

Asthma Innovation Research

Annual Report

and Financial Statements

for the Year Ended 1 January 2025

Asthma Innovation Research

(Registration number 1168495)

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Reference and Administrative Details

Charity name	The legal name is “Asthma Innovation Research”
Charity Registration Number	1168495 Registered with Charity Commission in England & Wales
Companies House registration	CE007169 Charitable Incorporated Organisation “CIO” Registered with Companies House in England & Wales
Legal structure	Governing document is the Trust Deed establishing the charity. The trustees are all individuals.
Trustees	Dr Jonny Coppel Dr Rahul Chodhari (Chairman) Dr Azmain Chowdhury Dr Dominic Fenn Dr Lucy Azimzadeh Dr Jessica Kearney Dr Tom Wright
Principal address	Apartment 55 Warwick Building 366 Queenstown Road London SW11 8NJ
Website and Email	www.asthmainnovationresearch.co.uk asthmainnovationresearch@gmail.com
Bankers	Metro Bank plc Southampton Row, London
Custodian trustees holding assets	There are no assets held by any custodian trustee or nominee on behalf of the charity

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Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 1 January 2025.

Objects and activities of the charity

The purposes of the charity are set out in its governing document.

The charity's governing document is a constitution that was drawn up and was approved by the Charity Commission upon registering on 28 July 2016 and then again after being updated on 27th July 2023.

The object of AIR is to relieve sickness and promote good health, predominantly in the paediatric population, by reducing mortality and morbidity caused by a range of modifiable health conditions including asthma, in particular but not exclusively by:

- (1) training medical students to educate school children, parents and other members of the community about these conditions and increase their knowledge of emergency protocols;
- (2) promoting the discussion, the consideration of, and research into these modifiable health conditions;
- (3) publishing results of research and discussion on matters of modifiable health conditions;
- (4) hosting educational events including, but not limited to, conferences and lectures on topics of importance; and
- (5) providing opportunities to encourage the exchange of ideas.

The main activities undertaken in relation to those purposes during the year.

The main activities undertaken in relation to these purposes are:

- (1) Managing the asthma teaching programmes currently set up in University College London medical school, Cardiff University, Imperial College University, King's College London University and Cambridge University . These projects involve training medical students to go into primary and secondary schools and teach school children about asthma to reduce the stigma around the condition and to improve knowledge of the condition and the emergency protocols.
- (2) Attempting to set up the teaching programmes in more medical schools.
- (3) The distribution and advertising of asthma educational booklets that we had previously developed.

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- (4) Assisting with the development and piloting of training medical students to assist in delivering a breast cancer awareness presentations in association with Befriend Your Boobs (BYB) presentations.

The main activities undertaken during the year to further the charity's purpose for the public benefit.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The charity's main objectives and achievements for the year

In this time period we had the following achievements:

Asthmanauts:

In 2024-2025, we continued to build upon the Asthmanauts project. Although early efforts between 2021 and 2023 focused on developing a more environmentally friendly digital format, it became increasingly clear that families and clinicians preferred a printed version. Over the past year, we have therefore reintroduced and expanded the distribution of physical copies, establishing an efficient order-and-print system.

To date, we have printed and distributed more than 2,000 copies of Asthmanauts across London, including Lewisham Hospital and the Whittington Hospital, and have extended our reach beyond London through an asthma initiative led by the East Suffolk and North East Essex Foundation Trust. We will continue distributing the booklet and have already established further links with general practice communities in North Central London. In addition to this and following the recent asthma guideline update in November 2024 we will also be considering a new campaign making children, parents and clinicians aware of Maintenance and Reliever Therapy (MART) regimens.

Asthma Diary:

The Asthma Diary is an exciting new initiative that builds upon the excellent work of two Imperial College London medical students (Kamya and Janushana). Originally developed as a paper-based symptom tracker, the Asthma Diary was designed to meet the need for a personalised tool that helps children and their parents accurately monitor and manage asthma symptoms.

The diary offers an engaging 28-day format that allows children to record both their asthma symptoms and mood. It is structured around the Asthma Control Test, a validated patient-reported outcome measure widely used in primary care, and also includes a puff counter for both salbutamol and inhaled corticosteroids (ICS).

