



Resuscitation Council (UK)

Annual report and financial statements

for the year ended 31 March 2018

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1168914



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Trustees' report

Introduction

Resuscitation Council (UK) is now entering the second year of its inaugural strategic plan, which sets our direction and priorities until April 2020. Our main aim is to save lives, by educating members of the public, medical, nursing, and ambulance practitioners and other healthcare workers, in all aspects of resuscitation.

Our strategic plan places a strong emphasis on community resuscitation, as this is where the greatest unmet need is in terms of reducing premature death from cardiac arrest, and it is where our expertise can help save many more lives.

Sudden Cardiac Arrest (SCA) is a major cause of death in all developed western countries. In Europe, around 1 in 1,000 of the population suffers a SCA each year. In the UK there are likely to be approximately 60,000 cases annually. In England, the ambulance service attempts resuscitation in approximately 30,000 cases per annum but at present, only a small proportion survive. Sudden cardiac arrest also occurs in hospitalised patients and although the chances of survival are greater than in out of hospital arrests, they have not improved significantly for many years. Sadly, there are also a number of patients who receive resuscitation inappropriately, either because it is against their wishes or is known to be futile.

Through the development of training courses for all healthcare professionals our aim is to improve the chance of survival of those people who have a SCA wherever they are whilst at the same time ensure that resuscitation is only attempted where appropriate. In addition, our guidelines for laypersons were used in collaboration with a number of organisations to train large numbers of public volunteers in the skills necessary to respond to an emergency and how to provide the life-saving skills of cardiopulmonary resuscitation (CPR).

Our unique selling point is our expertise, and our members and clinical experts are at the heart of what we do. They, together with our volunteer Instructors across the UK, are absolutely crucial to our ability to save lives through resuscitation and they constitute the bedrock on which we build our ambitions for the future.

Achievements and performance

Over the course of the last year, the charity trained in excess of 148,000 healthcare professionals including doctors, nurses, paramedics, and many other members of the professions allied to medicine. One of our key products iResus (a free app for healthcare professionals to access the latest resuscitation algorithms from guidelines) had over 60,000 downloads. We continue to evaluate our courses, developing these according to need and evidence base. We are working in partnership with other organisations to develop plans for extending the reach of our training to emergency services and non-medical professionals.



During this period, we have continued to invest in Lifesaver, an interactive application which has won a number of awards and has been extremely well-received over recent years. This included producing a new scenario with a focus on young people and AED use, as well as a virtual reality (VR) version of the same. Lifesaver VR was shortlisted for a British Academy of Film and Television Arts (BAFTA) award in 2017.



A key focal point for activity during the course of the last year was the fourth Restart a Heart Day (originally a European Resuscitation Council initiative). In 2017, the Resuscitation Council (UK) continued to lead a national collaborative of organisations aimed to delivering training to as many people as possible on or around Restart a Heart Day, 16 October, with an emphasis on young people. The 2017 Restart a Heart Campaign was very successful, with over 190,000 young people receiving CPR training. Social media provided by the Resuscitation Council (UK) had a combined total of reach and impressions of over 1 million people.





The Restart a Heart Day project is coordinated by a national steering group chaired by the Resuscitation Council (UK) with partnership representation from the British Heart Foundation, St John Ambulance, British Red Cross, Greater Manchester Fire Service, and Yorkshire Ambulance Service. Every UK Ambulance Service was involved, and each has committed to deliver training once again for 2018. Restart a Heart Project Manager, Jason Carlyon's, secondment from Yorkshire Ambulance Service for one day a week to project manage the event was renewed for 2018, and he has built strong links with Fire & Rescue as well as the first aid training sector. In June 2018, the Resuscitation Council (UK) won a Charity Award for Education for the Restart a Heart campaign, which we collected on behalf of the national steering group.

The weeks after Restart a Heart day saw a heightened interest in Lifesaver and the recently launched Lifesaver VR: in just three weeks, 19,004 people downloaded/played the games. Over the course of the 2017/18, there were over 190,500 hits on our Lifesaver website.

We have an annual research fund of £150,000 managed by the RC (UK) Research Committee. Research proposals are submitted to the Research Committee for consideration and a peer review process is used to judge the merit of the proposals. We developed a new online process to encourage more applicants to apply for research funding on a wider range of topics. In 2017/18 the RC (UK) funded projects on topics including: location, numbers and reach of AEDs within urban and rural areas; the development of human models for resuscitation chest compression; and the experiences of paramedics taking part in large randomised airway trials.

We continued to lead on and develop the ReSPECT project throughout 2017, with the recruitment of a Project Manager, Catherine Baldock. Since Autumn 2017, we have seen a huge interest in



IN NUMBERS



148,000 healthcare professionals trained



5.8 million reached through social media



190,000 young people trained during Restart a heart day



Over 190,500 hits on the Lifesaver website



and uptake of the ReSPECT process from all parts of the NHS and throughout the UK, with nine sites going “live” in 2018. We invested in developing an online community, which launched in January 2018, and organised a first-ever national conference for ReSPECT in London in May.

We have reviewed our membership structure in order to ensure that we are able to offer value to more people who may wish to support us as members at one of two levels (Full and Associate). We are currently looking at further developments to our membership offer which will be announced shortly.

