4, backed by promotion of the report on England Rugby's Facebook, Twitter and YouTube channels to over a million social media followers.

BBC South East Today report on the death of Junior Dian July 8

CRY supporter Roger Maddams took part in a BBC South East Today report following the death of 24-year-old footballer Junior Dian. Junior suffered a cardiac arrest the previous day while playing football in a friendly for Tonbridge Angels, the same club that Roger's son Jack played for before he died in his sleep in March 2008, aged 17.

Sports Minister raises Italian-style sport screenings in UK July 9

In reaction to Kent footballer Junior Dian's sudden death, Kent MP Tracey Crouch, Minister for Sport and a qualified FA coach, raised the Italian system of conducting routine screening in sport to prevent further sudden cardiac arrests. A Mirror article also featured CRY's response following the tragedy from Deputy CEO Dr Steven Cox.

BBC Radio Kent report features Roger Maddams and Dr Steven Cox July 22

Roger Maddams took part in another BBC interview with Radio Kent's John Warnett and Maggie Doyle two weeks after the well-publicised death of Tonbridge Angels trialist Junior Dian. The wide-ranging report spoke to Dr Steven Cox for his expertise on how sports like football can exacerbate heart conditions, as well as Kent FA Chief Executive Paul Dolan and Sports Minister Tracey Crouch MP.

CRY responds as UK NSC recommend against screening July 31

Dr Steven Cox issued a statement on behalf of CRY heavily criticising the "shocking" conclusions and "dismissive" attitude of the UK National Screening Committee (NSC) as they announced they would be recommending against screening to reduce the incidence of young sudden cardiac death.

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50 CRY cyclists including Matt Wells take on the Prudential RideLondon-Surrey 100 August 2

Alison was interviewed by Surrey's Eagle Radio after the race along with CRY RideLondon cyclist Nicola Tait following the fatal collapse of a rider for the second year running. Nicola's partner Kris Cook suffered a cardiac arrest while they were taking part in 2014's event and she courageously participated again for CRY in his memory, as part of a team of 15.

Elaine Ward Sheffield screening radio and TV publicity August 5–6

Our Representative Elaine Ward ensured a great deal of publicity for CRY screenings held in Sheffield in memory of her 17-year-old son Neil, who suddenly died in December 1992 at a scout meeting. Interviews with Alison and Elaine were broadcast on Radio Hallam, while BBC Radio Sheffield and BBC Look North also spoke to her about the event.

ESC Congress August 29–September 2

The European Society of Cardiology (ESC) Congress in London was a huge opportunity for Professor Sharma and the CRY Research Group to take advantage of the UK location of the annual conference, and the CRY stand attracted a lot of attention of the five-day event. Dr Steven Cox fielded questions about CRY's programmes and objectives while the research doctors showcased their studies. One of Professor Sharma's responsibilities as Chair of the ESC's Sports Cardiology Section was to provide a summary of presentation highlights in the field from EuroPrevent in May – a talk which featured current and former CRY Research Fellows exclusively; Dr Harshil Dhutia, Dr Aneil Malhotra, Dr Ahmed Merghani and Dr Abbas Zaidi.

Simon Halliday raises awareness at the BGC Charity Day September 11

The BGC Charity Day is an event held by the brokerage firm during which all commissions are donated to charity in memory of colleagues who died at the World Trade Centre in 2001. CRY was one of the charities supported in 2015 and we are very grateful to our Patron Simon Halliday and supporters Paul Daniels and Roger Maddams for agreeing to represent us on the day.

Alison Cox supports Phil Packer's Britathon September 14

CRY Founder and Chief Executive Alison Cox MBE was in London to support our Patron Phil Packer MBE during his marathon walk for the British Inspirational Trust (BRIT), Phil's foundation to improve the lives of young people facing trauma. CRY is one of the charities his foundation directly supports.

170 register for CRY International Medical Conference October 9

CRY's 10th annual International Medical Conference was again a great success, building on the event's reputation for showcasing research and presentations from some of the world's leading cardiologists in the fields of inherited heart conditions and sports cardiology. 170 delegates attended with another fantastic line-up of eminent cardiologists and CRY Research Fellows – guest speakers who travelled from abroad to talk in London were Professors Domenico Corrado (Italy), Mats Börjesson (Sweden) and Angeliki Asimaki (USA).

BBC Radio Leeds talk to Embling family at Rory's pub October 16

Chris and Anne, bereaved parents of Rory Embling, were visited at their home by BBC Radio Leeds reporter Charles Heslett to explore the tribute to Rory they had built in their back garden. Rory's Return had been entered into the competition for Home Leisure Direct's "Games Room of the Year Award", which after a huge wave of support from across West Yorkshire and around the country it went on to win at the end of October, generating lots of press.

"Word on Cardiac Risk in the Young" broadcast October 19

An interview with Dr Steven Cox was feature of the week for the Word on Health national radio network, which syndicates to around 90 stations across the UK and boasts a listenership of 6.5 million. The recording was published in an article on their website, along with a link to CRY's medical booklet and our statement in response to the July recommendation against national cardiac screening by the National Screening Committee (NSC).

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BBC South East Today speak to Steve Edwards *October 22*

Dr Steven Cox appeared on BBC South East to support an interview with Steve Edwards about his 17-year-old daughter Annie, who was with friends the night she died from sudden adult death syndrome in February 2015. The segment focused on the issue of making cardiac screening available for young people, referring to the UK National Screening Committee's recommendation against national screening as a result of "uncertainties about the overall benefit".

Mims Davies MP leads adjournment debate for heart screening in Parliament *October 27*

It was fantastic to see the work of CRY and our screening programme talked about so strongly in the House of Commons. This was an excellent debate led by Mims Davies MP, from Eastleigh, on behalf of Graham and Anne Hunter in memory of their daughter Claire, who died aged 22 in March 2013. Mims had taken part in the Morrisons Great South Run for CRY in Claire's memory only two days earlier. The debate had cross-party support from many MPs who had either been affected personally or were representing their constituents. Mike Gapes MP spoke about the impact on friends as well as family after his 19-year-old daughter, Rebecca, died suddenly in May 2012, saying: "It is a great grief and something that is with me all the time. I wish that people would take this issue more seriously."

www.yscd.org.uk campaign launched *November 23*

On the first day of CRY Raising Awareness Week 2015 we launched a new campaign to force the Government to accept the number of young sudden cardiac deaths (YSCDs) in the UK. It became clear this was necessary following the publication of last July's National Screening Committee (NSC) recommendation not to screen for conditions causing sudden cardiac death in young people, which cited a UK incidence rate of less than 1 a week. We thought it was more than that in 1995, and our research has since shown it is more than 10 times that.

