

# LIVE WELL WITH COPD

England & Wales · Charity number 1175611

## Details

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**Other names** LWCOPD

**Status** Registered

**Legal form** CIO

**Registered** 2017-11-07

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

## Contact

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**Address** 17 Brookside  
Gosport  
Hampshire  
PO13 0YS

**Phone** 07563636123

**Email** [SECRETARYCOPD@OUTLOOK.COM](mailto:SECRETARYCOPD@OUTLOOK.COM)

**Website** [LWCOPD.co.uk](http://LWCOPD.co.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:TO RELIEVE SICKNESS AND TO PROMOTE AND PROTECT GOOD HEALTH FOR THE PUBLIC BENEFIT OF THOSE SUFFERING WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD), THEIR FAMILIES AND CARERS IN THE GOSPORT AND FAREHAM AREAS BY:- RAISING AWARENESS OF COPD THROUGH EFFECTIVE COMMUNICATION;- LIAISING WITH OTHER COMMUNITY GROUPS, HEALTH CHARITIES AND PUBLIC BODIES;- PROVIDING ADVICE, SUPPORT AND ACTIVE COMMUNICATION WITHIN THE GROUP;- ENCOURAGING SELF-MANAGEMENT OF THE CONDITION;- UPDATING MEMBERS ON, AND PARTICIPATING IN, RESEARCH OPPORTUNITIES;- LIAISING WITH AND WORKING TOGETHER WITH COMMUNITY RESPIRATORY TEAMS; AND· THROUGH THE PROVISION OF GRANTS TO THOSE SUFFERING WITH COPD OR THEIR CARERS"NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008]

**Activities:** Provision of Pulmonary Wellbeing Exercise groups and monthly support group to update members on advances in COPD management.

## Classification

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- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Hampshire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-11-02	£16,579	£16,195	-	-
2023-11-02	£15,568	£18,490	-	-
2022-11-02	£14,338	£17,692	-	-
2021-09-02	£2,750	£3,294	-	-
2020-03-31	£5,511	£4,270	-	-

## Trustees

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Name	Role	Appointed
MARILYN RAZZELL		2023-10-05
Michael West		2025-02-26
WILLIAM GEORGE HATHAWAY		2024-10-03

**LIVE WELL WITH COPD**

England & Wales - Charity number 1175611

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# Accounts

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# LIVE WELL WITH COPD FAREHAM AND GOSPORT

## TRUSTEES REPORT FOR THE YEAR 2023 - 2024

- 1) Charity Name :- Live Well With COPD (Chronic Obstructive Pulmonary Disease)
- 2) Charity Number :- 1175611
- 3) Charity's Principal Address :- 17, Brookside, Gosport, Hants, PO13 OYS
- 4) Names of Trustees :- George Hathaway, Mike West, Marilyn Razzell and Norman Hall.
- 5) Date of Approval of Trustees Annual Report 01/09/2025
- 6) Names of All Other Trustees :- None
- 7) Type of Governing Document & Details of how the Charity is Constituted :-
  - A) The Governing Document is currently being revised
  - B) How the Charity is Constituted :- Formed following cessation of NHS funding of maintenance classes.
- 8) Trustee Recruitment & Appointment :- Apart from the First Charity Trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the Charity Trustees.

In Selecting individuals for appointment as Charity Trustees, the Trustees must have regard as to the skills and knowledge needed for the effective administration of the CIO.
- 9) Charitable Purposes & Activities :- To relieve sickness and to promote and protect good health for the public and benefit of those suffering from COPD, their families, and carers in the Fareham and Gosport areas by :-
  - Raising awareness of COPD through effective communication
  - Liaising with other community groups, health charities and public bodies
  - Providing advice, support, and active communication within the group
  - Encouraging self-management of the condition
  - Updating members on and participating in research opportunities
  - Liaising with and working together with community respiratory teams and
  - Through the provision of grants to those suffering from COPD or their carers
- 10) Summary of the Main Achievements of the charity.

In the year 2023/2024 the group has had another successful year despite the deaths of a number of members, notably including that of a founder member and trustee Richard Geall; however, they have been replaced by a similar number of new members. This has meant that we have been able to somewhat increase the numbers attending our thrice weekly exercise maintenance classes.

On the social side we have held a stall at two local Fayres, and held several well attended Quiz nights and Skittles evenings. There have been quarterly excursions to places of interest, determined by popular demand of the members. The Xmas party was, again a huge success.

