

# THE BREATHWORKS FOUNDATION

England & Wales · Charity number 1131851

## Details

---

**Status** Registered

**Legal form** Charitable company

**Company number** [06890078](#)

**Registered** 2009-09-28

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** 16 - 20 Turner Street  
Manchester  
M4 1DZ

**Phone** 01618341110

**Email** [info@breathworks.co.uk](mailto:info@breathworks.co.uk)

**Website** <https://www.breathworks-mindfulness.org.uk/>

## Activities

---

**Objects:** TO RELIEVE THE NEEDS OF PEOPLE SUFFERING FROM MENTAL OR PHYSICAL ILLNESS IN PARTICULAR BUT NOT EXCLUSIVELY PAIN, CHRONIC ILLNESS OR STRESS BY THE PROVISION OF MINDFULNESS BASED ACTIVITIES.TO ADVANCE THE EDUCATION OF THE PUBLIC IN MINDFULNESS BASED ACTIVITIES.TO UNDERTAKE RESEARCH INTO MINDFULNESS BASED ACTIVITIES AND TO PUBLISH THE USEFUL RESULTS THEREOF.

**Activities:** The Breathworks Foundation exists to relieve the suffering caused through pain, chronic illness and stress related conditions.Please note that the Breathworks Foundation does not accept or respond to unsolicited application for financial assistance or other funding.

## Classification

---

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£453,466	£485,263	-	-
2023-12-31	£466,850	£506,702	-	-
2022-12-31	£547,397	£562,434	£156,073	16
2021-12-31	£513,221	£484,851	£171,110	15
2020-12-31	£402,592	£331,255	-	-

## Trustees

Name	Role	Appointed
Jessica Pailthorpe		2025-09-10
Karim Rushdy		2022-11-22
Menka Sanghvi		2022-11-22
Professor Dominic Houlder		2014-02-28
Robert Ernest Jones		2021-01-15
Ruth Cheesley		2021-04-01

**THE BREATHWORKS FOUNDATION**

England & Wales - Charity number 1131851

---

# Accounts

---



THE  
**BREATHWORKS  
FOUNDATION**

*Trustees' annual report and financial statements  
for the year ended 31 December 2024*

---

Company number: 06890078  
Charity number: 1131851



# CONTENTS

The trustees are pleased to present their report and the unaudited financial statements for the year ended 31 December 2024. Included in this report is:

<b>About Breathworks</b>	<b>03</b>
<b>Letters from the Team</b>	<b>04</b>
<b>Our Year in Numbers</b>	<b>07</b>
<b>Our Community</b>	<b>08</b>
<b>Educational Activities</b>	<b>10</b>
<b>Grant Funded Programmes</b>	<b>14</b>
<b>Workplace Wellbeing</b>	<b>13</b>
<b>Teacher Training</b>	<b>15</b>
<b>Trustees Report &amp; Financial Statements</b>	<b>18</b>

# ABOUT

Breathworks has been teaching mindfulness-based approaches for managing pain, illness and stress since 2001. Founded by Vidyamala Burch OBE, Breathworks developed the first Mindfulness-based Pain Management (MBPM) programme. This has been supported by research and health organisations around the world. We are a UK-based charity who are committed to making programmes accessible and inclusive through funding and support for those with financial (or other) barriers.



## OUR IMPACT

- Taught more than **124,000** individuals
- Trained over **900** mindfulness teachers across **40 countries**.

## OBJECTIVES

- To provide mindfulness-based tools to reduce the suffering of living with pain, illness and stress..
- To advance the education of the public in mindfulness-based activities.
- To undertake research into mindfulness-based activities and to publish useful results.



Breathworks Founder,  
Vidyamala Burch OBE



*Looking Forward with Positivity*

## **Prasadu Dharmachari, Chair of Trustees**

It has been an extraordinary privilege to serve as Chair of Trustees for the Breathworks Foundation over the past decade, and to witness Breathworks grow from its local origins into the international organization it is today. It has rightfully earned a reputation for excellence in the field of mindfulness.

Like many charities, the past year has brought its share of challenges. However, our first class team of experienced Trustees, supported by our extraordinarily dedicated staff team, successfully navigated these to ensure the organization remains strong and in good health. We are now looking forward to a successful year ahead, with exciting new projects underway.

I will soon be stepping down from my position as Trustee, which I have held since 2014. I do so with the utmost confidence that Breathworks will continue to flourish as it enters its next phase of growth and development. The organization is well-positioned to reach an ever-increasing number of people who can benefit from its unique blend of help and support.

I would like to extend my sincere gratitude to my fellow Trustees for their generosity, creativity, and unwavering dedication. Thanks to their commitment, the organization can look to the future with optimism and hope as we continue our mission to reach more people who need support and training.

*Accessible, affordable and tangible*

## **Vidyamala Burch, Founder & Honorary President**



I am delighted to reflect on another successful year at Breathworks. In these challenging times, the need for what we offer is greater than ever. Many of the communities we serve—people living with pain, illness, and other difficulties around the world—are part of ageing populations and rely on health services severely under strain.

Our approaches are accessible, affordable, and deliver tangible, evidence-based results. We are committed to ensuring that finances are never a barrier, and I'm proud of the depth and reach of our bursary and scholarship schemes. None of this would be possible without our generous donors, to whom I extend my heartfelt thanks.

I would also like to thank our team for their creativity, commitment, and dedication. Sustaining an organisation like Breathworks for nearly 25 years is no small achievement. The passion of our core team, alongside our community of teachers, associates, and service users, continues to inspire me every day.

Everyone at Breathworks is dedicated to making the world a better place. Human goodness runs deeply through all that we offer, which I find deeply inspiring and humbling. I am often profoundly moved by the stories that are shared, as I hope you will be as you read this report. People regularly report that our approach is life-changing, and in some cases life-saving. Thank you to all who contribute to bringing about these positive benefits for individuals and the world.



*Growing our Accessibility and Reach*

## **Colin Duff, CEO**

I am honoured to have been appointed CEO of the Breathworks Foundation in May 2025. Having worked with the Breathworks project since 2008, I have seen mindfulness change lives across a huge diversity of situations and lifestyles, and am passionate about making the Breathworks approach available to all who will benefit from it.

One of the pleasures of stepping into the CEO role has been seeing the steady stream of feedback from our events, which consistently show how mindful health management can change lives for the better. The courage and compassion demonstrated by those who find a new relationship with pain, illness and other challenges, can be humbling to witness.

The following pages give a brief glimpse into the work that we do. We are immensely grateful to everyone who has contributed to our successes over the past year, from our dedicated staff and trustees, to our skilful trainers and associates, to our compassionate community. We are especially thankful for the generosity of our funders and supporters, who make it possible for us to focus our work on reaching the people who will most benefit.

While we are proud of the life changing impacts described here, we are also aware that we are reaching only a small number of the people who could benefit, and are working hard to make our services more widely accessible. We would love to hear from anyone inspired by our work, whether to get involved or to contribute.

# 2024

## YEAR IN NUMBERS



>3.5K

people learnt how to **manage pain, stress and illness** through courses taught by Breathworks & our network of teachers.

312

teachers maintained their accreditation to **teach Breathworks programmes**, with 40 new teachers accredited in 2024.

67.5K

**GBP awarded in bursary funding** in 2024, helping 388 people with pain and financial difficulty .

2.2K

people **accessed our free resources**, including our Toolkit for Tough Times and Mindfulness for Long Covid.

47K+

views of our **free 'Space to Breathe'** weekly guided meditations for pain.

9416

people reached by a live Breathworks event

## INCOME GENERATION



£131.6K

raised through donations

£15.8K

awarded in grant funding

£310K

raised in earned income

# COMMUNITY OF PRACTICE

The beating heart of Breathworks' is our online mindfulness hub and e-learning platform. The **Community of Practice** allows everyone to access mindfulness for free.

**8980**

members accessed free resources, & events.



worldwide members in over **86** different countries

**208**

patrons generated over...

**£14.1K**

in donations in 2024

**86**

hours

**of live events**, including community meditations on Christmas eve and Christmas day as a vital support to those who find the festive season challenging.

**Silence for Seven**



Helping Young Adults Discover Mindfulness

The Silence for Seven fundraising challenge was a sponsored silence to raise funds for bursary places for young adults. Community members committed to periods of verbal and digital silence for seven days.

**Our members raised enough for 10 bursary places.**



"After a couple of days, I relaxed into the experience and began to see silence as a friend. I felt I had more clarity of thought, like cleaning a whiteboard and starting over"

**Kevin** completed 84 hours of verbal, digital and analogue silence



"I found the whole experience amazing... It felt great to give back to Breathworks, as they have helped me so much. I will continue with all of these activities going forward, as I really felt the benefits"

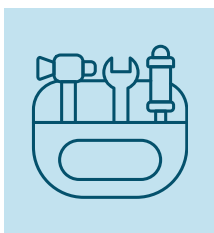
**Joanne** completed 560 minutes of silent meditation, absorbing nature and drawing

# COMMUNITY OF PRACTICE: IMPACT

Feedback tells us the three main ways the community helps members:



Build a regular meditation practice



Gain knowledge & tools to better manage health challenges



Feel less isolated & more like they belong

86%

would recommend to a friend

78%

said it helps them manage a health condition

82%

said it helped them maintain their practice

72%

said it helps them feel less alone



**Wendy**

Community member living with Hughes Syndrome, EDS and chronic pain

[On other social platforms], people with pain, sadly, can be very unkind in the way they speak. The Community of Practice is the opposite - all conversations are friendly & caring. People share how tough life can be living with pain, but there is always a light shining in hope, that things do pass.

A few words from a fellow member is worth more than anything in a day that feels like just survival. It's an incredible helpline that works so intuitively [especially for] people that can't afford therapists, or can't get help from other services easily or quickly.

# MINDFULNESS FOR HEALTH

Our award winning signature mindfulness for health course provides participants the tools and skills to live well with chronic pain and illness over 8 weeks. In 2024 we ran...

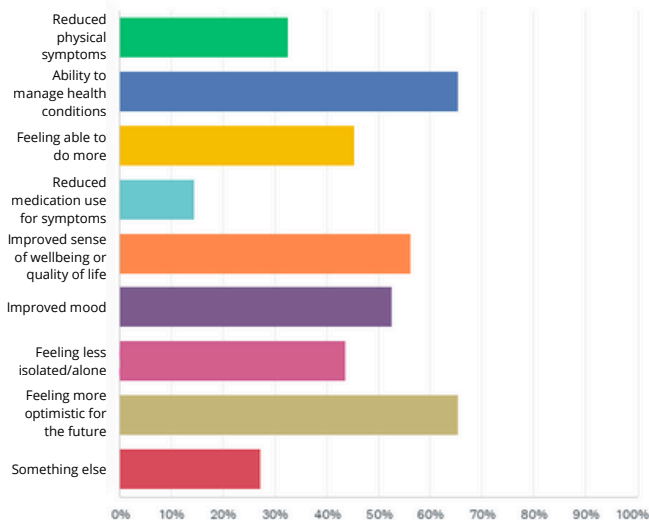
**12** public courses, reaching **154** participants

**97%** of participants said the course gave them something of lasting value

**4.8** out of 5 average rating by participants

**65%** feeling better able manage their health condition and feeling more optimistic or positive for the future

On completing the Mindfulness for Health course, participants reported:



# MINDFULNESS FOR STRESS

Our 8-week mindfulness for stress course teaches people how to increase their happiness and wellbeing, finding new sources of resilience, joy, and calm in their lives.

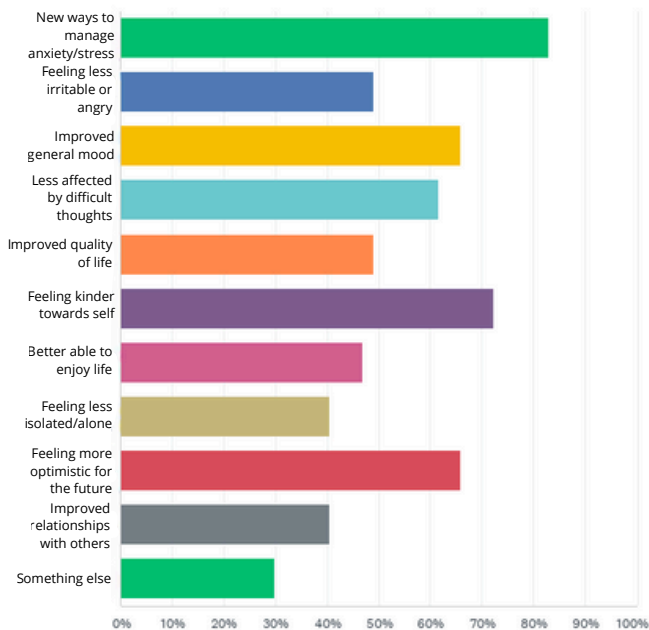
**11** public courses, reaching **171** participants

**97%** of participants said the course gave them something of lasting value

**4.8** out of 5 average rating by participants

**83%** reported having new ways to manage anxiety, stress or overwhelm

On completing the Mindfulness for Stress course, participants reported:



# BURSARIES: HEALTH AND STRESS COURSES

Our bursary funding is available to support people experiencing financial barriers to accessing our services. Our partial bursaries support people from marginalised or under-served groups, especially people whose health conditions are a barrier to work.

1/3

of places on our courses are bursary funded

43

Teacher Training students received bursary funding in 2024

36

Mindfulness for Health students received bursary funding in 2024

46

Mindfulness for Stress students received bursary funding in 2024



I suffer from a long-term health condition which causes me substantial levels of pain and discomfort on a daily basis. Mindfulness - and especially the Breathworks approach - has transformed the way I manage my condition, relieving much of my secondary suffering.

A generous bursary from Breathworks in 2024 has allowed me not only to take the Mindfulness for Health course to live with less pain and stress, but also to embark on the teacher training programme.



**Christophe**  
Mindfulness for Health  
Bursary recipient



"I had a difficult year health wise in 2023 with diagnosis of some rare cardiac and vascular compressions. A bursary place on the Mindfulness for Stress course in 2024 helped me to find a supportive meditation routine and a slower, kinder approach to life.

I've since been diagnosed with young onset Parkinson's disease also. What I learnt on the course helped me to manage and face the difficult diagnosis one step at a time while also having a young family. When I meditate all my PD symptoms recede into the background.



**Charlotte**  
Mindfulness for Stress  
Bursary recipient



# HEALS: WHOLE LIFE HEALTH

HEALS, newly launched to the public in autumn 2024, uses awareness training, habit methodology and principles from the growing field of lifestyle medicine to create sustainable changes to physical, emotional, and psychological wellbeing.

2 public courses, reaching

95 participants

4.5 average rating from participants



90% felt better able to manage pain or health conditions



87% felt better able to make positive changes to their health and wellbeing



82% felt more compassionate towards themselves



"The HEALS course was one of the most significant learning experiences I've had with respect to learning to thrive with chronic pain. Anyone who struggles with health issues or wants to improve their life experience would find this course invaluable."

"I'm a C5/6 tetraplegic wheelchair user. My Spinal Injuries Consultant suggested I look at Mindfulness and I very luckily found Breathworks. To anyone thinking about doing the course I would say "Please do this HEALS course you'll enjoy it and get lots from it. After a while you'll find out how much better you feel in the whole of your life"



# GRANT FUNDED PROGRAMMES

The '**Take Back Your Life**' program, funded by the UK Government Shared Prosperity Fund, in partnership with the Workers' Educational Association (WEA), **provided mindful pain and illness management courses for 32 residents of highly deprived areas in Salford and Trafford** who have been economically inactive and socially isolated due to health challenges.

This initiative was designed to **equip participants with a toolkit of self-management skills** to help them **overcome barriers to employment and community involvement**.

The project was underpinned by local community partnerships, and has led to a **repeat commission in 2025**.

Participants reported significant improvements in confidence:



engaging with people, including participating in groups



using new skills to manage health challenges and improve wellbeing



moving towards employment, training or volunteering.

For many, these were **hard-won changes** for those with very significant health challenges who have often been **economically inactive and socially isolated for long periods**. Many participants mentioned the **value of being in a group with "people like them"** who understand the challenges of living with pain and illness.

Participants securing employment and voluntary work included:



A domestic violence worker, signed off long-term with stress after work related trauma, now retraining as a counsellor.



A health professional, off long term with painful adenomyosis, reported that the skills learned on the course meant she could return to work



A participant out of work for 3 years with PTSD, put in his first job applications with support from our team

# WELLBEING IN THE WORKPLACE

Breathworks once more provided tailored programmes for the NHS and other public bodies that help improve and support staff mental wellbeing. Partnership projects delivered in 2024 included commissions from:



## Client: The Eastern Region Special Operations Unit

The Eastern Region Special Operations Unit (ERSOU) operates at the frontline of national security, requiring exceptional leadership in a high-stress environment. Breathworks' Mindful and Compassionate Leadership course for 10 management staff focused on stress resilience and compassionate leadership under pressure.

Participants reported outcomes including:

- Making more skilful decisions
- Better relationships with colleagues
- Increased confidence
- Improved leadership skills

“ *This course has given me the skills to be a better, aware and observant leader. I feel empowered to be better every day, and to bring my team along with me.* ”  
Tactical Firearms Commander

## Client: Calderdale + Huddersfield NHS

Breathworks Mindfulness for Resilience sessions in West Yorkshire hospitals were attended by clinicians, nurses, and administrative staff, to promote staff wellbeing. 100% of attendees reported gaining useful tools for managing stress, including taking skills home to support family members.

“ *I've realised I have more negative thoughts than I thought! I now know how to manage this.* ”

“ *I learnt that by acknowledging myself there is more time than I thought originally.* ”

“ *The session was so valuable to learn how to train your mind; it has given me hope on some recovery and self care in my thoughts.* ”

# MINDFULNESS TEACHER TRAINING

In 2024, we launched our **new modular teacher training programme**. This includes our newly developed **Facilitator Training**, a two module (43 hour) certification designed to enable people to lead short mindfulness sessions in their community or workplace. This opened up our successful Teacher Training programme to be **more accessible**, especially for those who don't want to complete the full 12-month training programme to provide full-length courses.



40 newly accredited teachers



36 certified Mindfulness Facilitators



43 bursaries awarded to trainees

The initial response to our new Facilitator Training was highly encouraging, with many courses selling out, bringing **75 new students to the Breathworks training pathways** in 2024. This included our new Going Deeper module, which can be taken as a standalone course with one-on-one mentorship.

The start of 2025 has seen continued growth, with an **88% Stage 1 booking rate** in Q1.

4.5 average rating for Stage 1 modules



91%

facilitators felt more confident sharing mindfulness



4.8 average rating for Stage 2 modules



4.6

average rating of the mentoring experience

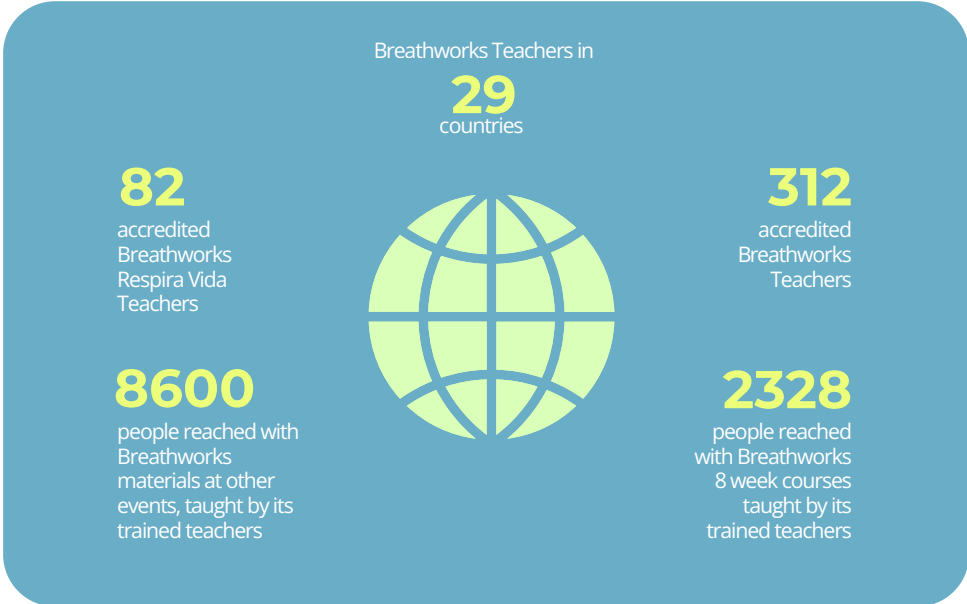


**Naomi**  
Training Bursary recipient

“The Breathworks mindfulness course has been of incredible use in my work with survivors of sexual and domestic abuse and with people facing terminal illness. As the founder of a small and very grassroots non profit group, the Breathworks bursary enabled me to progress my training, so I can then offer a programme to those people we work with across North Devon.”

# GLOBAL TEACHING COMMUNITY

Our community of accredited teachers across the world teach Breathworks materials in a wide range of contexts. Our annual survey showed that in 2024 there were:



We asked our teachers to share what was most impactful or rewarding experience in your teaching this year. They said:



## Witnessing transformation in students

Teachers repeatedly mentioned how rewarding it was to see participants develop in their practice, experience breakthroughs and to receive feedback that the course had been life-changing for students



## Building Connection and Community

Teachers found real value in building community. For some this was through hosting regular meditations and keeping in touch with students and for others this was through peer support with other teachers.



## Adapting Mindfulness to meet specific needs

Teachers mentioned getting fulfilment from adapting the 8-week course materials to support specific groups including people with cancer, PTSD, neurodiversity or in specific contexts like hospices, prisons or workplaces.

# Trustees' annual report for the period ended 31 December 2024

## Report Overview

The trustees are pleased to present their report and the unaudited financial statements for the year ended 2024.

The trustees review the aims, objectives and activities of the charity each year. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## Reference and administrative information

Company Number 06890078

Charity Number 1131851

Registered office and operational address: 16-20 Turner Street, Manchester, M4 1DZ

## Trustees

Trustees, who are also directors under company law, who served during this year and up to the date of the report were as follows:

Dharmachari Prasadu

Gillian Parry

Menka Sanghvi

Ruth Cheesley

Dominic Houlder

Karim Rushdy

Robert Jones

Sally Jones (resigned 31<sup>st</sup> March 2024)

No trustee held title property belonging to the charity during the reporting period or at the date of approval.

**Key Management Personnel:** Nathan Jarvis, Chief Executive (in post till 15/04/2025)

**Bankers:** The Co-operative Bank, PO Box 250, Skelmersdale, WN8 6WT

**Independent examiner:** Kate Adderley CA, Third Sector Accountancy Limited, Holyoake House, Hanover Street, Manchester, M60 0AS

## Financial review

At the end of this financial period the total funds carried forward are £84,424 (2023: £116,221) of which £15,695 (2023: £17,799) are restricted funds. This is an overall decrease of £2,104 for the period. The decrease is due to surplus generated in previous years being drawn on to fund continued inward investment in programme development, including a new course launched in Q3 2024 in response to the wide interest in lifestyle medicine, development of a new app for launch in 2025, and the launch period of our redesigned training programme.

The total income for the year was £453,466 (2023: £466,850) consisting of £109,014 (2023: £74,871) restricted funds and £344,452 (2023: £391,979) unrestricted funds. The total expenditure for the year was £485,263 (2023: £506,702) consisting of £112,266 (2023: £90,359) spent from restricted funds and £372,997 (2023: £416,343) spent from unrestricted funds. At year end, this leaves the charity with total reserves of £84,424 of which £17,695 are free reserves.

While a further loss in 2025 is possible, primarily due to an unexpected one-off cost in the first half of the current year, the trustees are confident in the underlying performance of the charity and the continued success of fundraising initiatives, and do not see any concerns about the charity's ability to continue as a going concern. It is expected that the reserves will be restored to a satisfactory level by the end of 2025 with a major fundraising drive planned for the autumn. Our confidence is also supported by our current performance, and cash resources of £98,000 as at end of August, leaving us well placed to meet our responsibilities.

## Plans for the future

This year the Board of Trustees and Senior Management team have continued to oversee implementation of the 2023-2025 strategy that was set in 2022. The vision and goals of the organisation remain unchanged and we will work to ensure our evidence-based programmes are widely accessible for people living with pain, illness and stress, by developing meaningful relationships with funders, providers and communities.