CRY Parliamentary Reception *November 25*

Our 10th annual Parliamentary Reception was especially politically well-attended in 2015, with over 40 MPs visiting the Terrace Marquee at the House of Commons for the evening's event. We were delighted that Tracey Crouch MP, Minister for Sport, agreed to speak about the importance of screening at the reception, and she was joined by CRY Patron and cross-bench peer Baroness Ilora Finlay. Chairman Hugh Mulcahey, who again acted as MC for the night, also introduced Founder and Chief Executive Alison Cox MBE; Consultant Cardiologist Professor Sanjay Sharma; Patron John Inverdale; and Dr Steven Cox.

Christmas Grief booklet launched *December 9*

A fifth booklet in CRY's Grief series for the families of victims of young sudden cardiac death was sent out to everyone on our mailing list with the previous issue of the CRY Update in December. The booklet's 14 chapters are each written by a CRY Bereavement Supporter about how they have learned to approach the agony of Christmas after the sudden death of their child, partner or sibling. We felt that it was very important for everyone in contact with us to receive this resource. We hoped it then might not only offer some small assistance to those who suffer at Christmas, but also help those supporters and fundraisers who are not bereaved – but know someone who is – to better understand the intensity of grief throughout the festive period.

John Inverdale thanks CRY supporters for screening 23,000 young people in 2015 *December 10*

CRY Patron John Inverdale visited the CRY office on December 2 to record a special message of thanks for all the amazing work our supporters put into fundraising for screenings and organising the events. For our 20th anniversary as an organisation, we hoped to screen 20,000 young people for heart conditions in 2015 – to screen 23,384 is the most incredible achievement.

CRY Christmas Message *December 16*

CRY Founder Alison Cox MBE and Dr Steven Cox recorded a Christmas message to mark the end of CRY's 20th anniversary year. It was Alison's final message to our supporters as CRY Chief Executive, and was published across social media on December 16. We spoke in the video about how grateful we are to all of the supporters who have helped us achieve astonishing progress in 2015, and throughout the 20 years prior.

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BBC and ITV cover the Tonbridge Angels' fightback *January 9 and 11*

The first CRY screening event funded by the Football Fightback initiative in memory of Tonbridge Angels players Junior Dian and Jack Maddams attracted the attention of the BBC and ITV local news. Junior collapsed and died aged 24 during a trial for Tonbridge in July 2015, and his death sparked a call for action throughout non-League football in Kent and the south east.

Dr Steven Cox visited the Angels' Longmead Stadium that weekend alongside former footballer and CRY Patron Andy Scott and British Olympian Dame Kelly Holmes MBE, who grew up in the area. Dame Kelly spoke of her support for the screenings and had an ECG herself at the event.

CRY school screening on ITV Wales *January 23*

ITV News Wales reported on the first CRY screening in memory of Dean Mason to use the new equipment funded in his memory at his former school, Dyffryn Taf, in Whitland, Carmarthenshire. Dean was 26 when he died on holiday in June 2010, and his family have since raised over £110,000 for CRY. In 2015 the Masons funded a full mobile screening unit of three ECG machines, an echocardiogram and a van to transport them, in addition to having already funded screening for over 600 in south Wales with another weekend booked for next year.

CRY intu shop raises awareness in Uxbridge *February 15–21*

Shopping chain intu's Uxbridge centre nominated CRY to be one of their charity partners for 2016 and donated the use of an empty retail store for the week beginning Monday 15 February. Several of intu's centres had previously played host to indie-alternative band Miccoli for their "Hit the Malls" 2014/15 tour for CRY, but it was another musician we were associated with on this occasion. We offered clothing and apparel for sale donated by our fantastically supportive Patron Pixie Lott in order to raise awareness of young sudden cardiac death and our screening programme.

BBC Lifeline appeal *February 21 and 24*

We were delighted to be invited to raise awareness and funds through the BBC's Lifeline charity programme in February, a huge opportunity for exposure on BBC One and Two. Alongside the BBC production team, we developed a thread which connected the tragedy of young sudden cardiac death to the lives being saved through proactive screening. We are very grateful to the families of Matt Beadle and Adam Donnelly for giving us permission to tell their stories in the programme, and to myheart members Sian Donnelly and James Bailey for sharing the stories of their diagnosis and treatment.

Holding the nine-minute programme together was CRY Patron Pixie Lott, who knew Matt through her dance school where he was a teacher, and knew of Adam through her sister. Also speaking was CRY Consultant Cardiologist Professor Sanjay Sharma from the CRY centre at St George's Hospital, London, who lent the weight of his expertise to the necessity and viability of our national cardiac screening and research programmes. Thanks to the enthusiasm and hard work of everyone involved, our message directly raised over £10,000 through donations and reached over a million people.

BBC Inside Out West Midlands explores screening for young sudden cardiac death *February 29*

Dr Ranj Singh presented a feature on the BBC's Inside Out West Midlands programme considering the case for screening young people for cardiac conditions. Dr Singh interviewed Nicola Everill, mum of Jordan Burndred, who died suddenly aged 17 last year; Dr Bode Ensam, CRY Research Fellow; the British Heart Foundation (BHF); and Dr Steven Cox. The UK National Screening Committee (NSC) declined to be interviewed.

This film highlights the incredible strength of CRY families taking forward screening in their local communities. Nicola speaks passionately about the driving force of her bereavement at the screening funded and organised in her son's memory. However, the film also shows the weakness of the way the government and those groups who are against cardiac screening understand the debate. Dr Anne Mackie, NSC Director, questioned in a statement whether there was "an overall benefit" to cardiac screening.

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The BHF's Dr Mike Knapton acknowledged sudden cardiac deaths are devastating, but said tests aren't "sufficiently accurate".

Greig Laidlaw supports Bishopton screening *March 6*

Scotland Captain Greig Laidlaw, who plays club rugby for Gloucester, visited a screening in memory of Matthew Seymour, who died aged 21 at home after rugby training in October 2014. On March 5, CRY held a screening at St Columba's Senior School, Inverclyde, in Matthew's memory and then the following day Greig visited a screening in Bishopton, Renfrewshire. A total of 195 people were screened over the two days in Matthew's memory.