Our monthly meetings, at which we have both educational and entertaining speakers have again been very popular and well attended. So all in all we have been able to successfully sustain our aim of supporting all of those suffering from COPD and other health issues in the Gosport and Fareham area.

We have continued to hold exercise classes three times a week with between 20 & 45 taking part. We gain new members mainly through the NHS Pulmonary Rehab referrals, but also quite a few through word-of-mouth contacts.

Welfare :- The Welfare Officer has contacted 52 members who have been poorly and sadly, some seven members have passed away. Funerals have been attended and visits made with flowers, fruit and veg or chocolates.

To those who have been poorly, 'Get Well Cards' have been either sent or delivered.

Financial support for items has been offered and our mobility scooter has been loaned to one of our members.

11) Financial Review.

A Profit and Loss Account for the year is enclosed. The funds for the group come from having a stand at local events such as the Vintage Car Rally, held on the late August Bank Holiday and the Annual Michaelmas Fayre. We receive a number of In Memorial Donations.

We hold a raffle at our monthly meetings and also a monthly raffle and these and refreshment sales also contribute to our funds.

DATE :- SIGNED .....

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Sheet1

Live Well With COPD – Profit and Loss Account – 3<sup>rd</sup> November 23 to 2<sup>nd</sup> Nov  
Charity No 1175611

<u>Debit</u>		<u>Credit</u>	
Leisure Centre Hire	9544.66	Excercise Classes	13073.30
Trips	3933.34	Trips	270.00
Refreshments	24.94	Refreshments	354.34
Christmas	583.76	Christmas	662.50
Insurance	351.78	Donations	100.00
Computers	276.56	Polo Shirts	70.00
Printing	303.47	Memoria	1493.00
Welfare	159.58	Transfer – Petty Cash	21.00
Secretary's Expenses	417.69	Lottery	310.32
Equipement	599.00	Outside Events	115.00
	<u>16194.78</u>	Scooter	110.00
			<u>16579.46</u>
Total Income	16579.46		
Total Expenditure	<u>16194.78</u>		
Profit	<u>384.68</u>		



**LIVE WELL WITH COPD**

England & Wales - Charity number 1175611

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# Accounts

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## LIVE WELL WITH COPD - GOSPORT & FAREHAM

### TRUSTEES REPORT FOR YEAR 3/11/2022 TO 2/11/2023

1. CHARITY NAME:- LIVE WELL WITH COPD (LWWCOPD)  
(Chronic Obstructive Pulmonary Disease)
2. CHARITY NUMBER:- 1175611
3. CHARITY'S PRINCIPAL ADDRESS:- 17 Brookside, Gosport,  
Hampshire, PO13 0YS
4. NAMES OF THE TRUSTEES:- George Hathaway, Alan Rootes,  
Josephine Aylott-Nickerson and Marilyn Razzell.
5. DATE OF APPROVAL OF TRUSTEES ANNUAL REPORT:-  
29.8.2024
6. NAMES OF ALL OTHER TRUSTEES:- - NIL -
7. TYPE OF GOVERNING DOCUMENT & DETAILS OF HOW THE  
CHARITY IS CONSTITUTED:-

A. GOVERNING DOCUMENT IS :- \_\_\_\_\_ C:\Users\User\  
Documents\LWCOPD\Governing Document\LWCOPD CIO  
Published GD 28.12.2023.docx

B. HOW THE CHARITY IS CONSTITUTED:- Formed following  
cessation of NHS Funding of Maintenance Classes.

8. TRUSTEE RECRUITMENT & APPOINTMENT:- Apart from the  
first charity trustees, every trustee must be appointed for a  
term of two years by a resolution passed at a properly  
convened meeting of the charity trustees.  
In selecting individuals for appointment as charity trustees,  
the charity trustees must have regard to the skills,  
knowledge and experience needed for the effective  
administration of the CIO.
9. CHARITABLE PURPOSES & ACTIVITIES:- To relieve sickness  
and to promote and protect good health for the public  
benefit of those suffering with Chronic Obstructive

Pulmonary Disease (COPD) their families and carers in the Gosport and Fareham areas by:-

- Raising awareness of COPD through effective communication;
- Liaising with other community groups, health charities and public bodies;
- Providing advice, support and active communication within the group;
- Encouraging self-management of the condition;
- Updating members on, and participating in research opportunities;
- Liaising with and working together with Community Respiratory Teams; and
- Through the provision of grants to those suffering with COPD or their carers.

