

**REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2018**



Financial statements for the year ended 31 May 2018

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Report of the Trustees

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Legal Structure and Governance

The Trustees present their annual report and audited financial statements of the company for the year ended 31 May 2018.

Reference and Administrative Details

Company Registration Number: 3052985

Registered Charity Number: 1050845

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

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

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

Auditors: BGM Helmores Ltd, Emperor's Gate, 114a Cromwell Road, Kensington, London, SW7 4AG

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

Trustees: Hugh Mulcahey (Chairman)

Dr Tim Bowker

Louise Brooker-Carey

Patrick Marnham (resigned 24th April 2018)

Tony Mason (resigned 29th November 2017)

Peadar O'Donnell

Dr Anthea Tilzey (resigned 18th September 2018)

Paul Quarterman (appointed 13th February 2018)

Rebecca Trewinnard (appointed 13th February 2018)

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.

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.

Audit Committee

The Audit Committee is comprised of Hugh Mulcahey (CRY Trustee), Peadar O'Donnell (CRY Trustee), Rebecca Trewinnard (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.

Related parties

Professor Sanjay Sharma, CRY's Consultant Cardiologist, who is based at University of London and St George's Hospital, oversees the CRY research programme plus the clinical aspects of the CRY cardiac screening programme. All services provided by Professor Sharma are on a voluntary basis.

Professor Mary Sheppard, CRY's Expert Cardiac Pathologist, who is based at University of London, oversees the CRY Centre for Cardiac Pathology. Professor Sheppard is part funded by the Pathology research grant to the CRY Centre for Cardiac Pathology.

Objectives and Activities

Objectives

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

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 cardiology 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 benefits 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.

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

Following a tragedy in a family where a young person has died suddenly, family members will require support. CRY offers both medical and emotional support.

CRY provides specialist cardiac information written by experts in the field, specifically for families or a non-medical community. Following a young sudden cardiac death, it is important that all first-degree relatives are screened. CRY can help with advising the family about seeing an expert in these conditions. CRY offers direct medical support via the specialist Centre for Cardiac Pathology and Centre for Inherited Cardiovascular Conditions at St George's.

Funding the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology

CRY supports clinics at St George's Hospital, London. At these clinics specialist screening is offered to the family after the sudden death of a family member. The family can all be seen together, with most tests completed on the same day to minimise the number of return visits. Expert cardiac screening is vital following the sudden death of a first-degree blood relative. 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.

Emotional Support

CRY has a select group of bereavement supporters - volunteers who have experienced a similar tragedy themselves and have been trained to help others cope with their traumatic experience. Our Bereavement Supporters have all completed the two-year British Association of Counselling (BAC) accredited Skills and Theory course so that they can support others through their loss. So many people have contacted CRY wondering if there are others who they could talk to who have suffered similar tragedies. CRY offers telephone bereavement support to anyone (aged 18 and over) who has lost a young person to a sudden cardiac death.

CRY has developed private Facebook groups specifically for bereaved mums, dads, partners, siblings and friends, as a place to connect with others who have experienced a similar tragedy, and to create a support network for one another.

CRY also offers other opportunities for bereaved families to come together including national bereavement support events, our annual Heart of London Bridges Walk and our annual Heart of Durham Walk.

CRY has produced a series of grief booklets designed to help families and friends feel less alone after the tragedy of

a young sudden cardiac death. Our series of grief booklets include; 'A Mother's Grief', 'A Partner's Grief', 'A Father's Grief', 'Sibling Grief', 'Coping with Christmas after a Young Sudden Cardiac Death', 'Coping with Anniversaries following a Young Sudden Cardiac Death' and 'A Friend's Grief'.

Supporting those diagnosed – myheart Network

CRY has a support network called *myheart* for young people who have been diagnosed with a potentially life threatening cardiac condition. The group was set up after feedback from young people who found that the existing support groups were not effective in helping them deal with issues such as having an ICD fitted or undergoing ablation surgery. The network was developed as a support system that increases effective coping and decreases social isolation for young people who have been diagnosed with a cardiac condition.

We hold two national *myheart* meetings a year where members are offered 'Question and Answer' sessions with specialist cardiologist, Dr Michael Papadakis, and the opportunity to share experiences with other young people who have been diagnosed with a cardiac condition. 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. There is also a private *myheart* network Facebook group which is exclusively for people who have been diagnosed with a cardiac condition.

Achievements and performance

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 shortly after the referral is 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 wherever possible (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 degree 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 and two clinical technicians.

Cardiac Screening

This financial year CRY had 334 screening days and screened 28,487 young people. CRY's mobile screening is fundamental in bringing specialist services to local communities. CRY holds screening events in local communities across the UK – from the Orkney Islands down to Cornwall, from the East coast of England to the West coast of Wales and across to Northern Ireland. Tens of thousands of young people are screened every year all around the UK thanks to the dedication of CRY's supporters who enable us to run a National Screening Programme.

ECG screening

ECG screening continues to be the most cost effective way of testing large numbers of young people. Echocardiogram tests are also conducted on the same day for those few people who may show abnormal or inconclusive ECG results.

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 Jonathan Hayman. This screening event was held at the Sidmouth College in Devon.
- The 22nd ECG screening event in memory of Lewis Marsh was held in Sandhurst.
- A further 10 days of screening were funded in Memory of Harry Dubois.
- Another 9 days of screening were funded in Memory of Aaron Dixon.
- 6 days of screening were funded in Memory of Ben Daniels.
- 6 days of screening were funded in Memory of Daniel Hughes.
- There were 4 days of screening held in Memory of Matthew Dewhirst.

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.

Repeated 1 day and 2 day screening events were funded in memory of Marcus Armstrong, Jack Boulton, Ian Bowen, Alex Brown, Jennifer Bucknell, Jordan Burndred, Nathan Butler, Tom Clabburn & Claire Prosser, Matthew Cragg, Rory Embling, Harry Faulkner, Josh Fell, Andrew Gard, Jordan Grant, Mark Hancock, Thomas Hardman, Matthew Hesmondhalgh, Laura Hillier, Charlie Ibrahim, Jonathan Leigh, Jamie Loncaster, Martyn Luckett, Andrew Macleod, Leon Ashley Manners, Oliver Marsden, Dean Mason, Peter McAvoy, Josh Merrick, Richard Merriman, Owen Morris, David Moss, Andrew Murch, James Nicholas, Andrew Parr, Christopher Martin Parr, Kevin Paterson, Andrew Patterson, James Patterson, Adam Pearmine, Sara Pilkington, Gary Pope, Robert Poysor, Claire Reed, Alex Reid, Thomas Reid, Debbie Rendle, Luke Rogers, Matthew Seymour, Gregg Shoults, Robert Daniel Smith, Shane Stanley, Gary Stewart, Dale Tennent-Butler, Jack Thomas, Isabelle Tudisca, Neil Ward, Lily Webster, Neil Wickers, Stevie Wiggins and Sam Wright.

There have been some new screenings this year in memory of Steven Graham Allseybrook, Neil Bradbury, Michael Clarke, Lynne Corden, Freya Rose Dalrymple, Annie Edwards, Anthony Fitzgerald, Ashley Goodwin, Ben Hammond, Kyle Hancock, Jonathan Hayman, Robert Heyes, Lucy Adena Jessop, Ceri Palmer née Howells, Taylor Panton, Christopher and Steven Phillips, Jonathan Picker, Darren Shahnavi, Sam Standerwick, Scott and Mike Thurlow, Richard Waight, George Watson, Emlyn Arthur Wibberley, Lee Wilson and Michael Yorston.

CRY's school screening continues to be an important factor in making these services readily available to young people. This year we screened: Eton College, Canford School, Bryanston School in Dorset, Millfield School in Somerset, Trent College in Long Eaton, Bedstone College in Shropshire, Wellington College, St Edmunds College in Ware, Kings School in Worcester and Kingston Grammar School in Surrey.

An increasing number of school and college screening events are being funded by CRY ringfenced Memorial Funds. Ravenswood School in Kent, Berkhamstead School in Hertfordshire, Templeton School in Pembrokeshire and Kingsmead School in Staffordshire were funded in memory of Ben Daniels, Harry Faulkner, Luke Rogers, and Neil Bradbury respectively.

Over the year there were 7 days of testing in Northern Ireland (4 in Dungannon, 2 in Randalstown and 1 day at the Marks & Spencer store in Lisburn).

Screening equipment

This year CRY bought a new ECHO Machine (Vivid E95) that will be used at CRY Centre at St George's Hospital.

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

The CRY Centre at St George's Hospital holds regular screening events, usually every 2 weeks. It is a unique regular service attended by young people from all over the country. These 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 3 screening days held at St George's Hospital that were funded by CRY, 13 screening days were funded in memory of Jack Thompson and donations to CRY from the BGC charity day, 2 screening days was held in Memory of Sara Pilkington, 1 screening day was held in Memory of Gary Pope, and 4 days were funded by donations received from The Leathersellers' Company Charitable Fund, Steel Charitable Trust, Stanley Grundy Foundation and Aubrey Orchard-Lisle Charitable Trust respectively.