Simon Halliday runs the Bath Half Marathon *March 13*

CRY Patron Simon Halliday first ran the Bath Half Marathon in 2006 with a host of former rugby club players and internationals, raising over £100,000 for CRY in memory of Howard and Sebastian English – and 10 years later, with fellow runner Mark Jackson, he took part in the event for the last time, again to raise awareness and funds for CRY. After retiring from an international rugby career for Bath and England in 1992 due to injury, Simon had an operation on his ankle which made long-distance running a painful challenge – but possible. Tragically, Simon's final Bath Half Marathon was motivated by the death of another friend, and the first sponsor of his 2006 event, James Graham.

Wedlake Bell donate Premier League promotion *April 9*

As part of London legal firm Wedlake Bell's ongoing support for their charity of the year, CRY was donated a great awareness platform at Selhurst Park for the Premier League fixture Crystal Palace FC vs Norwich City FC. CRY's message that at least 12 young people die suddenly every week in the UK and our screening services at www.testmyheart.org were advertised on the big screen for a near-capacity crowd of 24,960.

Dr Malhotra discusses cardiomyopathy on BBC World News *April 12*

News broke on the morning of April 12 that 26-year-old James Taylor, an England international cricketer just beginning to establish himself in the side, had been forced to retire following a diagnosis of arrhythmogenic right ventricular cardiomyopathy (ARVC). CRY Research Fellow Dr Aneil Malhotra was invited to discuss the condition and its consequences for sportsmen that evening on BBC World News Today with presenter Karin Giannone.

Interview with Sky Sports News about James Taylor *April 14*

In an interview filmed for Sky Sports News at CRY's office in the aftermath of the forced retirement of cricketer James Taylor, Dr Steven Cox spoke about the increasing prevalence of mandated or strong screening recommendations for cardiac conditions at the highest levels of sport, but again stressed our message that this doesn't always filter down to grassroots sport where there are so many more sudden deaths.

Kent Sports News speaks to Rio Ferdinand at Why Not Run *April 17*

Former England Captain Rio Ferdinand again showed his support at the Why Not Run event hosted by Farringtons School in memory of Ben Daniels. "I think CRY is a fantastic cause and raising awareness is key, and events like this do that." He made an excellent point in the interview, stating that successful charity sport events like Why Not Run do a great job of exposing young people to the importance of screening through their participation.

The BMJ criticises Italian screening proponents *April 20*

The cardiac screening debate as presented in the April 20 issue of British medical journal The BMJ provoked a backlash on social media criticising the paper. One of the most eminent sports cardiologists, Professor Domenico Corrado, was criticised by Belgian researchers for not sharing his data with academics outside Italy: "An Italian researcher who led the only group that has shown that screening young people reduces sudden cardiac death has refused to share the group's data with other researchers and England's health secretary." CRY published a response to the article, highlighting major concerns about the quality of the Belgian paper and the way in which the Italian researchers were represented.

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Anniversaries Grief booklet sent to families *May 3*

CRY launched a new booklet in May for families to help them through anniversaries following the sudden death of a family member or friend. Anniversaries following a young sudden cardiac death, compiled by CRY Founder Alison Cox MBE, features 17 short chapters from men and women talking through their personal experience of having to find ways of coping with painful dates and memories throughout the year. In May we sent the booklet to over 2,000 individuals and families who have received our support, and we have since sent out hundreds more upon request.

Surrey Young Superstars Awards *May 8*

Dr Steven Cox was invited to speak in Guildford at the Surrey Young Superstars Awards, which had chosen CRY to be their young persons' charity to raise awareness for in 2016. The event was held at Guildford Harbour Hotel and was also attended by Richard Whittington, High Sheriff of Surrey; Councillor Melanie Odell, Mayor of Haslemere; Sally Marks, Chairman of Surrey County Council; along with the young award-winners, nominees and their families. It was fantastic to be given the opportunity to deliver CRY's message to a local, enthusiastic audience – but it was also incredibly inspiring to hear the stories of active volunteers and fundraisers, aged 8 to 19, who were so committed to making a difference in their community.

CRY research on causes of sudden death makes impact *May 10*

CRY Research Fellow Dr Gherardo Finocchiaro had a paper entitled "Etiology of Sudden Death in Sports" published in the Journal of the American College of Cardiology. The study looked into the reasons for sudden cardiac death (SCD) in young athletes as ascertained by the CRY Centre for Cardiac Pathology (CRY CCP).

In commentary, Editor-in-Chief Dr Valentin Fuster described the research as "the best I have seen thus far [on the causes of SCD in athletes], since it is portrayed by the Cardiac Risk in the Young Centre...", before discussing the implications of the research in detail. This was high praise from the head of a prominent medical journal, and an indication of the international regard for the quality of both CRY's cardiology research and cardiac pathology investigations under Professor Mary Sheppard. The American College of Cardiology interviewed CRY Consultant Cardiologist Professor Sanjay Sharma about the paper at their annual meeting in Chicago, USA.

Ruth Lowe honoured as Point of Light *May 17*

CRY National Representative Ruth Lowe was honoured as a Point of Light. The scheme to recognise extraordinary volunteers began in 1990 in the USA, and in 2014 the UK Cabinet Office announced that then-Prime Minister David Cameron would be recognising British volunteers in the same way.

Cameron said: "Through her role as National Representative for CRY, Ruth has changed lives across the North West. Having so sadly lost her own son, Andrew, Ruth has shown incredible determination in trying to prevent such a tragedy happening to others. She has already raised a fantastic amount of money, allowing thousands of young people to be screened for heart problems, and she continues to provide invaluable emotional support through her community group. I'm delighted to recognise Ruth as the UK's 530th Point of Light."

Professor Sanjay Sharma runs Vitality London 10,000 *May 29*

CRY Consultant Cardiologist Professor Sanjay Sharma welcomes many of the UK's top athletes to his clinic in London, and in May the doctor himself laced up his running shoes to take on the Vitality London 10,000 – as one of 15 running for CRY.

CRY Update magazine and newsletter

8,623 people receive the CRY Update magazine.

**CARDIAC RISK IN THE YOUNG
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2016**

SOCIAL MEDIA

CRY continues to expand its online activity with Facebook, Twitter and Instagram. Further work expanding these networks and integrating them into our existing social media activity should see an increase in these numbers. CRY continues to use SproutSocial, a social media software that enables CRY access to in-depth analytics and the ability to track the success of their messages.