We have significantly expanded our Public Affairs function, through the recruitment of a Policy Officer and approval to recruit a Director of Public Affairs. Our social media reach increased tenfold since April 2017 with a combined total reach and impressions of over 5 million on Twitter, Facebook and LinkedIn. There were almost 2 million hits on our website: www.resus.org.uk.

Lastly we conducted a full review of our internal staff information, policies and employment processes, to ensure they are all fit for purpose, in order to improve our effectiveness and maximise staff productivity and satisfaction.

Financial review

The financial year to 31 March 2018 was the first full year for the charity. The total income was £2,765,430, which includes £2,558,807 income from trading activities and £135,028 income from charitable activities. Total income from investments during the year was £70,822. Other income in the previous period includes £5,917,162 donated from the previous charity and trading subsidiary.

Total expenditure for the year was £2,246,300, which includes costs of raising funds of £1,757,702 and expenditure on charitable activities of £488,598. The net incoming resources for the year were £460,999 after losses on investments of £58,131.

At the balance sheet date the total funds were £6,479,330, which was made up of unrestricted funds totalling £1,914,955 and designated funds totalling £4,564,375.

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between 6 - 12 month's expenditure. The



trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the period.

Structure, governance and management

The charity incorporated on 25 August 2016 as a Charitable Incorporated Organisation (CIO). The charity was incorporated under the constitution dated 16 August 2016 and the registration number is 1168914.

Resuscitation Council (U.K.) Trading Limited is a dormant subsidiary of the CIO as at 31 March 2018.

The trustees who served during the period covered by this report are:

Dr C Gwinnutt (Resigned 16 November 2017)

Dr A Lockey

Dr D Gabbott (Resigned 16 November 2017)

Professor J Wyllie

I Bullock (Appointed 5 February 2018)

J Roberts (Appointed 5 February 2018)

V McKinlay (Appointed 16 November 2017)

Professor C Deakin (Appointed 16 November 2017)



Statement of financial activities

Including income and expenditure account

For the year ended 31 March 2018

	Unrestricted funds general	Unrestricted funds designated	Total 2018	Total 2017
	£	£	£	£
Income and endowments from:				
Donations and legacies	690	-	690	3
Charitable activities	135,028	-	135,028	4,876
Other trading activities	2,558,807	-	2,558,807	714,971
Investments	70,822	-	70,822	27,135
Other income	83	-	83	5,917,162
Total income	2,765,430	-	2,765,430	6,664,147
Expenditure on:				
Raising funds	1,757,702	-	1,757,702	457,399
Charitable activities	119,886	368,712	488,598	218,409
Other	-	-	-	1,693
Total resources expended	1,877,588	368,712	2,246,300	677,501
Net gains/(losses) on investments	(58,131)	-	(58,131)	31,685
Net incoming resources before	829,711	(368,712)	460,999	6,018,331
Gross transfers between funds	(1,522,587)	1,522,587	-	-
Net movement in funds	(692,876)	1,153,875	460,999	6,018,331
Fund balances at 1 April 2017	2,607,831	3,410,500	6,018,331	-
Fund balances at 31 March 2018	1,914,955	4,564,375	6,479,330	6,018,331

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.



Balance sheet

As at 31 March 2018

	2018		2017	
	£	£	£	£
Fixed assets				
Tangible assets		137,203		109,320
Investments		3,319,089		3,319,119
		<u>3,456,292</u>		<u>3,428,439</u>
Current assets				
Stocks	165,233		177,355	
Debtors	628,169		848,782	
Investments	2,254,694		1,649,021	
Cash at bank and in hand	607,705		634,866	
	<u>3,655,801</u>		<u>3,310,024</u>	
Creditors: amounts falling due within one year	<u>(632,763)</u>		<u>(720,132)</u>	
Net current assets		<u>3,023,038</u>		<u>2,589,892</u>
Total assets less current liabilities		<u>6,479,330</u>		<u>6,018,331</u>
Income funds				
<u>Unrestricted funds</u>				
Designated funds	4,564,375		3,410,500	
General unrestricted funds	1,914,955		2,576,146	
Revaluation reserve	-		31,685	
	<u>6,479,330</u>		<u>6,018,331</u>	
		<u>6,479,330</u>		<u>6,018,331</u>

The financial statements were approved by the Trustees on 5 October 2018



Statement of cash flows

For the year ended 31 March 2018

	2018		2017	
	£	£	£	£
Cash flows from operating activities				
Cash generated from operations		639,415		5,662,281
Investing activities				
Purchase of tangible fixed assets	(73,617)		(118,185)	
Proceeds on disposal of tangible fixed assets	83		-	
Purchase of subsidiaries	-		(3)	
Purchase of fixed asset investments	(261,949)		(3,287,431)	
Purchase of current asset investments	(401,825)		(1,649,021)	
Interest received	70,822		27,135	
Net cash used in investing activities		(666,486)		(5,027,505)
Net cash used in financing activities		-		-
Net (decrease)/increase in cash and cash equivalents		(27,071)		634,776
Cash and cash equivalents at beginning of		634,776		-
Cash and cash equivalents at end of year		607,705		634,776
Relating to:				
Bank balances and short term deposits		607,705		634,866
Bank overdrafts		-		(90)

The full Annual Report and Financial Statements for the year ended 31 March 2018 can be viewed on the Charity Commission website <http://beta.charitycommission.gov.uk/charity-details?regid=1168914&subid=0>.