

BREATHE EASY FOUNDATION

England & Wales · Charity number 1159386

Details

Other names BEF

Status Registered

Legal form CIO

Registered 2014-11-27

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

Contact

Address 7 Vyner Road South
Liverpool
L25 3PU

Phone 01512224702

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Activities

Objects: THE OBJECTS OF THE CIO ARE:1) TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF ASTHMA AND ALLERGIES IN NIGERIA AND UK THROUGH PROVISION OF FINANCIAL ASSISTANCE, SUPPORT, EDUCATION AND PRACTICAL ADVICE AND WORKING WITH OTHER ORGANISATIONS.2) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO ASTHMA AND ALLERGIES INCLUDING WORKING IN PARTNERSHIP WITH OTHER ORGANISATIONS IN UK AND NIGERIA.

Activities: The Foundation was involve in raising awareness of Asthma on the World Asthma Days. It sent two trustees to Nigeria where inhalers were distributed at two Teaching Hospitals and two Health Centres. It has produce leaflets in English and Yoruba which is one main language in Nigeria.

Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Nigeria
- Liverpool City

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£3,393	£2,099	-	-
2023-08-31	£5,425	£3,509	-	-
2022-08-31	£1,745	£3,688	-	-
2021-08-31	£3,848	£1,532	-	-
2020-08-31	£6,664	£2,191	-	-

Trustees

Name	Role	Appointed
Dorcas Akeju	Chair	2014-03-23
Alfred Abbey		2019-10-17
CLAUDIUS BOLA AKEJU HND		2014-03-23
Claire Casswell		2021-11-20
Dr JOSEPH GARR		2014-03-23
Isaac Adewusi		2017-03-26
KOLEOLA EBUNOLUWA AKEJU BA		2014-03-23
Patricia Thomas		2019-10-17

BREATHE EASY FOUNDATION

England & Wales - Charity number 1159386

Accounts

BREATHE EASY FOUNDATION

**UNAUDITED ANNUAL REPORT & FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31ST AUGUST 2024**

Charity Registration No. 1159386

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BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2024

Our sincere thanks to our Patron Dame Lorna and her husband Dr Muirhead, to all donors who have made it possible for us to buy so many Nebulizers to donate, our families, Soroptimists International Liverpool and our church congregation for their prayers.

FINANCIAL REVIEW

Total income for the year was £3,393 (2023: £5,425).

Total expenditure for the year was £2,099 (2023: £3,509), leaving a surplus for the year of £1,294 (2023: surplus £1,916)

At 31st August 2024 the Charitable Incorporated Organisation's reserves stood at £16,542 (2023: £15,248) of which £nil (2023: £nil) represented restricted funds.

RISK MANAGEMENT

The main risks to which the Charitable Incorporated Organisation is exposed to as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds, which are free reserves at a level to cover three months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £16,542. The Charitable Incorporated Organisation requires £525 for three months' running costs.

The balance of unrestricted reserves is to contribute towards medication and luggage charges on the airplane for the visits to Nigeria.

PLANS FOR THE FUTURE

The trustees as volunteers will continue to support the activities of the organisation and its smooth running, also to raise funds to buy essential equipment for asthma.

We are planning a fund raising to promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK

STRUCTURE, GOVERNANCE AND MANAGEMENT

Breathe Easy Foundation is a registered Charitable Incorporated Organisation (CIO), number 1159386 formed on 27th November 2014, under the terms of the Constitution dated 20th July 2014.

The Board of Trustees shall consist of not less than three members and no more than 12 members. All the members of the Board of Trustees shall retire after three years except for the first Trustees, who will retire after three or four years as per the Constitution.

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Name Breathe Easy Foundation

Charity number 1159386

Address & Office 7 Vynor Road South
Liverpool
L26 3PU

Trustees The members of the Board of Trustees are as follows:

A Abbey
I Adewusi
C B Akaju
D O Akaju CBE
K E Akaju
C Casswell
Dr J Garr
P Thomas

Bankers Barclays Bank UK Plc
Liverpool South,
Leicestershire,
Leicester, England,
LE 87 2BB

Signed on behalf of the Trustees


I Adewusi, Trustee

20th Nov 2024
Date

BREATHE EASY FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2024

	Notes	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
Income and Endowments from:		£	£	£	£
Donations and legacies	2	3,393	-	3,393	5,425
Total income		3,393	-	3,393	5,425
Expenditure on:					
Charitable activities	3	2,099	-	2,099	3,509
Total expenditure		2,099	-	2,099	3,509
Net income, net movement in funds		1,294	-	1,294	1,916
Total funds brought forward	8, 9	15,248	-	15,248	13,332
Total funds carried forward	7 - 9	16,542	-	16,542	15,248
		=====	=====	=====	=====

The notes on pages 7 to 12 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

BREATHE EASY FOUNDATION
BALANCE SHEET AS AT 31ST AUGUST 2024

	Notes	31 st August 2024		31 st August 2023	
		£	£	£	£
Fixed assets					
Tangible fixed assets	4	-	-	-	-
Current assets					
Debtors	5	-	-	-	-
Cash at bank and in hand		17,625		16,213	
		<u>17,625</u>		<u>16,213</u>	
Current liabilities					
Creditors: amounts falling due within one year	6	(1,083)		(965)	
		<u></u>		<u></u>	
Net current assets			16,542		15,248
Total assets less current liabilities			<u>16,542</u>		<u>15,248</u>
Funds:					
Unrestricted funds	7, 8		16,542		15,248
Restricted funds	7, 9		-		-
			<u>16,542</u>		<u>15,248</u>

Approved by Trustees on 20th Nov 2024



J Adewusi, Trustee

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024

1. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) effective 1st January 2019 and Charities Act 2011.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The Charitable Incorporated Organisation has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charity has adequate reserves to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable Incorporated Organisation's free reserves available for the Trustees to apply in accordance with the charitable objects.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life.