CRY on Twitter

Over the year CRY had 2,171 new followers on the main Twitter account @CRY_UK, making a total of 12,291 followers as of May 2016. Tweets have covered a variety of topics, including promoting upcoming screening days; highlighting research publications as they go to press; announcing new Patrons; thanking supporters and promoting CRY fundraising events and launching new videos. http://twitter.com/CRY_UK

myheart on Twitter

In 2015 a new Twitter account for CRY's myheart support network was launched. In its first year it gained 146 followers. Tweets have covered subjects such as information on support meetings, news about the members attending events/ sharing their stories. Condition advise. The account also aided in the launch of the new myheart website in March 2016.

CRY on Facebook

Over the year there were 4,843 new 'likes' on the CRY Facebook page, making a total of 19,310 'likes' as of May 2016. Posts on Facebook allow CRY to give more detail about upcoming screening days, research publications and CRY fundraising events. www.facebook.com/CardiacRiskintheYoung CRY has also been using Facebook advertising to reach out to new audiences to raise awareness and engage new supporters. A total of £3554.82 was spent on adverts and sponsored posts, these adverts and posts reached 2,164,511 people via Facebook.

myheart on Facebook

CRY's support network myheart continued to grow on Facebook, with increased scheduling of posts to engage new members and with the relaunch of the myheart website this year has the best results for audience engagement and growth. 69 new 'likes' for the page brought the total to 636 'likes'.

CRY on Instagram

Over the year 889 people have started to follow CRY on Instagram, the total of followers is now 1,558. The account was setup to show the 'positives' of CRY's work and add more engagement with our fundraisers. Using the hashtag #cardiacriskintheyoung we have created a feed of pictures onto the homepage of the CRY website, showing what our supporters are up to with fundraising, raising awareness and more recently screenings. The CRY account shares images from CRY and supporter events with an aim to raise awareness and thank our supporters. Thanking our supporters is crucial to keep them engaged with CRY and engage with our younger supporters. There are over 2,000 images posted this year with #cardiacriskintheyoung (these are a mixture of supporter and CRY posted images) <https://instagram.com/cardiacriskintheyoung/>

CRY's YouTube Channel

CRY has continue to expand its library of videos to raise awareness of young sudden cardiac death; support those living with conditions; and offer a catalogue of talks from the CRY conference. There were 48725 new views on the range of videos. Most notable about this years changed to the video library we the increased number of myheart videos produced, these were used in the content of the new website as well as the myheart social media channels.

CRY Websites

Total number of visitors to the main CRY website was 270,889 visitors. This is a decrease of 0.42%. The number of new visitors to the website increased by 2.81%.

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FOR THE YEAR ENDED 31 MAY 2016**

The myheart website (www.myheart.org.uk) was relaunched in February 2016. Since the relaunch the visitors to the website have increased by 64%. The website has had new functionality added to it as well, there is now a secure private area for members only, they are able to share blog posts, openly chat and send questions in for the myheart consultant cardiologist to answer.

Data for CRY's www.sads.org.uk website. The total number of visitors was 232,371 a decrease of 30.14% on last year's visitors. The website had a slight redesign at the end of 2015 due to a hosting problem. Some data on visitors was lost during this period. The bounce rate of the website has improved by 34.4%, less visitors are leaving the website straight away.

Data for CRY's www.testmyheart.org.uk. The total number of visitors was 62,962, an increase of 24%. There has been a shift in acquisitions changing from predominately direct and social media to direct and organic search results.

CRY in the media

There were 937 articles on CRY published in print media, with 30 articles in the national newspapers and 61 in magazines.

MONTH	Total articles	Notable national/magazine articles
June 2015	69	
July 2015	96	<ul style="list-style-type: none"> • <i>Essentials</i> "My Daughter Died WITHOUT WARNING" (Sarah Booth) 01.07.15 • <i>The Times</i> "Why do good men still die young?" (Miles Frost) 22.07.15 • <i>The Sunday Times</i> "I still expect him to burst in and say, 'Only joking, Mum'" (Death of Max Lowry) 26.07.15
August 2015	58	<ul style="list-style-type: none"> • <i>The Independent</i> "'Danny just wanted me to sing for him. Everywhere!" (Death of Danny Jones) 29.08.15 • <i>The Mail on Sunday</i> "Doctors call for every sporty child to have a heart test" (CRY ESC Congress research) 30.08.15
September 2015	59	<ul style="list-style-type: none"> • <i>Yours</i> "Heart screening can save lives" (Neil Ward screening) 29.09.15 • <i>The Daily Telegraph</i> "Adjusting to life with a 'robot heart'" (Nicole Mowbray diagnosis/ICD) 28.09.15
October 2015	96	<ul style="list-style-type: none"> • <i>The Practitioner</i> "Playing it safe: exercise and cardiovascular health" (Harshil Dhutia CRY research/exercise and screening) 01.10.15 • <i>The Mail on Sunday</i> "'Jenny & Adam are still part of me, even though they are no longer with me'" (Death of Jenny and Adam Lambert) 25.10.15
November 2015	72	<ul style="list-style-type: none"> • <i>The Daily Telegraph</i> "Why did my fit, young son die of a heart attack?" (Death of Josh Fell) 23.11.15
December 2015	83	
January 2016	51	<ul style="list-style-type: none"> • <i>Cycling Weekly</i> "The benefits of a pre-season MOT" (Pre-participation screening) 07.01.16
February 2016	80	<ul style="list-style-type: none"> • <i>Daily Mail</i> "David Frost's son and hidden heart defects that kill without warning" (Miles Frost/death of James Phillips) 02.02.16

**CARDIAC RISK IN THE YOUNG
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2016**

March 2016	81	<ul style="list-style-type: none"> • <i>Weekly News</i> "I couldn't believe that my friend just dropped dead" (Pixie Lott on Matt Beadle/Lifeline) 05.03.16 • <i>The Mail on Sunday (Scotland)</i> "Skipper Greig is chilled out now thanks to cool guy Finn" (Matthew Seymour screening) 13.03.16
April 2016	95	<ul style="list-style-type: none"> • <i>i (The paper for today)</i> "Why there is life after cricket for James Taylor" (James Taylor/Lucy Challis diagnosis) 14.04.16 • <i>The Times</i> "Tragedy that saved more like Taylor" (James Taylor/death of Tom Hardman) 14.04.16 • <i>The Mail on Sunday</i> "Heart disease in the young is tragic...but rare" (James Taylor/ARVC) 17.04.16 • <i>The Sunday Telegraph</i> "Haggett takes heart with a new lease of life" (Calum Haggett diagnosis) 17.04.16 • <i>The Cricket Paper</i> "Calls for more screening after Taylor diagnosis" (James Taylor/screening) 22.04.16 • <i>BMJ (British Medical Journal) GP Edition</i> "Screening young people to prevent sudden cardiac death: benefits and harms" (Screening criticism) 23.04.16
May 2016	97	

Fundraising Standards Board requirements

As members of the Fundraising Standards Board (FRSB), CRY is committed to having a complaints procedure in place; providing an annual return to the FRSB and recording the number of fundraising complaints received on our Annual Report and Accounts.

