

## **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 ACHIEVMENTS 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	