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. Some sports have ECG and echocardiogram as standard. CRY continues to provide cardiac screening to the following governing bodies/organisations:

- English Institute of Sport (EIS) - 9 screenings for Olympic/Paralympic athletes and future potential Olympic/Paralympic athletes at the EIS regional centres held across the country. 8 of these were funded by CRY. The final one was the 1st of the EIS screenings to be funded by the Aaron Dixon Memorial Fund with their funding provided by the JD Foundation.
- Rugby Football Union – screening is performed for all of England rugby's players from the U16s squad through to the seniors and sevens teams. Some of these have their own private screening days whilst others are screened via their clubs within the Premiership as detailed below. The RFU women's seniors and U20s teams are also included.
- The Aviva Premiership Rugby Union has all its 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, Wasps, Leicester Tigers, Northampton Saints and Worcester Warriors. These screenings are for any contracted player (age 16 upwards). This pre-season also saw the introduction of screening for the U18s squads at each of these clubs as a new requirement.
- Championship Rugby Union clubs included Bristol and Yorkshire Carnegie.
- Welsh Rugby Union screening continued and included a screening with professional team, Scarlets.
- England and Wales Cricket Board (ECB) had 2 screening days for its senior men's team. They also had 2 screening days for their senior women's team and their women's academy team.
- A new screening protocol has been introduced via the ECB for all the County Cricket Clubs (CCC) to have ECG and echocardiogram leading to an increased number of counties using CRY to perform their screenings. These included counties that have used CRY for a number of years along with quite a few new ones: Kent CCC, Northants CCC, Middlesex CCC, Yorkshire CCC, Derbyshire CCC, Leicestershire CCC, Glamorgan CCC, Surrey CCC, Essex CCC and Somerset CCC.
- CRY has continued to provide screening for the women's KIA Super League cricket who were also required to have ECG and echocardiogram – these athletes either attend a screening at the above CCC's or one of CRY's general screenings across the country.
- The Lawn Tennis Association continued to have their athletes screened at its National Tennis Centre in Roehampton. They had a total of 4 screening days.
- The governing body for Rugby League (the RFL) has continued screening for its national and academy squads. It also continued the screening for the Championship clubs where it held 6 weekend screening clinics for these clubs to attend across the country.

- CRY has also continued to screen the super league clubs during pre-season including Leeds Rhinos, Huddersfield Giants, Salford Reds, Hull FC, Castleford Tigers, Wakefield Wildcats and Wigan Warriors.
- The Royal Ballet School continues to provide screening and this year CRY were invited to their younger school – White Lodge for dancers aged 14-18.
- CRY continues to provide screening support to SKY Pro Cycling for their UCI license. SKY have their testing done at the Manchester Institute of Health and Performance (MIHP), but CRY's Cardiologists review the results by remote reporting and providing the results to the team. This was a mixture of ECG and exercise tests or ECG and echocardiogram, with new signings having all 3 tests.
- Many football clubs require pre-season screening and CRY have provided this to Bolton Wanderers FC, Ipswich Town FC, AFC Wimbledon and Millwall FC. New additions included Coventry FC, Colchester United FC and Arsenal FC's youth Academy. These screenings are a mixture of ECG only or ECG and echocardiogram with some players being funded to have their screenings by the Football Association (FA).
- British Triathlon held a weekend of screening for their academy athletes. The screening was an option for them whilst on a training/selection weekend, but the majority opted to take this up. They are required to have a screening if they wish to compete abroad during the season.
- Many private sports screenings we perform have athletes that can't attend the day for one reason or another. In this scenario they are given the option to be booked into one of our general screenings across the country. During this time period there were approximately 250 athletes screened in this way.

Research

CRY Research Fellows

CRY Research Fellows are trained to have considerable expertise in the athlete's heart, cardiomyopathies, ion channel diseases and cardiac pathology - 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, the CRY Centre for Cardiac Pathology and with the field work conducted in CRY's screening programme. Each Fellow also pursues a specific area of research.

CRY has funded 9 full time Research Fellows during all or part of the year. Two of the fellows started under the supervision of Professor Sharma in 2014, Dr Keerthi Prakash and Dr Gherardo Finocchiaro. Three Research Fellows started their grants under the supervision of Professor Sharma in 2016. Dr Stathis Papatheodorou started in January and Dr Gemma Parry-Williams and Dr Joyee Basu started in October 2016.

Dr Bode Ensam started his fellowship grant with CRY and under the supervision of Dr Behr in September 2015.

Three new Research Fellows, Dr Lisa Leung, Dr Hamish MacLoughlin and Dr Bashar Ibrahim started their fellowship grants with CRY and under the supervision of Professor Sharma in October 2017.

CRY is also funding a cardiologist, Dr Michael Papadakis, to support and further expand its collaborative research programme with St George's.

CRY also funds a research nurse and two specialist physiologists, to support research and conduct ECGs, echocardiogram 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 is 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 and save the lives of young people.

The academic papers published in this financial year include:

- "Emergency Response Facilities Including Primary and Secondary Prevention Strategies Across 79 Professional Football Clubs in England." Malhotra A, Dhutia H, Gati S et al. *British Journal of Sports Medicine*, June 2017.
- "Left atrial function and phenotypes in asymmetric hypertrophic cardiomyopathy." Kobayashi Y, Wheeler M, Finocchiaro G et al. *Echocardiography*, June 2017.
- "Reply: Are T-Inversions in Chest Leads Always Benign?" Malhotra A, Dhutia H, Gati S et al. *Journal of the American College of Cardiology*, July 2017.
- "Sudden Unexplained Death in Alcohol Misuse (SUDAM) Patients Have Different Characteristics to Those Who Died From Sudden Arrhythmic Death Syndrome (SADS)." Sorkin T, Sheppard MN. *Forensic Science, Medicine, and Pathology*, July 2017.
- "Prevalence of Subclinical Coronary Artery Disease in Masters Endurance Athletes With a Low Atherosclerotic Risk Profile." Merghani A, Maestrini V, Rosmini S et al. *Circulation*, July 2017.
- "Inter-Rater Reliability and Downstream Financial Implications of Electrocardiography Screening in Young Athletes." Dhutia H, Malhotra A, Yeo TJ et al. *American Heart Association*, August 2017.
- "Impact of the International Recommendations for Electrocardiographic Interpretation on Cardiovascular Screening in Young Athletes." Dhutia H, Malhotra A, Finocchiaro G et al. *Journal of the American College of Cardiology*, August 2017.
- "Effect of Sex and Sporting Discipline on LV Adaptation to Exercise." Finocchiaro G, Dhutia H, D'Silva A et al. *Journal of the American College of Cardiology*, August 2017.
- "Clinical Characteristics and Circumstances of Sudden Cardiac Death in Hypertrophic Cardiomyopathy." Finocchiaro G, Papadakis M, Sharma S et al. *CardioPulse*, August 2017.
- "European Association of Preventive Cardiology (EAPC) and European Association of Cardiovascular Imaging (EACVI) Joint Position Statement: Recommendations for the Indication and Interpretation of Cardiovascular Imaging in the Evaluation of the Athlete's Heart." Pelliccia A, Caselli S, Sharma S et al. *European Heart Journal*, September 2017.
- "Cardiovascular Causes of Maternal Sudden Death. Sudden Arrhythmic Death Syndrome is Leading Cause in UK." Krexi D, Sheppard MN. *European Journal of Obstetrics, Gynecology, and Reproductive Biology*, October 2017.
- "Time out: Ethical Reflections on Medical Disqualification of Athletes in the Context of Mandated Pre-participation Cardiac Screening." Magavern EF, Finocchiaro G, Sharma S et al. *British Journal of Sports Medicine*, October 2017.

- “Value of Strain Imaging and Maximal Oxygen Consumption in Patients With Hypertrophic Cardiomyopathy.” Moneghetti KJ, Stolfo D, Christle JW et al. *The American Journal of Cardiology*, October 2017.
- “Management of Mature Athletes with Cardiovascular Conditions.” D’Silva A, Sharma S. *Heart*, October 2017.
- “Cardiac Structure and Function in Elite Native Hawaiian and Pacific Islander Rugby Football League Athletes: An Exploratory Study.” Johnson C, Forsythe L, Somauroo J et al. *The International Journal of Cardiovascular Imaging*, November 2017.
- “The Past, Present and Future Challenges in Epilepsy Related and Sudden Deaths and Biobanking.” Thom M, Boldrini M, Bundock E et al. *Neuropathology and Applied Neurobiology*, November 2017.
- “Unravelling the Mystery Behind Sudden Death in the Young: A Wake Up Call for Nationwide Autopsy-based Approach.” Finocchiaro G, Sharma S, Sheppard MN. *Europace*, December 2017.
- “Impact of Demographic Features, Lifestyle, and Comorbidities on the Clinical Expression of Hypertrophic Cardiomyopathy.” Finocchiaro G, Magavern EF, Sinagra G et al. *Journal of the American Heart Association*, December 2017.
- “The Authors Reply (on Effect of Sex and Sporting Discipline on LV Adaptation to Exercise).” Finocchiaro G, Dhutia H, D’Silva A et al. *Journal of the American College of Cardiology Cardiovascular Imaging*, December 2017.
- “Effects of International Electrocardiographic Interpretation Recommendations on African American Athletes.” Sharma S. *Journal of the American Medical Association Cardiology*, December 2017.
- “Guidelines for Autopsy Investigation of Sudden Cardiac Death: 2017 Update from the Association for European Cardiovascular Pathology.” Basso C, Aguilera B, Banner J et al. *Virchows Archiv European Journal of Pathology*, December 2017.
- “Response by Merghani et al to Letters Regarding Article, ‘Prevalence of Subclinical Coronary Artery Disease in Masters Endurance Athletes With a Low Atherosclerotic Risk Profile.’” Merghani A, Maestrini V, Rosmini S et al. *Circulation*, January 2018.
- “The Role of Cardiovascular Magnetic Resonance Imaging in the Assessment of Highly Trained Athletes.” Gati S, Sharma S, Pennell D. *Journal of American Cardiology*, February 2018.
- “The Diagnostic Yield of Brugada Syndrome After Sudden Death With Normal Autopsy.” Papadakis M, Papatheodorou E, Mellor G et al. *Journal of American Cardiology*, March 2018.
- “Obesity and sudden cardiac death in the young: Clinical and pathological insights from a large national registry.” Finocchiaro G, Papadakis M, Dhutia H et al. *European Journal of Preventive Cardiology*, March 2018.
- “Put out to pasture: What is our duty of care to the retiring professional footballer? Promoting the concept of the ‘exit health examination’ (EHE).” Carmody S, Jones C, Malhotra A et al. *British Journal of Sports Medicine*, March 2018.
- “A guideline update for the practice of echocardiography in the cardiac screening of sports participants: A joint policy statement from the British Society of Echocardiography and Cardiac Risk in the Young.” Oxborough D, Augustine D, Gati S et al. *Echo Research and Practice*, March 2018.
- Comment in “Cardiac Arrest During Competitive Sports.” D’Silva A, Papadakis M, Sharma S. *New England Journal of Medicine*, April 2018.
- “Common presentation of rare cardiac diseases: Arrhythmias.” Olivotto I, Finocchiaro G, Maurizi N et al. *International Journal of Cardiology*, April 2018.
- “Role of Doppler Diastolic Parameters in Differentiating Physiological Left Ventricular Hypertrophy from Hypertrophic