The efficacy of mindfulness as a healthcare intervention is well recognised through the health system, however, there is still more to do to educate and inform the public. We continue to develop a wide range of events to introduce people to mindfulness-based pain management, and to support them in establishing a personal practice. We also continue our work with the British Association of Mindfulness Based Approaches (BAMBA) to maintain standards in the field of mindfulness teaching to ensure safe, ethical and inclusive practice.

Beyond the UK, we continue to develop successful strategic partnerships with organisations that can help scale our reach by translating programmes into other languages. Teacher training programmes are underway in collaboration with partners in France, Spain and Greece, and initial events are underway in China.

In 2024 we have launched our new programme applying mindfulness to the emerging discipline of Lifestyle Medicine, with the aim of meeting the problems of increasing chronic conditions in our aging population, through mindfulness-based techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep and minimisation of harmful substances and behaviours.

It is recognised by the trustees that with the current cost of living challenges we need to further diversify our sources of income to reduce overall dependency on individuals self funding their courses and training. We have launched a successful programme of fundraisers throughout 2025, and our new strategic plan is focusing on growing new funding sources while expanding our reach.

### **Structure, governance and management**

The organisation is a charitable company limited by guarantee, incorporated on 28 April 2009 and registered as a charity on 28 September 2009.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at year end was 7 (2023: 8). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Trustees are appointed for 3 year terms. At each AGM, those reaching expiry will resign and be available for re-election. Recruitment is based on ensuring there is a blend of expertise in health and social care, business and charitable operations management.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

### Organisational structure

Breathworks operates within a hierarchical structure, with day to day management of the charity delegated to its Chief Executive, formerly Nathan Jarvis (January 2024 - May 2025), now Colin Duff (May 2025 - present). The CEO works closely with the organisation's Founder, Vidyamala (Prudence) Burch OBE, who continues to actively contribute as a senior ambassador for the organisation.

The Board of Trustees hold responsibility for setting the direction and high level strategy and signing off the annual budget which is then delegated to the CEO for operationalisation. The CEO reports to the Board on strategic progress and risk management on a quarterly basis.

#### Recruitment and appointment of new trustees

In accordance with Breathworks' Equality, Diversity and Inclusion (EDI) policy trustee vacancies are widely advertised, with an emphasis on diversity of skills and lived experience. To enable effectiveness in the role, inductions are designed to include time on a 1-2-1 basis with the Chair, CEO, a fireside chat with all other trustees and 1-2-1 mentoring with a longer standing Board member.

#### Remuneration policy for key management personnel

The trustees review and agree the remuneration for key management personnel annually, in consideration with market rates and affordability for the charity.

#### **Reserves policy**

The reserves policy was developed to ensure:

- Trustees have the time to take action if projected new income streams fall below expectations.
- There is protection for unforeseen operational costs.
- There is capacity for 'seed-funding' for an urgent or high potential project eg for research.
- Provision for redundancy payments and closing contractual obligations in the event of winding up the charity.

Following a review of the Foundation's budget and guided by the nature of the overheads, the trustees have concluded that an unrestricted reserve equivalent to 3 months' overheads (£61K) is sufficient to meet these objectives.

The charity's free reserves at the end of this financial year were £17,659. Free reserves consist of the total funds of the charity (£84,424) less restricted funds (£15,695) and less designated fixed asset funds (£51,034). The trustees have detailed in the Financia Review Section of this report how they will address this.

#### **Risk management**

The charity trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks.

#### **Funds held as custodian trustee on behalf of others**

No funds are held on behalf of others.

## Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' annual 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 financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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 and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable group 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.

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.

The trustees' annual report has been approved by the trustees on 22 September 2025 and signed on their behalf by



Robert Jones  
Treasurer

## Independent Examiner's Report

I report on the accounts of the charity for the year ended 31 December 2024 set out on pages 24 to 38.

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Kate Adderley CA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester, M60 0AS

Date: 28 / 09 / 2025

The Breathworks Foundation  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 December 2024

	Note	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Unrestricted funds £	Restricted funds £	Total funds 2023 £
<b>Income from:</b>							
Donations and legacies	3	43,412	93,225	136,637	30,453	54,671	85,124
Charitable activities	4	301,040	15,789	316,829	361,477	20,200	381,677
Investments	5	-	-	-	49	-	49
<b>Total income</b>		<b>344,452</b>	<b>109,014</b>	<b>453,466</b>	<b>391,979</b>	<b>74,871</b>	<b>466,850</b>
<b>Expenditure on:</b>							
Raising funds	6	6,963	-	6,963	6,453	-	6,453
Charitable activities	8	366,034	112,266	478,300	409,890	90,359	500,249
<b>Total expenditure</b>		<b>372,997</b>	<b>112,266</b>	<b>485,263</b>	<b>416,343</b>	<b>90,359</b>	<b>506,702</b>
<b>Net income/(expenditure) for the year</b>		<b>(28,545)</b>	<b>(3,252)</b>	<b>(31,797)</b>	<b>(24,364)</b>	<b>(15,488)</b>	<b>(39,852)</b>
Transfer between funds		(1,148)	1,148	-	(4,122)	4,122	-
<b>Net movement in funds for the year</b>		<b>(29,693)</b>	<b>(2,104)</b>	<b>(31,797)</b>	<b>(28,486)</b>	<b>(11,366)</b>	<b>(39,852)</b>
<b>Reconciliation of funds</b>							
Total funds brought forward		98,422	17,799	116,221	126,908	29,165	156,073
<b>Total funds carried forward</b>		<b>68,729</b>	<b>15,695</b>	<b>84,424</b>	<b>98,422</b>	<b>17,799</b>	<b>116,221</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The Breathworks Foundation  
Company number 06890078

Balance sheet as at 31 December 2024

	Note	2024		2023	
		£	£	£	£
<b>Fixed assets</b>					
Intangible assets	14		48,627		55,574
Tangible assets	14		2,407		1,846
Investments	15		3		3
<b>Total fixed assets</b>			<b>51,037</b>		<b>57,423</b>
<b>Current assets</b>					
Debtors	16	9,969		13,365	
Cash at bank and in hand		134,714		134,970	
<b>Total current assets</b>		<b>144,683</b>		<b>148,335</b>	
<b>Liabilities</b>					
Creditors: amounts falling due in less than one year	17	(111,296)		(89,537)	
<b>Net current assets</b>			<b>33,387</b>		<b>58,798</b>
<b>Total assets less current liabilities</b>			<b>84,424</b>		<b>116,221</b>
<b>Net assets</b>			<b>84,424</b>		<b>116,221</b>
<b>The funds of the charity:</b>					
Restricted income funds	18		15,695		17,799
Unrestricted income funds	19		68,729		98,422
<b>Total charity funds</b>			<b>84,424</b>		<b>116,221</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 26 to 38 form part of these accounts.

Approved by the trustees on 28 / 09 / 2025 and signed on their behalf by:

RE Jones

Robert Jones, Trustee/Treasurer

## 1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### a 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) issued in October 2019 - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Breathworks Foundation meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £ sterling.

### b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

### c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

### d Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

### e Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**f Expenditure and irrecoverable VAT**

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:

- Costs of raising funds comprise the costs of salaries and their associated support costs.
- Expenditure on charitable activities includes the costs of education, training and research undertaken to further the purposes of the charity, and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**g Tangible fixed assets**

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	25%
------------------	-----

**h Intangible fixed assets**

Intangible fixed assets are amortised over their estimated useful economic lives on a straight line basis as follows:

Goodwill	10 years
----------	----------

**i Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**j Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**k Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**I Pensions**

Employees of the charity are entitled to join a defined contribution scheme. The charity's contribution is restricted to the contributions disclosed in note 10. Outstanding contributions at the year end were £1,056 which were paid in January 2025.

**2 Legal status of the charity**

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

3 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2023</i> £
Donations and grants	43,412	93,225	136,637	30,453	54,671	85,124
<b>Total</b>	43,412	93,225	136,637	30,453	54,671	85,124

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2024 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2023</i> £
<i>Grants</i>						
Jigsaw Grant		8,844	8,844			
WEA - TBYL Salford Grant		3,784	3,784			
WEA - TBYL Trafford Grant		3,161	3,161			
The Big Life Group			-	-	10,200	10,200
Hart Knowe Trust			-	-	10,000	10,000
<i>Charitable trading</i>						
Courses and Workshops	279,777		279,777	337,082	-	337,082
Membership fees	19,890		19,890	20,937	-	20,937
Other income	1,373	-	1,373	3,458	-	3,458
<b>Total</b>	301,040	15,789	316,829	361,477	20,200	381,677

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

**5 Investment income**

	Unrestricted £	Restricted £	Total 2024 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2023</i> £
Income from bank deposits	-	-	-	49	-	49
	-	-	-	49	-	49

**6 Cost of raising funds**

	Unrestricted £	Restricted £	2024 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2023</i> £
Staff costs	5,289	-	5,289	4,985	-	4,985
Other direct costs	975	-	975	802	-	802
Governance costs (see note 7)	381	-	381	377	-	377
Support costs (see note 7)	318	-	318	289	-	289
	6,963	-	6,963	6,453	-	6,453

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

7 Analysis of governance and support costs

	Support £	Governance £	Total 2024 £	Support £	Governance £	Total 2023 £
Staff costs	13,874	10,694	24,568	13,517	10,826	24,343
Premises	268	206	474	262	209	471
Administration	489	377	866	393	315	708
Accountancy fees	1,040	2,700	3,740	2,549	2,358	4,907
Legal expenses	1,080	-	1,080	1,148	-	1,148
Depreciation	428	332	760	415	332	747
Interest payable	-	-	-	-	-	-
	<u>17,179</u>	<u>14,309</u>	<u>31,488</u>	<u>18,284</u>	<u>14,040</u>	<u>32,324</u>

The support and governance costs are apportioned to fundraising and charitable activities based on the relevant direct salary costs.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

**8 Analysis of expenditure on charitable activities**

	2024	2023
	£	£
Staff costs	232,914	236,936
Staff training and other costs	6,819	4,782
Direct course costs	159,966	176,497
Marketing	9,874	8,171
Internet and website	13,193	13,206
Research	-	810
Grants awarded	-	5,882
Office rent and rates	4,496	4,582
Administration and office expenses	8,208	6,896
Insurance	2,202	1,966
Sundry expenses	2,651	1,590
Depreciation	7,189	7,273
Governance costs (see note 7)	16,798	17,907
Support costs (see Note 7)	13,990	13,751
	<hr/>	<hr/>
	478,300	500,249
	<hr/> <hr/>	<hr/> <hr/>
Restricted expenditure	112,266	90,359
Unrestricted expenditure	366,034	409,890
	<hr/>	<hr/>
	478,300	500,249
	<hr/> <hr/>	<hr/> <hr/>

**Note concerning bursaries and charitable activity costs**

Throughout the year the charity awarded 388 (2023: 281) bursary places to beneficiaries to attend various courses, training and events. The theoretical value of lost revenue was £67,596 (2023: £69,658). Any training delivery cost related to the bursary places is captured in the expenditure in the above table.

**9 Net income/(expenditure) for the year**

This is stated after charging/(crediting):	2024	2023
	£	£
Depreciation	8,110	8,173
Auditor's remuneration - accountancy fees	2,100	1,860
Independent examiner's fee	600	498
	<hr/> <hr/>	<hr/> <hr/>

# The Breathworks Foundation

## Notes to the accounts for the year ended 31 December 2024 (continued)

### 10 Staff costs

Staff costs during the year were as follows:

	2024 £	2023 £
Wages and salaries	235,756	245,282
Social security costs	22,458	16,328
Pension costs	4,557	4,654
	<hr/>	<hr/>
	262,771	266,264
	<hr/> <hr/>	<hr/> <hr/>
<b>Allocated as follows:</b>		
Cost of raising funds	5,289	4,985
Charitable activities	232,914	236,936
Support costs	13,874	13,517
Governance costs	10,694	10,826
	<hr/>	<hr/>
	262,771	266,264
	<hr/> <hr/>	<hr/> <hr/>

No employee has employee benefits in excess of £60,000 (2023: Nil).

The average number of staff employed during the period was 12 (2023: 14).

The average full time equivalent number of staff employed during the period was 10 (2023: 11).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £39,258 (2023: £35,120). As per reporting requirements this figure includes employer's national insurance and pension contributions.

### 11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration or reimbursed expenses during the year (2023: Nil).

During the year the trustees received travel and subsistence expenses of £67 (2023: £462).

Aggregate donations from related parties were £5,288 (2023: £1,095).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2023: nil).

# The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

## 12 Government grants

The government grants recognised in the accounts were as follows:

	2024 £	2023 £
HMRC Employment Allowance	5,000	5,000
	<hr/>	<hr/>
	5,000	5,000
	<hr/> <hr/>	<hr/> <hr/>

There were no unfulfilled conditions and contingencies attaching to the grants.

## 13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

## 14 Fixed assets: tangible and intangible assets

	<b>Tangible assets</b>	<b>Intangible assets</b>
	Office equipment	Goodwill
<b>Cost</b>	£	£
At 1 January 2024	6,390	69,468
Additions	1,723	-
	<hr/>	<hr/>
At 31 December 2024	8,113	69,468
	<hr/> <hr/>	<hr/> <hr/>
<b>Depreciation</b>		
At 1 January 2024	4,544	13,894
Charge for the year	1,162	6,947
	<hr/>	<hr/>
At 31 December 2024	5,706	20,841
	<hr/> <hr/>	<hr/> <hr/>
<b>Net book value</b>		
At 31 December 2024	2,407	48,627
	<hr/> <hr/>	<hr/> <hr/>
At 31 December 2023	1,846	55,574
	<hr/> <hr/>	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

**15 Investments**

	2024 £	2023 £
Investment in the shares of the subsidiary company Breathworks Community Interest Company	3	3

The charity owns the whole of the ordinary share issue of the Breathworks Community Interest Company, a company registered in England, register no 5016384. The company has been dormant since 31 December 2021.

**Balance sheet**

	2024 £	2023 £
Current assets	3	3
Total assets less current liabilities	3	3
Net assets	3	3
Assets	3	3
Shareholder's funds	3	3

**16 Debtors**

	2024 £	2023 £
Trade debtors	7,764	7,806
Prepayments and accrued income	2,205	5,559
	9,969	13,365

**17 Creditors: amounts falling due within one year**

	2024 £	2023 £
Trade creditors	10,670	30,941
Other creditors and accruals	19,851	20,221
Deferred income	68,521	32,209
Taxation and social security costs	12,254	6,166
	111,296	89,537

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

18 Analysis of movements in restricted funds

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2024 £
<u>Grants</u>					
The Big Life Group	500	500	(1,000)		-
Hart Knowe Trust - Seed funding	2,400		(2,400)		-
Jigsaw Foundation	-	8,844			8,844
WEA - TBYL Salford	-	3,784	(4,303)	519	-
WEA - TBYL Trafford	-	3,161	(3,790)	629	-
<u>Donations</u>					
Bursary Fund	-	19,202	(19,202)		-
Community of Practice	11,929	34,325	(46,254)		-
HEALS Programme	-	38,948	(33,246)		5,702
Seed funding	1,149				1,149
Sierra Leone Project	1,821	250	(2,071)		-
<b>Total</b>	<b>17,799</b>	<b>109,014</b>	<b>(112,266)</b>	<b>1,148</b>	<b>15,695</b>

**Note for transfers**

Two projects were supported from unrestricted funds.

**Comparative period**

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
<u>Grants</u>					
The Big Life Group	3,400	10,700	(13,600)	-	500
Hart Knowe Trust - Bursaries	-	5,000	(5,000)	-	-
Hart Knowe Trust - Seed funding	-	5,000	(2,600)	-	2,400
Key Fund - Social Enterprise Support	8,160	-	(8,259)	99	-
Sport England Together Fund	937	-	(4,960)	4,023	-
<u>Donations</u>					
Bursary Fund	-	216	(216)	-	-
Community of Practice	16,668	24,592	(29,331)	-	11,929
Give2Live	-	120	(120)	-	-
HEALS Programme	-	18,643	(18,643)	-	-
Seed funding	-	1,149	-	-	1,149
Sierra Leone Project	-	9,451	(7,630)	-	1,821
<b>Total</b>	<b>29,165</b>	<b>74,871</b>	<b>(90,359)</b>	<b>4,122</b>	<b>17,799</b>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

**Note 18 continued**

<b>Name of restricted fund</b>	<b>Description, nature and purposes of the fund</b>
The Big Life Group	for the "Take Back Your Life" project, to fund 9 6-week courses with up to 12 participants each, for Be Well clients with challenging health or stress conditions
Jigsaw Foundation - Moving Well	Moving Well classes for the over 55s
Workers Education Association (WEA) - Take Back Your Life Salford and Trafford	for "Take Back Your Life" courses to provide pain and illness self-management skills for Salford and Trafford residents living with challenging health conditions
Community of Practice	to fund free on-line access to Mindfulness practitioners to support and sustain their practice, free courses, workshops and materials
Hart Knowe Trust - bursaries	to fund Mindfulness Teacher Scholarships for four places
Hart Knowe Trust - seed funding	seed funding for three mindfulness-based projects
HEALS Programme	to support the provision of an 11-week course providing a holistic approach to a healthy lifestyle
Seed funding	to contribute to funding mindfulness-based projects
Sierra Leone Project	seed funding for a mindfulness-based training project in Sierra Leone

**19 Analysis of movement in unrestricted funds**

	Balance at 1 January 2024 £	Income £	Expenditure £	Transfers £	As at 31 December 2024 £
General fund	98,422	344,452	(372,997)	(1,148)	68,729
	<u>98,422</u>	<u>344,452</u>	<u>(372,997)</u>	<u>(1,148)</u>	<u>68,729</u>
<b>Comparative period</b>	<i>Balance at 1 January 2023</i> £	<i>Income</i> £	<i>Expenditure</i> £	<i>Transfers</i> £	<i>As at 31 December 2023</i> £
General fund	126,908	391,979	(416,343)	(4,122)	98,422
	<u>126,908</u>	<u>391,979</u>	<u>(416,343)</u>	<u>(4,122)</u>	<u>98,422</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2024 (continued)

Note 19 continued

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Designated property assets fund	The fixed assets are essential for the future operation of the charity and so are excluded from free reserves.

20 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2024 £
Intangible fixed assets	48,627	-	-	48,627
Tangible fixed assets	2,407	-	-	2,407
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	17,692	-	15,695	33,387
	<hr/>	<hr/>	<hr/>	<hr/>
Total	68,729	-	15,695	84,424
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

*Comparative period*

	<i>General fund</i> £	<i>Designated funds</i> £	<i>Restricted funds</i> £	<i>Total 2023</i> £
<i>Intangible fixed assets</i>	55,574	-	-	55,574
<i>Tangible fixed assets</i>	1,846	-	-	1,846
<i>Fixed asset investments</i>	3	-	-	3
<i>Net current assets/(liabilities)</i>	40,999	-	17,799	58,798
	<hr/>	<hr/>	<hr/>	<hr/>
<i>Total</i>	98,422	-	17,799	116,221
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**THE BREATHWORKS FOUNDATION**

England & Wales - Charity number 1131851

---

# Accounts

---



THE  
**BREATHWORKS  
FOUNDATION**

*Trustees' annual report and financial statements  
for the year ended 31 December 2023*

---

Company number: 06890078  
Charity number: 1131851



# CONTENTS

The trustees are pleased to present their report and the unaudited financial statements for the year ended 31 December 2023. Included in this report is:

**About Breathworks** 03

---

**Letters from the Team** 04

---

**Our Year in Numbers** 07

---

**Our Community** 08

---

**Educational Activities** 09

---

**Grant Funded Programmes** 12

---

**Workplace Wellbeing** 13

---

**Teacher Training** 14

---

**Trustees Report & Financial Statements** 16

---

# ABOUT

Breathworks has been teaching mindfulness-based approaches for managing pain, illness and stress since 2001. Founded by Vidyamala Burch OBE, Breathworks developed the first Mindfulness-based Pain Management (MBPM) programme. This has been supported by research and health organisations around the world. We are a UK-based charity who are committed to making programmes accessible and inclusive through funding and support for those with financial (or other) barriers.



## OUR IMPACT

- Taught more than **120,000** individuals
- Trained over **750** mindfulness teachers across **40** countries.

## OBJECTIVES

- To provide mindfulness-based tools to reduce the suffering of living with pain, illness and stress..
- To advance the education of the public in mindfulness-based activities.
- To undertake research into mindfulness-based activities and to publish useful results.



Breathworks Founder,  
Vidyamala Burch OBE



*Looking Ahead with strength*

## **Prasadu Dharmachari, Chair of Trustees**

“It has been my great pleasure to continue serving Breathworks as chair over the last 12 months.

It has been a challenging time financially, but extremely rewarding in so many ways. We have seen much inward investment into courses, staff and our future which will all pay dividends in 2024 and beyond.

We have also been able to begin the recruitment process for a new CEO, and thank Helen for the amazing job she has done over the last six years, and especially for her ability to adapt so that Breathworks responded to so many during COVID. We are a stronger and more agile organisation thanks to her hard work and tenacity.

I'd like to thank my fellow trustees for all their input, creativity and commitment. As we look to the future with a new CEO at the helm, we look forward with positivity and hope as we reach out to more people who need support and training.”

*From personal transformation  
to collective impact*

## **Vidyamala Burch, Founder & Honorary President**



“I am delighted how Breathworks has continued to offer help and hope to thousands of people living with pain, illness and other difficult circumstances through 2023.

When I began leading courses in 2001, I could never have imagined how impactful this work would become and I feel very proud of the whole Breathworks team and wider community for their passion, vision and commitment.

When I started this work my motivation was simple: to help people ease the experience of suffering and distress that so often accompanies pain, illness and other difficulties.

Nearly 25 years' later my motivation remains the same: to help people. When I started out I was working alone and now I am surrounded by an international community of remarkable people who all share this vision.

Thank you, from the bottom of my heart, to everyone who has contributed to another successful year.”



*Adapting, Innovating, and Expanding:  
Breathworks' Path Forward*

## **Nathan Jarvis, CEO**

“Having joined Breathworks as CEO in January 2024, it has been good to look back on 2023 and see a year of consolidation and innovation. Investment has been put into the development of new programmes, specifically the HEALS programme written by Vidyamala, our Founder. Much time, testing, thought and passion has gone into this project which we know will enable many more people to access mindful meditation via Breathworks, transforming lives and enabling better physical and mental health outcomes.

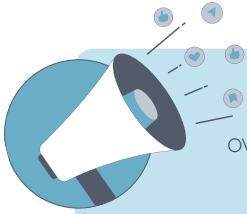
We have been acutely aware that we do this in a world where money is scarce, both in the charitable sector and for the general public. We have been able to adapt our courses and events to better suit the end user, not least by adopting a modular approach to programming.

Personally, I experienced mindfulness many years ago, at a time when my mental health was suffering. It completely changed my direction, ambition and motivation both in my personal life and my career, it was truly transformative. Joining Breathworks feels like a natural and valuable step in enabling more people to live fuller lives, just as it did mine.

Along with the incredible members of our team, our associates, partners and teachers, we go from strength to strength, widening reach and access, innovating and imagining a world where everyone can access the help they need to live better. Thank you to everyone who has contributed to our lives together and our incredible offering to a world in need of mindfulness and meditation.”

# 2023

## YEAR IN NUMBERS



over **3K**

people learnt how to **manage pain, stress and illness** through courses taught by Breathworks & our network of teachers.

**377**

teachers maintained their accreditation to **teach Breathworks programmes**, with 51 new teachers accredited in 2023.

**69.6k**

**awarded in bursary funding** in 2023, helping 281 people with pain and financial difficulty.

**3.5K+**

people **accessed our free resources**, including our Toolkit for Tough Times and Mindfulness for Long Covid.

**36K+**

views of our **free Space to Breathe** guided meditations for pain.



**6**

**Seed Funded** projects brought mindfulness to communities in need, from refugees and grieving parents to people diagnosed with dementia. We look to increase these going forward into next year.

## INCOME GENERATION



**£84.6K** raised through donations

**£20.7K** awarded in grant funding

**£361.4K** raised in earned income

# COMMUNITY OF PRACTICE

The beating heart of Breathworks' is our online mindfulness hub and e-learning platform. The **Community of Practice** allows everyone to access mindfulness for free.

**7,298** members accessed free resources, & events.



worldwide members in over **81** different countries

**85** hours

**of free live events**, including meditation support, specialist sessions for managing anxiety and pain with clinical experts

## OUR PATRONS

**70 patrons & £1,664 raised in 4 months**

In 2023 we launched our Patrons programme, inviting people to support the Community of Practice platform with a financial contribution.