Income recognition

All income is recognised once the Charitable Incorporated Organisation has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charitable Incorporated Organisation to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accrual basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024

Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relates to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the Charitable Incorporated Organisation. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Cash and cash equivalents

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

Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accrual's basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relates to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The Charitable Incorporated Organisation benefits from various exemptions from taxation afforded by tax legislation and are not liable to corporation tax on income or gains falling within those exemptions. The Charitable Incorporated Organisation is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments from:

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Donations and legacies				
Donations	3,393	-	3,393	5,425
	=====	=====	=====	=====

3. Expenditure on Charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2024 £	Total 2023 £
To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK.	2,099	-	2,099	3,509
	=====	=====	=====	=====

BREATHE EASY FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024**

a. analysed as follows:

	2024	2023
	£	£
<i>Direct Charitable Expenditure:</i>		
Trips and activities	1,311	2,349
	1,311	2,349
<i>Support and governance costs:</i>	£	£
Travel expenses	-	87
Refreshments	45	43
Booklets	-	300
Gifts	-	135
Stationery and postage	225	-
Uniforms	-	30
Accountancy fees	518	565
	788	1,160
Total expenditure on Charitable activities	2,099	3,509
	=====	=====

All of the above expenditure relates to unrestricted funding.

b. Staff Costs

There were no employees during the year ended 31st August 2024 (2023: none).

The Trustees are not remunerated for their services.

4. Tangible fixed assets

There were no tangible fixed assets held during or as at the year ended 31st August 2024 (2023: £nil).

5. Debtors

There were no debtors as at 31st August 2024 (2023: none).

6. Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals	1,083	965
	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024

7. Analysis of net assets between Funds

2024	Tangible fixed assets	Net current assets	Total
	£	£	£
Unrestricted Funds			
General Fund	-	16,542	16,542
Restricted Funds	-	-	-
Totals	-	16,542	16,542

2023	Tangible fixed assets	Net current assets	Total
	£	£	£
Unrestricted Funds			
General Fund	-	15,248	15,248
Restricted Funds	-	-	-
Totals	-	15,248	15,248

8. Unrestricted funds

2024	Reserves at beginning of Year	Movements in the Year		Reserves at End of Year
		Income	Expenditure	
	£	£	£	£
General Fund	15,248	3,393	(2,099)	16,542

2023	Reserves at beginning of Year	Movements in the Year		Reserves at End of Year
		Income	Expenditure	
	£	£	£	£
General Fund	13,332	5,425	(3,509)	15,248

General Fund is used to finance the Charitable Incorporated Organisation's general activities and core costs as outlined in the Trustees' Report.

9. Restricted funds

There were no restricted funds received during the year or held as at the year ended 31st August 2024 (2023: none).

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2024

10. Guarantees and Other Financial Commitments

There are no financial commitments under non-cancellable operating leases (2023: none).

11. Related Parties

There were no material related party transactions during this or the previous year which require disclosure.

BREATHE EASY FOUNDATION**DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2024**

(This page does not form part of the statutory financial statements)

	2024	2023
INCOME	£	£
Donations	3,393	5,425
	-----	-----
Total Income	3,393	5,425
	-----	-----
EXPENDITURE		
Charitable activities		
Refreshments	45	43
Trips and activities	1,311	2,349
Stationery and postage	225	-
Booklets	-	300
Travel and transport costs	-	87
Uniforms	-	30
Gifts	-	135
Accountancy fees	518	565
	-----	-----
Total expenditure on charitable activities	2,099	3,509
	-----	-----
Net income in the year	1,294	1,916
	=====	=====

BREATHE EASY FOUNDATION

England & Wales - Charity number 1159386

Accounts

BREATHE EASY FOUNDATION

**UNAUDITED ANNUAL REPORT & FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31ST AUGUST 2023**

Charity Registration No. 1159386

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BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2023

The Trustees present their report and financial statements for the year ended 31st August 2023 for the Charitable Incorporated Organisation.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2019).

OBJECTIVES AND ACTIVITIES

The Charitable Incorporated Organisation's objects are:

- To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK through provision of financial assistance, support, education, and practical advice and working with the organisations.
- To advance the education of the general public in all areas relating to asthma and allergies including working in partnership with other organisations in UK and Nigeria.

Public Benefits

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

Intergenerational Walk/Run 17th September 2022

The Intergenerational walk or run was planned for all ages from different Community groups or Faith to come together to help the organisation to raise the issues around Asthma and allergies. It was a lovely day and God blessed us with dry weather with a bit of sunshine. It took place at the Sefton Park Liverpool 17. The opportunity was also used as a fund-raising event for patients with Chronic Asthma in the UK and Nigeria with support from the Soroptimists International Liverpool.

We had over 200 participants from age 4 to over 80 year old, all the way from Lancaster, Manchester and of course our friends and supporters from different Community groups, Soroptimists International Liverpool and members from our Church Bridge Chapel. Our Patron Dame Lorna and her husband Dr Renold Muirhead graced the occasion for us, the atmosphere was complimented by music from the Ashfield Company thanks to Mr and Mrs Mercer for donating their time to support the day with speakers etc.

Trip To Nigeria

Our two trustees/volunteers travelled to Nigeria on the 10th of January 2023 so as to meet our partners and patients. Their first visit was to the University College Hospital (UCH) Ibadan on the 25th of January. They joined the Asthma club patients who had come for their monthly meeting. They were all delighted to see us. The chair thanked the staff and the patients for the part they played on the 17th of September 2022 when they joined our volunteer in Nigeria-Mrs Aderonke Akinwumi to raise Asthma awareness at the Gbagi market at Ibadan Nigeria same day as our Intergenerational Walk and Run. The Matron spoke about Asthma condition, the symptoms and the triggers. (a video of this is on Breathe Easy Foundation (BEF's) facebook). The members of the Asthma club were given T shirts with Breathe Easy Foundation logo

Obafemi Awolowo University Teaching Hospital

We visited Obafemi Awolowo University Teaching Hospital (OAUTH) Ile-Ife on the 31st of January. We were welcomed by the Chief Medical Director (CMD), Professor Erhabor, Dr Awopeju and the hospital communication Team. The chair gave a short history about the organisation. The CMD gave a short speech and thanked the organisation for what it has been doing. 20 Nebulizers, Ventolin inhalers, peak-flows and Mouthpieces were donated to the Hospital. These will be shared by the Accident and Emergency, Medical wards and clinics, and Paediatric wards. Some will be sent to the Wesley Hospital, Ilesha- an outreach hospital which is about 20 miles to Ile-Ife.

The Founders /trustees Mr Claudius Akeju and Dorcas Akeju OBE plus our Volunteer in Nigeria Mrs Ronke Akinwumi being interviewed by the OAUTH Communication Team.

We also made some donations of Ventolin inhalers and nebulizers to local churches and to local partner-Asthma and Chest Centre Foundation which was set up to help those who could not afford to pay for their treatment.