Cardiomyopathy.” Finocchiaro G, Dhutia H, D’Silva A et al. *Journal of the American Society of Echocardiography*, May 2018.

- “Diagnostic Yield of Genetic Testing in Young Athletes with T-wave Inversion.” Sheikh N, Papadakis M, Wilson M et al. *Circulation*, May 2018.
- “Diet and Nutrition after the PURE study.” Malhotra A, Sahdev N, Sharma S. *European Heart Journal*, May 2018.

Conferences

BCS Conference June 5-7 2017

The annual British Cardiovascular Society conference was hosted at the Manchester Central Convention Complex in 2017. Multiple CRY Research Fellows presented their research, including Dr Gherardo Finocchiaro (the impact of body size on cardiac structure for those at risk) and Dr Keerthi Prakash (the difference in exercise performance for those with Hypertrophic Cardiomyopathy based on ethnicity). Professor Sharma also gave a talk on the importance of exercise.

2017 CRY International Medical Conference October 12 2017

The latest annual CRY Conference was another successful event. The wide range of speakers in attendance featured experts such as Professor Mats Börjesson from Sweden, and CRY’s Consultant Cardiac Pathologist Professor Mary Sheppard. CRY was also well represented by present and former Research Fellows, including Dr Aneil Malhotra, Dr Gherardo Finocchiaro and Dr Harshil Dhutia. As always, it was fantastic to see so much CRY research presented.

CRY CEO’s presentation at the Cardiology British Sport Symposium March 23 2018

Dr Steven Cox attended the Cardiology British Sport Symposium at Wembley Stadium with CRY Research Fellows Dr Chris Miles, Dr Harshil Dhutia, and Dr Aneil Malhotra, CRY Cardiologist Dr Papadakis and CRY’s Consultant Cardiologist Professor Sharma. Dr Cox discussed the incidence of sudden cardiac death in young footballers, the screening of elite and grassroots level athletes, and the consistent growth of CRY’s annual screening totals.

EuroPrevent 2018 April 19-21

The 2018 EuroPrevent conference was held in Ljubljana, Slovenia. CRY is always grateful to be included in such events, as we have the opportunity to present our research to experts from all around the world. Excellent presentations were given by several CRY doctors, including Dr Papadakis, Dr Sabiha Gati and Professor Sharma. A highlight of the conference was Dr Chris Miles winning the Young Investigator of the Year award for his work studying ARVC in athletes (“Sudden death and competitive sport in arrhythmogenic cardiomyopathy: A post-mortem study of young athletes.”)

Core Fundraising Events

PLEASE NOTE: The figures detailed below are based on the total amount raised throughout the duration of each event. Due to the process of collecting sponsorship and donations, these final totals raised can often span more than one financial year and so do not reflect the figures that are presented in the audited accounts.

London 10,000 2017

On Monday 29th May 2017, 16 CRY runners (including 7 with their own place) took part in the London 10,000. The total raised for this event was £7,030. See the full write-up here - <https://www.c-r-y.org.uk/vitality-london-10000-2017/>.

CRY Heart of London Bridges Walk 2017

On Sunday 9th July 2017, 1,423 adults, children and dogs took part in the 11th annual CRY Heart of London Bridges Walk. The total raised for this event was £87,311.34. The walk once again started from Potters Fields Park, near Tower Bridge and ended at Hays Galleria near London Bridge. Most of the participants, were taking part in memory or support of a young person, although a number also took part to support CRY. London Bridge City, Chubb Insurance, Unum and ServiceMaster Clean supported the event - either by providing a complimentary venue or making donations towards the costs of the event, refreshments and snacks. Eat Natural and Hippeas donated refreshments for walkers. See the full write-up here - <https://www.c-r-y.org.uk/11th-annual-cry-heart-london-bridges-walk-2017/>.

RideLondon-Surrey 46 & 100 2017

On Sunday 30th July 2017, 46 CRY cyclists (including 20 with their own place) took part in the 100 mile event and 15 cyclists (including 2 with their own place) took part in the 46 mile event as part of the RideLondon-Surrey Festival. The total raised for this event was £40,379.00 from the 100 mile event and £10,881.18 from the 46 mile event. See the full write-up here - <https://www.c-r-y.org.uk/prudential-ridelondon-surrey-46-100-2017/>.

Highland Perthshire Sportive 2017

On Saturday 2nd September 2017, 5 CRY participants (including 2 with their own place) took part in the Highland Perthshire Sportive. CRY was chosen as one of five charities to benefit from the event and receive free places to offer to the charity's supporters. The total raised for this event was £2,750.

Great North Run 2017

On Sunday 10th September 2017, 62 CRY runners (including 34 with their own place) took part in the Great North Run. The total raised for this event was £24,340.56. See the full write-up here - <https://www.c-r-y.org.uk/simplyhealth-great-north-run-2017/>.

CRY Heart of Durham Walk 2017

On Saturday 7th October 2017, 234 participants took part in the 8th CRY walk in Durham. The total raised for this event was £9,161.92. The event, hosted by Durham Amateur Rowing Club, gave CRY supporters from the North East a chance to enjoy a picturesque walk and meet other CRY families. The walk again included the historic city centre and iconic sites such as Durham Cathedral and Castle, the River Wear and Durham Town Hall. Most of those taking part walked in memory or support of a young person.

Hippeas donated snacks, Northumbrian Water donated 360 bottles of water and Radflex donated chocolate bars for the walkers on the day. Durham Markets allowed us to have an awareness stand at the Outdoor Market on the day. Rothley Trust also donated funds to cover the cost of printing the Durham Walk leaflet. See the full write-up here - <https://www.c-r-y.org.uk/cry-heart-durham-walk-2017/>.

Royal Parks Half Marathon 2017

On Sunday 8th October 2017, 11 CRY runners (including 1 with their own place) took part in the Royal Parks Half Marathon. This half marathon was newly added to the list of events that CRY acquires places for following increased demand from supporters. The total raised for this event was £10,432.18. See the full write-up here - <https://www.c-r-y.org.uk/royal-parks-half-marathon-2/>.

CRY Great Cake Bake 2017

The 6th CRY Great Cake Bake took place on Friday 24th November 2017, as part of CRY's Raising Awareness Week. 120 people signed up for this year's event, which was supported by 12 celebrity chefs and their publishers, including James Martin and the Hairy Bikers, who kindly donated recipes which were published in this year's recipe booklet and Tetley and Yorkshire Tea who provided items for the packs. The event raised a record £31,076.80. See the full write-up here - <http://www.c-r-y.org.uk/cry-great-cake-bake-2017/>.

London Landmarks Half Marathon 2018

On Sunday 25th March 2018, 15 CRY runners (including 1 with their own place) took part in the inaugural London Landmarks Half Marathon. The event raised a total of £12,303. The route went past lots of hidden gems/landmarks in London and is a unique event due to its themed cheer stations. The success of the first year has led to CRY purchasing a larger number of places for 2019. See the full write-up here - <https://www.c-r-y.org.uk/london-landmarks-half-marathon-2018/>.

Brighton Marathon 2018

On Sunday 15th April 2018, 15 CRY runners (including 14 with their own place) took part in the Brighton Marathon. The event raised a total of £11,314.78. See the full write-up here - <https://www.c-r-y.org.uk/brighton-marathon-2018/>.

London Marathon 2018

On Sunday 22nd April 2018, 101 CRY runners (including 32 with their own place) took part in the London Marathon. The total raised for this event was £261,221.46. The vast majority of the CRY team had a personal connection to the charity, including CRY Patron Bill Neely (running for CRY for the 9th consecutive year). See the full write-up here - <https://www.c-r-y.org.uk/virgin-money-london-marathon-2018/>.

