



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.

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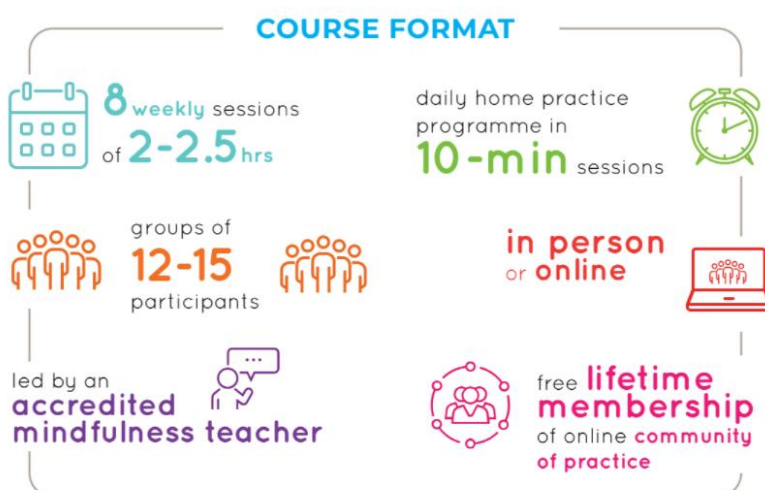
Mindfulness Education Activities



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.



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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 2016, 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**

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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.

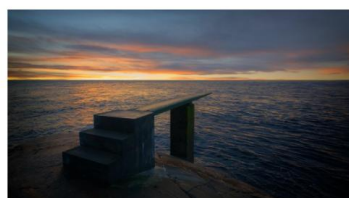
In light of the pandemic we have been making greater use of technology to reach larger numbers of people. In March 2020 when the UK lockdown began we launched a series of free educational resources to support peoples' mental wellbeing. In the first six weeks these were accessed by over 20,000 people and we received feedback that they had been of great support.

MINDFULNESS FOR GLOBAL PANDEMICS



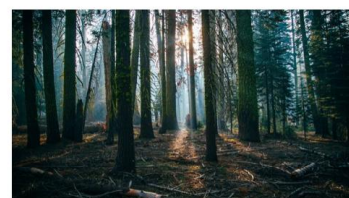
LONG TERM COVID

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.

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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

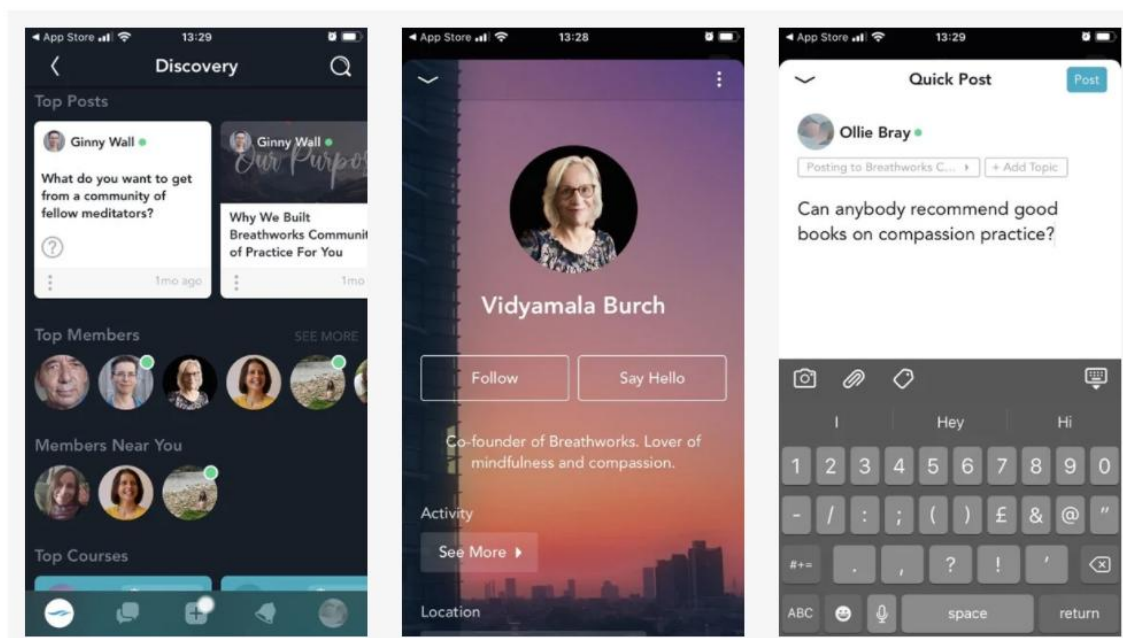
Give these three meditations a go to get a taste of the many practices available on our free set of online resources - The Quiet Place.