*"I'm thrilled to hear about the patron support. This is needed and offers us an opportunity to give back to this fantastic work. This has changed my life and continues to influence everything I do."*

- Jennifer Slack



Community of Practice members organise a poetry fundraiser: Poetry Fest

### 2023 Feedback Survey

**81%**

Found helpful for maintaining or deepening their mindfulness practice

**73%**

Found helpful for managing a health or pain condition

"I love the inclusiveness of the community, the ability to connect with like-minded people who get what it means to live with pain and a long-term condition. I feel safe, valued and also able to encourage and strengthen others; and my wellbeing has greatly improved" - **Christophe**

# MINDFULNESS FOR HEALTH

Our award winning signature mindfulness for health course provides the tools and skills to live well with chronic pain and illness. Participants learn over 8-weeks with an experienced teacher and a supportive peer group. This continues to be a popular course for us, with students joining from around the world, and others taking the course multiple times.

In 2023, we ran...

12

public courses

reaching **143** participants.



**4.6 out of 5** average rating by participants



**94%** of participants reported being better able to manage their health condition



**More than 50%** reported reduced medication and improved mobility



Breathworks landed in mainland China in 2023, with our Mindfulness for Health courses taught in Mandarin to students eager to learn approaches to manage pain, health and illness.



Lizzie  
Mindfulness for Health  
Bursary recipient



I have struggled with severe pain and weakness in my body for years and was feeling very down after my last diagnosis.

The course hasn't cured my pain, but it has cured the way I approach it. I have learnt to treat my body and others with more kindness and compassion, I am more patient with myself and now feel actual love for my self.

I really enjoyed the online course and zoom calls. I enjoyed the connection with others. I would definitely recommend the course to anyone suffering either mentally or physically.



# MINDFULNESS FOR STRESS

Our 8-week mindfulness for stress course teaches people how to increase their happiness and wellbeing, finding new sources of resilience, joy, and calm in their lives. In this evidence-based approach, students are given practical tools to manage stress and difficulties that arise in everyday life. Participants report being able to better cope with stress, anxiety, fear, and depression.

In 2023, we ran...

9

public courses

reaching **125** participants



**4.6 out of 5** average rating by participants



**87%** of people had a reduction in depression



**79%** of people reduced their anxiety



Anjali  
Mindfulness for Stress  
Bursary recipient



“Bereavement, trauma and ongoing misdiagnoses regarding my physical and mental health brought me well and truly to my knees last year.

After a lot of searching, I discovered the lifeline that is Breathworks. I knew then I had found something incredibly special.

The life-changing way that mindfulness & meditation is taught at Breathworks makes it real, accessible and irresistible! I am learning how to deal with even the most painful and distressing thoughts and feelings as well as physical pain. I can use awareness and wise choice and am starting to enjoy and appreciate my life again. These are the greatest gifts, and ones which I hope to pass on to others in the future.

None of this precious learning would have been possible without a bursary. I am able to look forward at last. I am building new foundations.”



# HEALS PILOT: A FLYING SUCCESS

HEALS, our brand new course and approach to whole-life health, uses awareness training, habit methodology and principles from the growing field of lifestyle medicine to create sustainable changes to physical, emotional, and psychological wellbeing.



To ensure proof of concept, we ran two pilots the course with individuals who lived with chronic illness or supported those who do.

The pilots were successful with positive feedback and many participants showing clinically meaningful improvements following the course, from **reduced anxiety and depression**, to feeling **more confident to exercise** or **make healthier eating choices**.

The course has been refined using in-depth feedback gathered, and will launch to the public in July 2024.

## Pilot Course 2023 Feedback

**87%** reported reduction in depression



**79%** reported a reduction in anxiety



“

*I'm now able to go to the gym three times a week I have gradually built up my exercise and **can now manage the pain** with breathing techniques, being mindful, recognising the pain and **being kind to myself**.”-*

”

Liz, Fibromyalgia

# GRANT FUNDED PROGRAMMES

One of our core aims is to reach a **wider range of people**, especially those in **under-served** and **hard to reach** communities. We achieved this through working with community partners grand in 2023.

## Take Back Your Life

**Group:** tailored for accessibility, these courses were delivered in **deprived areas of Manchester**, including Harpurhey, Gorton and Wythenshawe. **40+ people** took part, each with an **average of 3-4 serious health conditions**.

**Impact:**

- **78%** reported improved mood, social connection, and being better able to manage their health conditions
- **67%** reported being able to do more, including at home and socially.

*"You can be isolated and a bit forgotten when you have physical or energy condition, it is easy to get isolated and think nobody else understands. Being in a group with other people that understand and can identify is so helpful." - Take Back Your Life Participant*

In partnership with:



---

## Moving Well

**Project:** we delivered 4 Moving Well mindful movement courses funded by the Sport England Together Fund in partnership with Versus Arthritis.

**Group:** The courses were delivered in Manchester **areas of high deprivation** reaching **40 people**.

**Impact:**

- **75%** reported improved mobility and confidence in movement
- **80%** reported noticing themselves being more physically active.
- **90%** reported noticing feeling more confident in doing some exercise

*"The course improved my relationship with very small movements, at times when I found myself 'freezing' with the pain, I realised I could actually move, even a little. This brought me such a sense of relief and empowerment." - Moving Well Participant*

In partnership with:



# WELLBEING IN THE WORKPLACE

Breathworks provides tailored programmes for the NHS and other public bodies that help improve staff mental wellbeing. Partnership projects delivered in 2023 included commissions from:



## Client: Homerton Healthcare NHS Trust

**Brief:** equip staff with skills to help patients + improve team wellbeing

**Our Solution:** deliver our new Facilitator Programme training staff to teach powerful self-management tools for managing pain, illness and stress. Additionally benefiting from wellbeing techniques themselves.

**Group:** teams across the Long Covid, Fatigue Service and Pain Service.

**Impact:** Individuals reported benefits including:

- **Improved** clinical practice
- **Enhanced** therapeutic skills
- **Ability** to offer varied tools to help patients
- **Confidence** in leading meditation and mindfulness practices
- **Positive** benefit to own wellbeing



“Having something experiential involving personal practice was really helpful. I was grateful that the training was about our own personal development and wellbeing as well as that of the patients.”

Marta Prytys, Clinical Lead, Homerton NHS Pain and Fatigue Service

# MINDFULNESS TEACHER TRAINING

In our teacher training programme we train practitioners to share mindfulness in their communities. At the end of the programme, Breathworks Teachers are equipped to teach the two gold-standard Breathworks eight-week course curriculums and share introductory events and workshops in their communities and organisations.

377

accredited Breathworks teachers in 27 countries

2742

people reached with Breathworks 8 week courses taught by its trained teachers



8263

people reached with Breathworks materials at other events, taught by its trained teachers

## Teachers impact: Mindfulness in Sierra Leone

In her efforts to expand mindfulness practices in Sierra Leone, Breathworks Teacher Julia Emes initiated a series of mindfulness courses for local communities, many of whom faced economic hardships and limited digital access.

Following that success, she went on to facilitate Teacher Training programmes to empower locals to lead mindfulness sessions, despite challenges like low literacy rates and scarce resources. The initiative has inspired several graduates to offer their own courses and spread mindfulness within their communities, with ongoing support and future plans to create a sustainable movement through further training and funding efforts.







# INNOVATIONS IN TEACHER TRAINING

In 2023, we redesigned our teacher training programme based on customer research and feedback, as well as meeting developments in the mindfulness field.



Following successful pilots with NHS professionals (case study on page 13), we launched our **brand new Facilitator Training** for people to share mindfulness in the work they do, or with family and friends. We also developed a **new modular approach to training** with modules that can be taken like building blocks towards the full teacher training, giving more flexibility and minimising upfront costs for customers.

**Training Programme: Stage 1** breathworks

 <b>Going Deeper</b>	 <b>Mindfulness Facilitator</b>	 <b>Teaching Skills</b>
<b>28 Training Hours</b>	<b>41 Training Hours</b>	<b>12 Training Hours</b>
<b>Deepen your mindfulness practice.</b>  1-to-1 support from a personal Mentor.  Work through practices & reflective diary in your own time.	<b>Share introductory mindfulness with others.</b>  Learn to deliver short mindfulness sessions & simple guided meditations.  This Training is made up of two modules: A & B.	<b>Develop foundational teaching skills.</b>  Includes training in listening skills, learning styles and Equality, Diversity & Inclusion.
	 <b>Certified Breathworks Facilitator</b>	

**FULLY BOOKED**



The new format of training was officially launched at the end of 2023, ready for bookings in January 2024. The brand new Mindfulness Facilitator course **sold out** within a two months of its launch and courses have been **fully booked** through the first half of 2024.

# Trustees' annual report for the period ended 31 December 2023

## Report Overview

The trustees are pleased to present their report and the unaudited financial statements for the year ended 2023.

The trustees review the aims, objectives and activities of the charity each year. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## Reference and administrative information

Company Number 06890078

Charity Number 1131851

Registered office and operational address: 16-20 Turner Street, Manchester, M4 1DZ

## Trustees

Trustees, who are also directors under company law, who served during this year and up to the date of the report were as follows:

Dharmachari Prasadu

Gillian Parry

Menka Sanghvi

Ruth Cheesley

Dominic Houlder

Karim Rushdy

Robert Jones

Sally Jones

No trustees held title property belonging to the charity during the reporting period or at the date of approval.

**Key Management Personnel:** Helen Sullivan, Chief Executive (in post till 31/12/2023)

**Bankers:** The Co-operative Bank, PO Box 250, Skelmersdale, WN8 6WT

**Independent examiner:** Patrick Morrello ACA, Third Sector Accountancy Limited, Holoake House, Hanover Street, Manchester, M60 0AS

## Financial review

At the end of this financial period the total funds carried forward are £116,221 (2022: £156,073) of which £17,799 (2022: £29,165) are restricted funds. This is an overall decrease of £39,852 for the period. The decrease is due to surplus generated in previous years being drawn on to fund inward investment in programme development, including a new course to be launched in Q3 2024 in response to the wide interest in lifestyle medicine, and a training programme redesign to meet customer demand for modular and home study training formats.

The total income for the year was £466,850 (2022: £547,397) consisting of £74,871 (2022: £72,586) restricted funds and £391,979 (2022: £474,811) unrestricted funds. The total expenditure for the year was £506,702 (2022: £562,434) consisting of £90,359 (2022: £43,421) spent from restricted funds and £416,343 (2022: £519,013) spent from unrestricted funds. At year end, this leaves the charity with total reserves of £116,221 of which £98,422 are unrestricted. Therefore, the trustees do not see any concerns about the charity's ability to continue as a going concern. The wholly owned subsidiary, Breathworks CIC, was dormant throughout the year.

## Plans for the future

This year the Board of Trustees and Senior Management team have overseen implementation of the 2023-2025 strategy that was set in 2022. The vision and goals of the organisation remain unchanged and we will work to ensure our evidence-based programmes are widely accessible for people living with pain, illness and stress, by developing meaningful relationships with funders, providers and communities.

The efficacy of mindfulness as a healthcare intervention is well recognised and accepted across the system, however, there is still more to do to educate and inform the public in the need for and benefits of sustaining a practice in daily life. We will be developing our retreats, self paced 'going deeper' programmes and practice days to support people in this, as well as educational and awareness raising campaigns. We will also continue our work with the British Association of Mindfulness Based Approaches (BAMBA) to maintain standards in the field of mindfulness teaching to ensure safe, ethical and inclusive practice.

Beyond the UK, we plan to develop wider strategic partnerships with organisations that can help scale reach by translating programmes into the worlds most spoken languages. We are working with partners in France, Spain, Greece and China, where we are working to establish teacher training programmes.

In Q3 2024 we are launching our new programme to contribute to the emerging discipline of Lifestyle Medicine, with the aim of meeting the problems of increasing chronic conditions in our aging population. Lifestyle Medicine is an evidence-based approach that supports behaviour change through person-centred techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep and minimisation of harmful substances and behaviours.

Based in lived experience in our team and our community, and successful pilot courses in community and primary care settings, we are now ready to share a mindfulness-based approach for behavioural change across the pillars of lifestyle medicine, building on our launch in autumn 2024.

It is recognised by the trustees that in this cost of living crisis we need to further diversify our sources of income to reduce overall dependency on individuals self funding their courses and training. In our new strategic plan specific goals and objectives have been set to identify and grow new funding sources to enable the widest reach possible.

### **Structure, governance and management**

The organisation is a charitable company limited by guarantee, incorporated on 28 April 2009 and registered as a charity on 28 September 2009.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at year end was 8 (2022: 8). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Trustees are appointed for 3 year terms. At each AGM, those reaching expiry will resign and be available for re-election. Recruitment is based on ensuring there is a blend of expertise in health and social care, business and charitable operations management.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 11 to the accounts.

### Organisational structure

Breathworks operates within a hierarchical structure, with day to day management of the charity delegated to its Chief Executive, Helen Sullivan (July 2018 - December 2023), Nathan Jarvis from January 2024. The CEO works closely with the organisation's Founder, Vidyamala (Prudence) Burch OBE, who continues to actively contribute as a senior ambassador for the organisation.

The Board of Trustees hold responsibility for setting the direction and high level strategy and signing off the annual budget which is then delegated to the CEO for operationalisation. The CEO reports to the Board on strategic progress and risk management on a quarterly basis.

### Recruitment and appointment of new trustees

In accordance with Breathworks Equality, Diversity and Inclusion (EDI) policy trustee vacancies are widely advertised, with an emphasis on diversity of skills and lived experience. To enable effectiveness in the role, inductions are designed to include time on a 1-2-1 basis with the Chair, CEO; a fireside chat with all other trustees and 1-2-1 mentoring with a longer standing Board member.

### Remuneration policy for key management personnel

The trustees review and agree the remuneration for key management personnel annually, in consideration with market rates and affordability for the charity.

### **Reserves policy**

The reserves policy was developed to ensure:

- Trustees have the time to take action if projected new income streams fall below expectations.
- There is protection for unforeseen operational costs.
- There is capacity for 'seed-funding' for an urgent or high potential project eg for research.
- Provision for redundancy payments and closing contractual obligations in the event of winding up the charity.

Following a review of the Foundation's budget and guided by the nature of the overheads, the trustees have concluded that an unrestricted reserve equivalent to 3 months' overheads (£81K) is sufficient to meet these objectives.

### **Risk management**

The charity trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks.

### **Funds held as custodian trustee on behalf of others**

No funds are held on behalf of others.

## Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' annual 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 financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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 and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable group 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.

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.

The trustees' annual report has been approved by the trustees on 19 September 2024 and signed on their behalf by



Robert Jones  
Treasurer

## Independent Examiner's Report

I report on the accounts of the charity for the year ended 31 December 2023 set out on pages 22 to 36.

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester, M60 0AS

Date: 19 / 09 / 2024

The Breathworks Foundation  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 December 2023

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2022 £</i>
<b>Income from:</b>							
Donations and legacies	3	30,453	54,671	85,124	23,954	20,155	44,109
Charitable activities	4	361,477	20,200	381,677	450,857	52,431	503,288
Investments	5	49	-	49	-	-	-
<b>Total income</b>		<b>391,979</b>	<b>74,871</b>	<b>466,850</b>	<b>474,811</b>	<b>72,586</b>	<b>547,397</b>
<b>Expenditure on:</b>							
Raising funds	6	6,453	-	6,453	8,140	-	8,140
Charitable activities	8	409,890	90,359	500,249	510,873	43,421	554,294
<b>Total expenditure</b>		<b>416,343</b>	<b>90,359</b>	<b>506,702</b>	<b>519,013</b>	<b>43,421</b>	<b>562,434</b>
<b>Net income/(expenditure) for the year</b>		<b>(24,364)</b>	<b>(15,488)</b>	<b>(39,852)</b>	<b>(44,202)</b>	<b>29,165</b>	<b>(15,037)</b>
Transfer between funds		(4,122)	4,122	-			-
<b>Net movement in funds for the year</b>		<b>(28,486)</b>	<b>(11,366)</b>	<b>(39,852)</b>	<b>(44,202)</b>	<b>29,165</b>	<b>(15,037)</b>
<b>Reconciliation of funds</b>							
Total funds brought forward		126,908	29,165	156,073	171,110	-	171,110
<b>Total funds carried forward</b>		<b>98,422</b>	<b>17,799</b>	<b>116,221</b>	<b>126,908</b>	<b>29,165</b>	<b>156,073</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The Breathworks Foundation  
Company number 06890078

Balance sheet as at 31 December 2023

	Note	2023		2022	
		£	£	£	£
<b>Fixed assets</b>					
Intangible assets	14		55,574		62,521
Tangible assets	14		1,846		3,072
Investments	15		3		3
<b>Total fixed assets</b>			<b>57,423</b>		<b>65,596</b>
<b>Current assets</b>					
Stock		-		3,177	
Debtors	16	13,365		10,819	
Cash at bank and in hand		134,970		154,529	
<b>Total current assets</b>		<b>148,335</b>		<b>168,525</b>	
<b>Liabilities</b>					
Creditors: amounts falling due in less than one year	17	(89,537)		(78,048)	
<b>Net current assets</b>			<b>58,798</b>		<b>90,477</b>
<b>Total assets less current liabilities</b>			<b>116,221</b>		<b>156,073</b>
<b>Net assets</b>			<b>116,221</b>		<b>156,073</b>
<b>The funds of the charity:</b>					
Restricted income funds	18		17,799		29,165
Unrestricted income funds	19		98,422		126,908
<b>Total charity funds</b>			<b>116,221</b>		<b>156,073</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 24 to 36 form part of these accounts.

Approved by the trustees on 19 / 09 / 2024 and signed on their behalf by:

*RE Jones*

Robert Jones, Trustee/Treasurer

## 1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### a 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) issued in October 2019 - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Breathworks Foundation meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £ sterling.

### b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

### c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

### d Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

### e Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**f Expenditure and irrecoverable VAT**

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:

- Costs of raising funds comprise the costs of salaries and their associated support costs.
- Expenditure on charitable activities includes the costs of education, training and research undertaken to further the purposes of the charity, and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**g Tangible fixed assets**

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	25%
------------------	-----

**h Intangible fixed assets**

Intangible fixed assets are amortised over their estimated useful economic lives on a straight line basis as follows:

Goodwill	10 years
----------	----------

**i Stock**

Stock is included at the lower of cost or net realisable value. In general, cost is determined on a first in, first out basis. Net realisable value is the price at which stocks can be sold in the normal course of business after allowing for the costs of realisation. Provision is made where necessary for obsolete, slow moving, and defective stocks. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**j Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**k Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

## **l Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

## **m Pensions**

Employees of the charity are entitled to join a defined contribution scheme. The charity's contribution is restricted to the contributions disclosed in note 10. Outstanding contributions at the year end were £1,076 which were paid in January 2024.

## **2 Legal status of the charity**

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

**3 Income from donations and legacies**

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2022</i> £
Donations and grants	30,453	54,671	85,124	23,954	20,155	44,109
<b>Total</b>	30,453	54,671	85,124	23,954	20,155	44,109

**4 Income from charitable activities**

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2022</i> £
<i>Grants</i>						
The Big Life Group	-	10,200	10,200	-	3,400	3,400
Key Fund - Social Enterprise Support Fund	-	-	-	-	44,071	44,071
Sport England Together Fund via Versus Arthritis	-	-	-	-	4,960	4,960
Hart Knowe Trust	-	10,000	10,000	-	-	-
<i>Charitable trading</i>						
Courses and Workshops	337,082	-	337,082	416,767	-	416,767
Membership fees	20,937	-	20,937	20,438	-	20,438
Other income	3,458	-	3,458	13,652	-	13,652
<b>Total</b>	361,477	20,200	381,677	450,857	52,431	503,288

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

**5 Investment income**

	Unrestricted £	Restricted £	Total 2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2022</i> £
Income from bank deposits	49	-	49	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	49	-	49	-	-	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**6 Cost of raising funds**

	Unrestricted £	Restricted £	2023 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2022</i> £
Staff costs	4,985	-	4,985	6,045	-	6,045
Premises	96	-	96	126	-	126
Administration	145	-	145	222	-	222
Advertising and marketing	156	-	156	207	-	207
Internet and website	252	-	252	356	-	356
Depreciation	153	-	153	186	-	186
Governance costs (see note 7)	377	-	377	388	-	388
Support costs (see note 7)	289	-	289	610	-	610
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	6,453	-	6,453	8,140	-	8,140
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

7 Analysis of governance and support costs

	Support £	Governance £	Total 2023 £	Support £	Governance £	Total 2022 £
Staff costs	13,517	10,826	24,343	16,970	12,922	29,892
Premises	262	209	471	354	269	623
Administration	393	315	708	623	475	1,098
Accountancy fees	2,549	2,358	4,907	1,381	2,520	3,901
Legal expenses (HR & pension)	1,148	-	1,148	1,897	-	1,897
Depreciation	415	332	747	522	398	920
Interest payable	-	-	-	4,333	-	4,333
	<u>18,284</u>	<u>14,040</u>	<u>32,324</u>	<u>26,080</u>	<u>16,584</u>	<u>42,664</u>

The support and governance costs are apportioned to fundraising and charitable activities based on the relevant direct salary costs.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

8 Analysis of expenditure on charitable activities

	2023	2022
	£	£
Staff costs	236,936	252,249
Staff training and other costs	4,782	3,019
Direct course costs	176,497	192,692
Marketing	8,171	9,641
Internet and website	13,206	16,632
Research	810	4,416
Grants awarded (see note below)	5,882	6,152
Office rent and rates	4,582	5,257
Administration and office expenses	6,896	9,269
Insurance	1,966	2,226
Sundry expenses	1,590	3,312
Depreciation	7,273	7,763
Governance costs (see note 7)	17,907	16,196
Support costs (see Note 7)	13,751	25,470
	<hr/>	<hr/>
	500,249	554,294
	<hr/> <hr/>	<hr/> <hr/>
Restricted expenditure	90,359	43,421
Unrestricted expenditure	409,890	510,873
	<hr/>	<hr/>
	500,249	554,294
	<hr/> <hr/>	<hr/> <hr/>

**Note concerning grants awarded**

During the year the charity made four micro project grant payments ranging from £600 to £3,282. This was to provide seed funding for small projects which are furthering the objects of the charity. Two grant payments were made to individuals and two grant payments were made to organisations.

**Note concerning bursaries and charitable activity costs**

Throughout the year the charity awarded 281 bursary places to beneficiaries to attend various courses, training and events. The theoretical value of lost revenue was £69,658. Any training delivery cost related to the bursary places is captured in the expenditure in the above table.

9 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2023	2022
	£	£
Depreciation	8,173	8,868
Auditor's remuneration - accountancy fees	1,860	1,440
Independent examiner's fee	498	360
	<hr/> <hr/>	<hr/> <hr/>

# The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

## 10 Staff costs

Staff costs during the year were as follows:

	2023	2022
	£	£
Wages and salaries	245,282	265,526
Social security costs	16,328	17,869
Pension costs	4,654	4,791
	<hr/>	<hr/>
	266,264	288,186
	<hr/> <hr/>	<hr/> <hr/>
<b>Allocated as follows:</b>		
Cost of raising funds	4,985	6,045
Charitable activities	236,936	252,249
Support costs	13,517	16,970
Governance costs	10,826	12,922
	<hr/>	<hr/>
	266,264	288,186
	<hr/> <hr/>	<hr/> <hr/>

No employee has employee benefits in excess of £60,000 (2022: Nil).

The average number of staff employed during the period was 14 (2022: 16).

The average full time equivalent number of staff employed during the period was 11 (2022: 10).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £35,120 (2022: £37,177). As per reporting requirements this figure includes employer's national insurance and pension contributions.

## 11 Trustee remuneration and expenses, and related party transactions

Neither the trustees nor any persons connected with them received any remuneration or reimbursed expenses during the year (2022: Nil).

During the year the trustees received travel and subsistence expenses of £462 (2022: £Nil).

Aggregate donations from related parties were £1,095 (2022: £Nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2022: nil).

# The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

## 12 Government grants

The government grants recognised in the accounts were as follows:

	2023 £	2022 £
HMRC Employment Allowance	5,000	5,000
Sport England Together Fund via Versus Arthritis	-	4,960
	<hr/>	<hr/>
	5,000	9,960
	<hr/> <hr/>	<hr/> <hr/>

There were no unfulfilled conditions and contingencies attaching to the grants.