Trust Donations

In this financial year CRY received 67 donations from Charitable Trusts and Foundations totalling £288,361. In total £13,300 went towards Memorial Funds, £138,382 was ringfenced for certain projects/items, £136,679 went to core funding.

Grants that we have permission to acknowledge are £59,861 from the Charles Wolfson Charitable Trust, which was ringfenced for a research project/fellow, £18,521 from the Carval Foundation which went towards CRY's screening programme, £6,000 from the Geoff and Fiona Squire Foundation towards an ECG machine, £5,000 from the Stanley Grundy Foundation towards a Cardiac Screening Clinic at the CRY Centre, £2,000 from the Hospital Saturday Fund towards research, £1,000 from the Oliver Stanley Charitable Trust, £1,000 from the A & R Woolf Charitable Trust, £1,000 from the Oakdale Trust towards research, £1,000 from the Mackintosh Foundation, £1,000 from the Joyce Kathleen Stirrup Charitable Trust, £1,000 from the Borrowes Charitable Trust, £1,000 from the Doris Field Charitable Trust, which went towards the Adam Rowbottom Memorial Fund, £250 from the John Cowan Foundation and £100 from the Rest Harrow 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.

Family National Bereavement Support Day *September 2017*

24 bereaved family members from across the country, including mothers, fathers, grandparents, siblings and partners, registered to attend the National Family Bereavement Support Day held at the Macdonald Burlington Hotel, Birmingham. The groups were led by CRY Founder Alison Cox and Counsellors Andy Usher and Jayne Slack. Each group was assisted by one of CRY's Bereavement Supporters.

Family National Bereavement Support Day *28th April 2018*

16 bereaved family members from across the country registered to attend the National Bereavement Support Day held at the Macdonald Burlington Hotel, Birmingham. The groups were led by Counsellors Jayne Slack, Andy Usher and Sarah Willis (Sarah is also a CRY Bereavement Supporter). Each group was also assisted by one of CRY's Bereavement Supporters.

Telephone Bereavement Support

CRY has a network of 22 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 individual telephone support to other people following a tragedy.

In the period 1st June 2017 to 31st May 2018, CRY's Bereavement Supporters accepted 39 new referrals from bereaved families, offering each person support for up to six months.

Since January 2018 CRY has been holding another 2-year Counselling Skills and Theory Course to train eight more bereaved family members to become CRY Bereavement Supporters. This group includes bereaved mums, dads and partners.

Private Bereavement Support Facebook Groups

In August 2017 CRY launched new private Facebook groups specifically for bereaved mums, dads, siblings, partners and friends, as well as a group for all family and friends. The groups are private communities for people who are in touch with CRY to connect, share their feelings and experiences with others who have experienced the loss of a young person, and be part a network of support for one another. At the end of May 2018, there were the following number of people in each group;

Mums – 62, Dads – 11, Siblings – 34, Partners – 29, Friends – 9, Family & Friends – 31.

Support Literature

In November 2017 CRY published a new booklet, 'A Friend's Grief Following a Young Sudden Cardiac Death'. The booklet included 20 personal stories from young people who have lost a friend to a sudden cardiac death, and was created as a support resource for other young people who have tragically lost a friend. Over 400 booklets were sent out upon request within the first 2 weeks of publication.

Alongside this we launched a new campaign, #CRY4Friends. The campaign is to highlight the grief felt by young people when they experience the tragic loss of a friend. A website was created, www.cry4friends.org.uk, where any messages including #CRY4Friends posted on Facebook, Instagram and Twitter will appear. This initiative is to encourage young people to share their memories and talk openly about their feelings.

myheart Network meetings

The *myheart* network meetings are informal meetings for young people who have been diagnosed with life-threatening cardiac conditions. Members have the opportunity to spend time in a group, sharing experiences and asking questions informally of an expert consultant cardiologist.

National myheart meeting June 17

The national *myheart* meeting was held at Friends House, London, with 13 young people (aged 14 to 35) registered to attend. This was the first *myheart* meeting for 2 new members. CRY *myheart* cardiologist, Dr Michael Papadakis, offered the opportunity for those attending to informally discuss any medical queries.

National myheart meeting November 2017

17 members registered to attend the National *myheart* meeting, held at Friends' House, London. The introductory morning session was facilitated by CRY's specialist cardiac nurses, Amanda Potterton and Polly Castelo. In the afternoon a question and answer session was taken by CRY's *myheart* cardiologist, Dr Michael Papadakis, giving attendees the opportunity to ask any questions they had about living with a cardiac condition.

National myheart meeting March 2018

16 members registered to attend the first National *myheart* meeting in 2018, again held at Friends' House, London. The introductory morning session was facilitated by CRY's specialist cardiac nurse, Amanda Potterton. This was followed by a session specifically about ICDs, led by Sue Jones (Pacing and ICD Service Manager at St George's Hospital).

In the afternoon a question and answer session was taken by CRY's *myheart* cardiologist, Dr Michael Papadakis, again giving attendees the opportunity to ask any questions they had about living with a cardiac condition.

Private myheart Network Facebook Group

In February 2018 CRY launched a new private Facebook group for young people who have been diagnosed with a cardiac condition. The group is a private community for members of the *myheart* network to share their feelings and experiences with others who have suffered a cardiac arrest, inherited a cardiac condition, have a congenital condition or found out that they have a cardiac condition after a sudden cardiac death in the family and be part of a network of support for one another.

Raising Awareness

CRY's new website June

CRY launched a new version of its main website and immediately saw an uptick in visitors. Beyond a far more eye-catching design, it features improvements in all areas; it has far better mobile functionality (which is necessary for the majority of internet users now); it is easier to share content on social media; our 'Map View' page makes it easy for supporters to see exactly what events are coming up in their area; and our new server is more secure as well.

Professor Sharma speaks with BBC's More or Less June 12

Professor Sharma spoke on the BBC's More or Less radio show to provide some expertise on the topic of sudden cardiac death, focusing on the issue of higher rates of death among black athletes. Professor Sharma discussed data from the United States showing that "sudden cardiac arrest amongst black basketball players for sure is around threefold more common than in white counterparts." He went on to explain that the precise reasons why are not clear,

and that it's an important concern to research further as we continue to tackle sudden cardiac death.

CRY CEO's interview with Cycling Weekly June 18

Dr Steven Cox spoke to Cycling Weekly for an article on whether people should worry about pushing their heart too hard. Dr Cox was able to mention some key statistics, highlighting that research has shown a 90% reduction in young sudden cardiac deaths as a result of screening, and that the vast majority of conditions that CRY detects result in lifestyle modifications that do not stop people from participating in sport.

England Athletics raise more awareness for CRY July 25

England Athletics posted an article on their website to highlight the work that CRY is doing to raise awareness of young sudden cardiac death and screen young people. The article urged other young athletes to seek out screening, and provided a link to CRY's testmyheart website.

BBC 5 Live Drive interviews Connor Goldson, Professor Sharma and Paul Daniels July 27

BBC 5 Live Drive started the interview by talking to Connor Goldson, a football player for Brighton & Hove Albion, who discovered he had a swollen aorta at a routine health test. He said he never would have suspected having a heart condition.

Professor Sharma stressed the importance of grassroots screening, mentioning the success Italy have had in reducing sudden cardiac deaths by up to 89%. CRY Representative Paul Daniels also joined the conversation to discuss the importance of screening all young people and the need to raise awareness for those participating in sports at grassroots level.

CRY CEO's interview with Isla Bikes August 10

Dr Steven Cox spoke with Isla Bikes for an article on the importance of screening and exercise. The article also provided reassurance to young people that being diagnosed with a condition doesn't necessarily mean you can no longer participate in sport. For instance, a condition like Wolff-Parkinson-White syndrome can be cured with an operation.

Craig Siddall speaks to BBC Radio Sheffield August 25

Craig and Ann Siddall have been supporting CRY in memory of their daughter, Madeline, and Craig went on BBC Radio Sheffield to talk about some of their fundraising efforts. He mentioned Ann's upcoming participation in the 2017 Great North Run for CRY, and one of their scheduled screening days.

Chris Embling interview on BBC Radio Leeds September 2

Chris Embling lost his son, Rory, and spoke about the tragic experience and his efforts to support CRY. Chris talked about how he's backing CRY's screening programme, the 'shed pub' built in his garden in memory of Rory, and how vital screening is for all young people.

"Well, my message is clear," Chris said. "I know what it's like to be a bereaved father and so I'd also put the message out to parents: please, if you've got a grandchild or a child aged 14-35, don't go to sleep tonight without arranging a screening for them, because you're playing Russian roulette. There are lots and lots of ticking time bombs out there and we need to do as much as we can to push out awareness of what a silent killer this is."

Donna Faulkner interview on BBC Three Counties September 14

Donna Faulkner lost her son, Harry, when he was just 18 years old. He died while playing a match for his local squash club. Donna told the tragic story of what happened that day, and went on to say that, "It's so, so painful. But you have to get the message out there to young people that you have to get your heart screened".

Donna added that she had screened over 600 children in Berkhamsted School at the time, and concluded with the following: "If I can say to any mum or dad out there, if you have a child over 14, please, please get your children screened, athlete or non-athlete."