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.

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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.

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"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

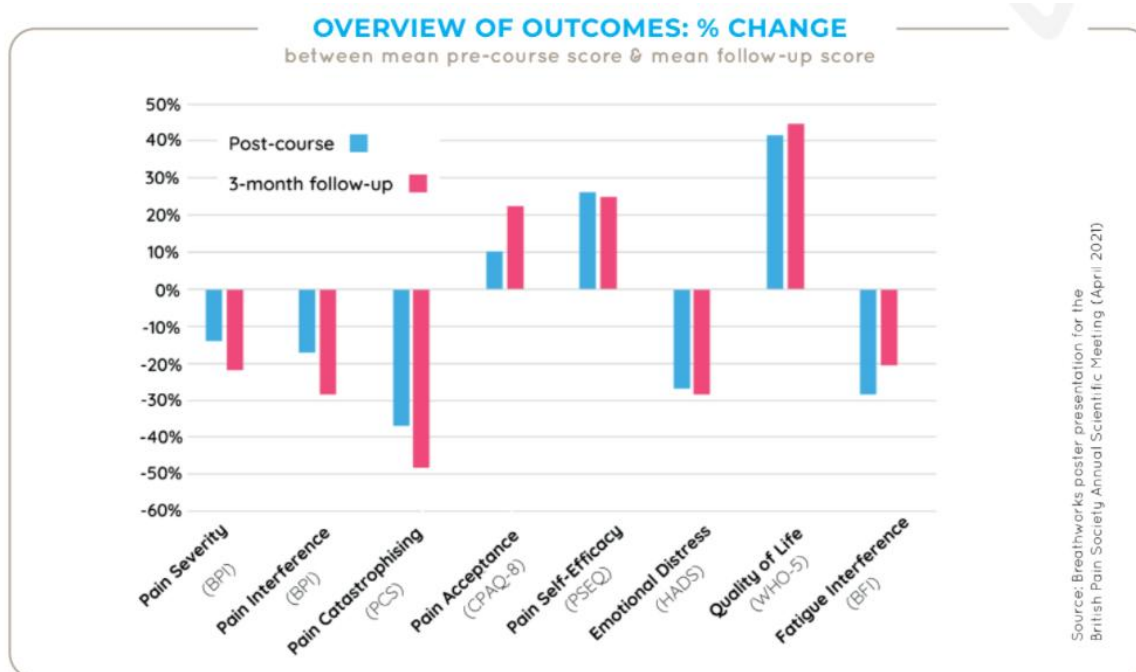
Over this period we have worked to improve our data collection process in order to maximise our dataset. We have trialled a new method which will result in much quicker and more efficient data analysis and more importantly, a larger data pool.

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.

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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.

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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.

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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.



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

		Unrestricted funds £	12 months Restricted funds £	Total funds 2020 £	Unrestricted funds £	<i>8 months</i> Restricted funds £	Total funds 2019 £
	Note						
Income from:							
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
Total income		389,331	13,261	402,592	21,814	6,329	28,143
Expenditure on:							
Charitable activities	6	317,819	12,321	330,140	19,802	6,329	26,131
Total expenditure		318,934	12,321	331,255	24,443	6,329	30,772
Net income/(expenditure) for the year	8	70,397	940	71,337	(2,629)	-	(2,629)
Net movement in funds for the year		70,397	940	71,337	(2,629)	-	(2,629)
Reconciliation of funds							
Total funds brought forward		71,403	-	71,403	74,032	-	74,032
Total funds carried forward		141,800	940	142,740	71,403	-	71,403