## 13 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

## 14 Fixed assets: tangible and intangible assets

	<b>Tangible assets</b>	<b>Intangible assets</b>
	Office equipment £	Goodwill £
<b>Cost</b>		
At 1 January 2023	6,390	69,468
	<hr/>	<hr/>
At 31 December 2023	6,390	69,468
	<hr/> <hr/>	<hr/> <hr/>
<b>Depreciation</b>		
At 1 January 2023	3,318	6,947
Charge for the year	1,226	6,947
	<hr/>	<hr/>
At 31 December 2023	4,544	13,894
	<hr/> <hr/>	<hr/> <hr/>
<b>Net book value</b>		
At 31 December 2023	1,846	55,574
	<hr/> <hr/>	<hr/> <hr/>
At 31 December 2022	3,072	62,521
	<hr/> <hr/>	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

15 Investments

	2023 £	2022 £
Investment in the shares of the subsidiary company Breathworks Community Interest Company	3	3

The charity owns the whole of the ordinary share issue of the Breathworks Community Interest Company, a company registered in England, register no 5016384. The company has been dormant since 31 December 2021.

**Balance sheet**

	2023 £	2022 £
Current assets	3	3
Total assets less current liabilities	3	3
Net assets	3	3
Assets	3	3
Shareholder's funds	3	3

16 Debtors

	2023 £	2022 £
Trade debtors	7,806	5,808
Prepayments and accrued income	5,559	5,011
	13,365	10,819

17 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	30,941	7,273
Other creditors and accruals	20,221	22,700
Deferred income	32,209	43,226
Taxation and social security costs	6,166	4,849
	89,537	78,048

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

18 Analysis of movements in restricted funds

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2023 £
<u>Grants</u>					
The Big Life Group	3,400	10,700	(13,600)	-	500
Hart Knowe Trust - Bursaries	-	5,000	(5,000)	-	-
Hart Knowe Trust - Seed funding	-	5,000	(2,600)	-	2,400
Key Fund - Social Enterprise Support Fund	8,160	-	(8,259)	99	-
Sport England Together Fund via Versus Arthritis	937	-	(4,960)	4,023	-
<u>Donations</u>					
Bursary Fund	-	216	(216)	-	-
Community of Practice	16,668	24,592	(29,331)	-	11,929
Give2Live	-	120	(120)	-	-
HEALS Programme	-	18,643	(18,643)	-	-
Seed funding	-	1,149	-	-	1,149
Sierra Leone Project	-	9,451	(7,630)	-	1,821
<b>Total</b>	<b>29,165</b>	<b>74,871</b>	<b>(90,359)</b>	<b>4,122</b>	<b>17,799</b>

**Note for transfers**

Two projects were supported from unrestricted funds.

**Comparative period**

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
<u>Grants</u>					
The Big Life Group	-	3,400	-	-	3,400
Key Fund - Social Enterprise Support Sport England Together Fund via Versus Arthritis	-	44,071	(35,911)	-	8,160
Seed funding	-	4,960	(4,023)	-	937
<u>Donations</u>					
Give2Live	-	120	(120)	-	-
Community of Practice	-	20,035	(3,367)	-	16,668
<b>Total</b>	<b>-</b>	<b>72,586</b>	<b>(43,421)</b>	<b>-</b>	<b>29,165</b>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

**Note 18 continued**

<b>Name of restricted fund</b>	<b>Description, nature and purposes of the fund</b>
The Big Life Group	for the "Take Back Your Life" project, to fund 9 6-week courses with up to 12 participants each, for Be Well clients with challenging health or stress
Key Fund - Social Enterprise Support Fund	to improve accessibility for training online, building a volunteer programme and reaching new communities, aiming to reach 80 health professionals and 2400 patients every year, and to rebuild income to pre-pandemic levels
Sport England Together	for the "Moving Well" project: providing training in mindful movement for people with disabilities, pain and long-term conditions, to reduce long-term impact of and help recovery re Covid-19, to address inequality in sport and
Community of Practice	to fund free on-line access to Mindfulness practitioners to support and sustain their practice, free courses, workshops and materials
Hart Knowe Trust - bursaries	to fund Mindfulness Teacher Scholarships for four places
Hart Knowe Trust - seed funding	seed funding for three mindfulness-based projects
HEALS Programme	to support the provision of an 11-week course providing a holistic approach to a healthy lifestyle
Seed funding	to contribute to funding mindfulness-based projects
Sierra Leone Project	seed funding for a mindfulness-based training project in Sierra Leone

**19 Analysis of movement in unrestricted funds**

	Balance at 1 January 2023 £	Income £	Expenditure £	Transfers £	As at 31 December 2023 £
General fund	126,908	391,979	(416,343)	(4,122)	98,422
	<u>126,908</u>	<u>391,979</u>	<u>(416,343)</u>	<u>(4,122)</u>	<u>98,422</u>
<b>Comparative period</b>	<i>Balance at 1 January 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>As at 31 December 2022 £</i>
General fund	171,110	474,811	(519,013)	-	126,908
	<u>171,110</u>	<u>474,811</u>	<u>(519,013)</u>	<u>-</u>	<u>126,908</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2023 (continued)

Note 19 continued

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds

20 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2023 £
Tangible fixed assets	55,574	-	-	55,574
Intangible fixed assets	1,846	-	-	1,846
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	40,999	-	17,799	58,798
	<hr/>	<hr/>	<hr/>	<hr/>
Total	98,422	-	17,799	116,221
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

*Comparative period*

	<i>General fund</i> £	<i>Designated funds</i> £	<i>Restricted funds</i> £	<i>Total 2022</i> £
<i>Tangible fixed assets</i>	<i>62,521</i>	<i>-</i>	<i>-</i>	<i>62,521</i>
<i>Intangible fixed assets</i>	<i>3,072</i>	<i>-</i>	<i>-</i>	<i>3,072</i>
<i>Fixed asset investments</i>	<i>3</i>	<i>-</i>	<i>-</i>	<i>3</i>
<i>Net current assets/(liabilities)</i>	<i>61,312</i>	<i>-</i>	<i>29,165</i>	<i>90,477</i>
	<hr/>	<hr/>	<hr/>	<hr/>
<i>Total</i>	<i>126,908</i>	<i>-</i>	<i>29,165</i>	<i>156,073</i>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**THE BREATHWORKS FOUNDATION**

England & Wales - Charity number 1131851

---

# Accounts

---

# THE BREATHWORKS FOUNDATION

Charity number: 1131851  
Company number: 06890078

Trustees' annual report and financial statements for the  
year ended 31 December 2022



breathworks  


*Helping people transform their lives with mindfulness*

# CONTENTS

The trustees are pleased to present their report and the unaudited financial statements for the year ended 31 December 2022. Included in this report is:

3	About Breathworks
4	Letters from the Chair & CEO
6	Summary of our Year in Numbers
7	Educational Activities
14	Research Activities
15	Trustees Report & Financial Statements

# ABOUT

Breathworks has been teaching mindfulness-based approaches for managing pain, illness and stress since 2001. Founded by Vidyamala Burch OBE, Breathworks developed the first Mindfulness-based Pain Management (MBPM) programme. This has been supported by research and health organisations around the world.

# OUR IMPACT

Today, Breathworks has taught more than 110,000 individuals and has trained over 700 mindfulness teachers across 40 countries. We are a UK-based charity who are committed to making programmes accessible and inclusive through funding and support for those with financial (or other) barriers.

## ORGANISATIONAL OBJECTIVES

- To provide mindfulness-based tools to reduce the suffering of living with pain, illness and stress.
- To advance the education of the public in mindfulness-based activities.
- To undertake research into mindfulness-based activities and to publish useful results.



Breathworks Founder,  
Vidyamala Burch OBE



*Looking back over the year*

## Prasadu, Chair of Trustees

As a small charity, we rely on the support of so many incredible volunteers, donors, partners, community organisations and individuals who offer their time, financial support, practical assistance and personal commitment to our programme delivery. On behalf of all who benefit from Breathworks programmes, I want to thank every one who has supported our work this year.

Like many charities emerging from the challenging years of the pandemic, The Breathworks Foundation has again demonstrated its adaptability and resilience in responding to a world that is constantly changing. It continues to diversify how it delivers its programmes and is reaching more people by offering programmes online, whilst in person delivery is starting back up through community partners.

I'm so proud of our staff and brilliant Associate Teachers and Trainers who work so skilfully to support people who live with challenging health conditions through our courses and events.

Interest in our teacher training programme from individuals and organisations continues to be strong and we're proud that our teachers go on to share courses and workshops with people in a diverse range of environments such as health settings, prisons, schools and corporate organisations.

In this report I'm delighted to share our impacts over this year.

Dr. Prasadu MSc CPsychol

## *Progress and plans*

# Helen Sullivan, CEO



As we close the second year since the Breathworks Foundation took over all operations (following the winding up of the CIC), we have dedicated time to reflect on our achievements and pave the way for a new strategic plan spanning 2023-2025.

Our mission for this new period remains unchanged. With 1 in 4 people living with a long-term health condition and our programmes showing significant improvements to participants' quality of life; we want our approach to be available to all who need it. We have made great progress in scaling the reach of our programme by training teachers globally and reaching over 19,000 people this year. We will continue our work to build more meaningful relationships with funders, commissioners and communities in the future, to further grow our reach and impact.

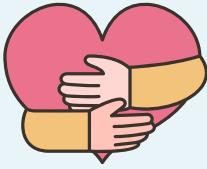
GPs and UK social prescribers tell us there is little support available in deprived areas to help people manage their health conditions and live fuller lives. With the NHS under considerable strain, many people accessing our services are waiting for referrals or further surgery. We want our programmes to be available to everyone who can benefit and we are looking to develop more meaningful relationships with funders and communities to give access to our programmes in the most deprived areas in the UK.

Over the past two years, we have been doing deep work to listen, learn and take action in becoming an anti-racist organisation. We looked to expert guidance, and had invaluable input from an EDI expert and Race Equality Advisor for the Welsh Government for team trainings and strategic counsel. From this we developed strategies in three areas of our organisation; recruitment, communications, and training and delivery. More information on our progress can be found in [this blog](#).

We are very excited to be scaling our reach into more non-English speaking regions with a particular focus on China/Mandarin. We are also developing a new programme applying our mindfulness expertise to the arena of Lifestyle Medicine. This recognises the crucial role of awareness training as foundational skills for behavioural change processes across the wider domains of wellbeing (nutrition, sleep, movement & connection). Two pilots have shown some very promising results for people living with significant health conditions and we are looking forward to a full launch in 2024.

If you would like to hear more or support our work we will be glad to hear from you.

# 2022 OUR YEAR IN NUMBERS



## Our Reach

over **3K** people learnt methods for **living well with pain, stress and illness** through an 8 week course taught directly by Breathworks or by its network of teachers.

over **700** practitioners now **trained to teach** Breathworks programmes to share mindfulness in 40 countries.

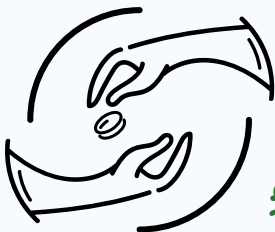
over **70k** awarded in **bursary funding** in 2022

**1,200** have accessed our **Free Toolkit for Tough Times**. A ten step programme providing mindfulness tools to help navigate difficulties and improve mental wellbeing. This was designed specifically to meet the stress many people are experiencing in the current times.



**6** Breathworks teachers received **Seed Funding** to launch community outreach projects for underserved groups, which enabled accessible and free mindfulness for refugees and their host families, those grieving from baby loss, people living with disability, and individuals newly diagnosed with dementia.

## Income Generation in 2022



**£44K** raised through donations

**£52K** awarded in grant funding

**£451K** raised in earned income

# MINDFULNESS COMMUNITY ACTIVITIES

The **hub for all our activities** is our online community platform that is freely available to anybody worldwide. The community of practice (COP) launched in 2020 and has already proved popular for those wanting to explore mindfulness practice to enable better health and wellbeing. It provides a rich resource of on-demand sessions, volunteer-led special interest groups, live meet-ups and weekly teacher led workshops. It has quickly become an invaluable and deeply empowering aspect of the whole Breathworks Foundation project.



## Nurturing Community



**4,632** members accessing free resources, events & peer support.

**1,212**

Contributed through comments, cheers & posts



Members in over 53 different countries worldwide

## 90 Live Events

**100 Hours** of on demand recorded content including guided meditations, Q&A clinics and support for those with pain & illness.

### November 2022 Feedback Survey

**81%**

Rated the CoP as Good or Excellent

**80%**

Found the CoP helpful for maintaining or deepening their mindfulness practice

**74%**

Found the CoP helpful for managing a health or pain condition

**87%**

Would recommend to a friend or colleague

"I have found the Breathworks Community very supportive in times of my pain being unbearable. I would highly recommend anyone with an interest in mindfulness to join. You will not regret it."

Angela

"It is like having a Mindfulness library at my fingertips... this is where I search before anywhere else. "

Francesca

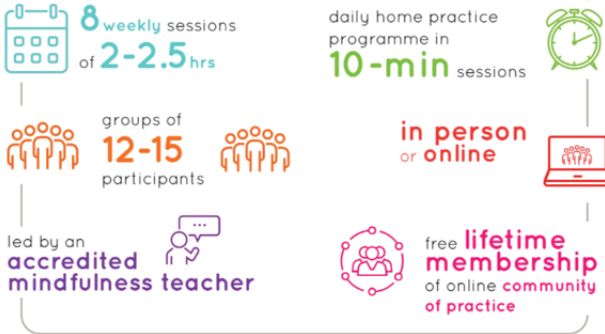
"It's an invaluable opportunity to join with an experienced practitioner and international community in mindfulness meditation practice and reflections. A really helpful way of keeping mindfulness fresh and part of everyday life."

Bronwen

# MINDFULNESS FOR HEALTH - PUBLIC COURSES

Our award winning mindfulness and compassion course provides the tools and skills to live well with chronic pain and illness. In 2022 we ran 12 x eight-week public courses, **reaching 190 participants**. Individuals or their employers fund their course fee, which enables us to reserve a third of the places for bursary recipients. This ensures access for those with financial barriers fulfilling our Charitable values.

## COURSE FORMAT



## KEY FINDINGS

- 86% Felt better able to manage their health/ pain condition
- 44% Reduced their medication
- 1 in 4 Reduced their use of healthcare services

I was [recommended Mindfulness for Health] by a nurse in my pain clinic. I have been suffering with long Covid for 10 months and have also been diagnosed with fibromyalgia, brain inflammation, and post viral fatigue syndrome.

Before the course I was quite distressed angry sad and not at all accepting of my situation. The course definitely has helped with this side of things. In particular, **learning to be in the moment, as it is, without resistance and struggling** has been very useful.

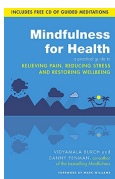
Undertaking the course with others in a similar situation was also very helpful in **feeling less isolated and less alone** and realising that the secondary suffering is universal.



I would recommend this course over and over again to anyone in a similar situation to me. It has been a very valuable tool and has helped me **start a journey of acceptance** of where I am right now.

I was awarded a bursary as I've had no income for nearly a year and I am extremely grateful for this. **Equanimity, stability, and peace** are things I have been looking for for decades and this course seems to have opened the door for me.

Ruth, Bursary Recipient  
June 22 MfH Attendee

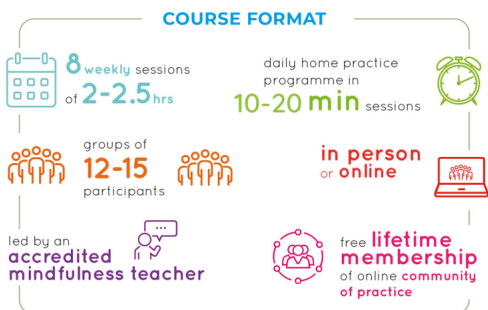
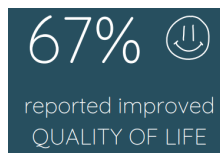
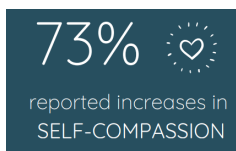


The award winning **Mindfulness for Health course book**, co-authored by Breathworks' Founder Vidyamala Burch, is recommended by the Reading Well: Books on Prescription Scheme. This scheme is endorsed by public libraries with expert health professionals selecting the most helpful evidenced-based self-help books to support members of the public suffering from health conditions and mental health issues.



# MINDFULNESS FOR STRESS - PUBLIC COURSES

Our 8-week mindfulness for stress course teaches people how to boost their happiness and well-being and find new sources of resilience, joy, and calm in their lives. It also provides evidence-based methods to cope with stress, anxiety, fear, and depression. In 2022 we ran 11 x eight-week courses, **reaching 194 participants**. Individuals or their employers fund their course fee, which enables us to reserve a third of the places for bursary recipients. This ensures access for those with financial barriers fulfilling our Charitable values.



Suzy Chohan  
Aug 22 Mindfulness for  
Stress Attendee



I loved the course... **my nervous system is calmer**, I can **better handle events** in my day and I find **more joy** in moments that I may not have paid attention to before.

Before the course I was definitely in 'autopilot' and 'doing mode' [a lot more]. After the course, I can catch myself many times and anchor back.

I am very grateful that the online tools and meditations will continue to be available for us now the course has ended. I will be continuing my practice.

I would highly recommend everyone take the course! These are tools that I believe are important for everyone to have in our busy lives and help **combat daily stresses, negative thoughts** and **get more out of life**.

Thank you.

# COMMUNITY MINDFULNESS GRANT FUNDED PROGRAMMES

One of our **core aims is to reach a wider range of people** through working with community partners. In this period we secured grant funding to pilot new services with the view to them being available through the Manchester social prescribing network.



The grant we secured was particularly aimed at services that aimed to **meet the needs of people living with chronic pain and long-term health conditions** (LTCs). An estimated 11% of the population in Manchester live with chronic pain and 25% live with a LTC. The Chief Medical Officer has reported “Much more needs to be done to improve outcomes for patients”.

The Breathworks Mindfulness for Health programme will work with individuals whose quality of life is severely impacted by their health conditions.



We are also delighted to have won funding through the Together Fund to enable a pilot of our newly developed ‘Moving Well’ programme’. The course has been developed by two senior mindfulness trainers at Breathworks: one of whom is an experienced Alexander Technique teacher, and the other a long-term arthritis sufferer.

This course teaches Mindful Movement for people with disabilities, pain and long-term health conditions. During four one-hour sessions it aims to improve participants’ mobility and confidence in a gentle and sustainable way. It will help people bring mindfulness-based health management into both exercise and everyday activities providing them with life-long tools to improve their quality of life.

We will run four courses in conjunction with community partners in the first part of 2023. The aim is to reach 50 people living in the most deprived areas of Manchester. We will flex the need for in-person and online provision as required.

# IMPROVING MENTAL WELLBEING IN THE WORKPLACE

Breathworks provides tailored programmes for the NHS and other public bodies that help improve staff mental wellbeing. This year we were commissioned by 'Tower Hamlets Together', an umbrella organisation of partners (see below). We designed a programme to meet a wide range of experience levels and developed the means of cascading mindfulness across the organisations, equipping team members to confidently pass on what they had learned to their colleagues and community.

**Over 5 months we delivered 21 mindfulness events**, which included 10 taster sessions, five in-depth courses to develop the skills to manage stress and burnout, and four champions courses.



## IMPACT



Breathworks were great! They were always ready to be flexible and work with us to meet the demands of running a programme to suit the whole community. The sessions were well received and they provided an excellent evaluation report, allowing us to demonstrate impact and return on investment.

*Director of Organisational Development, London Borough of Tower Hamlets - Anne Page*



9.1

average satisfaction score out of 10



74%

of staff reported reductions in stress following the course



96%

would recommend the course to a colleague



The course has helped me to slow down and remain calm when things become stressful and busy. Outside of work, I have also learnt to bring more awareness to how I respond to situations.



This benefits of this course are endless, it should be mandatory for all service providers and users. The biggest impact it has had is teaching me to not take work stress home and allowing me to appreciate myself in all aspects of life.

# SCALING IMPACT: MINDFULNESS TEACHER TRAINING

In our accredited 12 month teacher training programme we train practitioners to share mindfulness in their communities. At the end of the programme, Breathworks Teachers are equipped to teach the two gold-standard Breathworks eight-week course curriculums and share introductory events and workshops in their communities and organisations.

**700+**

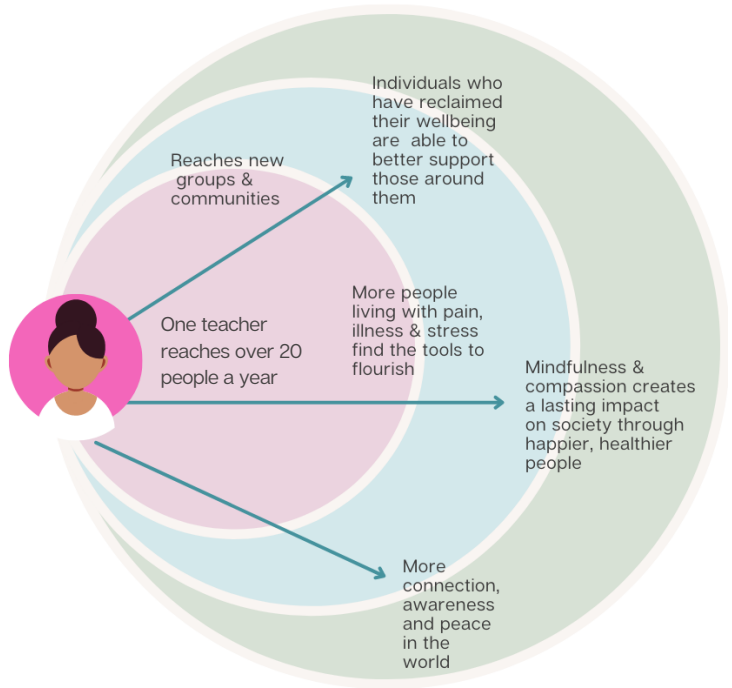
people trained as  
Breathworks teachers  
in 40 countries

**2491**

people reached with  
Breathworks 8 week  
courses taught by its  
trained teachers

**19K+**

people reached with  
Breathworks materials at  
other events, taught by its  
trained teachers



## TEACHERS IMPACT: LONG-STANDING COMMUNITY PROGRAMMES

Since 2015, Breathworks trained teachers, Gail & Mark, have worked at St. Michael's Hospice in Hereford. **Typically seeing 450+ people each year, they pass on mindfulness** in groups and one-to-one to patients, outpatients, staff, volunteers and carers. Referrals come from within the Hospice and externally from Community Nurses, GPs and similar.



Gail recalls sharing the power of a body scan practice with a patient dying of Motor Neurone Disease. Although their breathing was deeply compromised, Gail witnessed his struggling respiratory muscles soften, his anxiety ease, his mind soothe, and he was able to acknowledge **he felt ok, even good, in the moment.**

# INNOVATIONS IN TEACHER TRAINING

This year we were awarded £44,071 from the Social Enterprise Support Fund to help our organisation recover from the impacts of the pandemic.



Social Enterprise  
Support Fund

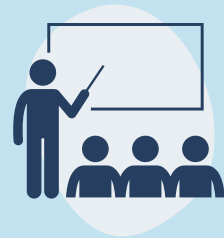
This funding enabled a number of projects including an innovation project to create a new service that would better suit the needs of health professionals wanting training to share mindfulness with their patients.

Each year we receive enquiries from NHS Trusts who want to share brief mindfulness interventions with patients, but don't want to train to teach our full eight-week courses. The time commitment of our full 12 month training programme makes it inaccessible to many services and together we identified an opportunity to develop a shorter, more flexible programme to meet their needs and grow our impact.

With the SESF funding we were able to invest in this new programme development and onboard a pilot client to co-design and evaluate this new approach with. The new Facilitators Training (shown over page), will be delivered and evaluated within Homerton NHS University Hospital next year.



Homerton  
University Hospital  
NHS Foundation Trust



## Mindfulness Facilitator

41 Training Hours

Learn to share introductory mindfulness with others. You will learn how to deliver 6 short mindfulness sessions, simple guided meditations and how to facilitate reflection.



Certified  
Breathworks  
Facilitator

# BREATHWORKS RESEARCH - PUBLISHED STUDIES

A team from the Jersey Pain Clinic and Liverpool John Moores University published an analysis of service data from 239 pain patients who had participated in the Breathworks Mindfulness for Health course.

Patients' self-reported subjective change at the end of the course, compared with the start, was:

- 41% report a 30%+ reduction in pain intensity, 28% report a 50%+ improvement
- 57% report a 30%+ reduction in pain interference, 40% report a 50%+ improvement
- 70% report a 30%+ improvement in subjective resilience, 41% report a 50%+ improvement
- with 3% or less percent reporting significant deterioration across any of the above domains.

