

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 careers.

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 13th 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

| LIVE WELL WITH COPD | | |
|---|-------------------|-------------------|
| Registered Charity Number: 1175611 | | |
| Income and Expenditure Account Summary 2019 - 2020 | | |
| | | |
| ITEM | CREDIT | DEBIT |
| | | |
| 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 | £ - |
| | | |
| TOTALS | £ 5,511.33 | £ 4,270.49 |
| | | |
| YEAR END BALANCE | £ 1,240.84 | |

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

20st January 2021