University Teaching Hospital Ibadan

On the 8th of February we went back to UCH Ibadan to donate Nebulizers, Ventolin Inhalers, peak flows and mouthpieces. We were welcomed by the Chief Medical Director Professor Jessi Otegbayo, Board of Directors, Deputy Director of Nursing and Head of Departments. It was well organised by Professor Ige who has been our contact from the onset of our partnership with UCH. He made the first speech about how BEF was set up and we have been working with UCH. The Chair was given opportunity to say few words which is on a video clip on Facebook (Uch Ibadan Facebook/Videos). We then presented the items to the CMD who gave the vote of thanks.

We were informed that some of the Nebulizers will be going to the Outreach Health Centres outside Ibadan Iseyin and Okuku where there have been rise in Asthmatic attacks.

Our sincere thanks to our Patron Dame Lorna and her husband Dr Muirhead, to all donors who have made it possible to buy so many Nebulizers to donate, our families, Merseyside Yoruba Community Association, Soroptimists International Liverpool and our church congregation for their prayers.

FINANCIAL REVIEW

Total income for the year was £5,425 (2022: £1,745).

Total expenditure for the year was £3,509 (2022: £3,688), leaving a surplus for the year of £1,916 (2022: surplus £1,963)

At 31st August 2023 the Charitable Incorporated Organisation's reserves stood at £15,248 (2022: £13,332) of which £nil (2022: £nil) represented restricted funds.

RISK MANAGEMENT

The main risks to which the Charitable Incorporated Organisation is exposed to as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds, which are free reserves at a level to cover three months' running costs should no further funding be received.

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2023

As at the end of the financial year the unrestricted funds totalled £15,248. The Charitable Incorporated Organisation requires £877 for three months' running costs.

The balance of unrestricted reserves is to contribute towards medication and luggage charges on the airplane for the visits to Nigeria.

PLANS FOR THE FUTURE

The trustees as volunteers will continue to support the activities of the organisation and its smooth running, also to raise funds to buy essential equipment for asthma.

We are planning a fund raising to promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK

STRUCTURE, GOVERNANCE AND MANAGEMENT

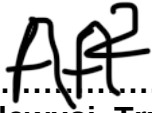
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The Board of Trustees shall consist of not less than three members and no more than 12 members. All the members of the Board of Trustees shall retire after three years except for the first Trustees, who will retire after three or four years as per the Constitution.

REFERENCE AND ADMINISTRATIVE DETAILS

Name	Breathe Easy Foundation
Charity number	1159386
Address & Office	7 Vyner Road South Liverpool L25 3PU
Trustees	The members of the Board of Trustees are as follows: A Abbey I Adewusi C B Akeju D O Akeju OBE K E Akeju C Casswell Dr J Garr P Thomas
Bankers	Barclays Bank UK Plc Liverpool South, Leicestershire, Leicester, England, LE 87 2BB

Signed on behalf of the Trustees


.....
I Adewusi, Trustee

...28/06/2024.....
Date

BREATHE EASY FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2023**

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Income and Endowments from:					
Donations and legacies	2	5,425	-	5,425	1,745
Total income		5,425	-	5,425	1,745
Expenditure on:					
Charitable activities	3	3,509	-	3,509	3,668
Total expenditure		3,509	-	3,509	3,688
Net income, net movement in funds		1,916	-	1,916	(1,923)
Total funds brought forward	8, 9	13,332	-	13,332	15,255
Total funds carried forward	7 - 9	15,248	-	15,248	13,332

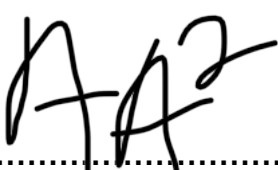
The notes on pages 7 to 12 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

BREATHE EASY FOUNDATION
BALANCE SHEET AS AT 31ST AUGUST 2023

	Notes	31 st August 2023		31 st August 2022	
		£	£	£	£
Fixed assets					
Tangible fixed assets	4		-		-
Current assets					
Debtors	5	-	-	-	-
Cash at bank and in hand		16,213		13,732	
		-----		-----	
		16,213		13,732	
Current liabilities					
Creditors: amounts falling due within one year	6	(965)		(400)	
		-----		-----	
Net current assets			15,248		13,332
			-----		-----
Total assets less current liabilities			15,248		13,332
			=====		=====
Funds:					
Unrestricted funds	7, 8	15,248		13,332	
Restricted funds	7, 9	-		-	
		-----		-----	
		15,248		13,332	
		=====		=====	

Approved by Trustees on 28/06/2024



 I Adewusi, Trustee

1. Accounting Policies**Basis of Accounting**

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) effective 1st January 2019 and Charities Act 2011.

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The Charitable Incorporated Organisation has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charity has adequate reserves to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable Incorporated Organisation's free reserves available for the Trustees to apply in accordance with the charitable objects.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life.

Income recognition

All income is recognised once the Charitable Incorporated Organisation has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charitable Incorporated Organisation to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accrual's basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2023

Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the Charitable Incorporated Organisation. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Cash and cash equivalents

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

Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2023

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The Charitable Incorporated Organisation benefits from various exemptions from taxation afforded by tax legislation and are not liable to corporation tax on income or gains falling within those exemptions. The Charitable Incorporated Organisation is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments from:

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Donations and legacies				
Donations	5,425	-	5,425	1,745
	=====	=====	=====	=====

3. Expenditure on Charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2023 £	Total 2022 £
To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK.	2,349	1,160	3,509	3,668
	=====	=====	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2023

a. analysed as follows:

	2023	2022
	£	£
<i>Direct Charitable Expenditure:</i>		
Trips and refreshments	2,349	2,308
Venue hire	-	30
	-----	-----
	2,349	2,338
	-----	-----
 <i>Support and governance costs:</i>	 £	 £
Travel expenses	87	-
Refreshments	43	340
Booklets	300	-
Gifts	135	-
Stationery and postage	-	254
Uniforms	30	336
Accountancy fees	565	400
	-----	-----
	1,160	1,330
	-----	-----
Total expenditure on Charitable activities	3,509	3,668
	=====	=====

All of the above expenditure relates to unrestricted funding.

b. Staff Costs

There were no employees during the year ended 31st August 2023 (2022: none).

The Trustees are not remunerated for their services.

4. Tangible fixed assets

There were no tangible fixed assets held during or as at the year ended 31st August 2023 (2022: £nil).

5. Debtors

There were no debtors as at 31st August 2023 (2022: none).

6. Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals	965	400
	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2023

7. Analysis of net assets between Funds

2023	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	15,248	15,248
Restricted Funds	-	-	-
Totals	-	15,248	15,248

2022	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	13,332	13,332
Restricted Funds	-	-	-
Totals	-	13,332	13,332

8. Unrestricted funds

2023	Reserves at beginning of Year £	Movements in the Year		Reserves at End of Year £
		Income £	Expenditure £	
General Fund	13,332	5,425	(3,509)	15,248

2022	Reserves at beginning of Year £	Movements in the Year		Reserves at End of Year £
		Income £	Expenditure £	
General Fund	15,255	1,745	(3,668)	13,332

General Fund is used to finance the Charitable Incorporated Organisation's general activities and core costs as outlined in the Trustees' Report.

9. Restricted funds

There were no restricted funds received during the year or held as at the year ended 31st August 2023 (2022: none).

10. Guarantees and Other Financial Commitments

There are no financial commitments under non-cancellable operating leases (2022: none).

11. Related Parties

There were no material related party transactions during this or the previous year which require disclosure.

BREATHE EASY FOUNDATION**DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2023**

(This page does not form part of the statutory financial statements)

	2023	2022
INCOME	£	£
Donations	5,425	1,745
	-----	-----
Total Income	5,425	1,745
	-----	-----
EXPENDITURE		
Charitable activities		
Refreshments	43	340
Trips and activities5,	2,349	2,308
Stationery and postage	-	254
Booklets	300	-
Travel and transport costs	87	-
Venue hire	-	30
Uniforms	30	336
Gifts	135	-
Accountancy fees	565	400
	-----	-----
Total expenditure on charitable activities	3,509	3,668
	-----	-----
Net income/(expenditure) in the year	1,916	(1,923)
	=====	=====

BREATHE EASY FOUNDATION

England & Wales - Charity number 1159386

Accounts

BREATHE EASY FOUNDATION

**UNAUDITED ANNUAL REPORT & FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31ST AUGUST 2022**

Charity Registration No. 1159386

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BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2022

The Trustees present their report and financial statements for the year ended 31st August 2022 for the Charitable Incorporated Organisation.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2019).

OBJECTIVES AND ACTIVITIES

The Charitable Incorporated Organisation's objects are:

- To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK through provision of financial assistance, support, education, and practical advice and working with the organisations.
- To advance the education of the general public in all areas relating to asthma and allergies including working in partnership with other organisations in UK and Nigeria.

Public Benefits

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

Our first activity was the 'Intergenerational walk or run' which was planned for all ages from different community groups or faith to come together to help the organisation to raise the issues around asthma and allergy. It was a lovely day and God blessed us with dry weather with a bit of sunshine. The Liverpool city council gave us the permission to use the Sefton Park Liverpool 17. The opportunity was also used as a fundraising event for patients with chronic asthma in the UK and Nigeria with support from the Soroptimists International Liverpool.

We had over 200 participants from age 4 to over 80 year old, all the way from Lancaster, Manchester and of course our friends and supporters from different community groups, Soroptimists International Liverpool and members from our church bridge chapel.

We visited Obafemi Awolowo university teaching hospital (OAUTH) Ile-Ife on the 31st of January. We were welcomed by the chief medical director (CMD), professor Erhabor, Dr Awopeju and the hospital communication team. The chair gave a short history about the organisation. The CMD gave a short speech and thanked the organisation for what it has been doing. 20 nebulizer's, Ventolin inhalers, peak-flows and mouthpieces were donated to the hospital. These will be shared by the accident and emergency, medical wards and clinics, and paediatric wards. Some will be sent to the Wesley hospital, Ilesha an outreach hospital which is about 20 miles to Ile-Ife.

On the 8th of February we went back to UCH Ibadan to donate Nebulizer's, Ventolin inhalers, peak flows and mouthpieces. We were welcomed by the chief medical director - professor Jessi Otegbayo, board of directors, deputy director of nursing and head of departments. The chair was given opportunity to say a few words which is on a video clip on Facebook (UCH Ibadan Facebook /videos). The items were presented to the CMD who gave the vote of thanks. We were informed that some of the nebulizers will be going to the outreach health centres outside Ibadan - Iseyin and Okuku where there have been a rise in asthmatic attacks.

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2022

World Asthma Day

2nd May of the year is used to raise awareness of asthma worldwide. the theme for this year was asthma care for all and the message is to promote development and implementation of effective asthma management programmes in all resource countries. our partners at Ibadan in Nigeria went to a market to speak to people about asthma while the chair of Breathe Easy Foundation (BEF) also put her asthma tee shirt on to go round supermarkets in Liverpool

Our sincere thanks to our patron Dame Lorna and her husband Dr Muirhead, to all donors who have made it possible to buy so many nebulizers to donate, our families, Merseyside Yoruba Community Association, Soroptimists International Liverpool and our church congregation for their prayers.

We would like to thank you all for your generous donations either on the day, via the bank account or the website. your donations will go a long way and we will keep you informed of the use via our website -www.breatheeasyfoundation.co.uk.

FINANCIAL REVIEW

Total income for the year was £1,745 (2021: £3,848).

Total expenditure for the year was £3,688 (2021: £1,532), leaving a deficit for the year of £1,923 (2021: surplus £2,316)

At 31st August 2022 the Charitable Incorporated Organisation's reserves stood at £13,332 (2021: £15,255) of which £nil (2021: £nil) represented restricted funds.

RISK MANAGEMENT

The main risks to which the Charitable Incorporated Organisation is exposed to as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds, which are free reserves at a level to cover three months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £13,332. The Charitable Incorporated Organisation requires £917 for three months' running costs.

The balance of unrestricted reserves is to contribute towards medication and luggage charges on the airplane for the visit to Nigeria.

PLANS FOR THE FUTURE

The trustees as volunteers will continue to support the activities of the organisation and its smooth running, also to raise funds to buy essential equipment for asthma.

We are planning a fund raising to promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK. We are planning a fund-raising intergenerational event for September 2022.

Our two trustees/volunteers travelled to Nigeria on the 10th of January so as to meet our partners and patients. Their first visit was to the university college hospital (Uch) Ibadan on the 25th of February. They joined the asthma club patients who had come for their monthly meeting. they were all delighted to see us.

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2022

The chair thanked the staff and the patients for the part they played on the 17th of September 2022 when they joined our volunteer in Nigeria Mrs Aderonke Akinwumi to raise asthma awareness at the Gbagi market at Ibadan Nigeria same day as our intergenerational walk and run. The matron spoke about asthma condition, the symptoms, and the triggers. (a video of this is on Breathe Easy Foundation's Facebook).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Breathe Easy Foundation is a registered Charitable Incorporated Organisation (CIO), number 1159386 formed on 27th November 2014, under the terms of the Constitution dated 20th July 2014.