An analysis of statistically reliable and clinically significant changes **found improvements across domains including: pain intensity, interference, depression, catastrophizing, self-efficacy, as well as wellbeing (WHO 5 health domains) and self-compassion.**

The team reported good retention and completion (84%) with minimal side effects, with the course highly valued by clients and clinicians, and further reported an 82% reduction in treatment cost per patient compared to existing 1:1 support.

Article

## Full mindfulness-teacher training pathway and courses on pain management programmes: why it may all be worth it

**Alessio Agostinis** *Consultant Psychologist, Pain Clinic, Jersey; Honorary Research Fellow, Liverpool John Moores University*

**Jonathan Bond** *Assistant Psychologist, Pain Clinic, Jersey*

**Julia Morris** *Consultant Physiotherapist and AHP, Pain Clinic, Jersey*

**Ben Rosser** *Clinical Psychologist & Lecturer, School of Psychology, Faculty of Health, Liverpool John Moores University*

**Michelle Barrow** *Pain Specialist Nurse, Pain Clinic, Jersey*

**Chad Tavor** *Consultant in Pain Medicine. Service and Pain Lead. Jersey*



**THE BRITISH PAIN SOCIETY**  
EXPERTISE WHERE IT MATTERS

*Pain News*  
2022, Vol 20(2) 39-48  
© The British Pain Society 2022



# Trustees' annual report for the period ended 31 December 2022

## Report Overview

The trustees are pleased to present their report and the unaudited financial statements for the year ended 2022.

The trustees review the aims, objectives and activities of the charity each year. The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## Reference and administrative information

Company Number 06890078

Charity Number 1131851

Registered office and operational address: 16-20 Turner Street, Manchester, M4 1DZ

## Trustees

Trustees, who are also directors under company law, who served during this year and up to the date of the report were as follows:

Dharmachari Prasadu

Gillian Parry

Menka Sanghvi appointed 22/11/2022

Ruth Cheesley

Dominic Houlder

Karim Rushdy appointed 22/11/2022

Robert Jones

Sally Jones

No trustees held title property belonging to the charity during the reporting period or at the date of approval.

**Key Management Personnel:** Helen Sullivan, Chief Executive

**Bankers:** The Co-operative Bank, PO Box 250, Skelmersdale, WN8 6WT

**Independent examiner:** Patrick Morrello ACA, Third Sector Accountancy Limited, Holoake House, Hanover Street, Manchester, M60 0AS

## Financial review

At the end of this financial period the total funds carried forward are £156,073 (2020: 171,110) of which £29,165 (2021: £Nil) are restricted funds. This is an overall decrease of £15,073 for the period. The decrease is due to surplus generated in previous years being drawn on to provide seed funding for 6 innovative proof of concept projects. Available funds are also being drawn upon to fund the development of a new programme which will be launched in 2023/24.

The total income for the year was £547,397 (2021: £513,221) consisting of £72,586 (2020: £27,136) restricted funds and £474,811 (2021: £486,085) unrestricted funds. The total expenditure for the year was £562,434 (2021: £484,851) consisting of £43,421 (2021: £28,076) spent from restricted funds and £519,013 (2021: £456,775) spent from unrestricted funds. At year end, this leaves the charity with total reserves of £156,073 of which £126,908 are unrestricted. Therefore, the trustees do not see any concerns about the charity's ability to continue as a going concern. The wholly owned subsidiary, Breathworks CIC, was dormant throughout the year.

## Plans for the future

This year the Board of Trustees and Senior Management team have conducted a strategic review and set the new strategy for 2023-2025. The vision and goals of the organisation remain unchanged and we will work to ensure our evidence-based programmes are widely accessible for people living with pain, illness and stress, by developing meaningful relationships with funders, providers and communities.

The efficacy of mindfulness as a healthcare intervention is well recognised and accepted across the system, however, there is more to do to educate and inform the public in the need for and benefits of sustaining a practice in daily life. We will be developing our retreats, self paced 'going deeper' programmes and practice days to support people in this, as well as educational and awareness raising campaigns. We will also continue our work with the British Association of Mindfulness Based Approaches (BAMBA) to maintain standards in the field of mindfulness teaching to ensure safe, ethical and inclusive practice.

Beyond the UK, we plan to develop wider strategic partnerships with organisations that can help scale reach by translating programmes into the worlds most spoken languages. Mandarin will be a focus for 2023, where we aim to train teachers from 2024 onwards.

To have a bigger impact, we have plans to develop a new programme to contribute to the emerging discipline within medicine that aims to meet the problems of increasing chronic conditions in our aging population. Lifestyle Medicine is evidence-based care that supports behaviour change through person-centred techniques to improve mental wellbeing, social connection, healthy eating, physical activity, sleep and minimisation of harmful substances and behaviours.

Through our developers lived experience and that of our community, we want to test if greater quality of life improvements are possible by taking a mindfulness based approach for behavioural change across the pillars of lifestyle medicine. Next year we plan to test and pilot this innovative new programme with different health condition groups to learn from their experience and design with their feedback. If successful we will plan a large scale launch in 2024 and beyond.

It is recognised by the trustees that in this cost of living crisis we need to further diversify our sources of income to reduce overall dependency on individuals self funding their courses and training. In our new strategic plan specific goals and objectives have been set to identify and grow new funding sources to enable the widest reach possible.

### **Structure, governance and management**

The organisation is a charitable company limited by guarantee, incorporated on 28 April 2009 and registered as a charity on 28 September 2009.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at year end was 8 (2021: 6). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

Trustees are appointed for 3 year terms. At each AGM, those reaching expiry will resign and be available for re-election. Recruitment is based on ensuring there is a blend of expertise in health and social care, business and charitable operations management.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 10 to the accounts.

### Organisational structure

Breathworks operates within a hierarchical structure, with day to day management of the charity delegated to its Chief Executive, Helen Sullivan. Helen (who has held the post since July 2018) works closely with the organisations Founder, Vidyamala (Prudence) Burch OBE who continues to actively contribute as a senior ambassador for the organisation.

The Board of Trustees hold responsibility for setting the direction and high level strategy and signing off the annual budget which is then delegated to the CEO for operationalisation. Helen reports to the Board on strategic progress and risk management on a quarterly basis.

#### Recruitment and appointment of new trustees

In accordance with Breathworks Equality, Diversity and Inclusion (EDI) policy trustee vacancies are widely advertised. After a skills and EDI audit was completed in 2021, new trustee roles were created and advertised through Charity Jobs, Breathworks social channels and Trustees Unlimited. Following interview two new trustees were onboarded who bring greater diversity of skills and lived experience. To enable effectiveness in the role, inductions are designed to include time on a 1-2-1 basis with the Chair, CEO; a fireside chat with all other trustees and 1-2-1 mentoring with a longer standing Board member.

#### Remuneration policy for key management personnel

The trustees review and agree the remuneration for key management personnel annually, in consideration with market rates and affordability for the charity.

### **Reserves policy**

The reserves policy was developed to ensure:

- Trustees have the time to take action if projected new income streams fall below expectations.
- There is protection for unforeseen operational costs.
- There is capacity for 'seed-funding' for an urgent or high potential project eg for research.
- Provision for redundancy payments and closing contractual obligations in the event of winding up the charity.

Following a review of the Foundation's budget and guided by the nature of the overheads, the trustees have concluded that an unrestricted reserve equivalent to 3 months' overheads (£81K) is sufficient to meet these objectives.

### **Risk management**

The charity trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks.

### **Funds held as custodian trustee on behalf of others**

No funds are held on behalf of others.

## Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' annual 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 financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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 and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable group 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.

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.

The trustees' annual report has been approved by the trustees on 22 August 2023 and signed on their behalf by



Robert Jones  
Treasurer

## Independent Examiner's Report

I report on the accounts of the charity for the year ended 31 December 2022 set out on pages 21 to 36.

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester, M60 0AS

21 / 09 / 2023

Date:

The Breathworks Foundation  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 December 2022

	Note	Unrestricted funds £	Restricted funds £	Total funds 2022 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2021 £</i>
<b>Income from:</b>							
Donations and legacies	3	23,954	20,155	44,109	6,470	2,155	8,625
Charitable activities	4	450,857	52,431	503,288	479,615	24,981	504,596
<b>Total income</b>		<b>474,811</b>	<b>72,586</b>	<b>547,397</b>	<b>486,085</b>	<b>27,136</b>	<b>513,221</b>
<b>Expenditure on:</b>							
Raising funds	5	8,140	-	8,140	2,028	-	2,028
Charitable activities	7	510,873	43,421	554,294	454,747	28,076	482,823
<b>Total expenditure</b>		<b>519,013</b>	<b>43,421</b>	<b>562,434</b>	<b>456,775</b>	<b>28,076</b>	<b>484,851</b>
<b>Net income/(expenditure) for the year</b>	-	<b>(44,202)</b>	<b>29,165</b>	<b>(15,037)</b>	<b>29,310</b>	<b>(940)</b>	<b>28,370</b>
<b>Net movement in funds for the year</b>		<b>(44,202)</b>	<b>29,165</b>	<b>(15,037)</b>	<b>29,310</b>	<b>(940)</b>	<b>28,370</b>
<b>Reconciliation of funds</b>							
Total funds brought forward		171,110	-	171,110	141,800	940	142,740
<b>Total funds carried forward</b>		<b>126,908</b>	<b>29,165</b>	<b>156,073</b>	<b>171,110</b>	<b>-</b>	<b>171,110</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The Breathworks Foundation  
Company number 06890078  
Balance sheet as at 31 December 2022

	Note	2022	2021
		£	£
<b>Fixed assets</b>			
Tangible assets	13	3,072	3,515
Intangible assets	13	62,521	69,468
Investments	14	3	3
		<b>65,596</b>	<b>72,986</b>
<b>Current assets</b>			
Stock		3,177	4,714
Debtors	15	10,819	13,795
Cash at bank and in hand		154,529	208,978
		<b>168,525</b>	<b>227,487</b>
<b>Liabilities</b>			
Creditors: amounts falling due in less than one year	16	(78,048)	(112,833)
		<b>90,477</b>	<b>114,654</b>
<b>Total assets less current liabilities</b>		<b>156,073</b>	<b>187,640</b>
Creditors: amounts falling due after more than one year	17	-	(16,530)
		<b>156,073</b>	<b>171,110</b>
<b>The funds of the charity:</b>			
Unrestricted funds	19	126,908	171,110
Restricted funds	18	29,165	-
		<b>156,073</b>	<b>171,110</b>
<b>Total charity funds</b>		<b>156,073</b>	<b>171,110</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The notes on pages 24 to 36 form part of these accounts.

Approved by the trustees on 22 August 2023 and signed on their behalf by:

RE Jones

Robert Jones (Trustee)

18 / 09 / 2023

Date signed

The Breathworks Foundation

Statement of Cash Flows  
for the year ending 31 December 2022

	Note	2022 £	2021 £
<b>Cash provided by/(used in) operating activities</b>	21	<b>(27,041)</b>	<b>49,379</b>
<i>Cash flows from investing activities:</i>			
Purchase of tangible assets		(1,478)	(3,645)
Purchase of intangible fixed assets		-	(69,468)
<b>Cash provided by/(used in) investing activities</b>		<b>(1,478)</b>	<b>(73,113)</b>
<i>Cash flows from financing activities:</i>			
Repayment of borrowing		(25,930)	-
Cash inflows from new borrowing		-	25,930
<b>Cash provided by/(used in) financing activities</b>		<b>(25,930)</b>	<b>25,930</b>
Increase/(decrease) in cash and cash equivalents in the year		(54,449)	2,196
Cash and cash equivalents at the beginning of the year		208,978	206,782
<b>Cash and cash equivalents at the end of the year</b>		<b>154,529</b>	<b>208,978</b>

## 1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### a 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) issued in October 2019 - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Breathworks Foundation meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £ sterling.

### b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

### c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

### d Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**e Expenditure and irrecoverable VAT**

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:

- Costs of raising funds comprise the costs of staff salaries and their associated support costs.
- Expenditure on charitable activities includes the costs of education training and research undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**f Allocation of support costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 6.

**g Tangible fixed assets**

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	25%
------------------	-----

**h Intangible fixed assets**

Intangible fixed assets are amortised over their estimated useful economic lives on a straight line basis as follows:

Goodwill	10 years
----------	----------

**i Stock**

Stock is included at the lower of cost or net realisable value. In general, cost is determined on a first in, first out basis. Net realisable value is the price at which stocks can be sold in the normal course of business after allowing for the costs of realisation. Provision is made where necessary for obsolete, slow moving, and defective stocks. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**j Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**k Creditors and provisions**

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

**l Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**m Pensions**

Employees of the charity are entitled to join a defined contribution scheme. The charity's contribution is restricted to the contributions disclosed in note 9. Outstanding contributions at the year end were £1,194. The costs of the defined contribution scheme are included within support and governance costs and allocated to the funds of the charity using the methodology set out in note 6.

**2 Legal status of the charity**

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

**3 Income from donations and legacies**

	Unrestricted £	Restricted £	Total 2022 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2021</i> £
Donations and grants	23,954	20,155	44,109	6,470	2,155	8,625
<b>Total</b>	23,954	20,155	44,109	6,470	2,155	8,625

**4 Income from charitable activities**

	Unrestricted £	Restricted £	Total 2022 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2021</i> £
<u>Grants</u>						
Manchester City Council - Covid Impact Fund	-	-	-	-	24,981	24,981
The Big Life Group	-	3,400	3,400	-	-	-
Key Fund - Social Enterprise Support Fund	-	44,071	44,071	-	-	-
Sport England Together Fund via Versus Arthritis	-	4,960	4,960	-	-	-
<u>Charitable Trading</u>						
Courses and Workshops	416,767	-	416,767	442,726	-	442,726
Membership fees	20,438	-	20,438	21,575	-	21,575
Other income	13,652	-	13,652	15,314	-	15,314
<b>Total</b>	450,857	52,431	503,288	479,615	24,981	504,596

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

**5 Cost of raising funds**

	Unrestricted £	Restricted £	2022 £	Unrestricted £	Restricted £	2021 £
Staff costs	6,045	-	6,045	2,028	-	2,028
Premises	126	-	126	-	-	-
Administration	222	-	222	-	-	-
Advertising and marketing	207	-	207	-	-	-
Internet and website	356	-	356	-	-	-
Depreciation	186	-	186	-	-	-
Governance costs (see note 6)	388	-	388	-	-	-
Support costs (see note 6)	610	-	610	-	-	-
	<u>8,140</u>	<u>-</u>	<u>8,140</u>	<u>2,028</u>	<u>-</u>	<u>2,028</u>

**6 Analysis of governance and support costs**

	Basis of apportionment	Support £	Governance £	Total 2022 £	Support £	Governance £	Total 2021 £
Catering & venue hire for meetings		-	-	-	-	-	-
Staff costs	time spent	16,970	12,922	29,892	2,028	-	2,028
Premises	time spent	354	269	623	-	-	-
Administration	time spent	623	475	1,098	-	-	-
Accountancy fees	time spent	1,381	2,520	3,901	-	-	-
Legal expenses (HR & pension)	time spent	1,897	-	1,897	-	-	-
Depreciation	time spent	522	398	920	-	-	-
Interest payable	time spent	4,333	-	4,333	-	-	-
		<u>26,080</u>	<u>16,584</u>	<u>42,664</u>	<u>2,028</u>	<u>-</u>	<u>2,028</u>

The support and governance costs are then further apportioned to fundraising and charitable activities based on the relevant direct salary costs. There are no comparative figures for 2021. As the charity's income was below the threshold for large charities there was no requirement to show this analysis in 2021.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

7 Analysis of expenditure on charitable activities

	2022	2021
	£	£
Direct course costs	192,692	192,734
Staff costs	252,249	225,999
Staff training	3,019	1,021
Marketing	9,641	5,718
Internet and website	16,632	23,916
Research	4,416	2,351
Grants paid (see note below)	6,152	490
Office rent and rates	5,257	11,079
Administration and office expenses	9,269	7,012
Accountancy fees	-	4,105
Legal and professional fees	-	1,555
Insurance	2,226	1,969
Sundry expenses	3,312	4,069
Depreciation	7,763	805
Governance costs (see note 6)	16,196	-
Support costs (see Note 6)	25,470	-
	<hr/>	<hr/>
	554,294	482,823
	<hr/> <hr/>	<hr/> <hr/>
Restricted expenditure	43,421	28,076
Unrestricted expenditure	510,873	454,747
	<hr/>	<hr/>
	554,294	482,823
	<hr/> <hr/>	<hr/> <hr/>

**Note concerning grants paid**

During the year the charity made five micro project grant payments ranging from £610 to £2,237. This was to provide seed funding for small projects which are furthering the objects of the charity. Three grant payments were made to individuals and two grant payments were made to institutions.

**Note concerning bursaries and charitable activity costs**

Throughout the year the charity awarded 265 bursary places to beneficiaries to attend various courses, training and events. The value of lost revenue was £71,710. Any training delivery cost related to the bursary places is captured in the expenditure in the above table.

8 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2022	2021
	£	£
Depreciation	8,868	805
Accountancy fees	3,901	1,380
	<hr/>	<hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

**9 Staff costs**

Staff costs during the year were as follows:

	2022 £	2021 £
Wages and salaries	265,526	215,013
Social security costs	17,869	9,475
Pension costs	4,791	3,539
	<hr/>	<hr/>
	288,186	228,027
	<hr/> <hr/>	<hr/> <hr/>
<b>Allocated as follows:</b>		
Cost of raising funds	6,045	2,028
Charitable activities	252,249	225,999
Support costs	16,970	-
Governance costs	12,922	-
	<hr/>	<hr/>
	288,186	228,027
	<hr/> <hr/>	<hr/> <hr/>

No employees has employee benefits in excess of £60,000 (2021: Nil).

The average number of staff employed during the period was 16 (2021: 15).

The average full time equivalent number of staff employed during the period was 10 (2021: 6).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £37,177 (2021: £47,676). As per reporting requirements this figure includes employer's national insurance and pension contributions.

**10 Trustee remuneration and expenses, and related party transactions**

No trustee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2021: Nil).

No trustee received travel and subsistence expenses during the year of £Nil (2021:£Nil).

There were no aggregate donations from related parties (2021: £Nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2021: nil).

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

**11 Government grants**

The government grants recognised in the accounts were as follows:

	2022 £	2021 £
Manchester City Council - Covid Impact Grant	-	24,981
HMRC Employment Allowance	5,000	5,000
The Big Life Group	3,400	-
Sport England Together Fund via Versus Arthritis	4,960	-
	<u>13,360</u>	<u>29,981</u>

There were no unfulfilled conditions and contingencies attaching to the grants.

**12 Corporation tax**

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

**13 Fixed assets: tangible and intangible assets**

	<b>Tangible assets</b>	<b>Intangible assets</b>
	Office equipment £	Goodwill £
<b>Cost</b>		
At 1 January 2022	4,912	69,468
Additions	1,478	-
At 31 December 2022	<u>6,390</u>	<u>69,468</u>
<b>Depreciation</b>		
At 1 January 2022	1,397	-
Charge for the year	1,921	6,947
At 31 December 2022	<u>3,318</u>	<u>6,947</u>
<b>Net book value</b>		
At 31 December 2022	<u>3,072</u>	<u>62,521</u>
<i>At 31 December 2021</i>	<u>3,515</u>	<u>69,468</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

**14 Investments**

	2022 £	2021 £
Investment in the shares of the subsidiary company Breathworks Community Interest Company	3	3
	<u>3</u>	<u>3</u>

The charity owns the whole of the ordinary share issue of the Breathworks Community Interest Company, a company registered in England, register no 5016384. The shares were transferred to the charity on 16 April 2019. The subsidiary was used to focus mindfulness training and courses on not-for profit and commercial organisations. During the year the trustees decided that the subsidiary should transfer trade and assets to the charity on 31 December 2021 due to the matching activities and to avoid duplicating staff effort. The company was dormant during the year.

**Balance sheet**

	2022 £	2021 £
Current assets	3	3
Total assets less current liabilities	<u>3</u>	<u>3</u>
Net assets	<u>3</u>	<u>3</u>
Assets	<u>3</u>	<u>3</u>
Shareholder's funds	<u>3</u>	<u>3</u>

**15 Debtors**

	2022 £	2021 £
Trade debtors	5,808	6,580
Other debtors	-	4,794
Prepayments and accrued income	5,011	2,421
	<u>10,819</u>	<u>13,795</u>

**16 Creditors: amounts falling due within one year**

	2022 £	2021 £
Keyfund loan	-	9,400
Trade creditors	7,273	2,299
Other creditors and accruals	27,549	46,989
Deferred income	43,226	54,145
	<u>78,048</u>	<u>112,833</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

17 Creditors: amounts falling after more than one year

	2022 £	2021 £
Keyfund loan	-	16,530
	<u>-</u>	<u>16,530</u>

18 Analysis of movements in restricted funds

	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2022 £
<i>Grants</i>					
The Big Life Group	-	3,400	-	-	3,400
Key Fund - Social Enterprise Support Fund	-	44,071	(35,911)	-	8,160
Sport England Together Fund via Versus Arthritis	-	4,960	(4,023)	-	937
<i>Donations</i>					
Give2Live	-	120	(120)	-	-
Community of Practice	-	20,035	(3,367)	-	16,668
<b>Total</b>	<u>-</u>	<u>72,586</u>	<u>(43,421)</u>	<u>-</u>	<u>29,165</u>

*Comparative period*

	Balance at 1 January 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2021 £
<i>The Eleos Partners</i>	470	-	(470)	-	-
<i>Private donor</i>	470	-	(470)	-	-
<i>Bursary fund</i>	-	1,670	(1,670)	-	-
<i>COP donation</i>	-	485	(485)	-	-
<i>Manchester City Council - Covid Impact Fund</i>	-	24,981	(24,981)	-	-
<b>Total</b>	<u>940</u>	<u>27,136</u>	<u>(28,076)</u>	<u>-</u>	<u>-</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

Name of restricted fund	Description, nature and purposes of the fund
The Big Life Group	for the "Take Back Your Life" project, to fund 9 6-week courses with up to 12 participants each, for Be Well clients with challenging health or stress
Key Fund - Social Enterprise Support Fund	to improve accessibility for training online, building a volunteer programme and reaching new communities, aiming to reach 80 health professionals and 2400 patients every year, and to rebuild income to pre-pandemic levels
Sport England Together	for the "Moving Well" project: providing training in mindful movement for people with disabilities, pain and long-term conditions, to reduce long-term impact of and help recovery re Covid-19, to address inequality in sport and
Community of Practice	to fund free on-line access to Mindfulness practitioners to support and sustain their practice, free courses, workshops and materials

19 Analysis of movement in unrestricted funds

	Balance at 1 January 2022				As at 31 December 2022
	£	Income £	Expenditure £	Transfers £	£
General fund	171,110	474,811	(519,013)	-	126,908
	<u>171,110</u>	<u>474,811</u>	<u>(519,013)</u>	<u>-</u>	<u>126,908</u>
<b>Comparative period</b>					
	Balance at 1 January 2021				As at 31 December 2021
	£	Income £	Expenditure £	Transfers £	£
General fund	141,800	486,085	(456,775)	-	171,110
	<u>141,800</u>	<u>486,085</u>	<u>(456,775)</u>	<u>-</u>	<u>171,110</u>

Name of unrestricted fund	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

20 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total 2022 £
Tangible fixed assets	3,072	-	-	3,072
Intangible assets	62,521	-	-	62,521
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	61,312	-	29,165	90,477
	<hr/>	<hr/>	<hr/>	<hr/>
Total	126,908	-	29,165	156,073
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

*Comparative period*

	General fund £	Designated funds £	Restricted funds £	Total 2021 £
Tangible fixed assets	3,515	-	-	3,515
Intangible assets	69,468	-	-	69,468
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	114,654	-	-	114,654
Creditors of more than one year	(16,530)	-	-	(16,530)
	<hr/>	<hr/>	<hr/>	<hr/>
Total	171,110	-	-	171,110
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

21 Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
<b>Net income/(expenditure) for the year</b>	(15,037)	28,370
<b>Adjustments for:</b>		
Depreciation charge	8,868	805
Decrease/(increase) in stock	1,537	1,579
Decrease/(increase) in debtors	2,976	12,784
Increase/(decrease) in creditors	(25,385)	5,841
	<hr/>	<hr/>
<b>Net cash provided by/(used in) operating activities</b>	(27,041)	49,379
	<hr/> <hr/>	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2022 (continued)

22 Net debt statement

	At 1 January 2022 £	Cash flows £	Other non- cash changes £	At 31 December 2022 £
Cash at bank and in hand	208,978	(54,449)	-	154,529
Bank loan falling due in one year	(9,400)	9,400	-	-
Bank loan falling due in less than 5 year	(16,530)	16,530	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
	183,048	(28,519)	-	154,529
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**THE BREATHWORKS FOUNDATION**

England & Wales - Charity number 1131851

---

# Accounts

---



# The Breathworks Foundation

Trustees annual report and financial statements

For the period ended 31 December 2021



The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2021

Company Number      06890078  
Charity Number        1131851

Registered office and operational address:

16-20 Turner Street  
Manchester  
M4 1DZ

**Trustees**

Trustees, who are also directors under company law, who served during this year and up to the date of the report were as follows:

Dharmachari Prasadu (Chair of the Board)  
Robert Jones (Treasurer)  
Dominic Houlder  
Gillian Parry  
Ruth Cheesley  
Sally Jones

No trustees held title property belonging to the charity during the reporting period or at the date of approval.