CRY CEO speaks to BBC Three Counties September 14

Dr Steven Cox also spoke with BBC Three Counties, covering everything from how the collapse of Fabrice Muamba increased awareness, to the NHS's approach to screening. Dr Cox also explained how some conditions can be dealt with after diagnosis, such as not taking certain drugs, prescribed medications, or simply avoiding a career in professional sport.

CRY CEO's interview on That's Surrey TV *September 20*

That's Surrey TV came to visit CRY's office to interview Dr Steven Cox on CRY's key principles, covering our focus on awareness, support, screening and research.

CRY CEO and Sophie Hirst on BBC Radio Sheffield *September 27*

Sophie Hirst began the interview, remembering how she was just six years old when she tragically lost her mum. Sophie also talked about her own experience of going through screening. An initial ECG 12 years ago showed no abnormalities, but a recent screening revealed she had long QT syndrome. Sophie then explained her treatment of beta blockers and the possibility of having a cardiac defibrillator if necessary.

Afterwards, Dr Steven Cox talked about false positives, how effective CRY's screening programme is in this regard to other programmes, and the value of awareness after the host mentioned an Eastenders storyline involving a character being diagnosed with Brugada syndrome.

Graham Hunter and Dr Cox on BBC Radio Solent *October 9*

Graham Hunter lost his daughter, Claire, and went on BBC Radio Solent to talk about Claire's story and what he's been doing to support CRY. He's been raising funds for CRY screenings, as well as trying to increase the distribution of defibrillators.

"What we're aiming and what we're lobbying for – both in parliament and we are also stakeholders on the National Screening Committee – is proactive screening for young people," Graham said in response to a question on national heart screening in schools. "At the moment, it is reactive. They will only screen bloodline relatives if a loved one dies. We want to see that change. We know screening saves lives."

After Graham had been on the show, Dr Cox continued the conversation about screening and how the tireless fundraising of CRY's supporters creates the free service.

Sue Dewhirst on BBC Radio Shropshire *October 9*

Sue Dewhirst tragically lost her son, Matthew, when he was only 17. She gave a powerful interview on BBC Radio Shropshire as she told her story, including the difficulties she faced with doctors.

"[Matthew] used to pass out when he was doing sport," Sue said. "Quite simple as that. When he was in a rugby scrum he'd get up and then all of a sudden he'd be on the floor. You know, he'd be doing a tackle, he'd be running up the field and suddenly he'd just fall over and he'd be out cold. And the first time it happened he was 8 and a half years old, he was playing football and he stopped breathing. I was just made to feel like I was a neurotic mother by the NHS."

In response to a question on what happened when she tried to get people to pay attention to her concerns, Sue said: "Nothing. It got put down. We saw specialists, it got put down to stress, to migraines. And then after we saw a cardiologist in Shropshire after his last episode they said it was dehydration. It was simply dehydration. And everybody kept saying, 'you've only got to look at him to know there's nothing wrong with his heart,' because he was 6'2", he looked like the proverbial 'he was fit and healthy', but he had an issue."

The #CRY4Friends campaign and 'A Friend's Grief' booklet *November 13*

One of CRY's biggest initiatives in 2017 was the launch of #CRY4Friends. The campaign was well supported on social media, with CRY Patron Pixie Lott posting on Facebook and Montana Brown (a speaker at the 2017 Parliamentary Reception) showing her support on Twitter.

Steve Bailey and Nathan Shaw speak to BBC Radio Stoke *November 26*

To continue pushing the #CRY4Friends campaign and the value it can bring to grieving friends, Steve Bailey and Nathan Shaw went on BBC Radio Stoke. They also contributed to CRY's 'A Friend's Grief' booklet.

"I suppose that's why the booklet was launched really, the CRY 'A Friend's Grief' booklet, so people that are going through a similar situation can relate to the booklet," Nathan said.

"There's also a hashtag, #CRY4Friends," Steve added. "Basically, the booklet is a lot of stories about other people that have gone through a similar situation and it just helps you to see that you're not alone, that these things are happening more and more to a lot of young people."

Frank Arentz's story featured on BBC News *December 4*

Frank Arentz's life changed when he was diagnosed with hypertrophic cardiomyopathy at a CRY screening. Previously an active sportsman, Frank can no longer play rugby, but he has come away from his diagnosis with a positive approach to pursue new passions instead. Now, he has shifted his focus to photography, music and coaching with his rugby team.

"We are incredibly grateful," Frank's mother, Hannah, said on the BBC segment. "That [screening] has meant that we're not a family who's suffered a tragedy. There are plenty of families out there like that, though... Screening has prevented [Frank] from doing something that would have killed him. He could have been the kid dead at the bottom of the rugby scrum." Frank also wrote a blog post of his story for CRY's *myheart* website.

Harry Steel's fundraising featured on ITV News *December 5*

Following the loss of his uncle, David White, to sudden cardiac death, and his dad, Steve, to cancer within an 11-month span, Harry Steel has completed countless fundraising activities. Harry's fundraising for CRY includes his participation in the CRY Great Cake Bake, as he sold cakes and provided CRY literature at his school.

"We're immensely proud," said Harry's head teacher, David Baldwin. "He is an inspiration not just to his friends, but to me and the other staff in terms of how you can cope in life and make real positives out of that and then think, 'what more can I do for other people?' He's been so giving of his time and his talents in order to help other people. It's a real inspiration for the whole school."

CRY CEO on BBC Radio Lancashire *January 8*

In a brief segment on BBC Radio Lancashire, Dr Steven Cox relayed CRY's key message about the importance of screening, noting that 80% of young sudden deaths occur with no symptoms. He encouraged those between 14 and 35 to go to www.testmyheart.org.uk to book a free screening.

Kenny and Maralyn Bowen interviewed on Radio Zetland *January 30*

Kenny and Maralyn Bowen have been valued supporters of CRY for many years after losing son, Ian, due to Wolff-Parkinson-White Syndrome in 1996. Kenny explained how he began writing to trusts to pursue large donations, while Maralyn talked about how much she was helped by Alison during the early stages of her grief. From there, Maralyn decided she wanted to give back to CRY, and signed up for the CRY counselling course and spoke to other bereaved mums for 10 years. Meanwhile, after writing over 3,000 letters to trusts, Kenny has raised over £545,000 for CRY.

Heather Reid on BBC Radio Sheffield *February 3*

Heather Reid went on BBC Radio Sheffield to talk about her Strictly Dancing for CRY event, organized in memory of her daughter, Alexandra. The event featured dancing from 10 couples and raised a phenomenal total of £23,685.88.

Dr Gemma Parry-Williams interview with BBC Radio Lancashire *February 3*

To explain the process of going to a CRY screening and why it's so essential, CRY Research Fellow Dr Gemma Parry-Williams spoke with BBC Radio Lancashire. Dr Parry-Williams gave a clear, step-by-step description of attending a screening and what happens if the ECG shows anything abnormal. She also advised young people to stay active.

Laurie Ketley interview on Bob Brolly's Irish Programme *March 4*

Laurie Ketley spoke about how the sudden loss of her sister, Alanna, at just 18 years old encouraged her to start supporting CRY and take part in a half marathon. Laurie also talked about the testing that she and her family went through, which diagnosed her with Brugada syndrome and resulted in her being fitted with an ICD.

"Cardiac Risk in the Young [is a] fantastic charity that helps not only people who have been affected by the loss of somebody they know or a loved one, or an illness themselves, it also helps regular people from the public," Laurie said. "What they do is carry out heart tests on regular people. They do it at schools, churches – anyone and everyone under the age of 35 [and over 14] are welcome to have a free screening and be screened for potentially lethal heart conditions.

"Not only that, they are a fantastic charity that have offered myself and my family counselling from both siblings and parents of people that have been in the exact same situations, which really helped us. They have also enabled us to have an autopsy on Alanna's heart which the government don't fund for, so we wouldn't have got a cause of death for Alanna had it not been for the charity CRY."

CRY CEO's interview with VICE *March 6*

Dr Steven Cox had an interview with VICE for an article on undiagnosed cardiac conditions in young people. He was able to highlight CRY's key messages and statistics regarding screening and the incidence of young sudden cardiac death, as well as some of the red flags that could mean you have a heart condition.

CRY screening total surpasses 150,000 *March 16*

CRY's screening programme reached the incredible milestone of 150,000 young people screened in March. The consistent efforts of CRY's staff and supporters keep making these major developments possible.

Kent Cricket announce CRY as their club charity for 2018 *March 27*

Kent Cricket, who have been working with CRY Representative Paul Daniels, announced CRY as their club charity for 2018. This partnership will raise awareness of young sudden cardiac death and fund screenings for young, grassroots level cricketers in Kent.

Kent Cricket CEO Ben Green said: "We are delighted to help CRY raise funds and awareness about the valuable work they do. Members of our men's squad have benefitted from routine heart screenings which revealed previously undetected conditions."

Paul Daniels interview on BBC Radio 5 Live *April 3*

BBC Radio 5 Live did a show on how men deal with grief, and spoke with CRY Representative Paul Daniels, who lost his son, Ben, when he was only 15 years old. Paul shared his experience and touched on the support he received from CRY:

"What I want to say is grief is no different whether you're a man or a woman, whether you're a mum or a dad. The grief is still there and it's how it manifests itself and how you're allowed to let it out and how people treat you as a consequence of whether you're a dad or a mum. My experience was that I wouldn't say that it was skewed towards my wife or myself; it was something that was a function of how I personally approached it. And how I personally approached it was where I did the typical dad thing, where I buried myself in the biggest project that I had in my life which was to bury my son, and then emerged from the other side wondering where my support network was in comparison to a mother..."