During the period of this annual report, we received 2 fundraising complaints. They both related to the same CRY family and their approach to fundraising, particularly when support was not forthcoming. We wrote to the family concerned and the complaints were responded to promptly with no further communication from the complainants. They were given the opportunity to refer to the FRSB if they were unhappy with our response.

**CARDIAC RISK IN THE YOUNG
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2016**

STRATEGIC REPORT

FINANCIAL REVIEW

During the year the funds receivable by the charity increased from £3.14 million to £3.55 million. The resources expended increased from £2.7 million to £3.52 million.

Reserves policy

The trustees have established the level of reserves that the charity ought to have. Unrestricted funds are needed to:

- cover support and management costs;
- provide funds which can be designated to specific projects to enable these projects to be undertaken at short notice;
- achieve a liquid reserve to provide cover for further capital expenditure.

The trustees consider it prudent that unrestricted reserves should be sufficient to cover 6 months Support and Management Costs. The trustees have set the required level of free reserves for the above matters at £350,000. The level of free reserves at 31st May 2016 was around £300,000.

The level of reserves is monitored and reviewed by the trustees throughout the year.

Investment Policy

The trustees have considered the most appropriate investment policy for funds, and have decided that interest bearing accounts with clearing banks effectively meet their requirements to generate income and meet operational contingencies.

RISK MANAGEMENT

The trustees have a risk management strategy, which comprises:

- A review of the risks the charity may face which is conducted at each board meeting;
- the establishment of systems and procedures to mitigate those risks identified;
- the implementation of procedures designed to minimise any potential impact on the charity should those risks materialise.

The major risks are considered to be those that would prevent CRY from carrying out its charitable objects permanently. The trustees have identified the following as possible risks that the charity faces: impact of economic climate; failure to govern effectively; major fraud or financial mismanagement. Each of these risks is regularly reviewed by the Audit Committee and reported back to the main board.

ACHIEVEMENTS AND PERFORMANCE

Our achievements and performance are discussed in detail on pages 5 to 22 of this report.

GOING CONCERN

The trustees have reviewed the budget for the next 12 months and consider the charity has adequate resources to continue for the foreseeable future.

RELATED PARTIES

None of the trustees received remuneration or other benefits for their work for the charity. Any transactions between the charity and the trustees or senior management or related parties must be disclosed to the board. In the current year no such related party transactions were reported.

**CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2016**

PLANS FOR THE FUTURE

1. To continue funding the CRY Centre for Cardiac Pathology at St George's Hospital:
 - raise awareness of the importance of pathology in the role of young sudden cardiac death
 - continue development as the leading service in this field
 - continue funding coroner referrals to expert cardiac pathologist, Dr Mary Sheppard.
2. To continue funding the research fellows, the specialist physiologist and the maintenance of the machinery that is used at CRY Centre for Sports Cardiology at St George's Hospital and maintaining the current service, where a fast-track cardiac screening service is available to elite athletes.
3. To develop CRY's programme of cardiac screening and research:
 - continue the provision and development of the most proficient screening service to elite athletes in the UK
 - enable people in local communities who enjoy sport - many of whom aspire to be elite athletes - to access the very same level of expertise that we offer to athletes representing our country
 - continue the expansion of the infrastructure for our ECG screening service
4. To expand the number of research fellowship grants, which will enable CRY to:
 - increase the number of screening events CRY can hold
 - increase number of referrals that can be managed at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology
 - increase CRY's contribution to research in the area of young sudden cardiac death, through
 - published abstracts and posters
 - published articles in peer reviewed journals
 - presentations at international conferences
5. To develop CRY's counselling support programme through:
 - training programmes for bereavement supporters
 - support services we offer to families after both a bereavement and a diagnosis
 - developing a library of books and online resources to support families after a tragedy
6. To raise awareness of cardiac risk in the young:
 - CRY will continue to make people aware of cardiac risk in the young and what can be done to prevent a tragedy
 - CRY will continue to drive forward and expand the impact of our Raising Awareness Week. Through an improved representative structure and increased volunteer base this event will continue to generate awareness of these conditions in local communities throughout the country

**CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MAY 2016**

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also directors of Cardiac Risk in the Young for the purposes of company law) are responsible for preparing the Trustees' Report (including the Strategic Report) 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 the 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 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 UK 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 charitable company 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 charitable company and 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 auditor is 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 auditor is aware of that information.

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

Auditors

A resolution will be proposed at the Annual General Meeting that Helmores UK LLP be re-appointed as auditors to the charity for the ensuing year.

By order of the Board

Hugh Mulcahey



Trustee

16 November 2016

**CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE**

INDEPENDENT AUDITORS' TO THE MEMBERS OF CARDIAC RISK IN THE YOUNG

We have audited the financial statements of Cardiac Risk in the Young for the year ended 31 May 2016 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and the related notes. 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, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland").

This report is made solely to the 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 company's members those matters we are required to state to them in an auditor's 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page 25, 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.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Trustees' Annual Report including the Strategic Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2016 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.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Annual Report including the Strategic Report for the financial year for which the financial statements are prepared is consistent with the financial statements.

**CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE**

INDEPENDENT AUDITORS' TO THE MEMBERS OF CARDIAC RISK IN THE YOUNG

Matters on which we are required to report by exception

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.