**Key Management Personnel**

Helen Sullivan, Chief Executive  
Vidyamala (Prudence) Burch OBE, Co-Founder

**Bankers:**

The Co-operative Bank  
PO Box 250  
Skelmersdale  
WN8 6WT

**Independent examiner:**

Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester  
M60 0AS

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2021

## Contents

Report Overview.....	3
Objectives and Activities .....	3
Achievements and Performance .....	4
Mindfulness Education Activities .....	4
Fundraising Activities.....	11
Donations and Grant Making Activities.....	12
Research Activities.....	12
Financial Review .....	12
Reserves Policy .....	13
Plans for the future .....	13
Structure, governance and management.....	13
Remuneration policy for key management personnel.....	14
Risk management .....	14
Statement of responsibilities of the trustees.....	14
Independent Examination Report .....	16

## Report Overview

The trustees are pleased to present their report and the unaudited financial statements for the year ended 31 December 2021. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## Objectives and Activities

The objects of the charity are:

1. To relieve the needs of people suffering from mental or physical illness, in particular but not exclusively pain, chronic illness or stress by the provision of mindfulness-based activities.
2. To advance the education of the public in mindfulness-based activities.
3. To undertake research into mindfulness-based activities and to publish the useful results thereof.

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake and the trustees review the aims, objectives and activities of the charity each year.

This report provides an overview of what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021

has brought to those groups of people that it is set up to help. The review also helps the trustees ensure that the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Breathworks Foundation's activities of mindfulness education and research are undertaken to further the charitable purposes for the public benefit.

### Achievements and Performance

This has been another year of great transformation for the charity. In light of the ongoing pandemic, Breathworks continues to operate all of its services online and has been adapting its operations to deliver greater reach and impact through this. We have been delighted to see the quality of learning hasn't been adversely impacted and regularly hear comments like:

---

"There is no excuse about missing the bus or missing the train... just to be able to click on the connection and there we are. And I really believe it's been really good for those who have disabilities. For those who would really find it difficult and a long journey... I'd be thinking, 'I'm too tired I might just miss this week.' It's more easy to connect with Zoom."

---

---

"It was also wonderful to be connected virtually with a lovely group of people at this challenging time."

---

### Mindfulness Education Activities

Breathworks delivers mindfulness educational activities to support people who live with pain, stress and illness and the people who care for them. In this period, we ran all of our public programmes online:

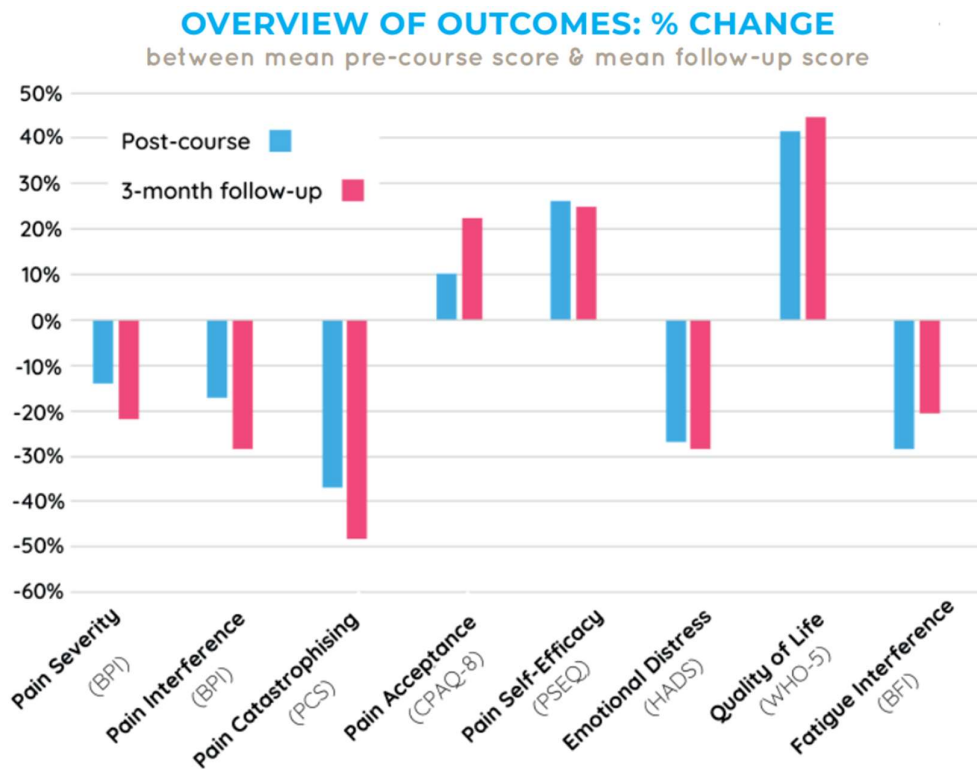


The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2021

**Mindfulness Based Pain & Illness Management (MBPM) Courses**

Over 8 weeks the course provides a mix of techniques combining mindfulness, meditation, a supportive mindful movement practice, and modern pain management strategies, designed to help people manage their physical and mental health with more balance and ease.

We ran 14 of the general public courses, plus 1 extra specifically for trainee mindfulness teachers, reaching 212 people with a quarter of people receiving bursary funding. The course has been backed with huge amounts of research, and as shown below, the improvements in participants quality of life continue long beyond the end of the course.



---

“Mindfulness, for me now, is about being aware in that particular moment, and just being with the moment, it just makes things more bearable. And I think that anything that can do that has to be a positive move towards managing the condition.

It's not going to cure you, but it can help you cope with the day-to-day living that little bit better"

---

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021

Helen, living with Multiple Sclerosis (MS) attended this course many years ago and continues to attend retreats and events with Breathworks.



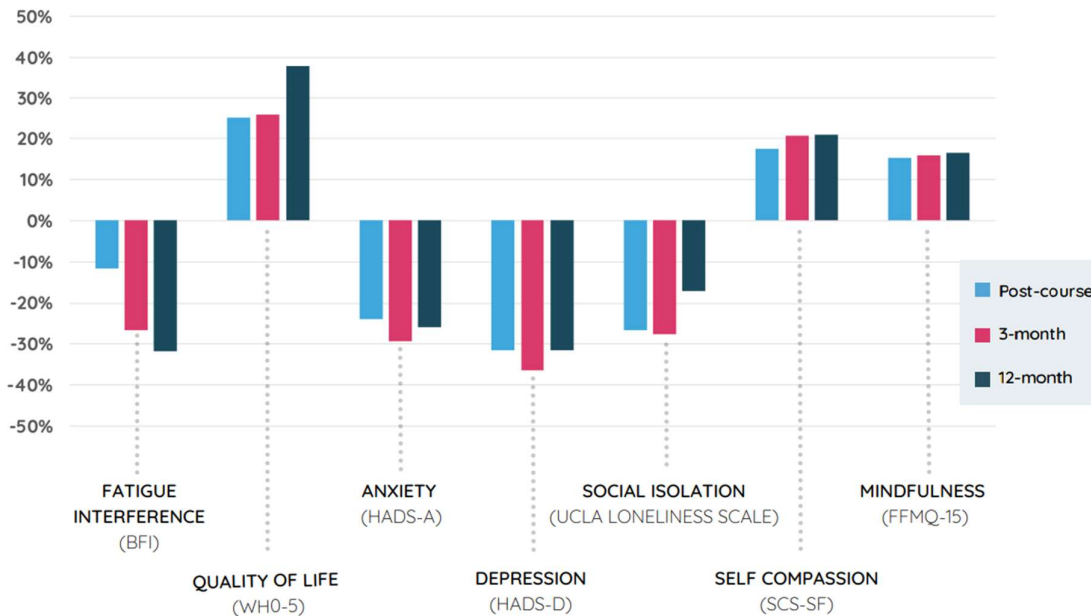
“The course equipped me with a tool kit that enabled me to accept and value my life, including my illness, moment by moment. Of course, learning to live well with MS is a continuing process of falling down and picking myself up - sometimes, literally. But nowadays, when anxiety, fatigue or self-criticism threatens to overwhelm me, **I know that I have the capacity to calm and rebalance myself.**”

### Mindfulness for Stress Courses

Our MBPM course is also adapted to help people living with stress and anxiety and we delivered 14, 8-week courses, helping 207 people with a quarter of people receiving bursary funding.

Mindfulness for Stress is a comprehensive 8-week mindfulness course providing meditations, daily life exercises and strategies, and a wide-ranging toolkit of skills and practices for ongoing use.

We hear from participants of this course that 73% report increases in self compassion. This is important as self-compassion is associated with improved physical and mental health, as well as engagement with health-promoting behaviours. As shown on the graph below we also see participants report quality of life improvements long after the course has ended.



“This course is a revelation. I have always read and heard about how mindfulness can be impactful but have never believed it. This course focused on explaining how mindfulness affects us and proceeded to

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2021

pinpoint exactly what the habits that are derailing my progress are and presented tools to tackle them.

I really loved that multi-faceted approach that can be applied to many situations in life. I leave the course feeling more confident, having a better understanding of what stresses me and how to tackle it, and feeling a sense of community and belonging knowing that I'm not alone.”

---

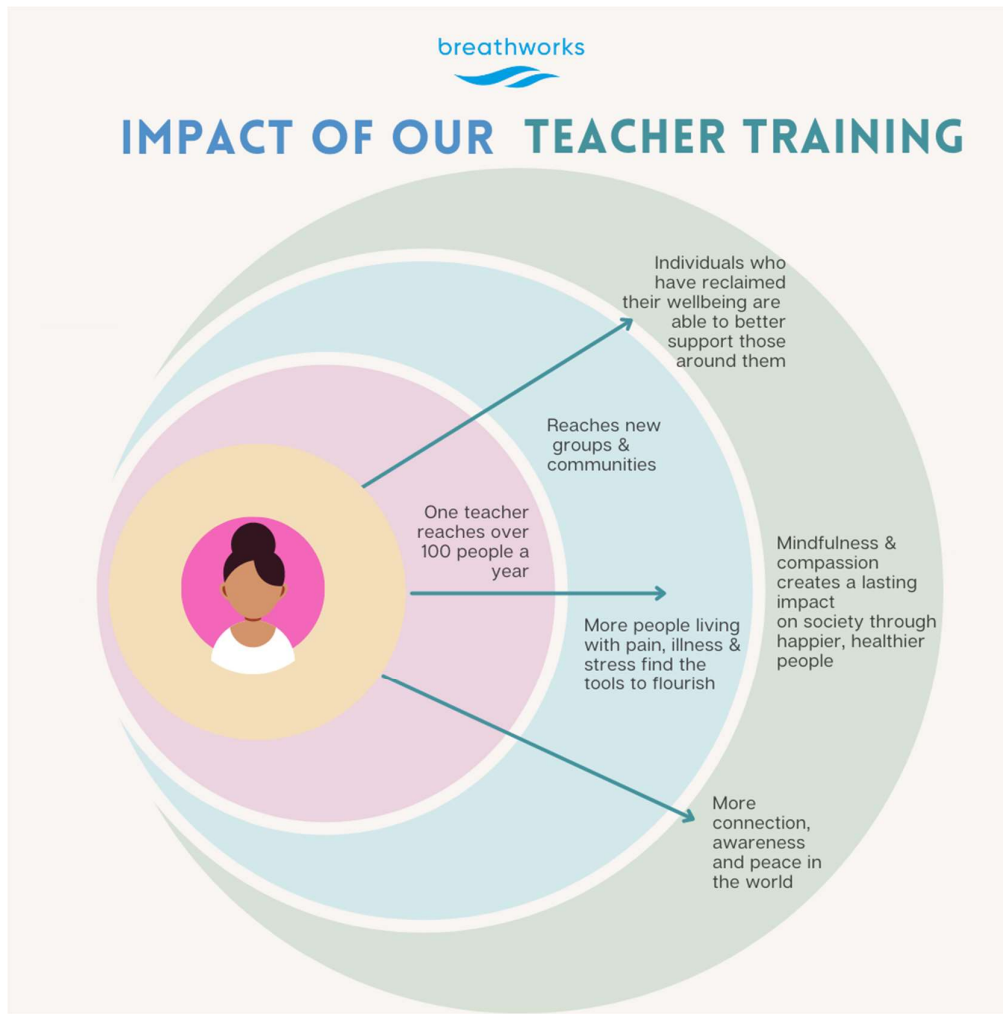
“I now have a daily routine that I cherish and it keeps me far more positive and able to cope with the ups and downs of everyday life. I have also made a wonderful network of new friends.”

---

### **Broadening Access - Teacher Training**

To broaden access we train teachers who are then equipped to take Mindfulness Based Pain & Illness Management (MBPM) and Mindfulness for Stress programmes into a wide range of community and healthcare settings; from prisons to schools, hospices to pain management units.

In this period we ran 19 teacher training programmes and served 212 people, with a third of the people receiving bursary funding in order to teach within their communities as “experts by experience”. To support our teachers, we run continued professional development events and retreats to keep them fresh in their practice and we served 306 people in these events.



We currently have **643 people accredited to teach Breathworks programmes globally** and in our survey this year we found that 25% of our teachers are teaching programmes free at the point of access within a health service or community setting. Collectively our teachers have reached a further 25,000 people with Breathworks materials in the past year – passing on lifelong tools for people to live happier and healthier lives and positively influencing those around them.

### Broadening Access – Champions Training

This was our second year of also running a foundation level training for Mindfulness Champions, which is the first step to becoming more confident to share mindfulness tools with others. This programme has been delivered to 108 people during this period and as a result mindfulness sessions are being delivered across a carers network, in counselling practices, large public sector employers and NHS Trusts, helping to provide people with wellbeing tools that they can apply immediately.

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021

### Building Community - Online

The Breathworks community platform is free to join and offers access to over 90 hours of activities and live events to support wellbeing and provide supportive social connection. With 1800 members and growing all the time, the platform enables peer support in specific health condition groups e.g.



#### Gynaecological Health & Menopause

A space to share how mindfulness supports us with gynaecological health/conditions & the menopause.



#### Managing Pain and Illness

A group for those with pain & illness to connect, including Monthly Conversations with Vidyamala.

[More Details](#)

[Request Access](#)

[More Details](#)

[Join Us](#)

---

“Being in a group with other people who suffer with chronic pain, or have some ailments going on, and being able to share and understand and have compassion on each other, has really helped me. I feel there's a sense of understanding. I don't have to feel like, 'oh, I'm not in a good place today.' And I don't have to share that with someone who probably won't understand. I'm sharing it with others who get it.”

---



### LIVE TUESDAY MEDITATIONS WITH VIDYAMALA

These weekly sessions are designed for everybody - whether you are using our free online mindfulness resources, or simply want to drop in and give meditation a try!

Breathworks co-founder Vidyamala Burch continues to lead online live meditation sessions on Zoom each Tuesday evening. Typically welcoming 100 people from around the globe each week who come together to meditate and connect with the community.

“These Tuesday evening shared meditations have just been my lifeline since last year. [These sessions have] proved invaluable and insightful to so many, including me, since last year. I cannot even entertain thoughts of what may have been had this not come into my life when it did. I feel completely blessed to have been graced with the presence of Breathworks and sharings during very turbulent times physically, mentally and emotionally so give the greatest of heartfelt thanks.”

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021



We have continued to update and refresh the resources to promote self-care at the start of the pandemic and they continue to be well utilised.

### MINDFUL SELF-CARE FOR TROUBLING TIMES

The Covid-19 pandemic has now been with us for many months and all of us have been impacted in one way or another. Times continue to be uncertain and demanding.

### Mindfulness for long COVID

We are keenly aware of what is considered to be the next global health pandemic: long COVID. In response to this, we developed programmes that introduced patients to mindfulness as part of their path to recovery. We worked with University College London to create resources to form part of the 'Living With COVID Recovery Programme' that is so far available within 27 NHS Trusts and 35+ clinics. This 7-step mini course gives people living with long COVID the tools to find relaxation, get better sleep, build emotional strength and calm stressful breathing. 2/3 of NHS patients who sample the mindfulness programme have followed it through to completion.

---

“I have had Long Covid for 7 months and Breathworks has been a lifeline. A self-compassion and kindness approach has helped me pace my recovery and not put too much pressure on myself. I have never done anything like this before, but mindfulness has really helped improve my breathing and to manage pain. Especially in the context of nothing available from the NHS as still no sign of appointment at [my] local Long Covid service.”

---

The course is also now freely available on our online community platform which over 500 people have benefited from.

### Community Programmes: Take Back Your Life

We have been working to address health inequalities by securing funding to scale the recent adaptation of the MBPM programme for people with emerging English language and literacy. In this period, we delivered fully funded programmes across Manchester in partnership with Disabled Living. It has been found that disabled people are between 4 - 6 times more likely to die from COVID than the general population, leading to high levels of health anxiety and isolation. We wanted to provide wellbeing and mental health support to this group worst affected by the pandemic. We ran introductory sessions, three 8-week courses, and a range of special features sessions on local community and black community radio stations, introducing mindfulness for pain and stress relief to 30,000 listeners.

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2021

---

"I haven't been feeling so much pain since I started the course. It really has helped to soothe pain. My family have noticed as well - they said, 'oh Mum, you're not as stressed and anxious and I just feel like you've heard me'."

---

I'm looking after myself finally. I never looked after myself. I never thought of myself as somebody who you can be proud of, or who you can cherish. I was just me, who is in the background, just a cripple. But now I thought, 'no, I'm going to take care of myself'."

---

### Workplace Programmes

We teach mindfulness for better mental health at work and in this period we've worked with 47 organisations and reached over **4,000 people at work**.

In particular, we worked with Lancashire & South Cumbria NHS Foundation Trust and we ran workshops with staff from the Trust to introduce mindfulness, the benefits, and how to make mindfulness practice a supportive factor for wellbeing and health with a stressful and demanding workload.

We subsequently trained a group of nine **Mindfulness Champions** to confidently lead mindfulness practices and mindful breaks within their teams.

---

"Colleagues have said that they have enjoyed the practice sessions I have led, that they felt much calmer and spending a short period before meetings helps to settle them, enabling them to feel more present and creating a stronger sense of connection with others."

"I am aware from Trust well-being feedback that people are struggling to wind down from work and separate work from home. In our own team I have had feedback that the team enjoyed the two sessions I provided as a mindfulness wind down at the end of the working day."

---

### Fundraising Activities

In this financial year we have not run any significant fundraising campaigns and received donations of £7,628 through the Breathworks website. This enables the provision of the community platform that is freely offered to the general public.

During this period, we have developing other fundraising initiatives and have applied to Trusts and Foundations for project funding to help expand services and research initiatives. In this period we

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021

have received £24,981 to enable a partnership between Breathworks and Disabled Living to reach people across Manchester who had been hardest hit by covid.

### Donations and Grant Making Activities

#### Bursary Funding

Although no cash bursary awards were made during this period we awarded 95 places to beneficiaries to attend an 8 week Mindfulness for Health of Stress course free of charge.

---

“I have benefitted so much from this course, and feel so grateful to have had the opportunity, thanks to a bursary place. I've learnt so much and will now take this learning into the next phase of my life.”

---

And 72 beneficiaries were awarded places free of charge to train as Breathworks Mindfulness Teachers, equipped to deliver the 8-week mindfulness education programmes to help people suffering with pain, stress or illness.

Collectively this has resulted in the equivalent of over £70K in bursary funding.

#### Grant making activities

In this financial period the Breathworks Foundation has not been involved in grant making activities but a project seed funding scheme will be launched in the Spring of 2022.

### Research Activities

In this period many of the research activities halted at the start of the pandemic have reconvened. Vanderbilt University Tennessee study is now well underway, with two Online MBPM courses delivered through Feb-April. The study hypothesizes that pain will disrupt levels of cortisol and oxytocin, as well as EEG and ERP markers indexing pain-related processing and inhibitory control, and that these will be normalized following the mindfulness program. Preliminary results have shown changes in EEG/ERP measures of self-regulation and inhibitory control of pain processing, and have been included in a grant application to the NIH (USA 5-year grant) to support a hypothesis that MBI enhances inhibitory control.

Changes were also observed in endocrine measures pre-post MBPM, that included markers of inflammation and hormones that relate to pain perception. This endocrine data will be included in another NIH large scale grant application submitted which will aim to lead to a larger research trial.

A new paper on Breathworks Mindfulness for Stress course has been published by Breathworks Teacher Daniela Sopezki and colleagues at Universidade Federal de São Paulo: “Feasibility and Effectiveness of a Mindfulness-Based Program vs Relaxation in the Treatment of Burnout in Brazilian Primary Care Providers.” The study found the Breathworks mindfulness course was efficacious in addressing a range of burnout symptoms amongst PHC providers.

### Financial Review

At the end of this financial period the total funds carried forward are £171,110 (2020: 142,740) of unrestricted funds which increased by £28,370 during the period. The trustees do not see any concerns about the charity's ability to continue as a going concern.

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021

The total income for the year was £513,221 (2020: £402,592) consisting of £27,136 (2020: £13,261) restricted funds and £486,085 (2020: £389,331) unrestricted funds. The total expenditure for the year was £484,851 (2020: £331,225) consisting of £28,076 (2020: £12,321) spent from restricted funds and £456,775 (2020: £318,934) spent from unrestricted funds.

The wholly owned subsidiary, the Breathworks CIC is now a dormant company. All assets and liabilities of the subsidiary were transferred to the charity. Please see note 13 in the Notes to the accounts for further details

### Reserves Policy

Our reserves policy ensures:

- Trustees have the time to take action if projected new income streams fall below expectations.
- There is protection for unforeseen operational costs.
- There is capacity for 'seed-funding' for an urgent or high potential project eg for research.
- Provision for redundancy payments and closing contractual obligations in the event of winding up the charity.

Following a review of the Foundation's budget and guided by the nature of the overheads, the trustees have concluded that an unrestricted reserve equivalent to 4 months' overheads, currently £161,617, is sufficient to meet these objectives. As at year end the free reserves of the charity were £171,110.

### Plans for the future

In the year ahead we will continue our focus on making it as easy as possible for people who live with pain, stress and illness to access Breathworks mindfulness programmes for free or low cost at the point of access. We will do this through partnerships and commissioning networks and training practitioners to deliver Breathworks programmes in their professional and community settings.

We will continue our work to help address health inequalities by securing funding to scale the adaptation of the Mindfulness Based Pain & Illness Management programme for people with emerging English language and literacy and help more of our teachers do the same.

We are in a period of innovation and development and working on the launch of a number of new programmes. This includes programmes to help people take a mindfulness-based approach to holistic health; focusing on sleep, diet, exercise, awareness and social connection. Along with new next step courses for people who have completed a Breathworks 8-week course, helping people to sustain a mindfulness practice and unlock further wellbeing benefits. We are also planning to pilot a new blended (self-paced/online training and in person) teacher training model for health professionals who want to embed brief mindfulness interventions in their work with patients and clients.

### Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 28 April 2009 and registered as a charity on 28 September 2009.

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2021

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at year end was 6 (2020: 6). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

At each AGM, the board of trustees will resign and be available for re-election. Recruitment is based on ensuring there is a blend of expertise in health and social care, business and charitable operations management.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

Following the restructure between the charity and the trading arm, the charity took over many of the staffing liabilities and has a management team in place to ensure the effective operation of the organisation.

### Remuneration policy for key management personnel

The trustees review and agree the remuneration for key management personnel annually, in consideration with market rates and affordability for the charity.