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
		£	£
Fixed assets			
Tangible assets	12	675	324
Investments	13	3	3
Total fixed assets		678	327
Current assets			
Stock		6,293	-
Debtors	14	26,579	4,473
Cash at bank and in hand	15	206,782	77,406
Total current assets		239,654	81,879
Liabilities			
Creditors: amounts falling due in less than one year	16	(97,592)	(10,803)
Net current assets		142,062	71,076
Total assets less current liabilities		142,740	71,403
Net assets		142,740	71,403
The funds of the charity:			
Restricted income funds	17	940	-
Unrestricted income funds	18	141,800	71,403
Total charity funds		142,740	71,403

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%
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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			8 months		
3 Income from donations and legacies	Unrestricted £	Restricted £	Total 2020 £	Unrestricted £	Restricted £	Total 2019 £
Donations	12,838	12,561	25,399	21,364	6,329	27,693
Total	12,838	12,561	25,399	21,364	6,329	27,693
4 Income from charitable activities	Unrestricted £	Restricted £	Total 2020 £	Unrestricted £	Restricted £	Total 2019 £
GMCVO grant	-	500	500	-	-	-
Donation - Sheila Bird Group	-	200	200	-	-	-
<u>Charitable trading</u>						
Courses and workshops	314,451	-	314,451	-	-	-
Membership fees	23,174	-	23,174	344	-	344
Other income	38,868	-	38,868	106	-	106
Total	376,493	700	377,193	450	-	450
5 Cost of raising funds	Unrestricted £	Restricted £	2020 £	Unrestricted £	Restricted £	2019 £
Consultancy fees	-	-	-	4,641	-	4,641
Staff costs	1,115	-	1,115	-	-	-
	1,115	-	1,115	4,641	-	4,641

Notes to the accounts for the year ended 31 December 2020 (continued)

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/>
Restricted expenditure	12,321	6,329
Unrestricted expenditure	317,819	19,802
	<hr/>	<hr/>
	330,140	26,131
	<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.

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

Cost	Office equipment £
At 1 January 2020	599
Additions	668
	<hr/>
At 31 December 2020	1,267
	<hr/> <hr/>
Depreciation	
At 1 January 2020	275
Charge for the year	317
	<hr/>
At 31 December 2020	592
	<hr/> <hr/>
Net book value	
At 31 December 2020	675
	<hr/> <hr/>
<i>At 31 December 2019</i>	<i>324</i>
	<hr/> <hr/>

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

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:

Profit and loss account	12 months 2020 £	12 months 2019 £
Income	146,687	460,442
Expenditure	(127,941)	(523,101)
Net profit/(loss)	18,746	(62,659)
Balance sheet	2020	2019
Aggregates	£	£
Assets	86,048	103,991
Liabilities	(152,508)	(189,197)
Shareholder's funds	(66,460)	(85,206)

14 Debtors

	2020 £	2019 £
Owed by subsidiary	21,738	-
Prepayments and accrued income	4,841	4,473
	26,579	4,473

15 Cash at bank and in hand

	2020 £	2019 £
Cash at bank and in hand	206,782	77,406
	206,782	77,406

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 £
Funds					
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
	<u>-</u>	<u>13,261</u>	<u>(12,321)</u>	<u>-</u>	<u>940</u>
Total	<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 £
Bursary fund					
Bursaries granted	-	6,329	(6,329)	-	-
	<u>-</u>	<u>6,329</u>	<u>(6,329)</u>	<u>-</u>	<u>-</u>
Total	<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)

Name of restricted fund	Description, nature and purposes of the fund
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>

Name of unrestricted fund	Description, nature and purposes of the fund
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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

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/>

Comparative period

	General fund £	Designated funds £	Restricted funds £	Total 2019 £
Tangible fixed assets	324	-	-	324
Net current assets/(liabilities)	(38,998)	39,938	-	940
	<hr/>	<hr/>	<hr/>	<hr/>
Total	(38,674)	39,938	-	1,264
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>