Following its initial design, AIR has been closely involved in guiding the next stages of its development. Over the past year, the team has sought feedback from clinicians and other healthcare professionals and is currently conducting a small study to explore the diary's use and impact in

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secondary care settings.

The long-term goal is to develop an electronic app version that reflects the design and themes of the Asthmanauts booklet. The team has submitted their work to date as an abstract to the Royal College of Paediatrics and Child Health (RCPCH).

Asthma Schools Education Programme:

The schools programme has continued its work training up medical students in Cardiff, Cambridge, UCL, KCL and Imperial medical schools and a new project has been set up at St George's Medical School. Below is a summary from each medical school:

UCL:

- 38 students in SSC
- Delivered over 8 weeks
- Presented to 11 classes in 3 schools, reaching approximately 220 school children
- Excellent feedback from schools and all keen to be involved next year

KCL:

- 28 students in SSC
- Delivered over 12 weeks
- 18 presentations given by 9 groups, reaching approximately 450 school children.
- Very positive feedback.
-

St George's:

- A new project has been set up at St George's medical school thanks to Dr Mia Heming.
- 20 students taught over 5 sessions
- 4 presentations at 3 schools
- 200 school children taught
- Very positive feedback.
- Liaising with asthma CNSs at George's and school nurses to promote programme.
- New 'Asthma Awareness Society' created at George's to take project forward.
- Submitted abstract to next RCPCH conference.

Cambridge:

- 23 students participated in project.
- Delivered in 4 seminars plus multiple school visits.
- Taught in 10 classes at 2 schools, reaching 250 primary school children.

Cardiff and Imperial:

- Both teams have struggled with difficulty recruiting schools but ongoing work is being done to help them for the year ahead.

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Befriend Your Boobs:

Over the past academic year, 5 London Medical Students have received Certificates for being fully qualified to teach for Befriend Your Boobs presentations. This involves attending training, 1 supervised workshop presentation and 2 unsupervised workshop presentation at schools. The feedback on the students performance has been very positive from the BYB faculty.

We have received approval from King's College London to set up BYB as a formal student selected component for medical students – this will run in Spring 2026

The contribution of volunteers during the year.

Volunteers, in terms of the Trustees and others have regularly given their time and resources during this period with no drain on the charity's funding.

Financial Review

The financial position of the charity at 1 January 2025 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2024	2023
	£	£
Net income/(expenditure)	<u>61</u>	<u>(39)</u>
Unrestricted revenue funds for general purposes of the charity	2,254	2,193
Restricted funds	-	-
Total Funds	<u>2,254</u>	<u>2,193</u>

Total income of £327 was generated during the financial year 2024/2025, compared to £13 raised in the previous 2023/24 year.

On 1/1/25, AIR had £2,254, which comprises general funds, and there were no restricted funds. There are no concerns about the charity's ability to continue. These unrestricted funds of £2,254 should drive the educational projects forward.

Outlook for 2025

Our main areas of activity in 2025 are predicted to be:

1. The Asthma Schools Education Project: we will continue to offer sessions where possible either face to face or virtually. As always, we will continue to try to spread the project to new medical schools.
2. The further distribution of Asthmanauts as well as the new asthma diary.
3. Complete pilots at medical schools and develop sustainable plans for the future of BYB.

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Statement of Trustees' Responsibilities

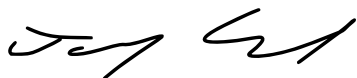
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures
- disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the
- charity will continue in business.
-

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 29th October 2025 and signed on its behalf by:



.....
Dr Jonny Coppel
Trustee



.....
Dr Jess Kearney
Trustee

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Statement of Financial Activities (including Income & Expenditure Account) for the Year Ended 1 January 2025