### Risk management

The charity trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks. The charity has a trustee designated with responsibility for risk management and oversees a bi-annual review of the risk register in collaboration with the CEO.

### Funds held as custodian trustee on behalf of others

No funds are held on behalf of others.

### Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' annual 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 financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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 and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2021

- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable group 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.

The trustees' annual report has been approved by the trustees on 7 July 2022 and signed on their behalf by

Handwritten signature of Robert Jones in black ink.

Robert Jones

Trustee

Independent examiner's report to the members of  
The Breathworks Foundation

## Independent Examination Report

I report on the accounts of the charity for the year ended 31 December 2021 set out on pages 17 to 31.

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester  
M60 0AS

Date: 22 / 09 / 2022

The Breathworks Foundation  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 December 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Unrestricted funds £	Restricted funds £	Total funds 2020 £
<b>Income from:</b>							
Donations and legacies	3	6,470	2,155	8,625	12,838	12,561	25,399
Charitable activities	4	479,615	24,981	504,596	376,493	700	377,193
<b>Total income</b>		<b>486,085</b>	<b>27,136</b>	<b>513,221</b>	<b>389,331</b>	<b>13,261</b>	<b>402,592</b>
<b>Expenditure on:</b>							
Raising funds	5	2,028	-	2,028	1,115	-	1,115
Charitable activities	6	454,747	28,076	482,823	317,819	12,321	330,140
<b>Total expenditure</b>		<b>456,775</b>	<b>28,076</b>	<b>484,851</b>	<b>318,934</b>	<b>12,321</b>	<b>331,255</b>
<b>Net income/(expenditure) for the year</b>	7	<b>29,310</b>	<b>(940)</b>	<b>28,370</b>	<b>70,397</b>	<b>940</b>	<b>71,337</b>
<b>Net movement in funds for the year</b>		<b>29,310</b>	<b>(940)</b>	<b>28,370</b>	<b>70,397</b>	<b>940</b>	<b>71,337</b>
<b>Reconciliation of funds</b>							
Total funds brought forward		141,800	940	142,740	71,403	-	71,403
<b>Total funds carried forward</b>		<b>171,110</b>	<b>-</b>	<b>171,110</b>	<b>141,800</b>	<b>940</b>	<b>142,740</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The Breathworks Foundation  
Company number 06890078

Balance sheet as at 31 December 2021

	Note	2021		2020	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	12		3,515		675
Intangible assets	13		69,468		-
Investments	14		3		3
<b>Total fixed assets</b>			<b>72,986</b>		<b>678</b>
<b>Current assets</b>					
Stock		4,714		6,293	
Debtors	15	13,795		26,579	
Cash at bank and in hand	-	208,978		206,782	
<b>Total current assets</b>		<b>227,487</b>		<b>239,654</b>	
<b>Liabilities</b>					
Creditors: amounts falling due in less than one year	16	(112,833)		(97,592)	
<b>Net current assets</b>			<b>114,654</b>		<b>142,062</b>
<b>Total assets less current liabilities</b>			<b>187,640</b>		<b>142,740</b>
Creditors: amounts falling due after more than one year	17		(16,530)		-
<b>Net assets</b>			<b>171,110</b>		<b>142,740</b>
<b>The funds of the charity:</b>					
Restricted income funds	18		-		940
Unrestricted income funds	19		171,110		141,800
<b>Total charity funds</b>			<b>171,110</b>		<b>142,740</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.


Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 19 to 31 form part of these accounts.

Approved by the trustees on 22 / 09 / 2022 and signed on their behalf by:

  
.....  
Robert Jones, Trustee

22 / 09 / 2022  
.....  
Date signed

## 1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### a 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) issued in October 2019 - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Breathworks Foundation meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £ sterling.

### b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

### c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

### d Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Notes to the accounts for the year ended 31 December 2021 (continued)

**e Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**f Expenditure and irrecoverable VAT**

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:

- Costs of raising funds comprise the costs of staff salaries for time spent on fundraising activities.
- Expenditure on charitable activities includes the costs of providing education, training and research undertaken to further the purposes of the charity.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**g Tangible fixed assets**

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	25%
------------------	-----

**h Intangible fixed assets**

Intangible fixed assets are amortised over their estimated useful economic lives on a straight line basis as follows:

Goodwill	10 years
----------	----------

For the current year Goodwill was not amortised as it was not acquired until 31 December 2021.

**i Stock**

Stock is included at the lower of cost or net realisable value. In general, cost is determined on a first in, first out basis. Net realisable value is the price at which stocks can be sold in the normal course of business after allowing for the costs of realisation. Provision is made where necessary for obsolete, slow moving, and defective stocks. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**j Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**k Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**l Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**m Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**n Pensions**

Employees of the charity are entitled to join a defined contribution scheme. The charity's contribution is restricted to the contributions disclosed in note 8. Outstanding contributions at the year end were £922.

**2 Legal status of the charity**

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

**3 Income from donations and legacies**

	Unrestricted £	Restricted £	Total 2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2020</i> £
Donations	6,470	2,155	8,625	12,838	12,561	25,399
<b>Total</b>	<b>6,470</b>	<b>2,155</b>	<b>8,625</b>	<b>12,838</b>	<b>12,561</b>	<b>25,399</b>

**4 Income from charitable activities**

	Unrestricted £	Restricted £	Total 2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2020</i> £
GMCVO grant	-	-	-	-	500	500
Manchester City Council grant	-	24,981	24,981	-	-	-
Donation - Sheila Bird Group	-	-	-	-	200	200
<u>Charitable trading</u>						
Courses and workshops	442,726	-	442,726	314,451	-	314,451
Membership fees	21,575	-	21,575	23,174	-	23,174
Other income	15,314	-	15,314	38,868	-	38,868
<b>Total</b>	<b>479,615</b>	<b>24,981</b>	<b>504,596</b>	<b>376,493</b>	<b>700</b>	<b>377,193</b>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

5 Cost of raising funds

	Unrestricted £	Restricted £	2021 £	<i>Unrestricted</i> £	<i>Restricted</i> £	2020 £
Staff costs	2,028	-	2,028	1,115	-	1,115
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	2,028	-	2,028	1,115	-	1,115
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**6 Analysis of expenditure on charitable activities**

	2021	2020
	£	£
Direct course costs	192,733	122,178
Staff costs	226,000	157,876
Staff training	1,021	728
Marketing	5,718	4,281
Internet and website	23,916	24,831
Research	2,351	2,036
Bursaries (see note below)	-	900
Grants paid	490	-
Office rent and rates	11,079	5,729
Administration and office expenses	7,012	5,529
Accountancy fees	4,105	2,068
Legal and professional fees	1,555	1,158
Insurance	1,969	1,267
Sundry expenses	4,069	1,242
Depreciation	805	317
	<hr/>	<hr/>
	482,823	330,140
	<hr/> <hr/>	<hr/> <hr/>

**Note to Bursaries**

Throughout the year the charity awarded 167 bursary places to beneficiaries to attend various courses free of charge. The value of lost revenue was £70,000. Any training delivery cost related to the bursary places is captured in the expenditure in the above table.

Restricted expenditure	28,076	12,321
Unrestricted expenditure	454,747	317,819
	<hr/>	<hr/>
	482,823	330,140
	<hr/> <hr/>	<hr/> <hr/>

**7 Net income/(expenditure) for the year**

This is stated after charging/(crediting):	2021	2020
	£	£
Depreciation	805	317
Accountancy fees	1,380	600
Independent examiner's fee	300	120
	<hr/> <hr/>	<hr/> <hr/>

Notes to the accounts for the year ended 31 December 2021 (continued)

**8 Staff costs**

Staff costs during the year were as follows:

	2021 £	2020 £
Wages and salaries	215,013	150,119
Social security costs	9,475	6,412
Pension costs	3,539	2,460
	<hr/>	<hr/>
	228,027	158,991
	<hr/> <hr/>	<hr/> <hr/>
Fundraising	2,028	1,115
Charitable activities	225,999	157,876
	<hr/>	<hr/>
	228,027	158,991
	<hr/> <hr/>	<hr/> <hr/>

No employee has employee benefits in excess of £60,000 (2020: Nil).

The average number of staff employed during the period was 15 (2020: 13).

The average full time equivalent number of staff employed during the period was 6 (2020: 6).

The key management personnel of the charity comprise the trustees, the Chief Executive and one other officer. The total employee benefits of the key management personnel of the charity were £47,676 (2020: £24,782).

**9 Trustee remuneration and expenses, and related party transactions**

No trustee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2020: Nil).

No trustee received travel and subsistence expenses during the year (2020:£Nil).

There were no aggregate donations from related parties (2020: Nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2020: Nil).

Related party transactions consisted of transfers of funds and recharges of operational costs between the charity and its subsidiary company. As part of the transfer of trade and assets on 31 December 2021 the charity made a purchase of goodwill from the subsidiary to the value of £69,468. For further information refer to Note 13 and the trustees' report.

The Breathworks Foundation  
Notes to the accounts for the year ended 31 December 2021 (continued)

**10 Government grants**

The government grants recognised in the accounts were as follows:

	2021 £	2020 £
Manchester City Council - Covid Impact Grant	24,981	-
	24,981	-
	24,981	-

There were no unfulfilled conditions and contingencies attaching to the grant.

**11 Corporation tax**

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

**12 Fixed assets: tangible assets**

	Office equipment £
<b>Cost</b>	
At 1 January 2021	1,267
Additions	3,645
	4,912
At 31 December 2021	4,912
<b>Depreciation</b>	
At 1 January 2021	592
Charge for the year	805
	1,397
At 31 December 2021	1,397
<b>Net book value</b>	
At 31 December 2021	3,515
At 31 December 2020	675

Goodwill was acquired from the subsidiary company on 31 December 2021.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

**13 Fixed assets: intangible assets**

<b>Cost</b>	Goodwill £
At 1 January 2021	-
Additions	69,468
	<hr/>
At 31 December 2021	69,468
	<hr/> <hr/>
<b>Net book value</b>	
At 31 December 2021	69,468
	<hr/> <hr/>
<i>At 31 December 2020</i>	-
	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

**14 Investments**

	2021 £	2020 £
Investment in the shares of the subsidiary company Breathworks Community Interest Company	3	3

The charity owns the whole of the ordinary share issue of the Breathworks Community Interest Company, a company registered in England, register no 5016384. The shares were transferred to the charity on 16 April 2019. The subsidiary was used to focus mindfulness training and courses on not-for profit and commercial organisations. During the year the trustees decided that the subsidiary should transfer trade and assets to the charity on 31 December 2021 due to the matching activities and to avoid duplicating staff effort. The company is now dormant. A summary of the results of the subsidiary is shown below:

<b>Profit and loss account</b>	2021 £	2020 £
Income	119,224	146,687
Expenditure	(52,761)	(127,941)
Net profit/(loss)	66,463	18,746
<b>Balance sheet</b>	2021 £	2020 £
Fixed assets	-	1,231
Current assets	3	84,817
Creditors due in less than one year	-	(83,625)
Total assets less current liabilities	3	2,423
Creditors due after more than one year	-	(68,883)
Net liabilities	3	(66,460)
Assets	3	86,048
Liabilities	-	(152,508)
Shareholder's funds	3	(66,460)

**15 Debtors**

	2021 £	2020 £
Owed by subsidiary	-	21,738
Trade debtors	6,580	-
Other debtors	4,794	-
Prepayments and accrued income	2,421	4,841
	13,795	26,579

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

**16 Creditors: amounts falling due within one year**

	2021 £	2020 £
Keyfund loan	9,400	-
Trade creditors	2,299	-
Other creditors and accruals	46,989	20,408
Deferred income	54,145	77,184
	<hr/>	<hr/>
	112,833	97,592
	<hr/> <hr/>	<hr/> <hr/>

**17 Creditors: amounts falling after more than one year**

	2021 £	2020 £
Keyfund loan	16,530	-
	<hr/>	<hr/>
	16,530	-
	<hr/> <hr/>	<hr/> <hr/>

**18 Analysis of movements in restricted funds**

	Balance at 1 January 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2021 £
The Eleos Partners	470	-	(470)	-	-
Private donor	470	-	(470)	-	-
Bursary fund	-	1,670	(1,670)	-	-
COP donation	-	485	(485)	-	-
Manchester City Council - Covid Impact Fund	-	24,981	(24,981)	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	940	27,136	(28,076)	-	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

**Comparative period**

	Balance at 1 January 2020		Income	Expenditure	Transfers	Balance at 31 December 2020
	£	£	£	£	£	£
<b>Funds</b>						
GMCVO grant	-	500	(500)	-	-	-
<u>Donations</u>						
The Sheila Bird Group	-	200	(200)	-	-	-
Give2live donations	-	2,561	(2,561)	-	-	-
The Eleos Partners	-	5,000	(4,530)	-	-	470
Private donor	-	5,000	(4,530)	-	-	470
<b>Total</b>	-	13,261	(12,321)	-	-	940

Name of restricted fund	Description, nature and purposes of the fund
Manchester City Council - Covid Impact Fund	to deliver nine mindfulness courses/workshops
The Sheila Bird Group	funding for 1 person to attend a Mindfulness for Health Course
The Eleos Partners	towards specific projects to enable Breathworks to provide free resources and mindfulness education activities for key workers and the general public to
Private donor	provide the tools to help improve mental wellbeing in response to Covid-19

**19 Analysis of movement in unrestricted funds**

	Balance at 1 January 2021	Income	Expenditure	Transfers	As at 31 December 2021
	£	£	£	£	£
General fund	141,800	486,085	(456,775)	-	171,110
	141,800	486,085	(456,775)	-	171,110

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2021 (continued)

**Comparative period**

	<i>Balance at 1 January 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>As at 31 December 2020 £</i>
<i>General fund</i>	31,465	389,331	(278,996)	-	141,800
<i>Designated fund - Bursary and projects</i>	39,938	-	(39,938)	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	71,403	389,331	(318,934)	-	141,800
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**Name of**

**unrestricted fund**

**Description, nature and purposes of the fund**

General fund

The free reserves after allowing for all designated funds

Designated fund -  
bursary and projects

from general funds designated for bursary grants, and to provide free resources and training and educational courses and activities

**20 Analysis of net assets between funds**

	General fund £	Designated funds £	Restricted funds £	Total 2021 £
Tangible fixed assets	3,515	-	-	3,515
Intangible assets	69,468	-	-	69,468
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	114,654	-	-	114,654
Creditors of more than one year	(16,530)	-	-	(16,530)
	<hr/>	<hr/>	<hr/>	<hr/>
Total	171,110	-	-	171,110
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<b>Comparative period</b>				
	<i>General fund £</i>	<i>Designated funds £</i>	<i>Restricted funds £</i>	<i>Total 2020 £</i>
<i>Tangible fixed assets</i>	675	-	-	675
<i>Fixed asset investments</i>	3	-	-	3
<i>Net current assets/(liabilities)</i>	141,122	-	940	142,062
	<hr/>	<hr/>	<hr/>	<hr/>
Total	141,800	-	940	142,740
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**THE BREATHWORKS FOUNDATION**

England & Wales - Charity number 1131851

---

# Accounts

---



# The Breathworks Foundation

**Trustees annual report and financial statements**

**For the period ended 31 December 2020**

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2020

**Company Number**      06890078  
**Charity Number**        1131851

**Registered office and operational address**

16-20 Turner Street  
Manchester  
M4 1DZ

**Trustees**

Trustees, who are also directors under company law, who served during this year and up to the date of the report were as follows:

Dharmachari Prasadu  
Dominic Houlder  
Gillian Parry  
Robert Jones (appointed 5 January 2021)

The following trustees served during this period and resigned before the end of the reporting year:

Catherine Clarke (resigned 1 May 2020)  
Gordon Cross (resigned 30 April 2020)

No trustees held title property belonging to the charity during the reporting period or at the date of approval.

**Key Management Personnel**

Helen Sullivan, Chief Executive

**Bankers**

The Co-operative Bank  
PO Box 250  
Skelmersdale  
WN8 6WT

**Independent examiner**

Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester  
M60 0AS

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2020

### Report Overview

The trustees are pleased to present their report and the unaudited financial statements for the year ended 2020. Included within the trustees' report is the directors' report as required by company law.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

### Objectives and activities

The objects of the charity are:

1. To relieve the needs of people suffering from mental or physical illness, in particular but not exclusively pain, chronic illness or stress by the provision of mindfulness-based activities.
2. To advance the education of the public in mindfulness-based activities.
3. To undertake research into mindfulness-based activities and to publish the useful results thereof.

The directors have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake. The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure that the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The Breathworks Foundation's activities of mindfulness education and research are undertaken to further the charitable purposes for the public benefit.

### Achievements and performance

At the start of January 2020 the Breathworks Foundation took over the delivery of all public mindfulness courses that had previously been operated by the Breathworks CIC, its wholly owned trading subsidiary.

This has enabled a new approach to fundraising and has grown the public benefit by expanding the number of bursary places available on Mindfulness for Health, Mindfulness for Stress and Teacher Training programmes. A third of places on each of the public courses are now available to people needing a bursary, which is made possible by the funds raised from people paying to attend the same course.

This has been a year of great transformation for the charity. It was in a fortunate position to be well progressed with e-learning developments and new online courses were launched in January, with the introductory teacher training programme set to launch in May. However, the majority of the activities planned for the year were intended to be in person. The impact of Covid-19 has therefore been significant on planned activities, though through the incredible efforts of the staff team, provision has been maintained and grown to meet the burgeoning demand from people suffering the impact of the pandemic on their mental wellbeing.

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2020

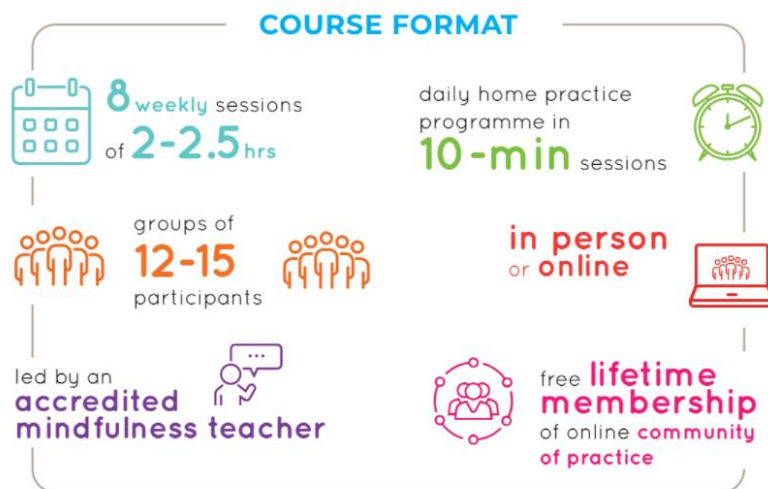
Mindfulness Education Activities



Breathworks delivers educational activities to support people who live with pain, stress and illness and the people who care for them. In this period we ran the following public programmes:

12 Mindfulness for Health programmes, serving 207 people.

**Mindfulness for Health (MfH)** is a **pain management** and **self-management** skills programme for adults with pain, fatigue or other physical health conditions.



The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2020

**COURSE CONTENT**

			
mindful awareness <b>meditations</b> , tailored to effectively managing pain and ill health	daily <b>life exercises &amp; strategies</b> , including pacing, for improved quality of life	gentle <b>'mindful movements'</b> to increase mobility and confidence in movement	wide-ranging <b>toolkit of skills &amp; practices</b> for ongoing use.

*I am now living rather than coping, due to the skills, attitudes, and knowledge Breathworks gave me. My pain no longer controls my life in the same way, and even during flare ups my quality of life is way beyond what it was before.*

This course is adapted for people living with stress and anxiety and we delivered **15 Mindfulness for Stress programmes, serving 190 people.**

To broaden Breathworks social impact we train practitioners to equip them to take Breathworks Mindfulness for Health and Mindfulness for Stress programmes into a wide range of community and healthcare settings.

For example:

**MfH within IAPT Psychological Services**

Sheffield IAPT has provided MfH courses for people with long term conditions since 2018, reaching 100-120 people p.a., and have now trained four Breathworks teachers.

*"They are one of the most popular courses in the service and are almost always fully booked. Recovery (defined by measures of anxiety and low mood) for people with a physical health condition is hard to achieve, but in fact there's a very good recovery rate."*  
CBT lead, Sheffield IAPT

**In this period we ran 13 teacher training programmes and served 165 people.** We also run continued professional development events to keep teachers fresh in their practice and we served 306 people in these events. We currently have 597 people accredited to teach Breathworks programmes globally. We know from our annual surveys that each trained teacher serves on average 30 people a year with a mindfulness education programme, therefore we estimate

**Reaching over 16,000 people a year with a Breathworks programme**

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2020



To help people continue their journey into mindfulness we have run 6 practice days and immersion retreats, lasting from 2 to 6 days. We have served 266 people in these programmes.

In light of the pandemic we have been making greater use of technology to reach larger numbers of people. In March 2020 when the UK lockdown began we launched a series of free educational resources to support peoples' mental wellbeing. In the first six weeks these were accessed by over 20,000 people and we received feedback that they had been of great support.

### MINDFULNESS FOR GLOBAL PANDEMICS



#### LONG TERM COVID

Resources and support for people living with 'long covid' - the debilitating on-going symptoms that can follow a coronavirus infection.



#### THE QUIET PLACE - FOR KEY WORKERS

A virtual 'quiet place' for under-pressure key workers, to give you some mindfulness tips and practices to cope with the impact of Covid-19



#### THE QUIET PLACE - FOR HEALTHCARE WORKERS

A virtual 'quiet place' for stressed healthcare workers, to give you some mindfulness tips and practices to cope with the impact of Covid-19

This was continued by Breathworks founder Vidyamala Burch leading online live meditations on Tuesday evenings. These sessions were designed to help key workers, and quickly became popular with others, including many members of the Breathworks Community. The meditations were primarily for those struggling with the day-to-day difficulties caused by the pandemic; fear, isolation and lack of social personal support.

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2020



### MINDFUL SELF-CARE FOR TROUBLING TIMES

The Covid-19 pandemic has now been with us for many months and all of us have been impacted in one way or another. Times continue to be uncertain and demanding.



### THE QUIET PLACE - EXAMPLE MEDITATIONS

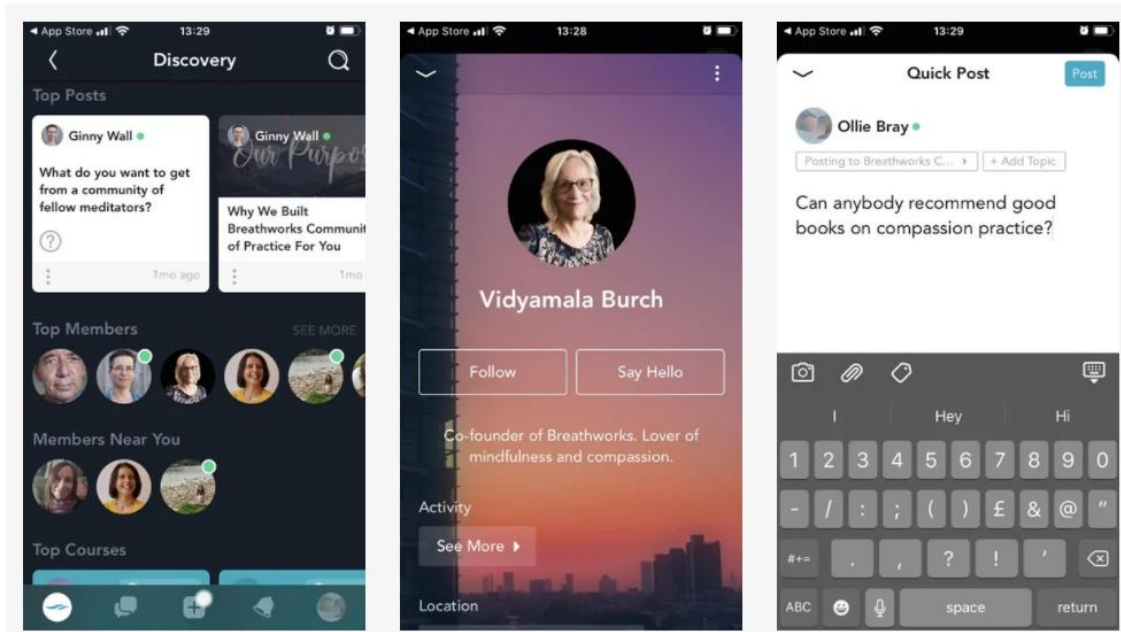
Give these three meditations a go to get a taste of the many practices available on our free set of online resources - The Quiet Place.