In response to a question on whether he felt like he was allowed to be upset, Paul said the following: "Yes, there were limitations. And I think, quite honestly, the limitations were partly a function of me, but they were also I think a function of a support network that I didn't know was there at the time and it took me a little while to find it and to actually understand that I could access it. Through Cardiac Risk in the Young I was able to find that, in addition to counselling that I had at the hospital where my son died as well."

CRY Founder's interview on BBC Radio Essex *April 6*

Alison Cox, Founder of CRY, phoned in to BBC Radio Essex to talk about CRY Patron Pixie Lott. Alison went over how Pixie first got involved with CRY and how Pixie's relationship with the charity grew again after the sudden death of her dance teacher, Matt.

Stoke City FC feature CRY's logo on their shirts *April 7*

CRY received a new, wide-reaching form of awareness thanks to Top Eleven using their 'Wear your Heart on your Sleeve' campaign to give us their sleeve sponsorship on Stoke City FC's shirts. CRY's logo was featured on Stoke's sleeves during a game against Tottenham Hotspur, making it the first time a sponsor has donated their sleeve spot to another organisation in the Premier League.

The families of Daniel Hughes and Jordan Burndred, who have been great supporters of CRY, attended the game and helped create more coverage of the event through the Daily Mail, BBC Midlands and ITV Central.

Nicola Burndred interviewed on 6 Towns Radio *May 15*

Nicola Burndred has been fundraising for CRY since the death of her son, Jordan, when he was 17. Nicola has raised over £75,000, and talked about CRY's work and how she has been able to turn a tragedy into motivation to fundraise and spread awareness. "My main reason I put this down to, though," Nicola said when talking about what's driving her, "is Jordan was put on this planet for a reason and this is the reason now. We've got to educate people and help people, you know, with all the strength I've got to get out there and spread awareness about CRY and keep Jord's legacy alive."

Campaigns

CRY's Parliamentary Reception *November 22*

In 2017, CRY held its 16th annual Parliamentary Reception. CRY Chairman Hugh Mulcahey, Kevan Jones MP and Professor Sanjay Sharma all spoke to begin the evening, followed by speeches from Montana Brown and Alison Cox MBE which focused on the #CRY4Friends campaign. Dr Cox concluded the talks with an effort to rally the support of MPs. He gave a powerful speech about the devastation caused by young sudden cardiac death every year and what needs to be done to prevent it. CRY Patron Andy Scott was also in attendance.

The Parliamentary Reception again gave the opportunity to highlight CRY's ongoing campaign for a national strategy for the prevention of young sudden cardiac death. By 31st May, 90 MPs had signed the Pledge to Save Young Lives. A full list of MPs who have supported the campaign can be found at www.c-r-y.org.uk/my-pledge.

In addition, the All Party Parliamentary Group on Cardiac Risk in the Young has cross-party support from 73 member MPs. The group was established to promote the issue of young sudden cardiac death to parliamentarians; to help to inform policy decisions and debate, and to enable communication between relevant parties and parliamentarians.

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 has also started creating infographics and short videos in-house using www.vyound.com to increase engagement and noticeability across social networks and raising awareness initiative.

CRY on Twitter

Over the year CRY had 1,793 new followers on the main Twitter account @CRY_UK (http://twitter.com/CRY_UK), making a total of 15,947 followers as of May 2018. 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.

myheart on Twitter

The relatively new Twitter account for CRY's myheart support network has gained 60 followers making a total of 300 followers. Tweets have covered subjects such as information on support meetings, news about the members attending events/ sharing their stories, conditions and advice. With the increase of videos filmed with Dr Michael Papadakis there has been an increase in engagement with myheart members.

CRY on Facebook

Over the year there were 3,688 new 'likes' on the CRY Facebook page (www.facebook.com/CardiacRiskintheYoung), making a total of 27,211 'likes' as of May 2018. Posts on Facebook allow CRY to give more detail about upcoming screening days, research publications and CRY fundraising events. CRY has also been using Facebook advertising to reach out to new audiences to raise awareness and engage new supporters. A total of £1,032.30 was spent on adverts and sponsored posts, these adverts and posts reached 277,986 people and a cost per 1,000 impression of £1.61. Video views on Facebook have improved with 133,791 minutes of video viewed.

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. 120 new 'likes' for the page brought the total to 848 'likes'.

CRY on Instagram

CRY gained 797 followers on Instagram (<https://instagram.com/cardiacriskintheyoung/>), the total number of followers is now 2,885. The account was set up 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 have been over 3,600 images posted this year with #cardiacrisktheyoung (these are a mixture of supporter and CRY posted images).

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 46,228 new views on the range of videos. There has also been an increase in subscribers of 170 bring the total to 1,171 subscribers.

myheart's YouTube Channel

CRY's *myheart* YouTube channel dedicated to support videos, has had a total of 2,100 views and over 4,100 of minutes of video watched.

CRY Websites

CRY launched 1 new website during November – **www.cry4friends.org.uk**.

Total number of visitors to the main CRY website was 291,134 visitors. This is an increase of 36.60%. The number of new visitors to the website increased by 47.85%.

Total number of visitors to the *myheart* website was 37,347 visitors. This is an increase of 29.21%. The number of new visitors to the website increased by 29.37%. The relatively new *myheart* website continues to go from strength to strength with users adding their own content and interacting with each other via the website.

Data for CRY's **www.sads.org.uk** website. The total number of visitors was 110,580 a decrease of 14.89% on last year's visitors.

Data for CRY's **www.testmyheart.org.uk**. The total number of visitors was 158,839, an increase of 35.58%. New visitors have increased by 22%. There has been a shift back to the website receiving visitors via social media.

During May 2018 the urls and websites for; **www.mumsgrief.org.uk**, **www.partnersgrief.org.uk**, **www.crydadsgrief.org.uk**, **www.crysiblinggrief.org.uk** we consolidated into the main CRY website. This provided an easier user experience for specific relationship support for users and reduced the security risk of having 4 separate websites.

All websites were moved from <http://> to <https://> to increase security and to optimise search engine results through Google.

CRY in the Media

There were 887 articles on CRY published in print media, with 19 articles in national newspapers and 58 in magazines.

Month	Total articles	National/magazine articles
June 2017	106	<ul style="list-style-type: none"> Multiple articles were published in national newspapers regarding comments made at the launch of 'Football Unites', which promoted a West Highland Way Walk and Ben Nevis Climb. The events raised money for CRY (and Teenage Cancer Trust) in memory of Phil O'Donnell. Papers included The Sun (Scotland), The Times (Scotland) and Daily Mail (Scotland).
July 2017	121	
August 2017	95	
September 2017	63	<ul style="list-style-type: none"> <i>i News</i>. 'Matthew was living with a ticking time bomb. One scan would have saved him' – an article on footballer Matthew Gadsby, who collapsed and died during a match between Hinckley United and Harrogate on 9 September 2006. 15/09/2017
October 2017	63	<ul style="list-style-type: none"> <i>The Sun (Scotland)</i>. 'Clubs plan to make it Phil's final' – an article on a tribute to former Celtic player Phil O'Donnell mentioned his family and friends supporting CRY. 30/10/2017
November 2017	76	<ul style="list-style-type: none"> <i>The Sun (Scotland)</i>. 'Phil's final' – Simon Donnelly was involved in a dinner in memory of Phil O'Donnell, with some of the proceeds going to CRY. 01/11/2017 <i>The Mail on Sunday</i>. 'Emma's death changed me and put trivial things in perspective' – Victoria Roberts and Jessica Spokes have both lost a friend and told their stories after the launch of CRY's #CRY4Friends campaign. 12/11/2017
December 2017	69	
January 2018	39	
February 2018	58	<ul style="list-style-type: none"> Multiple articles regarding Hibernian footballer Lewis Stevenson's £40,000 donation to CRY were published in national papers, including The Sun (Scotland) and the Daily Mail (Scotland).
March 2018	53	
April 2018	66	
May 2018	78	<ul style="list-style-type: none"> <i>Essex Life</i>. 'Pixie's Plan' – a profile on Pixie Lott included a mention of her work with CRY. 01/05/2018

Fundraising Regulator Requirements

As members of the Fundraising Regulator, CRY is committed to having a complaints procedure in place. Due to changes in the structure from the former FRSB to the new Fundraising Regulator, there hasn't been the requirement for an annual complaints return to be filed, but all complaints have been recorded

During the period of this annual report, we received 2 fundraising complaints. The issues raised were not deemed to have arisen from failures to adhere to CRY's procedures and following investigations, neither required any corrective actions to the charity procedures following the complaint. CRY responded to all complainants in writing with an explanation of CRY's procedures and, where appropriate, an opportunity to refer to the Fundraising Regulator if the complainant was unhappy with our response. There was no further comment.

Strategic Report

Financial Review

During the year the funds receivable by the charity increased from £3.36 million to £3.77 million. The resources expended increased from £2.89 million to £3.44 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 2018 was around £320,000. 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. The risks are regularly reviewed by the main board.

Achievements and Performance

Our achievements and performance are discussed in detail on pages 6 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.

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, Professor 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
 - o published abstracts and posters
 - o published articles in peer reviewed journals
 - o 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
7. To campaign to establish a national strategy for the prevention of young sudden cardiac death.