The Board of Trustees shall consist of not less than three members and no more than 12 members. All the members of the Board of Trustees shall retire after three years except for the first Trustees, who will retire after three or four years as per the Constitution.

REFERENCE AND ADMINISTRATIVE DETAILS

Name Breathe Easy Foundation

Charity number 1159386

Address & Office 7 Vyner Road South
Liverpool
L25 3PU

Trustees The members of the Board of Trustees are as follows:

A Abbey
I Adewusi
C B Akeju
D O Akeju
K E Akeju
Dr J Garr
P Thomas
C Casswell

(Appointed 20th November 2021)

Bankers Barclays Bank UK Plc
Liverpool South,
Leicestershire,
Leicester, England,
LE 87 2BB

Signed on behalf of the Trustees


.....
I Adewusi, Trustee

25/6/23
.....
Date

BREATHE EASY FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2022**

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Income and Endowments from:					
Donations and legacies	2	1,745	-	1,745	3,848
Total income		1,745	-	1,745	3,848
Expenditure on:					
Charitable activities	3	3,668	-	3,668	1,532
Total expenditure		3,668	-	3,688	1,532
Net income, net movement in funds		(1,923)	-	(1,923)	2,316
Total funds brought forward	8, 9	15,255	-	15,255	12,939
Total funds carried forward	7 - 9	13,332	-	13,332	15,255
		=====	=====	=====	=====

The notes on pages 7 to 12 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

BREATHE EASY FOUNDATION
BALANCE SHEET AS AT 31ST AUGUST 2022

	Notes	31 st August 2022		31 st August 2021	
Fixed assets		£	£	£	£
Tangible fixed assets	4		-		-
Current assets					
Debtors	5		-		-
Cash at bank and in hand		13,732		15,535	
		<u>13,732</u>		<u>15,535</u>	
Current liabilities					
Creditors: amounts falling due within one year	6	(400)		(280)	
		<u></u>		<u></u>	
Net current assets			13,332		15,255
Total assets less current liabilities			13,332		15,255
			<u><u>=====</u></u>		<u><u>=====</u></u>
Funds:					
Unrestricted funds	7, 8		13,332		15,255
Restricted funds	7, 9		-		-
			<u>13,332</u>		<u>15,255</u>
			<u><u>=====</u></u>		<u><u>=====</u></u>

Approved by Trustees on 28/6/23.....



.....
I Adewusi, Trustee

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

1. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2019) effective 1st January 2019 and Charities Act 2011.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The Charitable Incorporated Organisation has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable Incorporated Organisation's free reserves available for the Trustees to apply in accordance with the charitable objects.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life.

Income recognition

All income is recognised once the Charitable Incorporated Organisation has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charitable Incorporated Organisation to that expenditure, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accrual's basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the Charitable Incorporated Organisation. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Cash and cash equivalents

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

Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The Charitable Incorporated Organisation benefits from various exemptions from taxation afforded by tax legislation and are not liable to corporation tax on income or gains falling within those exemptions. The Charitable Incorporated Organisation is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments from:

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Donations and legacies				
Donations	1,745	-	1,745	3,848
	=====	=====	=====	=====

3. Expenditure on Charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2022 £	Total 2021 £
To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK.	30	3,638	3,668	1,532
	=====	=====	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

a. analysed as follows:

	2022	2021
<i>Direct Charitable Expenditure:</i>	£	£
Materials	-	70
Venue hire	30	-
	<u>30</u>	<u>70</u>
 <i>Support and governance costs:</i>	£	£
Travel expenses	2,308	1,146
Refreshments	340	-
Computer costs	-	36
Stationery and postage	254	-
Uniforms	336	-
Accountancy fees	400	280
	<u>3,638</u>	<u>1,462</u>
 Total expenditure on Charitable activities	<u>3,668</u>	<u>1,532</u>
	=====	=====

All of the above expenditure relates to unrestricted funding.

b. Staff Costs

There were no employees during the year ended 31st August 2022 (2021: none).

The Trustees are not remunerated for their services.

4. Tangible fixed assets

There were no tangible fixed assets held during or as at the year ended 31st August 2022 (2021: £nil).

5. Debtors

There were no debtors as at 31st August 2022 (2021: none).

6. Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals	400	280
	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

7. Analysis of net assets between Funds

2022	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	13,332	13,332
Restricted Funds	-	-	-
Totals	-	13,332	13,332
	=====	=====	=====

2021	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	15,255	15,255
Restricted Funds	-	-	-
Totals	-	15,255	15,255
	=====	=====	=====

8. Unrestricted funds

		Movements in the Year		
	Reserves at beginning of Year £	Income £	Expenditure £	Reserves at End of Year £
2022				
General Fund	15,255	1,745	(3,668)	13,332
	=====	=====	=====	=====

		Movements in the Year		
	Reserves at beginning of Year £	Income £	Expenditure £	Reserves at End of Year £
2021				
General Fund	12,939	3,848	1,532	15,255
	=====	=====	=====	=====

General Fund is used to finance the Charitable Incorporated Organisation's general activities and core costs as outlined in the Trustees' Report.

9. Restricted funds

There were no restricted funds received during the year or held as at the year ended 31st August 2022 (2021: none).

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2022

10. Guarantees and Other Financial Commitments

There are no financial commitments under non-cancellable operating leases (2021: none).

11. Related Parties

There were no material related party transactions during this or the previous year which require disclosure.

BREATHE EASY FOUNDATION

England & Wales - Charity number 1159386

Accounts

BREATHE EASY FOUNDATION

**ANNUAL REPORT & FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST AUGUST 2021**

Charity Registration No. 1159386

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BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2021

The Trustees present their report and financial statements for the year ended 31st August 2021 for the Charitable Incorporated Organisation.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2015).

OBJECTIVES AND ACTIVITIES

The Charitable Incorporated Organisation's objects are:

- To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK through provision of financial assistance, support, education and practical advice and working with the organisations;
- To advance the education of the general public in all areas relating to asthma and allergies including working in partnership with other organisations in UK and Nigeria.

Public Benefits

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

Asthma remains a killer in the United Kingdom as well as in Nigeria especially during this Covid time when Asthmatic patients are more vulnerable.

The last 18 months has been very difficult to carry out all our activities. The organisation faced some challenges due to Covid like other Organisations. But the Trustees continued to meet on Zoom to plan some possible activities. We had our 2020 AGM virtually and we were joined by representatives from our partners' organisations with volunteers from UK and Nigeria. Our speaker at the AGM was Professor Gregory Erhabor who spoke about challenges for asthma patients in the time of the pandemic.