### LIVE TUESDAY MEDITATIONS WITH VIDYAMALA

These weekly sessions are designed for everybody - whether you are using our free online mindfulness resources, or simply want to drop in and give meditation a try!

We also launched a new community platform, Breathworks Community of Practice, which was funded by donations enabling it to be free to join and offers access to our increasing library of talks, guided practices and regular live practice sessions. Importantly this platform enables peer support and connection with a world-wide community of Breathworks practitioners and teachers.



In a time when many people have experienced loneliness and isolation this has been a lifeline of connection for many, growing to almost 1000 members.

### Fundraising Activities

In this financial year we have received donations of £25,399, with two individual donations of £5,000 each being given for specific projects which enabled Breathworks to provide free resources and mindfulness education activities for key workers and the general public to provide the tools to help improve their mental wellbeing in response to Covid-19. In the pandemic many of our planned fundraising activities have been cancelled, but other online campaigns have continued through our website donate feature.

## The Breathworks Foundation Trustees' annual report for the period ended 31 December 2020

The restricted funds were donations to a project to help Breathworks take more of its programmes online and help reach more people in countries without a Breathworks teacher and for those with limited mobility who would therefore find it difficult to access in person activities.

During this period, we have been developing other fundraising initiatives and have applied to Trusts and Foundations for project funding to help expand services and research initiatives. We have not yet been successful in securing grant funding in this period but continue to learn and expect to in the year ahead.

### Donations and grant making activities

#### Bursary Funding

During this period we awarded bursary places to 69 beneficiaries to attend an 8 week Mindfulness for Health course. As we hear from our beneficiaries that:

---

*"I have benefitted so much from this course, and feel so grateful to have had the opportunity, thanks to a bursary place. I've learnt so much and will now take this learning into the next phase of my life."*

*"The Breathworks course was of great benefit at the time and has been ever since. The exercises have maintained my mobility through the winter, which is when I have the most problems, and the body scans and meditations are of daily benefit. They also highlight when I am most stressed and disengaged with the world - which is of inestimable value."*

---

And 30 beneficiaries have received bursaries to train as Breathworks Mindfulness Teachers, equipped to deliver the 8-week mindfulness education programmes to help people suffering with pain, stress or illness.

---

*"I have felt so disconnected for many years due to ill health, even with pain and discomfort I was able to connect and learn from others. A wonderful part of my journey being guided and supported by others helped me to complete the week even when I thought I may need to drop out as my fatigue was so bad. Also receiving kindness was uplifting and deepening my knowledge every day in the Breathworks approach made me love the key concepts and resources all the more." Trainee Teacher.*

---

Offering our teacher training online has meant that we can reach more people, both geographically and for those whose health restricts movement.

---

*"I was very happy when the training was offered online as this enabled me to do the training without traveling to the UK. Initially I thought the online course would be the second-best option but I think writing assignments and reading everyone else's assignments added to the learning. I learnt a lot and this is only the start of the journey." Trainee Teacher.*

---

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2020

*"If the teacher training had been in a retreat centre my mobility issues would have prevented my attendance. I have found it invaluable being able to complete the course online as it has been so accessible and meant I have made connections with peers in the wider international community." Trainee Teacher.*

---

### Grant Making Activities

In this financial period the Breathworks Foundation has not been involved in grant making activities but intends to resume this in 2021. We made however one donation of £900 to the West London Buddhist centre for bursary places on Breathworks courses.

### **Research Activities**

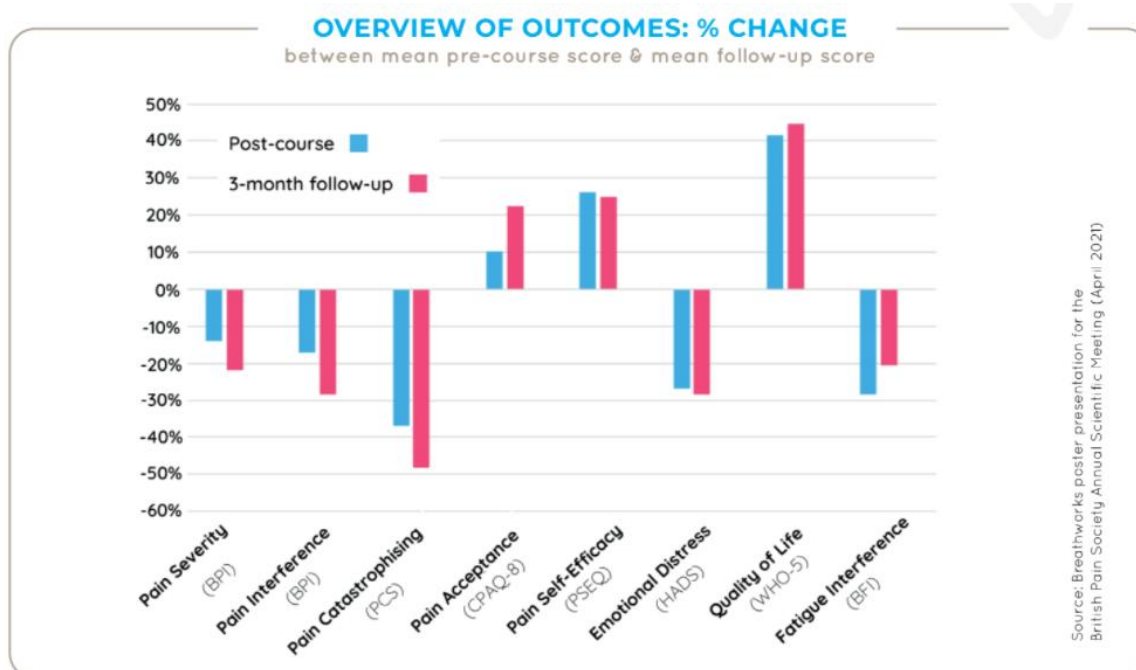
Over this period we have worked to improve our data collection process in order to maximise our dataset. We have trialled a new method which will result in much quicker and more efficient data analysis and more importantly, a larger data pool.

We have conducted a research update for the Mindfulness for Health (MfH) course which was to be presented at the Annual Scientific Meeting of the British Pain Society. Analysing survey responses from 2016-2019, we found the following in participants with chronic pain:

- Statistically significant improvements in pain intensity, pain interference, pain acceptance, pain catastrophising, fatigue interference, quality of life and emotional distress post-course (sample of approximately 60).
- Pre- to post-course changes were particularly impressive for pain catastrophising, quality of life and emotional distress.
- At post-course, 25% of people (N=16) moved from being classed as having 'severe' levels of pain-interference to either having 'moderate' or 'mild' interference. Having 'severe' levels of interference is associated with poorer outcomes such as perceived disability.
- We also found evidence to suggest a long-lasting impact from the MfH course, with significant improvements in pain intensity, pain interference, pain acceptance, pain catastrophising, fatigue interference, quality of life and emotional distress at the 3-month follow-up (approximately 33 people). All measures except pain intensity and pain acceptance were also significantly improved at the 12-month follow-up (approximately 19 people).
- As we have only recently started gathering data on healthcare service and medication use, we were unable to produce conclusive results on this, however we did find initial indications that medication use may reduce following the course. We will be investigating this much more specifically in our 2020 MfH questionnaire which is currently in circulation.

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2020



Most research partnerships were paused or delayed due to the Covid-19 pandemic, however it is expected that projects will resume in 2021 with many partners including Maggie's & University of Manchester and Barts NHS Trust & University College London.

### Financial review

At the end of this financial period the total funds carried forward are £142,740 which increased by £71,337 during the period (income less expenditure). The trustees do not see any concerns about the charity's ability to continue as a going concern.

The wholly owned subsidiary, the Breathworks CIC, made an operating profit of £18,746.

### Reserves policy

A new reserves policy was developed to ensure:

- Trustees have the time to take action if projected new income streams fall below expectations.
- There is protection for unforeseen operational costs.
- There is capacity for 'seed-funding' for an urgent or high potential project eg for research.
- Provision for redundancy payments and closing contractual obligations in the event of winding up the charity.

Following a review of the Foundation's budget and guided by the nature of the overheads, the trustees have concluded that an unrestricted reserve equivalent to 4 months' overheads (£68,259) is sufficient to meet these objectives.

# The Breathworks Foundation

## Trustees' annual report for the period ended 31 December 2020

### Plans for the future

In the year ahead we plan to continue our strategy of making it as easy as possible for people who live with pain, stress and illness to access Breathworks mindfulness programmes for free or low cost at the point of access. We will do this through partnerships and commissioning networks and training practitioners to deliver Breathworks programme in their professional setting.

We will continue our work to address health inequalities by securing funding to scale the recent adaptation of the Mindfulness for Health programme for people with low literacy or English as a second language. We plan to make small grants available to Breathworks accredited teachers to invest in innovative mindfulness-based projects. In this we will be prioritising projects that bring mindfulness education to marginalised communities and those at an early stage in their development to help the teacher build the case for other (external) grant funding.

We are keenly aware of what is considered to be the next health pandemic, long covid and plan to develop programmes that introduce patients to mindfulness as part of their path to recovery.

We also plan to wind up the trading arm and incorporate its mindfulness education activities under the charity to improve operational efficiency.

### Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 28 April 2009 and registered as a charity on 28 September 2009.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

Members of the charity guarantee to contribute an amount not exceeding £10 to the assets of the charity in the event of winding up. The total number of such guarantees at year end was 3 (2019: 5). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

At each AGM, the board of trustees will resign and be available for re-election. Recruitment is based on ensuring there is a blend of expertise in health and social care, business and charitable operations management.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 10 to the accounts.

Following the restructure between the charity and the trading arm, the charity took over many of the staffing liabilities and has a management team in place to ensure the effective operation of the organisation.

### Remuneration policy for key management personnel

The trustees review and agree the remuneration for key management personnel annually, in consideration with market rates and affordability for the charity.

### Risk management

The charity trustees have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks.

The Breathworks Foundation  
Trustees' annual report for the period ended 31 December 2020

### Funds held as custodian trustee on behalf of others

No funds are held on behalf of others.

### Statement of responsibilities of the trustees

The trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the trustees' annual 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 financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity 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 and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable group 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.

The trustees' annual report has been approved by the trustees on 7 July 2021 and signed on their behalf by



Dharmachari Prasadu

Chair of the Board

## Independent examiner's report to the trustees of The Breathwork Foundation

I report on the accounts of the charity for the year ended 31 December 2020 set out on pages 14 to 26.

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of ICAEW.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

### Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 130 of the Charities Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*P Morrello*

Patrick Morrello ACA  
Third Sector Accountancy Limited  
Holyoake House  
Hanover Street  
Manchester  
M60 0AS

Date: 09 / 07 / 2021

The Breathworks Foundation  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 December 2020

	Note	Unrestricted funds £	12 months Restricted funds £	Total funds 2020 £	Unrestricted funds £	<b>8 months</b> Restricted funds £	Total funds 2019 £
<b>Income from:</b>							
Donations and legacies	3	12,838	12,561	25,399	21,364	6,329	27,693
Charitable activities	4	376,493	700	377,193	450	-	450
<b>Total income</b>		<b>389,331</b>	<b>13,261</b>	<b>402,592</b>	<b>21,814</b>	<b>6,329</b>	<b>28,143</b>
<b>Expenditure on:</b>							
Charitable activities	6	317,819	12,321	330,140	19,802	6,329	26,131
<b>Total expenditure</b>		<b>318,934</b>	<b>12,321</b>	<b>331,255</b>	<b>24,443</b>	<b>6,329</b>	<b>30,772</b>
<b>Net income/(expenditure) for the year</b>	8	<b>70,397</b>	<b>940</b>	<b>71,337</b>	<b>(2,629)</b>	-	<b>(2,629)</b>
<b>Net movement in funds for the year</b>		<b>70,397</b>	<b>940</b>	<b>71,337</b>	<b>(2,629)</b>	-	<b>(2,629)</b>
<b>Reconciliation of funds</b>							
Total funds brought forward		71,403	-	71,403	74,032	-	74,032
<b>Total funds carried forward</b>		<b>141,800</b>	<b>940</b>	<b>142,740</b>	<b>71,403</b>	-	<b>71,403</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The Breathworks Foundation  
Company number 6890078

Balance sheet as at 31 December 2020

	Note	2020		2019	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	12		675		324
Investments	13		3		3
<b>Total fixed assets</b>			<b>678</b>		<b>327</b>
<b>Current assets</b>					
Stock		6,293		-	
Debtors	14	26,579		4,473	
Cash at bank and in hand	15	206,782		77,406	
<b>Total current assets</b>		<b>239,654</b>		<b>81,879</b>	
<b>Liabilities</b>					
Creditors: amounts falling due in less than one year	16	(97,592)		(10,803)	
<b>Net current assets</b>			<b>142,062</b>		<b>71,076</b>
<b>Total assets less current liabilities</b>			<b>142,740</b>		<b>71,403</b>
<b>Net assets</b>			<b>142,740</b>		<b>71,403</b>
<b>The funds of the charity:</b>					
Restricted income funds	17		940		-
Unrestricted income funds	18		141,800		71,403
<b>Total charity funds</b>			<b>142,740</b>		<b>71,403</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 16 to 26 form part of these accounts.

Approved by the trustees on 7 July 2021 and signed on their behalf by:



Dharmachari Prasadu, Trustee

09 / 07 / 2021

Date signed

## 1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

### a 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) issued in October 2019 - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Breathworks Foundation meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £ sterling.

### b Judgments and estimates

The trustees have made no key judgments which have a significant effect on the accounts.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

### c Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees have reviewed the charity's forecasts and projections and in particular have considered the potential implications of the Coronavirus (COVID-19) pandemic. Whilst the eventual financial impact of the pandemic on the charity, and on the overall economy, remains uncertain, the trustees are confident that the charity will be able to remain operational throughout the pandemic. It has reviewed its expenditure and projects and, based on its reserves and income generated through the delivery of online courses and activities, the trustees are confident that the charity can also fulfil its commitments to its beneficiaries for the period ending 31 December 2021.

In addition, with the benefit of relevant government support packages to help organisations through the pandemic, the trustees have a reasonable expectation that the charity will have adequate resources to continue in operational existence for the foreseeable future.

The charity therefore continues to adopt the going concern basis in preparing its financial statements.

**d Income**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

**e Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

**f Fund accounting**

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**g Expenditure and irrecoverable VAT**

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:

- Costs of raising funds comprise the costs of commercial trading including freelance consultancy fees.
- Expenditure on charitable activities includes the costs of research undertaken to further the purposes of the charity.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**h Tangible fixed assets**

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	25%
------------------	-----

**i Stock**

Stock is included at the lower of cost or net realisable value. In general, cost is determined on a first in, first out basis. Net realisable value is the price at which stocks can be sold in the normal course of business after allowing for the costs of realisation. Provision is made where necessary for obsolete, slow moving, and defective stocks. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

**j Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**k Cash at bank and in hand**

Cash at bank and cash in hand includes cash and funds held in the charity's bank accounts.

**l Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**m Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**n Pensions**

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 8. There were no outstanding contributions at the year end.

**2 Legal status of the charity**

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The registered office address is disclosed on page 1.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2020 (continued)

	12 months			<b>8 months</b>		
<b>3 Income from donations and legacies</b>						
	Unrestricted	Restricted	Total 2020	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total 2019</i>
	£	£	£	£	£	£
Donations	12,838	12,561	25,399	21,364	6,329	27,693
<b>Total</b>	<b>12,838</b>	<b>12,561</b>	<b>25,399</b>	<b>21,364</b>	<b>6,329</b>	<b>27,693</b>
<b>4 Income from charitable activities</b>						
	Unrestricted	Restricted	Total 2020	<i>Unrestricted</i>	<i>Restricted</i>	<i>Total 2019</i>
	£	£	£	£	£	£
GMCVO grant	-	500	500	-	-	-
Donation - Sheila Bird Group	-	200	200	-	-	-
<i>Charitable trading</i>						
Courses and workshops	314,451	-	314,451	-	-	-
Membership fees	23,174	-	23,174	344	-	344
Other income	38,868	-	38,868	106	-	106
<b>Total</b>	<b>376,493</b>	<b>700</b>	<b>377,193</b>	<b>450</b>	<b>-</b>	<b>450</b>
<b>5 Cost of raising funds</b>						
	Unrestricted	Restricted	2020	<i>Unrestricted</i>	<i>Restricted</i>	<i>2019</i>
	£	£	£	£	£	£
Consultancy fees	-	-	-	4,641	-	4,641
Staff costs	1,115	-	1,115	-	-	-
	<b>1,115</b>	<b>-</b>	<b>1,115</b>	<b>4,641</b>	<b>-</b>	<b>4,641</b>

**6 Analysis of expenditure on charitable activities**

	Total 2020	Total 2019
	£	£
Direct course costs	122,178	7,899
Staff costs	157,876	-
Staff training	728	-
Marketing	4,281	-
Internet and website	24,831	2,019
Research	2,036	2,180
Bursaries	900	10,470
Grants paid	-	3,000
Office rent	5,729	-
Administration and office expenses	5,529	22
Accountancy fees	2,068	391
Legal and professional fees	1,158	-
Insurance	1,267	-
Sundry expenses	1,242	-
Depreciation	317	150
	<hr/>	<hr/>
	330,140	26,131
	<hr/> <hr/>	<hr/> <hr/>
Restricted expenditure	12,321	6,329
Unrestricted expenditure	317,819	19,802
	<hr/>	<hr/>
	330,140	26,131
	<hr/> <hr/>	<hr/> <hr/>

**7 Grants paid**

During the accounting period the charity performed grant making activities in the form of making a charitable donation for bursary places as shown above to the following institution:

West London Buddhist Centre                      900      Bursary places for Breathworks courses

A description of the purpose of this grant is given in the trustees' annual report. The charity made no direct grant payment to individuals. No support costs were allocated to grant-making activities.

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2020 (continued)

**8 Net income/(expenditure) for the year**

This is stated after charging/(crediting):	2020 £	2019 £
Depreciation	317	150
Accountancy fees	600	600
Independent examiner's fee	120	120
	<u><u>          </u></u>	<u><u>          </u></u>

**9 Staff costs**

Staff costs during the year were as follows:

	2020 £	2019 £
Wages and salaries	150,119	-
Social security costs	6,412	-
Pension costs	2,460	-
	<u>          </u>	<u>          </u>
	158,991	-
	<u><u>          </u></u>	<u><u>          </u></u>
Fundraising	1,115	
Charitable activities	157,876	
	<u>          </u>	<u>          </u>
	158,991	-
	<u><u>          </u></u>	<u><u>          </u></u>

No employee had employee benefits in excess of £60,000 (2019: Nil).

The average number of staff employed during the period was 13 (2019: Nil).

The average full time equivalent number of staff employed during the period was 6 (2019: Nil).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer. The total employee benefits of the key management personnel of the charity were £24,782 (2019: £Nil).

**10 Trustee remuneration and expenses, and related party transactions**

Neither the management committee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2019: Nil).

No member of the management committee received travel and subsistence expenses during the year (2019 £Nil).

There were no aggregate donations from related parties (2019: £Nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2019: nil).

**11 Corporation tax**

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

**12 Fixed assets: tangible assets**

<b>Cost</b>	Office equipment £
At 1 January 2020	599
Additions	668
	<hr/>
At 31 December 2020	1,267
	<hr/> <hr/>
<b>Depreciation</b>	
At 1 January 2020	275
Charge for the year	317
	<hr/>
At 31 December 2020	592
	<hr/> <hr/>
<b>Net book value</b>	
At 31 December 2020	675
	<hr/> <hr/>
<i>At 31 December 2019</i>	324
	<hr/> <hr/>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2020 (continued)

**13 Investments**

	2020 £	2019 £
Investment in the shares of the subsidiary company Breathworks Community Interest Company	3	3
	<u>3</u>	<u>3</u>

The charity owns the whole of the ordinary share issue of the Breathworks Community Interest Company, a company registered in England, register no 5016384. The shares were transferred to the charity on 16 April 2019. The subsidiary is used to focus mindfulness training and courses on not-for profit and commercial organisations. A summary of the results of the subsidiary is shown below:

	12 months 2020 £	12 months 2019 £
<b>Profit and loss account</b>		
Income	146,687	460,442
Expenditure	(127,941)	(523,101)
Net profit/(loss)	<u>18,746</u>	<u>(62,659)</u>
<b>Balance sheet</b>		
<b>Aggregates</b>	2020 £	2019 £
Assets	86,048	103,991
Liabilities	(152,508)	(189,197)
Shareholder's funds	<u>(66,460)</u>	<u>(85,206)</u>

**14 Debtors**

	2020 £	2019 £
Owed by subsidiary	21,738	-
Prepayments and accrued income	4,841	4,473
	<u>26,579</u>	<u>4,473</u>

**15 Cash at bank and in hand**

	2020 £	2019 £
Cash at bank and in hand	206,782	77,406
	<u>206,782</u>	<u>77,406</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2020 (continued)

**16 Creditors: amounts falling due within one year**

	2020	2019
	£	£
Owed to subsidiary	-	263
Other creditors and accruals	20,408	2,197
Deferred income	77,184	8,343
	<u>97,592</u>	<u>10,803</u>

**17 Analysis of movements in restricted funds**

	Balance at 1 January 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2020 £
<b>Funds</b>					
GMCVO grant	-	500	(500)	-	-
<i>Donations</i>					
The Sheila Bird Group	-	200	(200)	-	-
Give2live donations	-	2,561	(2,561)	-	-
The Eleos Partners	-	5,000	(4,530)	-	470
Private donor	-	5,000	(4,530)	-	470
	<u>-</u>	<u>13,261</u>	<u>(12,321)</u>	<u>-</u>	<u>940</u>

**Comparative period**

	Balance at 1 May 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 December 2019 £
<b>Bursary fund</b>					
Bursaries granted	-	6,329	(6,329)	-	-
	<u>-</u>	<u>6,329</u>	<u>(6,329)</u>	<u>-</u>	<u>-</u>

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2020 (continued)

<b>Name of restricted fund</b>	<b>Description, nature and purposes of the fund</b>
GMCVO grant	funding for 5 people to attend a Mindfulness for Health Course
The Sheila Bird Group	funding for 1 person to attend a Mindfulness for Health Course
Give2live donors	funding towards specific projects to enable Breathworks to take programmes on line to widen reach, to provide free resources and mindfulness education activities for key workers and the general public, to provide the tools to help improve mental wellbeing in response to Covid-19
The Eleos Partners	
Private donor	

**18 Analysis of movement in unrestricted funds**

	Balance at 1 January 2020 £	Income £	Expenditure £	Transfers £	As at 31 December 2020 £
General fund	31,465	389,331	(278,996)	-	141,800
Designated fund - Bursary and projects	39,938	-	(39,938)	-	-
	<u>71,403</u>	<u>389,331</u>	<u>(318,934)</u>	<u>-</u>	<u>141,800</u>

**Comparative period**

	Balance at 1 May 2019 £	Income £	Expenditure £	Transfers £	As at 31 December 2019 £
General fund	29,953	21,814	(20,302)	-	31,465
Designated - Bursary fund	44,079	-	(4,141)	-	39,938
	<u>74,032</u>	<u>21,814</u>	<u>(24,443)</u>	<u>-</u>	<u>71,403</u>

<b>Name of unrestricted fund</b>	<b>Description, nature and purposes of the fund</b>
----------------------------------	---

General fund	The free reserves after allowing for all designated funds
--------------	---

**Designated**

Bursary and projects fund	from general funds designated for bursary grants, and to provide free resources and training and educational courses and activities
---------------------------	---

The Breathworks Foundation

Notes to the accounts for the year ended 31 December 2020 (continued)

**19 Analysis of net assets between funds**

	General fund £	Designated funds £	Restricted funds £	Total 2020 £
Tangible fixed assets	675	-	-	675
Fixed asset investments	3	-	-	3
Net current assets/(liabilities)	141,122	-	940	142,062
	<hr/>	<hr/>	<hr/>	<hr/>
Total	141,800	-	940	142,740
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<b><i>Comparative period</i></b>				
	<i>General fund £</i>	<i>Designated funds £</i>	<i>Restricted funds £</i>	<i>Total 2019 £</i>
<i>Tangible fixed assets</i>	324	-	-	324
<i>Net current assets/(liabilities)</i>	(38,998)	39,938	-	940
	<hr/>	<hr/>	<hr/>	<hr/>
<i>Total</i>	(38,674)	39,938	-	1,264
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>