Helmores UK LLP

Nigel Hough (Senior Statutory Auditor)
for and on behalf of Helmores UK LLP
Chartered Accountants and Statutory Auditors
13 – 15 Carteret Street
Westminster
London
SW1H 9DJ

16 November 2016

CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE

STATEMENT OF FINANCIAL ACTIVITIES
(including Income and Expenditure Account)
FOR THE YEAR ENDED 31 MAY 2016

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £	Total Funds 2015 £
INCOMING RESOURCES					
Donations and Legacies	2	1,863,925	1,280,766	3,144,691	2,841,769
Other Trading Activities		19,298	-	19,298	22,495
Investment Income		28,667	-	28,667	25,503
Screening		349,983	-	349,983	250,213
Other income		3,666	-	3,666	268
TOTAL INCOMING RESOURCES		2,265,539	1,280,766	3,546,305	3,140,248
RESOURCES EXPENDED					
Raising Funds		471,074	-	471,074	440,412
Charitable Activities					
Screening		596,974	664,347	1,261,321	807,405
Family support		247,574	-	247,574	234,140
Research Grants	3	724,522	161,474	885,996	538,402
Awareness & PR		561,215	-	561,215	603,131
		2,130,285	825,821	2,956,106	2,183,078
Other Expenditure	4	90,317	-	90,317	84,424
TOTAL RESOURCES EXPENDED	4	2,691,676	825,821	3,517,497	2,707,914
Net Incoming / (Outgoing) Resources		(426,137)	454,945	28,808	432,334
Transfers between funds	13	131,995	(131,995)	-	-
Net Movement in Funds for the Year		(294,142)	322,950	28,808	432,334
Total Funds brought forward at 1 June 2015		1,433,760	2,205,579	3,639,339	3,207,005
Total funds carried forward at 31 May 2016		1,139,618	2,528,529	3,668,147	3,639,339

There are no recognised gains or losses other than disclosed above. All results derive from continuing operations.


CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE

BALANCE SHEET AT 31 MAY 2016
Company Registration Number: 3052985

	Note	2016 £	2016 £	2015 £	2015 £
Fixed assets					
Tangible assets	6		836,723		775,414
Current assets					
Other debtors		129,106		70,530	
Cash at bank and in hand	7	<u>4,019,911</u>		<u>4,074,796</u>	
		4,149,017		4,145,326	
Creditors: Amounts falling due within one year	8	<u>1,317,593</u>		<u>1,281,401</u>	
Net current assets			<u>2,831,424</u>		<u>2,863,925</u>
Total assets less current liabilities			3,668,147		3,639,339
Net assets	10		<u><u>3,668,147</u></u>		<u><u>3,639,339</u></u>
The funds of the charity:					
Unrestricted funds:	11		1,139,618		1,433,760
Restricted funds	13		2,528,529		2,205,579
Total Charity Funds			<u><u>3,668,147</u></u>		<u><u>3,639,339</u></u>

The financial statements on pages 28 to 40 were approved by the Board of Trustees on 16 November 2016 and signed on its behalf by :

H Mulcahey  , - Trustee

T Mason  - Trustee

CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE

CASHFLOW STATEMENT
FOR THE YEAR ENDED 31 MAY 2016

		2016	2015
	Notes	£	£
Net cash provided by operating activities	1	<u>68,316</u>	<u>481,202</u>
Cash flows from investing activities:			
Dividends, interest and rents from investments		20,796	28,061
Purchase of property, plant and equipment		(143,997)	(77,054)
Net cash used in investing activities		<u>(123,201)</u>	<u>(48,993)</u>
Change in cash and cash equivalents in the reporting period		(54,885)	432,209
Cash and cash equivalents at the beginning of the reporting period		4,074,796	3,642,587
Cash and cash equivalents at the end of the reporting period	2	<u>4,019,911</u>	<u>4,074,796</u>
1. Reconciliation of net incoming resources to net cash inflow from operating activities			
		2016	2015
		£	£
Net incoming resources for reporting period		28,807	432,334
Depreciation charges		82,687	79,807
Movement in debtors		(79,371)	(20,452)
Movement in creditors		36,193	(10,487)
Net Cash provided by operating activities		<u>68,316</u>	<u>481,202</u>
2. Analysis of cash and cash equivalents			
		2016	2015
		£	£
Cash at Bank		4,019,911	4,074,796
		<u>4,019,911</u>	<u>4,074,796</u>

CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2016

1 Accounting policies

- 1.1 The financial statements have been prepared in accordance with 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Cardiac Risk in the Young meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

1.2 Reconciliation with previous General Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS102 and the Charities SORP FRS 102 the restatement of comparative items was required.

At the date of transition in applying the requirement to recognise liabilities arising from employee benefits, a liability was recognised for short-term compensated absence arising from employee entitlement of the charity to paid annual leave. The initial liability recognised at the date of transition was for the holiday entitlement carried forward and for the entitlement arising in the year which was due but not taken. The initial liability was for £8,179. No other restatements were required. In accordance with the requirements FRS 102 a reconciliation of opening balances is provided.

Reconciliation of Funds and Balances	1st June 2014 £	31th May 2015 £
Fund balances as previously stated	3,215,184	3,647,518
Short-term compensated absences	(8,179)	(8,179)
Fund balance as restated	<u>3,207,005</u>	<u>3,639,339</u>

- 1.3 Screening fees income are accounted for on a receivable basis.
- 1.4 Donations are accounted for on a receivable basis as soon as they are capable of accurate financial measurement and includes any taxation recoverable under Gift Aid. Gifts in kind are included in the Statement of Financial Activities at their gross value to the charity.
- 1.5 Donated services and facilities
Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated items have been met, the receipt of economic benefit from the use by the charity of the items probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.
Donations of equipment are included within the appropriate expenditure at cost .
- 1.6 Legacies receivable are included in the Statement of Financial Activities as soon as they are capable of accurate financial measurement.
- 1.7 Rentals payable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term. Further information on operating leases can be found in note 14.

CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2016

1 Accounting policies - continued

- 1.8 Depreciation is calculated to write off the cost of tangible fixed assets on a straight line basis over the expected useful lives of the assets concerned. The principal annual rates used are:

Leasehold Property	2%
Equipment	25%
Motor vehicles	25%

It is the charity's policy not to capitalise fixed assets costing below £500.

1.9 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Fundraising

Costs incurred in financing fundraising activities including allocated staff costs and support costs.

Screening

These include all costs associated with the screening of individuals including the salary cost of time spent by employees, travel, subsistence and depreciation of related fixed assets.

Family Support

Costs incurred in undertaking Family Support including allocated staff costs and support costs.

Awareness and PR

This includes all costs for the purpose of promoting the charity's activities and increasing awareness in the public.

Research

The costs include research fellows, research assistants, donated equipment and related research expenses.

Governance

Includes staff time and expenses for time spent in connection with trustees meetings, plus the cost of audit and professional fees. Salary costs are charged in accordance with time spent.

Support costs

Costs incurred directly in support of expenditure on the objects of the charity and include functions such as Human Resources and Information Technology. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource.