10. SUMMARY OF THE MAIN ACHIEVEMENTS OF THE CHARITY:-

A. Three COPD based exercise classes per week, with numbers at each class increased over the year.

B. We started Group coach trips out, for the benefit of all members, but mainly those that no longer drive, or if they do, they don't drive far these days. The coach trips have been a great success and we have visited local gardens and places of interest in our area.

C. We took part in a Health and Well Being Fayre, which was held at the Leisure Centre where we exercise, and we took part in a demonstration of the exercises we do and had a table promoting our group at the Fayre. We also had a stand at the Alverstoke Village Michaelmas Fayre on 30<sup>th</sup> September 2023, where we promote our group.

D. We had a 'Free September' at class, where members didn't have to pay to exercise. This was to try and encourage numbers again after they didn't recover well after Covid. It has worked very well.

11. FINANCIAL REVIEW :-

12. POLICY ON RESERVES:- -NIL RESERVES-

13. DETAILS OF ANY DEFICIT:- -NIL DEFICIT-

14. DONATED SERVICES & FACILITIES:- (Not to include donated goods for resale) . Reduced charges from Gosport Leisure Centre. No donated Goods for resale.

15. DETAILS OF ONGOING CONCERN OR UNCERTAINTY:- NIL

TRUSTEES SIGNATURES :-

Signed \_\_\_\_\_ George Hathaway

DATE:- \_\_\_\_\_

Signed \_\_\_\_\_ Alan Rootes

DATE:- \_\_\_\_\_

Signed \_\_\_\_\_ Marilyn Razzell

Date:- \_\_\_\_\_

Signed \_\_\_\_\_ Josephine Aylott-Nickerson

Date:- \_\_\_\_\_

LiveWellWithCOPD Profit and Loss Account for 3.11.2022 – 2.11.2023

Charity Number 1175611

DEBIT		CREDIT	
Leisure Centre Hire	11262.08	Exercise Classes	11035.00
Trips	4463.80	Trips	1298.60
Refreshments	116.53	Refreshments	513.34
Xmas Events	528.76	Xmas Events	430.00
Insurance	351.78	Donations/In Memoria	2171.31
Laptops	185.98	Sale of Polo Shirts	10.00
Printing	189.96	Sale of Scooter	110.00
Welfare	150.00		
Secretary's Expenses	368.37		
Equipment	670.08		
Outside Events	232.50		
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TOTAL	£ 18489.84		£ 15568.25
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BALANCE		LOSS	£2921.59

**LIVE WELL WITH COPD**

England & Wales - Charity number 1175611

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# Accounts

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## **LIVE WELL WITH COPD - GOSPORT & FAREHAM**

### **TRUSTEES REPORT FOR YEAR 3/9/2021 TO 2/11/2022**

1. CHARITY NAME:- LIVE WELL WITH COPD (LWCOPD)(Chronic Obstructive Pulmonary Disease)
2. CHARITY NUMBER:- 1175611
3. CHARITY'S PRINCIPAL ADDRESS:- 17 Brookside, Gosport, Hampshire, PO13 0YS
4. NAMES OF THE TRUSTEES:- Graham Edwards, Judy Bennett, Alan Rootes.
5. DATE OF APPROVAL OF TRUSTEES ANNUAL REPORT:- 31/1/2022.
6. NAMES OF ALL OTHER TRUSTEES:- - NIL -
7. TYPE OF GOVERNING DOCUMENT & DETAILS OF HOW THE CHARITY IS CONSTITUTED:-
  - A. GOVERNING DOCUMENT IS :- C:\Users\User\Documents\LWCOPD\Governing Document\LWCOPD CIO Published GD 3<sup>rd</sup> Nov 2017.docx
  - B. HOW THE CHARITY IS CONSTITUTED:- Formed following cessation of NHS Funding of Maintenance Classes.
8. TRUSTEE RECRUITMENT & APPOINTMENT:- Apart from the first charity trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees,  
the charity trustees must have regard to the skills,  
knowledge and experience needed for the effective

administration of the CIO.