	SORP	Current Year			Prior Year
	Ref	Unrestricted	Restricted	Total	Total
		Funds	Funds	Funds	Funds
		£	£	£	£
Income & Endowments from:					
Donations & Legacies	A1	3		3	13
Charitable activities	A2	324	-	324	-
Other trading activities	A3	-	-	-	-
Investments	A4	-	-	-	-
Other	A5	-	-	-	-
Total income	A	327		327	13
Expenditure on:					
Raising funds	B1	-	-	-	-
Charitable activities	B2	266			51
Other	B3	-	-	-	1
Total Expenditure	B	266	-	266	52
Net income/(expenditure) for the year	A-B	61	-	61	(39)
Reconciliation of funds:-	E				
Total funds brought forward		2,193	-	2,193	2,232
Total funds carried forward		2,254	-	2,254	2,193

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

The notes attached on pages 12 to 17 form an integral part of these accounts.

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Analysis of prior year total funds, as required by paragraph 4.2 of the SORP

	SORP Ref	Unrestricted Funds 2023/24 £	Prior Year Restricted Funds 2023/24 £	Total Funds 2023/24 £
Income & Endowments from:				
Donations & legacies	A1	13	-	13
Expenditure on:				
Raising funds	B1	-	-	-
Charitable activities	B2	52	-	52
Total expenditure	B	52	-	52
Net income for the year		(39)	-	(39)
Net movement in funds		(39)	-	(39)
Reconciliation of funds:-	E			
Total funds brought forward		2,232	-	2,232
Total funds carried forward		2,193	-	2,193

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The notes attached on pages 12 to 17 form an integral part of these accounts.

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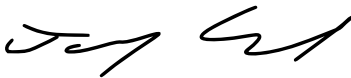
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Balance Sheet as at 1 January 2025

	Note	SORP Ref	2024 £	2023 £
Current assets		B		
Debtors	7	B2	-	-
Cash at bank and in hand		B4	2,254	2,193
Creditors: Amounts falling due within one year	8	C1	-	-
The total net assets of the charity			<u>2,254</u>	<u>2,193</u>
Funds of the charity:				
Unrestricted funds		D3	2,254	2,193
Restricted funds			-	
Total funds	9		<u>2,254</u>	<u>2,193</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

Approved by the trustees of the charity on 29th October 2025 and signed on its behalf by:



.....
Dr Jonny Coppel
Trustee

.....
Dr Jess Kearney
Trustee

The notes attached on pages 12 to 17 form an integral part of these accounts.

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Notes forming part of the Financial Statements for the year ended 1 January 2025

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Asthma Innovation Research meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern

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

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable, and the amount can be reliably measured.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a

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basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Research and development

Research and development expenditure is written off as incurred.

Trade debtors

are amounts due from customers for merchandise sold or services performed in the ordinary course of business are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of is established when there is objective evidence that they will not be able to collect all amounts due according to the original terms of the receivables.

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Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

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Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled, or expires.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

2 Income from donations and legacies

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Donations and legacies:				
Donations from individuals				
Other donations	3	-	3	13
Regular giving and capital donations	-	-	-	-
	3	-	3	13

3 Expenditure on raising funds

There were no costs incurred in generating the donations and voluntary income.

4 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Governance costs	-	-	-	-
Costs of charitable activities	266	-	266	52
	266	-	266	52

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5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Debtors

No debtors were outstanding at the end of the financial year.

8 Creditors: amounts falling due within one year

No creditors were outstanding at the end of the financial year.

9 Funds

	Balance at 2 January 2024	Incoming resources	Resources expended	Balance at 1 January 2025
Unrestricted funds				
General	2,193	327	(266)	2,254
<hr/>				
	Balance at 2 January 2024	Incoming resources	Resources expended	Balance at 1 January 2025
Restricted funds				
General	-	-	-	-
<hr/>				

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10 Analysis of net assets between funds

	General Funds	Designated Funds	Restricted Funds	Total Funds
Current assets	2,254	-	-	2,254
Net assets at 1 January 2025	<u>2,254</u>	<u>-</u>	<u>-</u>	<u>2,254</u>

11 Analysis of net funds

	At 2 January 2024 £	Cash flow £	At 1 January 2025 £
Cash at bank and in hand	2,193	61	2,254
Net funds	<u>2,193</u>	<u>61</u>	<u>2,254</u>