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 BGM Helmores Limited be re-appointed as auditors to the charity for the ensuing year.

By order of the Board

Trustee:

H. T. Mulcahy

Date:

14th November 2018.

Independent Auditors' Report

Opinion

We have audited the financial statements of Cardiac Risk in the Young for the year ended 31 May 2018 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2018 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matter prescribed by the Companies Act 2006

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

- the information given in the trustees' report, which includes the directors' report and the strategic report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the directors' report and the strategic report included within the trustees' report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report or the strategic report included within the trustees' report.

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.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 26, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

BGM Helmores Limited

Date: *14 November 2018*

Paul Davis FCA (Senior Statutory Auditor)
for and on behalf of BGM Helmores Limited
Chartered Accountants and Statutory Auditors
114a Cromwell Road
London, SW7 4AG

Statement of Financial Activities

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £	Total Funds 2017 £
Incoming resources					
Donations and Legacies	2	1,873,866	1,414,339	3,288,205	3,039,442
Other Trading Activities		19,282	-	19,282	17,318
Investment Income		24,194	-	24,194	28,424
Screening		439,017	-	439,017	278,925
TOTAL INCOMING RESOURCES		2,356,359	1,414,339	3,770,698	3,364,109
RESOURCES EXPENDED					
Raising Funds		466,358	-	466,358	474,760
Charitable Activities					
Screening		409,033	793,442	1,202,475	1,110,748
Family support		251,797	-	251,797	233,125
Research Grants	3	585,180	325,260	910,440	485,154
Awareness & PR		522,154	-	522,154	483,086
		1,768,164	1,118,702	2,886,866	2,312,113
Other Expenditure	4	85,603	-	85,603	104,475
TOTAL RESOURCES EXPENDED	4	2,320,125	1,118,702	3,438,827	2,891,348
Net Incoming / (Outgoing) Resources		36,234	295,637	331,871	472,761
Transfers between funds	14			-	-
Net Movement in Funds for the Year		36,234	295,637	331,871	472,761
Total Funds brought forward at 1 June 2017		1,045,629	3,095,279	4,140,908	3,668,147
Total funds carried forward at 31 May 2018		1,081,863	3,390,916	4,472,779	4,140,908

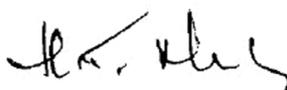
There are no recognised gains or losses other than disclosed above. All results derive from continuing operations.

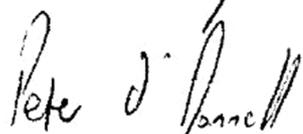
Balance Sheet at 31 May 2018

	Note	2018 £	2018 £	2017 £	2017 £
Fixed assets					
Tangible assets	6		762,040		794,192
Current assets					
Debtors	7	204,586		152,266	
Cash at bank and in hand	8	4,997,503		4,313,013	
		<u>5,202,089</u>		<u>4,465,279</u>	
Creditors: Amounts falling due within one year					
	9	<u>1,491,350</u>		<u>1,118,563</u>	
Net current assets			<u>3,710,739</u>		<u>3,346,716</u>
Total assets less current liabilities			4,472,779		4,140,908
Net assets			<u>4,472,779</u>		<u>4,140,908</u>
The funds of the charity:					
Unrestricted funds	12		1,081,863		1,045,629
Restricted funds	14		3,390,916		3,095,279
Total Charity Funds			<u>4,472,779</u>		<u>4,140,908</u>

For an explanation about CRY's ringfenced funds please see page 39.

The financial statements on pages 29 to 41 were approved by the Board of Trustees on 14/11/18 and signed on its behalf by:

H Mulcahey  - Trustee

P O'Donnell  - Trustee

Cash Flow Statement

	Note	2018 £	2017 £
Net cash provided by operating activities	1	<u>730,806</u>	<u>327,883</u>
Cash flows from investing activities:			
Interest from investments		23,169	29,477
Purchase of plant and equipment		(69,485)	(64,258)
Net cash used in investing activities		<u>(46,316)</u>	<u>(34,781)</u>
Change in cash and cash equivalents in the reporting period		684,490	293,102
Cash and cash equivalents at the beginning of the reporting period		4,313,013	4,019,911
Cash and cash equivalents at the end of the reporting period	2	<u>4,997,503</u>	<u>4,313,013</u>
1. Reconciliation of net incoming resources to net cash inflow from operating activities			
		2018 £	2017 £
Net incoming resources for reporting period		331,871	472,761
Depreciation charges		101,637	106,789
Movement in debtors		(75,489)	(52,637)
Movement in creditors		372,787	(199,030)
Net Cash provided by operating activities		<u>730,806</u>	<u>327,883</u>
2. Analysis of cash and cash equivalents			
		2018 £	2017 £
Cash at Bank		4,997,503	4,313,013
		<u>4,997,503</u>	<u>4,313,013</u>

1. Accounting policies

1.1 Basis of preparation

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. The financial statements are prepared in sterling, which is the functional currency of the charity.

Cardiac Risk in the Young ('CRY') 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 Turnover

Screening fees income are accounted for on a receivable basis.

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.

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.

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.

Legacies receivable are included in the Statement of Financial Activities as soon as they are capable of accurate financial measurement.

1.3 Tangible Fixed Assets

Tangible fixed Assets are initially measured at cost net of depreciation and impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis- assets held under finance leases are depreciated in the same way as owned assets:

Leasehold Property	2%
Equipment	25%
Motor vehicles	25%

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

The gains or loss arising on disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is credited or charged to profit or loss.

At each reporting period end date, CRY reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash - generating unit to which the asset belongs.

1. Accounting policies - continued

1.4 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.

1.5 Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts.

1.6 Financial Instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic Financial Assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

1. Accounting policies - continued

Classification of Financial Liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

Basic Financial liabilities

Basic financial liabilities, including creditors and other loans are classified as debt, and are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

1.7 Creditors and Provision

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.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

1.8 Employee Benefit

The costs of short-term employee benefits are recognised as a liability and an expense.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 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 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases. Assets held under finance leases are recognised as assets at the lower of the assets fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the balance sheet as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to the profit and loss account so as to produce a constant periodic rate of interest on the remaining balance of the liability. Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease except where another more systematic basis is more representative of the time pattern in which economic benefits from the lease asset are consumed.

1.11 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.

1.12 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.

2. Donations and Legacies

	2018 £	2017 £
Donations		
Gifts	3,137,513	2,954,246
Legacies	3,200	6,050
Trusts	136,929	67,836
Sponsorship	10,563	11,310
	<u>3,288,205</u>	<u>3,039,442</u>

3. Research

	2018 £	2017 £
Research costs		
Medical Research - Professor Sharma - St George's, University of London	703,037	214,120
Cardiac Pathology and Coroners' Referral Research	134,224	229,100
Medical Research - Dr Behr - St George's, University of London	(479)	14,151
Medical Research - Dr Papadakis - St George's, University of London	71,157	14,341
Medical Research - Liverpool John Moores	2,500	10,000
Medical Research - University of Liverpool and St Bartholomew's London	0	3,442
See note 10	<u>910,440</u>	<u>485,154</u>

Please see the trustees report page 25 for further information in respect of provisions for research grants.

4. Total resources expended

	Direct Staff Costs £	Other Direct Costs £	Support & Management Costs £	Total 2018 £	Total 2017 £
Screening	679,640	383,585	139,250	1,202,475	1,110,748
Family Support	115,021	29,894	106,882	251,797	233,125
Awareness & PR	167,459	185,019	169,676	522,154	483,086
Governance	5,766	-	79,837	85,603	104,475
Research	-	910,440	-	910,440	485,154
Fundraising	238,543	124,984	102,831	466,358	474,760
	<u>1,206,429</u>	<u>1,633,922</u>	<u>598,476</u>	<u>3,438,827</u>	<u>2,891,348</u>

4. Total resources expended - continued

	2018 £	2017 £
Support and Management Costs		
Staff Costs (not included in direct staff costs above)	274,662	261,558
Rent & Rates	8,326	8,635
Heat, Light & Power	7,813	6,809
Motor Expenses	8,639	8,877
Travelling	4,640	10,245
Printing, Stationery and Telephone	30,024	32,005
Postage and carriage	36,337	32,597
Computer Expenses	37,151	30,078
Professional Fees	15,909	16,511
Auditors Remuneration	21,135	21,575
Insurance	36,318	24,768
Maintenance	14,233	19,098
Bad Debts	(4,500)	90
General Expenses	2,125	2,195
Bank charges	4,027	3,374
Depreciation	101,637	106,789
	<u>598,476</u>	<u>585,204</u>

Support Costs allocated to activities	Screening	Family support	Awareness & PR	Fundraising	Governance	Total 2018	Total 2017
	£	£	£	£	£	£	£
Premises	2,625	661	8,591	2,488	1,774	16,139	15,444
General Office	100,872	22,346	128,517	54,109	35,787	341,631	346,010
Management	10,188	20,311	14,700	16,069	12,754	74,022	77,081
Finance	17,170	52,189	7,752	13,097	23,839	114,047	118,803
Information Technology	461	2,621	2,584	3,726	4,443	13,835	5,111
Human Resources	7,934	8,754	7,532	13,342	1,240	38,802	22,755
Total	<u>139,250</u>	<u>106,882</u>	<u>169,676</u>	<u>102,831</u>	<u>79,837</u>	<u>598,476</u>	<u>585,204</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

	2018 £	2017 £
Wages and salaries	1,351,566	1,309,586
Social security costs	103,966	93,389
Pension costs	9,610	12,157
Other staff costs	15,949	18,401
	<u>1,481,091</u>	<u>1,433,533</u>
Direct Staff Costs	1,206,429	1,171,975
Support Staff Costs	274,662	261,558
	<u>1,481,091</u>	<u>1,433,533</u>

No employees received a salary in excess of £60,000 in the year to 31 May 2018.