9. CHARITABLE PURPOSES & ACTIVITIES:- To relieve sickness and to promote and protect good health for the public benefit of those suffering with Chronic Obstructive Pulmonary Disease (COPD) their families and carers in the Gosport and Fareham areas by:-

- Raising awareness of COPD through effective communication;
- Liaising with other community groups, health charities and public bodies;
- Providing advice, support and active communication within the group;
- Encouraging self-management of the condition;
- Updating members on, and participating in research opportunities;
- Liaising with and working together with Community Respiratory Teams; and
- Through the provision of grants to those suffering with COPD or their careers.

10. SUMMARY OF THE MAIN ACHIEVMENTS OF THE CHARITY:-

A. Due to Covid 19, our 4 day weekly classes ceased on March 13<sup>th</sup> 2020 at the two leisure centres we use. On 17<sup>th</sup> May 2021 we were able to resume our classes at the Gosport Leisure Centre, but numbers were limited to 17 members per class, but on the 26<sup>th</sup> July 2021 classes were fully reinstated. Our venue at Whiteley, Fareham is no longer able to accommodate us and to date, no alternative venue has been found.

B. On 30<sup>th</sup> August 2021 we had a promotional stand at the Gosport Vintage Vehicle Rally followed by Alverstoke Village Michaelmas Fayre on 25<sup>th</sup> September 2021. A one-day promotional trial stand took place on 9<sup>th</sup> November 2021 at the Gosport Tuesday Street Market, all three attracted interest and resulted in a number of new members.

C. On 14<sup>th</sup> December 2021 we were able to hold our Annual Christmas Party and Draw which was very well attended.

D. Our newly recruited Secretary has had to resign due to personal reasons, Trustee and Welfare Officer Alan Rootes has assumed the role on a temporary basis.

11. FINANCIAL REVIEW :-

12. POLICY ON RESERVES:- -NIL RESERVES-

13. DETAILS OF ANY DEFICIT:- -NIL DEFICIT-

14. DONATED SERVICES & FACILITIES:- (Not to include donated goods for resale) . Reduced charges from Gosport Leisure Centre. No donated Goods for resale.

15. DETAILS OF ONGOING CONCERN OR UNCERTAINTY:- NIL

TRUSTEES SIGNATURES :-

Signed \_\_\_\_\_ Judy Bennett

DATE:- \_\_\_\_\_

Signed \_\_\_\_\_ Graham Edwards

DATE:- \_\_\_\_\_

Signed \_\_\_\_\_ Alan Rootes

Date:- \_\_\_\_\_

**From:** supavet@yahoo.co.uk  
**Sent:** 25 September 2023 11:40  
**To:** linda.a.bullen@ntlworld.com  
**Subject:** Profit and Loss a/c

PROFIT and LOSS ACCOUNT FOR Live Well With COPD for year 3/09/21 to 2/11/22

CREDIT		DEBIT	
Exercise Classes	9766.55	Hall Hire	10096.01
Outings	1173.40	Outings	3363.40
Refreshments/Raffles	295.41	Refreshments	53.49
Xmas Party	520.00	Xmas Party	341.71
Grants/Donations	1989.00	Secretarial/Welfare Expenses	1205.19
Fayres	593.40	Insurance	705.58
		Printing	257.74
		Scooter Repair	120.00
		Purchase x2 Laptops/Printers	1548.95
	<hr/>		<hr/>
	14337.76		17692.07

LOSS for YEAR £3354.31

**LIVE WELL WITH COPD**

England & Wales - Charity number 1175611

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# Accounts

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Richard Geall#####R#i#c#h#a#r#d#  
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**LIVE WELL WITH COPD**

England & Wales - Charity number 1175611

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# Accounts

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## **LIVE WELL WITH COPD – GOSPORT and FAREHAM**

### **TRUSTEES REPORT FOR YEAR 31/1/2020 TO 31/1/2021**

**CHARITY NAME:** LIVE WELL WITH COPD (LWCOPD) (Chronic Obstructive Pulmonary Disease)

**CHARITY NUMBER:** 1175611

**CHARITY'S PRINCIPAL ADDRESS:** 40, Hastings Avenue, Gosport, Hants, PO12 4BZ

**NAMES OF THE TRUSTEES:** Graham Edwards, Richard Geall, Alan Rootes.

**DATE OF APPROVAL OF TRUSTEES ANNUAL REPORT:** 20/1/2021.

**NAMES OF ALL OTHER TRUSTEES:** NIL

#### **CHARITABLE PURPOSES & ACTIVITIES:**

To relieve sickness and to promote and protect good health for the public benefit of those suffering with Chronic Obstructive Pulmonary Disease (COPD) their families and carers in the Gosport and Fareham areas by:

- Raising awareness of COPD through effective communication.
- Liaising with other community groups, health charities and public bodies.
- Providing advice, support, and active communication within the group.
- Encouraging self-management of the condition.
- Updating members on and participating in research opportunities.
- Liaising with and working together with Community Respiratory Teams; and
- Through the provision of grants to those suffering with COPD or their carers.