Stationery and brochures

Costs incurred in respect of stationery and brochures are written off as incurred.

Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

CARDIAC RISK IN THE YOUNG
A COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2016

1 Accounting policies - continued

Pensions

In line with recent changes in pension legislation CRY has enrolled eligible employees into an auto-enrolment pension scheme. The basic contributions for the scheme are 1.0% of pensionable earnings by CRY and 0.8% by the employees. Pension costs are charged to the Statement of Financial Activities as incurred.

1.10 Funds held by the charity are either:

Unrestricted funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds - these are funds which have been designated by the trustees for research projects.

Restricted funds - these are funds that can only be used for particular restricted purposes within the charity's objects.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

1.11 Transition to FRS102

The opening fund balances at the date of transition have been restated (see note 1.2) due to a liability for holiday pay but no subsequent restatement of items has been required in making the transition to FRS 102. The transition date was 1 June 2014.

1.12 Going Concern

After producing a budget for 12 months from the date of signing the accounts, the trustees have reasonable expectations that the charity has adequate resources to continue acting as a going concern and has thus adopted this basis in preparing the accounts.

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2 Donations and Legacies

	2016	2015
	£	£
Donations		
Gifts	3,064,320	2,735,464
Legacies	-	37,955
Trusts	67,212	56,550
Sponsorship	13,159	11,800
	<u>3,144,691</u>	<u>2,841,769</u>

3 Research

	2016	2015
	£	£
Research costs		
Medical Research - Professor Sharma - St George's, University of London	697,655	405,608
Cardiac Pathology and Coroners' Referral Research	92,454	132,794
Medical Research - Dr Behr - St George's, University of London	12,473	-
Medical Research - Dr Papadakis - St George's, University of London	70,000	-
Medical Research - University of Liverpool and St Bartholomew's London	13,414	-
	<u>885,996</u>	<u>538,402</u>
See note 9		

4 Total resources expended

	Direct Staff Costs £	Other Direct Costs £	Support & Management Costs £	Total 2016 £	Total 2015 £
Screening	674,558	435,436	151,327	1,261,321	807,405
Family Support	135,755	25,460	86,359	247,574	234,140
Awareness & PR	186,074	193,583	181,558	561,215	603,131
Governance	9,584	-	80,733	90,317	84,424
Research	-	885,996	-	885,996	538,402
Fundraising	223,361	144,612	103,101	471,074	440,412
	<u>1,229,332</u>	<u>1,685,087</u>	<u>603,078</u>	<u>3,517,497</u>	<u>2,707,914</u>

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4 Total resources expended - continued	2016	2015
	£	£
Support and Management Costs		
Staff Costs (not included in direct staff costs above)	224,643	224,528
Rent & Rates	23,231	22,441
Heat, Light & Power	11,453	4,774
Motor Expenses	9,248	8,666
Travelling	9,841	10,457
Printing, Stationery and Telephone	45,740	37,224
Postage and carriage	37,305	31,005
Computer Expenses	45,723	21,448
Professional Fees	26,831	21,520
Auditors Remuneration	22,565	23,068
Insurance	29,851	22,633
Maintenance	23,107	21,867
Bad Debts	3,360	3,286
General Expenses	4,631	2,495
Bank charges	2,862	3,070
Depreciation	82,687	79,806
	<u>603,078</u>	<u>538,288</u>

Support Costs allocated to activities	Screening	Family support	Awareness & PR	Fundraising	Governance	Total 2016	Total 2015
	£	£	£	£	£	£	£
Premises	6,822	1,410	17,555	5,082	3,815	34,684	27,215
General Office	102,485	16,539	139,159	61,717	43,784	363,684	346,017
Management	14,964	10,016	11,976	17,577	6,763	61,296	9,268
Finance	15,032	50,903	9,432	11,302	23,320	109,989	136,890
Information Technology	2,851	2,965	1,776	2,128	1,569	11,289	6,484
Human Resources	9,173	4,526	1,660	5,295	1,482	22,136	12,414
Total	<u>151,327</u>	<u>86,359</u>	<u>181,558</u>	<u>103,101</u>	<u>80,733</u>	<u>603,078</u>	<u>538,288</u>

Costs were allocated on the basis of staff time other than premises and general office costs which were allocated on a usage basis.

5 Staff costs and number of employees

	2016	2015
	£	£
Wages and salaries	1,282,015	996,703
Social security costs	98,983	79,091
Pension costs	36,430	51,049
Other staff costs	36,547	64,841
	<u>1,453,975</u>	<u>1,191,684</u>
Direct Staff Costs	1,229,332	967,156
Support Staff Costs	224,643	224,528
	<u>1,453,975</u>	<u>1,191,684</u>

No employees received a salary in excess of £60,000 in the year to 31 May 2016.

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5 Staff costs and number of employees - continued

The charity trustees were not paid or received any other benefits from employment with CRY in the year (2015:£nil) neither were they reimbursed expenses during the year (2015:£nil). No charity trustee received payment for professional or other services supplied to the charity (2015:£nil)

The key management personnel of the charity, comprise the CRY Founder, the Chief Executive Officer, the Operations Director and the Director of Screening and Research. The total employee benefits of the key management personnel of the charity were £215,854 (2015:£208,909).

The average monthly number of employees during the year was:

	2016	2015
Management and administration	10	7
Charitable work	80	57
Total	<u>90</u>	<u>64</u>
The above includes the following part time staff	48	34

Net incoming resources before transfers

This is stated after charging:	2016 £	2015 £
Depreciation	82,687	79,807
Auditors' remuneration		
For audit services	9,950	9,950
For other services	12,615	13,118
Operating Lease : land and buildings	-	13,800

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6 Tangible fixed assets

	Long Leasehold Property £	Equipment £	Vehicles £	Total £
Cost				
At 1 June 2015	673,891	552,601	61,688	1,288,180
Additions	4,310	113,477	26,210	143,997
Disposals	-	-	-	-
At 31 May 2016	<u>678,201</u>	<u>666,078</u>	<u>87,898</u>	<u>1,432,177</u>
Depreciation				
At 1 June 2015	26,872	439,438	46,457	512,767
Charge for the year	13,567	61,311	7,809	82,687
Depreciation on disposal	-	-	-	-
At 31 May 2016	<u>40,439</u>	<u>500,749</u>	<u>54,266</u>	<u>595,454</u>
Net Book Value				
At 31 May 2016	<u>637,762</u>	<u>165,329</u>	<u>33,632</u>	<u>836,723</u>
At 31 May 2015	<u>647,019</u>	<u>113,163</u>	<u>15,232</u>	<u>775,414</u>

All fixed assets are used for charitable purposes.