Our Trustees were not able to travel and after so many flight cancellations we were able to travel at last on the 29th of June 2021. We were able to launch the Organisation as an NGO-Non Governmental Organisation in Nigeria which will allow the organisation to work effectively with other partners, Teaching Hospitals, Community Hospitals, Churches and individuals. Nebulizers, inhalers and peakflows were also donated.

FINANCIAL REVIEW

Total income for the year was £3,848 (2020: £6,664).

Total expenditure for the year was £1,532 (2020: £2,191), leaving a surplus for the year of £2,316 (2020: surplus £4,473).

At 31st August 2021 the Charitable Incorporated Organisation's reserves stood at £15,255 (2020: £12,939) of which £nil (2020: £nil) represented restricted funds.

RISK MANAGEMENT

The main risks to which the Charitable Incorporated Organisation is exposed to as identified by the Trustees have been considered and systems have been established to mitigate those risks.

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2021

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds, which are free reserves at a level to cover three months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £15,255. The Charitable Incorporated Organisation requires £548 for three months' running costs.

The balance of unrestricted reserves is to contribute towards medication and luggage charges on the airplane for the visit to Nigeria.

PLANS FOR THE FUTURE

The Foundation will continue to achieve its aim by working with individuals in UK and Nigeria, raising awareness about the danger of not using appropriate inhalers and working with our partners in Nigeria.

We are planning a fund raising to promote and protect the physical and mental health of sufferers of Asthma and allergies in Nigeria and UK. We are planning the fundraising intergenerational event for September 2022 in United Kingdom.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Breathe Easy Foundation is a registered Charitable Incorporated Organisation (CIO), number 1159386 formed on 27th November 2014, under the terms of the Constitution dated 20th July 2014.

The Board of Trustees shall consist of not less than three members and no more than 12 members. All the members of the Board of Trustees shall retire after three years except for the first Trustees, who will retire after three or four years as per the Constitution.

REFERENCE AND ADMINISTRATIVE DETAILS

Name Breathe Easy Foundation

Charity number 1159386

Address & Office 7 Vyner Road South
Liverpool
L25 3PU

Trustees The members of the Board of Trustees are as follows:

A Abbey
I Adewusi
C B Akeju
D O Akeju
K E Akeju
Dr J Garr
P Thomas
C Casswell

(Appointed 20th November 2021)

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2021

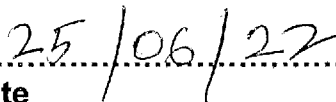
Bankers

Barclays Bank UK Plc
Liverpool South,
Leicestershire,
Leicester, England,
LE 87 2BB

Signed on behalf of the Trustees



.....
I Adewusi, Trustee



.....
Date

BREATHE EASY FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2021**

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Income and Endowments from:					
Donations and legacies	2	3,848	-	3,848	6,664
Total income		3,848	-	3,848	6,664
Expenditure on:					
Charitable activities	3	1,532	-	1,532	2,191
Total expenditure		1,532		1,532	2,191
Net income, net movement in funds		2,316	-	2,316	4,473
Total funds brought forward	8, 9	12,939	-	12,939	8,466
Total funds carried forward	7 - 9	15,255	-	15,255	12,939

The notes on pages 7 to 12 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

BREATHE EASY FOUNDATION
BALANCE SHEET AS AT 31ST AUGUST 2021

	Notes	31 st August 2021		31 st August 2020	
		£	£	£	£
Fixed assets					
Tangible fixed assets	4		-		-
Current assets					
Debtors	5	-	-	-	-
Cash at bank and in hand		15,535		13,164	
		<u>15,535</u>		<u>13,164</u>	
Current liabilities					
Creditors: amounts falling due within one year	6	(280)		(225)	
		<u></u>		<u></u>	
Net current assets			15,255		12,939
Total assets less current liabilities			15,255		12,939
			<u><u>15,255</u></u>		<u><u>12,939</u></u>
Funds:					
Unrestricted funds	7, 8	15,255		12,939	
Restricted funds	7, 9	-		-	
		<u>15,255</u>		<u>12,939</u>	
		<u><u>15,255</u></u>		<u><u>12,939</u></u>	

Approved by Trustees on 25/06/22



 I Adewusi, Trustee

1. Accounting Policies**Basis of Accounting**

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2015) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1st January 2015) and Charities Act 2011.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The Charitable Incorporated Organisation has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable Incorporated Organisation's free reserves available for the Trustees to apply in accordance with the charitable objects.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life.

Income recognition

All income is recognised once the Charitable Incorporated Organisation has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charitable Incorporated Organisation to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2021

Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the Charitable Incorporated Organisation. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Cash and cash equivalents

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

Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2021

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The Charitable Incorporated Organisation benefits from various exemptions from taxation afforded by tax legislation and are not liable to corporation tax on income or gains falling within those exemptions. The Charitable Incorporated Organisation is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments from:

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Donations and legacies				
Donations	3,848	-	3,848	6,664
	=====	=====	=====	=====

3. Expenditure on Charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2021 £	Total 2020 £
To promote and protect the physical and mental health of suffers of asthma and allergies in Nigeria and UK.	70	1,462	1,532	2,191
	=====	=====	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2021

a. analysed as follows:

	2021	2020
	£	£
<i>Direct Charitable Expenditure:</i>		
World Asthma day	-	-
Materials	70	201
Pharmacy costs	-	689
Venue hire	-	50
	70	940
<i>Support and governance costs:</i>	£	£
Travel expenses	1,146	502
Refreshments	-	114
Computer costs	36	100
Training	-	180
Sundry	-	30
Accountancy fees	280	325
	1,462	1,251
Total expenditure on Charitable activities	1,532	2,191

All of the above expenditure relates to unrestricted funding.

b. Staff Costs

There were no employees during the year ended 31st August 2021 (2020: none).

The Trustees are not remunerated for their services.

4. Tangible fixed assets

There were no tangible fixed assets held during or as at the year ended 31st August 2021 (2020: £nil).

5. Debtors

There were no debtors as at 31st August 2021 (2020: none).

6. Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	280	225

BREATHE EASY FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2021****7. Analysis of net assets between Funds****2021**

	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	15,255	15,255
Restricted Funds	-	-	-
Totals	-	15,255	15,255

2020

	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	12,939	12,939
Restricted Funds	-	-	-
Totals	-	12,939	12,939

8. Unrestricted funds**2021**

		<u>Movements in the Year</u>		
	Resources at beginning of Year £	Income £	Expenditure £	Resources at End of Year £
General Fund	12,939	3,848	1,532	15,255

2020

		<u>Movements in the Year</u>		
	Resources at beginning of Year £	Income £	Expenditure £	Resources at End of Year £
General Fund	8,466	6,664	(2,191)	12,939

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2021

General Fund is used to finance the Charitable Incorporated Organisation's general activities and core costs as outlined in the Trustees' Report.

9. Restricted funds

There were no restricted funds received during the year or held as at the year ended 31st August 2021 (2020: none).

10. Guarantees and Other Financial Commitments

There are no financial commitments under non-cancellable operating leases (2020: none).

11. Related Parties

There were no material related party transactions during this or the previous year which require disclosure.

Accounts

BREATHE EASY FOUNDATION

**ANNUAL REPORT & FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31ST AUGUST 2020**

Charity Registration No. 1159386

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Statement of Financial Activities	5
Balance Sheet	6
Notes to the Financial Statements	7

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2020

The Trustees present their report and financial statements for the year ended 31st August 2020 for the Charitable Incorporated Organisation.

The financial statements have been prepared in accordance with the charity's trust deed, the Charities Act 2011 and 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 published (FRS 102) (effective 1st January 2015).

OBJECTIVES AND ACTIVITIES

The Charitable Incorporated Organisation's objects are:

- To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK through provision of financial assistance, support, education and practical advice and working with the organisations;
- To advance the education of the general public in all areas relating to asthma and allergies including working in partnership with other organisations in UK and Nigeria.

Public Benefits

In considering the objectives and activities, the Trustees have considered the Charity Commission's guidance on Public Benefit to ensure that the organisation is meeting its Public Benefit requirements.

ACHIEVEMENTS AND PERFORMANCE

Asthma remains a killer in the United Kingdom as well as in Nigeria especially during this Covid time when Asthmatic patients are more vulnerable.

This year has been a difficult and challenging year for the Foundation. A lot of charities like ours have been affected by Covid-19. We were able to hold two fund raising events through the hard work of our two supporters as will be highlighted later in the report before Covid restrictions. Meanwhile the trustees met quarterly to discuss activities of the organisation in persons before the Covid -19 and on Zoom as necessary.

Coffee morning

This was arranged by our fund raising trustee (Mrs Trish Thomas) in partnership with Euro Chemist. Raffle tickets were sold in advance and patients using the Chemist and St James's Health Centre were all invited to join. It was also advertised on Facebook. Dr Chatwin from St James's Health Centre joined us and spoke about the appropriate use of inhalers and dangers of uncontrolled Asthma. There were plenty of minced pies and cakes with coffee and tea. A total of £710 was raised. Big thanks to Trish staff of Euro Chemist and all those who supported the morning.

Afternoon tea

The Afternoon Tea was arranged by one of our great supporters, Mrs Claire Casswell. The day was well advertised on Facebook and at the local churches especially Bridge Chapel. The setting up started by 8.30am and we had support from Claire's family and many members of the Bridge Chapel. The event started at 11.00am and we were amazed as many people came to support the day. A total of £1,089.74p was raised. Thanks Claire for all your hard work

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2020

The plan this year was for two trustees to go to Nigeria and work with our partners at the University College Hospital, Ibadan and Obafemi Awolowo University Teaching Hospital, Ile-Ife to hold big events in Nigeria to raise awareness about Asthma and allergies in April but did not materialise because of the travelling restrictions.

Our sincere thanks to our Patron -Dame Lorna Muirhead and her husband Dr Ronald Muirhead for their encouragements and financial support, Dr Chatwin for raising money for BEF, Bridge Chapel Congregation, families, friends and above all the trustees for their hard work all year round. A big thanks to Euro Chemist for their continuous support and looking after the collection box; also shops such as Dress Sense and New Image Hair Saloon (Kensington, Liverpool) which have been helping with our collection boxes. May God continue to bless you all. Above all we thank God Almighty for this work.

FINANCIAL REVIEW

Total income for the year was £6,664 (2019: £2,482).

Total expenditure for the year was £2,191 (2019: £1,631), leaving a surplus for the year of £4,473 (2019: surplus £851).

At 31st August 2020 the Charitable Incorporated Organisation's reserves stood at £12,939 (2019: £8,466) of which £nil (2019: £nil) represented restricted funds.

RISK MANAGEMENT

The main risks to which the Charitable Incorporated Organisation is exposed to as identified by the Trustees have been considered and systems have been established to mitigate those risks.

RESERVES POLICY

It is the policy of the Charitable Incorporated Organisation to maintain unrestricted funds, which are free reserves at a level to cover three months' running costs should no further funding be received.

As at the end of the financial year the unrestricted funds totalled £12,939. The Charitable Incorporated Organisation requires £548 for three months' running costs.

The balance of unrestricted reserves is to contribute towards medication and luggage charges on the airplane for the visit to Nigeria.

PLANS FOR THE FUTURE

Our AGM was held by Zoom on the 14th of November 2020 with 30 people joining including partners and volunteers from Nigeria.

The plan this year was for two trustees to go to Nigeria and work with our partners at the University College Hospital, Ibadan and Obafemi Awolowo University Teaching Hospital, Ile-Ife to hold big events in Nigeria to raise awareness about Asthma and allergies to be planned once restrictions are lifted.

Due to the Covid-19 virus, Breathe Easy Foundation has suspended all activities on 13th March 2020 until further notice. It also means our Trustees who are scheduled to go to Nigeria to celebrate the World Asthma Day with our partners and raising awareness of the dangers of uncontrolled asthma will not be able to travel till after June 2021. All fund raising activities will also be suspended.

BREATHE EASY FOUNDATION

TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31ST AUGUST 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Breathe Easy Foundation is a registered Charitable Incorporated Organisation (CIO), number 1159386 formed on 27th November 2014, under the terms of the Constitution dated 20th July 2014.

The Board of Trustees shall consist of not less than three members and no more than 12 members. All the members of the Board of Trustees shall retire after three years except for the first Trustees, who will retire after three or four years as per the Constitution.