#### **TRUSTEE RECRUITMENT & APPOINTMENT:**

Apart from the first charity trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the Charity.

#### **SUMMARY OF THE MAIN ACHIEVEMENTS OF THE CHARITY:**

In the first 3 months of 2020 helped 128 COPD patients with ongoing pulmonary maintenance classes where improvements in the psychological and physical ability are measured at 6 monthly, 6-minute walk tests.

Due to COVID-19, our 4-day weekly Classes ceased on March 13<sup>th</sup> at the 2 Leisure Centres we use and have to date not been able to recommence. The Groups 2 Instructors have provided exercises, one with online sessions once a week and the second hard copy exercises.

All planned social events for Members and outdoor awareness and fundraising events had to be cancelled except for our Annual Christmas Draw which was able to take place online and by telephone for those members not online.

Thanks to the Gosport Voluntary Association we have appointed a new Secretary as sadly our previous Secretary has passed away.

## FINANCIAL REVIEW:

The Charities Finances have been reviewed and concluded that once the Leisure Centres are permitted to re-open, our Wellbeing Classes are sustainable at a rate of £2.00 per participant if able to resume the classes between both Leisure Centres at the same rate of charge. It was also agreed that we can provide funding for Qualification Upgrades for the Instructors on the proviso that they benefit the Charity. Minor Grants can also be applied for by members for the purchase of equipment to assist with monitoring or maintaining their COPD. This is subject to review and agreement by all Trustees and Committee Members as required.

## INCOME AND EXPENDITURE ACCOUNT SUMMARY

<b>LIVE WELL WITH COPD</b>		
Registered Charity Number: 1175611		
<b>Income and Expenditure Account Summary 2019 - 2020</b>		
<b>ITEM</b>	<b>CREDIT</b>	<b>DEBIT</b>
Wellbeing Exercises	£ 2,949.00	£ 2,022.95
Stationery	£ -	£ 201.51
Christmas Social	£ 95.00	£ 270.00
Raffle	£ 119.59	£ -
Purchases	£ 156.00	£ 161.98
Refreshments	£ 33.21	£ -
Outside Events	£ -	£ 10.00
Donations	£ 701.24	£ -
Grants	£ 1,250.00	£ -
Welfare	£ -	£ 330.87
Courses	£ -	£ 770.80
Printing	£ -	£ 201.51
Taxi Fares	£ -	£ 300.87
Cash in Hand	£ 207.29	£ -
<b>TOTALS</b>	<b>£ 5,511.33</b>	<b>£ 4,270.49</b>
<b>YEAR END BALANCE</b>	<b>£ 1,240.84</b>	

**POLICY ON RESERVES:** NIL RESERVES

**DETAILS OF ANY DEFICIT:** NIL DEFICIT

**DONATED SERVICES & FACILITIES:** (Not to include donated goods for resale). Reduced charges from Gosport & Whiteley Leisure Centres. No donated Goods for resale.

**DETAILS OF ONGOING CONCERN OR UNCERTAINTY:**

The Charity has ongoing concerns about the Wellbeing Exercise Classes due to COVID-19. All participants are deemed to be in the Vulnerable Group with many members in the Clinically Extremely Vulnerable Group. It is anticipated that the Classes will re-commence in due course, but will no doubt require careful management and re-formatting of exercises to ensure the safety of all participants. This will require considerable support from the Leisure Centres and Instructors.

Of further concern is one of the Leisure Centres has recently changed ownership which requires us to re-negotiate the facility or find an alternative location. Either way this may result in an increase of Centre fees which may then lead to increasing the attendance fee. Consequently, this could lead to fewer members attending.

Once the Leisure Centres are permitted to re-open for group classes such as our Wellbeing Exercises a full review of costs and sustainability will be carried out together with a Financial Review.

**Agreed and Electronically Signed by all Trustees.**

**Live Well with COPD**

**Charity Number: 1175611**

**20<sup>st</sup> January 2021**