7 Cash at bank and in hand

	2016 £	2015 £
Deposit account	4,005,927	4,063,606
Current account	11,678	10,617
Cash in hand	2,306	573
	<u>4,019,911</u>	<u>4,074,796</u>

8 Creditors: Amounts falling due within one year

	2016 £	2015 £
Other Creditors	139,695	204,686
Taxation and Social Security	36,802	29,599
Accruals and deferred income	177,849	237,176
Research (Note 9)	963,247	809,940
	<u>1,317,593</u>	<u>1,281,401</u>

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9 Research

	2016	2015
	£	£
Provision at 1 June 2015	809,940	932,200
Recognised in statement of financial activities (Note 3)	885,996	538,402
Grant payments in the year	(732,689)	(660,662)
Provision at 31 May 2016	<u>963,247</u>	<u>809,940</u>

Grant commitment at 31 May 2016

Institution	Activity	Type	Number of grants	Total
St George's University of London	Research under Professor Sharma	Fellows	8	483,332
St George's University of London	Research under Professor Sharma	Nurse	1	50,000
St George's University of London	Research under Professor Sharma	Cardiac Physiologists	2	100,000
St George's University of London	Research under Dr Behr	Fellows	2	164,915
St George's University of London	Research under Professor Sharma	Administrator	1	30,000
St George's University of London	Research under Professor Sharma	Overhead	1	65,000
St George's University of London	Research under Dr Papadakis	Cardiologist	1	70,000
Total Grants				<u>963,247</u>

See note 12 in respect of further information on these projects

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10 Analysis of net assets between funds

	Tangible assets £	Net current assets £	Total £
Unrestricted funds	836,723	302,895	1,139,618
Restricted funds	-	2,528,529	2,528,529
	<u>836,723</u>	<u>2,831,424</u>	<u>3,668,147</u>

11 Unrestricted Funds

	Balance at 1 June 2015 £	Incoming Funds £	Outgoing Funds £	Transfers £	Balance at 31 May 2016 £
Unrestricted funds	1,433,760	2,265,539	(2,691,676)	131,995	1,139,618
	<u>1,433,760</u>	<u>2,265,539</u>	<u>(2,691,676)</u>	<u>131,995</u>	<u>1,139,618</u>

12 Research Costs

Cardiac Pathology Research

After a death, fast track expert pathology is crucial. CRY has designated significant funds to support essential research and fund the expertise required to conduct these investigations at The CRY Centre for Cardiac Pathology (CRYCCP) which is based at St George's, University of London, Tooting, London:

Coroners' Referral

CRY are also funding coroners' referrals to The CRY Centre for Cardiac Pathology for young people (aged 35 or under) where the cause of death in the initial pathology is "unascertained". Coroners sometimes do not have the funds or know how to access a service where they can refer complex cases to an expert pathologist. This means that many deaths are simply recorded as unascertained or, incorrectly, such as epilepsy, asthma or drowning. This will allow coroners to refer cases directly and receive a full report of the actual cause of death.

St Georges, University of London

CRY funded ten full time research fellows. Two fellows are jointly supervised by Professor Sharma and Dr Behr. Dr Behr's fellows are undertaking research into Sudden Arrhythmic Death Syndrome. Eight of the full time research fellows are supervised by Professor Sharma. CRY is also funding a cardiologist to support and further expand its collaborative research programme with St Georges. The fellows under the supervision of Professor Sharma will focus on the data obtained in CRY's screening programme as well as take forward projects relating to Young Sudden Cardiac Death, inherited cardiovascular conditions and sports cardiology. Research Fellowship funding is essential for CRY's screening programme. A research fellow is now present at every screening to ensure that all abnormal ECG findings are evaluated immediately with follow-up ECHO (ultrasound of the heart). The cost of the follow-up is included within the basic cost of the ECG. CRY is also funding a full time echo cardiographer to conduct echos at screening events and echos and exercise tests within the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology. The research fellows and echo cardiographer support Professor Sharma, to provide a service to families where the average wait for an appointment (once referred by the GP) is 4-6 weeks. If there is anxiety about symptoms or after a bereavement a fast track service is essential. CRY believes it is not acceptable to wait months to see a specialist.

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13 Restricted Funds

	Balance at 1 June 2015	Incoming Funds	Outgoing Funds	Transfer to Unrestricted Funds	Balance at 31 May 2016
	£	£	£	£	£
Restricted					
Memorial Funds	2,151,122	1,224,240	(816,060)	(111,995)	2,447,307
Jeans 4 Genes	8,988	-	(8,988)	-	-
The Sobell Foundation	699	-	(699)	-	-
British Heart Foundation	74	-	(74)	-	-
Cardiff City Football Club	25,000	-	-	-	25,000
Rhonda Mayoral	14,696	-	-	-	14,696
Gwyneth Forester Trust	5,000	-	-	-	5,000
Bailey Will Trust	-	16,526	-	-	16,526
Beefy's Charity Foundation	-	40,000	-	(20,000)	20,000
	<u>2,205,579</u>	<u>1,280,766</u>	<u>(825,821)</u>	<u>(131,995)</u>	<u>2,528,529</u>

Restricted funds include 211 active funds (2015 :180) which have been set up to fund primarily screening events, but also provide funds for research fellows, raising awareness and for the purchase of ECG machines and a screening van.

£131,995 was transferred to unrestricted reserves during the year in respect of the purchase of Cardiac Equipment and a van, which were financed by memorial funds.

The Cardiff City Football Club and the Rhonda Mayoral Fund were set up to provide funding for screening in South Wales.

The Bailey's Will Trust fund was set up to purchase ECG machines, a BP monitor and provide funding for screening.

Beefy's Charity Foundation was set up to fund the purchase of ECG machines and an Echo machine.

14 Future financial commitments

Operating leases

At 31 May 2016 the charity had annual commitments under operating leases as set out below:

	2016		2015	
	Land and buildings £	Equipment £	Land and buildings £	Equipment £
Amounts payable next year in respect of operating leases which expire:				
Within one year	-	-	13,800	-
Within two to five years	-	-	-	-
After five years	-	-	-	-

15 Contingent liability

The charity had no contingent liabilities at 31 May 2016.

16 Taxation

The charitable company is exempt from Corporation Tax on its charitable activities.