The charity trustees were not paid or received any other benefits from employment with CRY in the year (2017:£nil) neither were they reimbursed expenses during the year (2017:£nil). No charity trustee received payment for professional or other services supplied to the charity (2017:£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 £183,636 (2017: £188,547).

Total employee benefits include: Salary, pension and healthcare.

The average monthly number of employees during the year was:

	2018	2017
Management and administration	10	10
Charitable work	72	71
Total	<u>82</u>	<u>81</u>
The above includes the following part time staff	<u>34</u>	<u>38</u>

Net incoming resources before transfers

This is stated after charging:	2018 £	2017 £
Depreciation	101,637	106,789
Auditors' remuneration		
For audit services	9,950	9,950
For other services	11,185	11,625

6. Tangible fixed assets

	Long Leasehold Property £	Equipment £	Vehicles £	Total £
Cost				
At 1 June 2017	678,201	730,336	87,898	1,496,435
Additions	-	69,485	-	69,485
Disposals	-	-	-	-
At 31 May 2018	678,201	799,821	87,898	1,565,920
Depreciation				
At 1 June 2017	54,185	582,161	65,897	702,243
Charge for the year	13,660	76,346	11,631	101,637
Depreciation on disposal	-	-	-	-
At 31 May 2018	67,845	658,507	77,528	803,880
Net Book Value				
At 31 May 2018	610,356	141,314	10,370	762,040
At 31 May 2017	624,016	148,175	22,001	794,192

All fixed assets are used for charitable purposes.

7. Debtors

	2018 £	2017 £
Trade Debtors	100,577	81,781
Prepayments	63,369	44,380
Accrued Income	40,640	26,105
	<u>204,586</u>	<u>152,266</u>

8. Cash at bank and in hand

	2018 £	2017 £
Deposit account	4,984,820	4,299,652
Current account	11,563	11,421
Cash in hand	1,120	1,940
	<u>4,997,503</u>	<u>4,313,013</u>

9. Creditors: Amounts falling due within one year

	2018 £	2017 £
Trade Creditors	288,783	49,191
Other Creditors	28,730	16,605
Taxation and Social Security	32,807	30,266
Accruals and deferred income	480,199	390,677
Research (Note 10)	660,831	631,824
	<u>1,491,350</u>	<u>1,118,563</u>

10. Research	2018 £	2017 £
Provision at 1 June 2017	631,824	963,247
Recognised in statement of financial activities (Note 3)	910,440	485,154
Grant payments in the year	(881,433)	(816,577)
Provision at 31 May 2018	660,831	631,824

Grant commitment at 31 May 2018

Institution	Activity	Type	Number of grants	Total
St George's University of London	Research under Professor Sharma	Fellows	8	509,998
St George's University of London	Research under Professor Sharma	Nurse	1	8,333
St George's University of London	Research under Professor Sharma	Cardiac Physiologists	2	16,667
St George's University of London	Research under Dr Behr	Fellows	2	25,000
St George's University of London	Research under Professor Sharma	Overhead	1	32,500
Cardiac Pathology and Coroners' Referral Research			2	68,333
Total Grants				660,831

See note 13 in respect of further information on these projects.

11. Analysis of net assets between funds

	Tangible assets £	Net current assets £	Total £
Unrestricted funds	762,040	319,823	1,081,863
Restricted funds	-	3,390,916	3,390,916
	762,040	3,710,739	4,472,779

An explanation of CRY's reserves and Ringfenced Funds

A significant proportion of CRY's reserve funds are "ringfenced" and have to be used for a specific project. The majority of these funds are raised by families, who have suffered a tragedy from young sudden cardiac death, to take forward a screening programme in their community in memory of their child, sibling or partner. Once the family has reached the appropriate sum CRY supports them in taking forward one or more screening events. £3.39 million is now ringfenced by CRY families specifically for screening and these funds will be spent during the next 3-4 years. CRY cannot use

these funds for other activities such as bereavement support, raising awareness and research. CRY encourages families to use the funds that are ringfenced, and funding their own screening programme in memory of their relative is important to many bereaved families. We do not want to stop this essential aspect of what we offer families who contact CRY seeking support.

12. Unrestricted Funds

	Balance at 1 June 2017 £	Incoming Funds £	Outgoing Funds £	Transfers £	Balance at 31 May 2018 £
Unrestricted funds	1,045,629	2,356,359	(2,320,125)	-	1,081,863
	<u>1,045,629</u>	<u>2,356,359</u>	<u>(2,320,125)</u>	<u>-</u>	<u>1,081,863</u>

13. 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 Hospital, University of London, Tooting, London. Expert cardiac pathology is essential to help understand the cause of death as well as inform which tests are required for the testing of first degree blood relatives.

Coroners' Referral

CRY is 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 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 service allows coroners to refer cases directly and receive a full report of the actual cause of death within 2 weeks.

St George's, University of London

CRY is funding 10 research fellowship grants. Two of these fellows are jointly supervised by Professor Sharma and Dr Behr. One of these fellows has a full fellowship grant, the other has part funding towards their full grant. 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 funding a cardiologist to support and further expand its collaborative research programme with St George's. The fellows under the supervision of Professor Sharma focus on the data obtained in CRY's screening programme and 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 present at every screening to ensure that all abnormal ECG findings are evaluated immediately with follow-up ECHO (ultrasound of the heart). CRY is also funding a cardiac nurse and two full time physiologists to work at the CRY Centre for Inherited Cardiovascular Conditions and Sports Cardiology. During the year CRY also supported a second cardiac nurse and an administrator. The research fellows, physiologists, nurse and administrator support Professor Sharma, to provide a specialist service for bereaved families after a tragedy, where all family members can be seen together and have all necessary tests conducted on the same day.

14. Restricted Funds

	Balance at 1 June 2017 £	Incoming Funds £	Outgoing Funds £	Transfer to Unrestricted Funds £	Balance at 31 May 2018 £
Memorial Funds	3,002,289	1,275,957	(1,002,341)	-	3,275,905
Cardiff City Football Club	25,000	-	-	-	25,000
Rhonda Mayoral	14,696	-	-	-	14,696
Gwyneth Forester Trust	5,000	-	(5,000)	-	-
Robert Luff Foundation	-	20,000	(20,000)	-	-
Stanley Grundy Foundation	-	5,000	(4,650)	-	350
S Heller Charity	-	1,000	(1,000)	-	-
The Vandervell Foundation	-	2,000	(2,000)	-	-
Oakdale Trust	-	1,000	(1,000)	-	-
Chapman Charity Trust	-	2,000	(2,000)	-	-
HSF Donation	-	2,000	(2,000)	-	-
Aubrey Orchard-Lisle Charitable Trust	-	5,000	(4,500)	-	500
The Mackintosh Foundation	-	1,000	(1,000)	-	-
The Lawson Trust	-	5,000	(4,350)	-	650
The Geoff and Fiona Squire Foundation	-	6,000	-	-	6,000
Carval Foundation	-	18,521	-	-	18,521
Charles Wolfson Fund	38,294	59,861	(59,861)	-	38,294
The Shanly Foundation	-	5,000	-	-	5,000
Steel Charitable Trust	5,000	-	(4,650)	-	350
The Leathersellers' Company Charitable Fund	5,000	5,000	(4,350)	-	5,650
	3,095,279	1,414,339	(1,118,702)	-	3,390,916

Restricted funds include 254 active funds (2017: 243) which have been set up to fund primarily screening events, but also provide funds for research fellows, raising awareness and the purchase of ECG machines and a screening van.

The Cardiff City Football Club and the Rhonda Mayoral Fund donations were restricted to provide funding for screening in South Wales; Gwyneth Forester Trust donation was restricted to fund cardiac screening; Robert Luff Foundation donation was restricted to finance research costs; Stanley Grundy Foundation donation was restricted to fund cardiac screening; S Heller Charity donation was restricted to finance research costs; The Vandervell Foundation donation was restricted to finance research costs; Oakdale Trust donation was restricted to finance research costs; Chapman Charity Trust donation was restricted to finance research costs; HSF Donation fund was restricted to finance research costs; Aubrey Orchard-Lisle donation was restricted to fund cardiac screening; The Mackintosh Foundation donations were restricted to finance research costs; The Lawson Trust donations were restricted to fund cardiac screening; The Geoff and Fiona Squire Foundation donation was restricted to fund the purchase ECG machine for screenings; Carval Foundation donation was restricted to fund the purchase of reading barcode Scanner; The Charles Wolfson fund donation was restricted to finance research costs; The Steel Charitable Trust donation was restricted to fund cardiac screening; The Leathersellers' Company Charitable Fund donation was restricted to fund cardiac screening; The Shanly Foundation donation was restricted to fund cardiac screening.

15. Contingent liability

The charity had no contingent liabilities at 31 May 2018.

16. Taxation

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