REFERENCE AND ADMINISTRATIVE DETAILS

Name	Breathe Easy Foundation
Charity number	1159386
Address & Office	7 Vyner Road South Liverpool L25 3PU
Trustees	The members of the Board of Trustees are as follows: A Abbey I Adewusi C B Akeju D O Akeju K E Akeju Dr J Garr P Thomas (Appointed 17 th October 2019) (Appointed 17 th October 2019)
Bankers	Barclays Bank UK Plc Liverpool South, Leicestershire, Leicester, England, LE 87 2BB

Signed on behalf of the Trustees

.....
I Adewusi, Trustee

07/07/2021
.....
Date

BREATHE EASY FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2020**

	Notes	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
Income and Endowments from:					
Donations and legacies	2	6,664	-	6,664	2,482
Total income		6,664	-	6,664	2,482
Expenditure on:					
Charitable activities	3	2,191	-	2,191	1,631
Total expenditure		2,191		2,191	1,631
Net income, net movement in funds		4,473	-	4,473	851
Total funds brought forward	8, 9	8,466	-	8,466	7,615
Total funds carried forward	7 - 9	12,939	-	12,939	8,466

The notes on pages 7 to 11 form part of these accounts.

All the above amounts relate to continuing activities of the Charitable Incorporated Organisation

BREATHE EASY FOUNDATION
BALANCE SHEET AS AT 31ST AUGUST 2019

	Notes	31 st August 2020		31 st August 2019	
Fixed assets		£	£	£	£
Tangible fixed assets	4		-		-
Current assets					
Debtors	5		-		-
Cash at bank and in hand		13,164		8,691	
		<u>13,164</u>		<u>8,691</u>	
Current liabilities					
Creditors: amounts falling due within one year	6	(225)		(225)	
		<u></u>		<u></u>	
Net current assets			12,939		8,466
Total assets less current liabilities			12,939		8,466
			<u><u>12,939</u></u>		<u><u>8,466</u></u>
Funds:					
Unrestricted funds	7, 8	12,939		8,466	
Restricted funds	7, 9	-		-	
		<u>12,939</u>		<u>8,466</u>	
		<u><u>12,939</u></u>		<u><u>8,466</u></u>	

Approved by Trustees on

.....*I. Adewusi*.....
I Adewusi, Trustee

1. Accounting Policies**Basis of Accounting**

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (SORP 2015) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (effective 1st January 2015) and Charities Act 2011.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The Charitable Incorporated Organisation has taken advantage of the provisions in the SORP for Charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

Going concern

At the time of approving the accounts, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Fund accounting

Unrestricted funds are the charitable Incorporated Organisation's free reserves available for the Trustees to apply in accordance with the charitable objects.

Restricted funds are subject to specific restrictive conditions imposed by the donor. All restricted funds are accounted for as restricted income and expenditure for the purposes is charged to the fund.

Fixed Assets

Capital expenditure is stated in the balance sheet at cost less accumulated depreciation. Depreciation is provided to write off the cost of each asset over its expected useful life.

Income recognition

All income is recognised once the Charitable Incorporated Organisation has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably.

Donations and legacies comprise of donations which are recognised in the accounts when received, with the exception of known legacies which are accounted for when their receipt is certain.

Expenditure recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the Charitable Incorporated Organisation to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2020

Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Expenditure on charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the Charitable Incorporated Organisation. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity.

Cash and cash equivalents

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

Financial instruments

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

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

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

Basic financial assets

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

Basic financial liabilities

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

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

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources.

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2020

The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities. Support and governance costs are applied to unrestricted funds unless specifically included in the restrictions, as specified by the donor.

Cost of charitable activities relate to the operation of the charity comprising of direct charitable expenditure to meet the objectives of the charity. Support and governance costs relate to the management and operation of the organisation and also compliance with constitutional and statutory requirements in producing the annual report. These are dealt with in the Statement of Financial Activities when payment has been approved by the charity

Taxation

Income and gains are exempt from taxation as they are received and applied for charitable purposes only. The Charitable Incorporated Organisation benefits from various exemptions from taxation afforded by tax legislation and are not liable to corporation tax on income or gains falling within those exemptions. The Charitable Incorporated Organisation is not able to recover Value Added Tax. Expenditure is recorded in the accounts inclusive of VAT.

2. Income and endowments from:

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total Funds 2020 £	Total Funds 2019 £
Donations and legacies				
Donations	6,664	-	6,664	2,482
	=====	=====	=====	=====

3. Expenditure on Charitable activities

	Direct Charitable Expenditure £	Support & Governance Costs £	Total 2020 £	Total 2019 £
To promote and protect the physical and mental health of sufferers of asthma and allergies in Nigeria and UK.	940	1,251	2,191	1,631
	=====	=====	=====	=====

BREATHE EASY FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2020

a. analysed as follows:

	2020	2019
	£	£
<i>Direct Charitable Expenditure:</i>		
World Asthma day	-	1,000
Materials	201	174
Pharmacy costs	689	-
Venue hire	50	-
	-----	-----
	940	1,174
	-----	-----
 <i>Support and governance costs:</i>	 £	 £
Travel expenses	502	-
Refreshments	114	-
Utilities	-	232
Computer costs	100	-
Training	180	-
Sundry	30	-
Accountancy fees	325	225
	-----	-----
	1,251	457
	-----	-----
 Total expenditure on Charitable activities	 2,191	 1,631
	=====	=====

All of the above expenditure relates to unrestricted funding.

b. Staff Costs

There were no employees during the year ended 31st August 2020 (2019: none).

The Trustees are not remunerated for their services.

4. Tangible fixed assets

There were no tangible fixed assets held during or as at the year ended 31st August 2020 (2019: £nil).

5. Debtors

There were no debtors as at 31st August 2020 (2019: none).

6. Creditors: amounts falling due within one year

	2020	2019
	£	£
Accruals	225	225
	=====	=====

BREATHE EASY FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2020****7. Analysis of net assets between Funds**

	Tangible fixed assets £	Net current assets £	Total £
Unrestricted Funds			
General Fund	-	12,939	12,939
Restricted Funds	-	-	-
Totals	-	12,939	12,939
	=====	=====	=====

8. Unrestricted funds

	Resources at beginning of Year £	Movements in the Year		Resources at End of Year £
		Income £	Expenditure £	
General Fund	8,466	6,664	(2,191)	12,939
	=====	=====	=====	=====

General Fund is used to finance the Charitable Incorporated Organisation's general activities and core costs as outlined in the Trustees' Report.

9. Restricted funds

There were no restricted funds received during the year or held as at the year ended 31st August 2020 (2019: none).

10. Guarantees and Other Financial Commitments

There are no financial commitments under non-cancellable operating leases (2019: none).

11. Related Parties

There were no material related party transactions during this or the previous year which require disclosure.