



THE BREATHWORKS FOUNDATION

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

Company number: 06890078
Charity number: 1131851



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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:

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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...

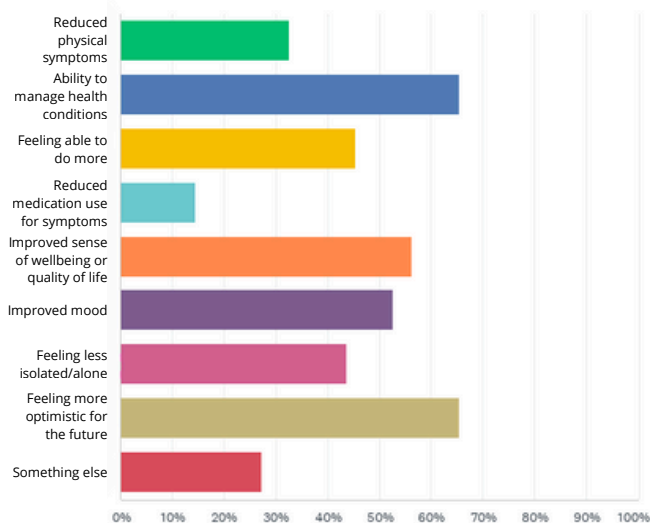
12 public courses, reaching **154** participants

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.

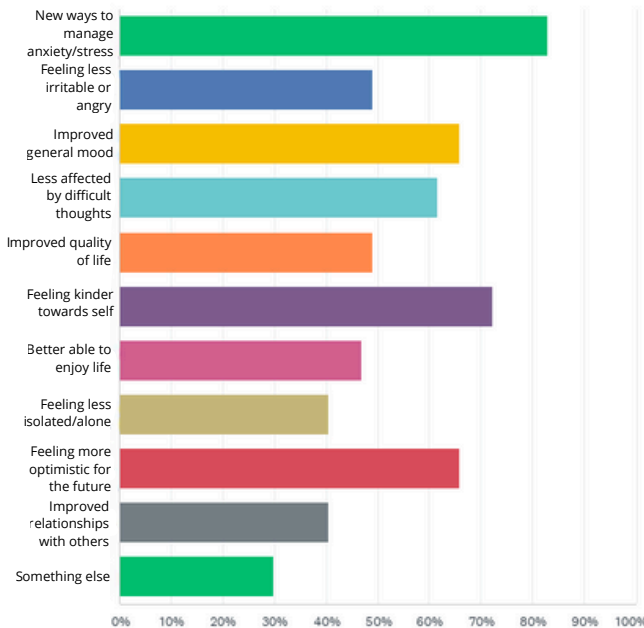
11 public courses, reaching **171** participants

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



Funded by
UK Government

GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY

WEA
Adult Learning
Within Reach

breathworks

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:

Breathworks Teachers in

29
countries

82

accredited
Breathworks
Respira Vida
Teachers

312

accredited
Breathworks
Teachers



8600

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

2328

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

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.

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	Dominic Houlder
Gillian Parry	Karim Rushdy
Menka Sanghvi	Robert Jones
Ruth Cheesley	Sally Jones (resigned 31 st 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 £	<i>Unrestricted funds £</i>	<i>Restricted funds £</i>	<i>Total funds 2023 £</i>
Income from:							
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
Total income		344,452	109,014	453,466	391,979	74,871	466,850
Expenditure on:							
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
Total expenditure		372,997	112,266	485,263	416,343	90,359	506,702
Net income/(expenditure) for the year		(28,545)	(3,252)	(31,797)	(24,364)	(15,488)	(39,852)
Transfer between funds		(1,148)	1,148	-	(4,122)	4,122	-
Net movement in funds for the year		(29,693)	(2,104)	(31,797)	(28,486)	(11,366)	(39,852)
Reconciliation of funds							
Total funds brought forward		98,422	17,799	116,221	126,908	29,165	156,073
Total funds carried forward		68,729	15,695	84,424	98,422	17,799	116,221

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

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%
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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
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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
Total	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>
<u>Grants</u>						
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
<u>Charitable trading</u>						
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
Total	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.

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/>
Restricted expenditure	112,266	90,359
Unrestricted expenditure	366,034	409,890
	<hr/>	<hr/>
	478,300	500,249
	<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/>

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/>
Allocated as follows:		
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/>

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

	Tangible assets Office equipment £	Intangible assets Goodwill £
Cost		
At 1 January 2024	6,390	69,468
Additions	1,723	-
	<hr/>	<hr/>
At 31 December 2024	8,113	69,468
	<hr/>	<hr/>
Depreciation		
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/>
Net book value		
At 31 December 2024	2,407	48,627
	<hr/>	<hr/>
At 31 December 2023	1,846	55,574
	<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)		-
Total	17,799	109,014	(112,266)	1,148	15,695

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
Total	29,165	74,871	(90,359)	4,122	17,799

The Breathworks Foundation

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

Note 18 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 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>
Comparative period					
	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>

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
Total	68,729	-	15,695	84,424

Comparative period

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