

FRIENDS OF BREATHE ARTS HEALTH RESEARCH

England & Wales · Charity number 1176678

Details

Status Registered

Legal form CIO

Registered 2018-01-16

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

Contact

Address 3 Conaways Close
Epsom
KT17 1QE

Phone 07740201079

Activities

Objects: 1. FOR THE PUBLIC BENEFIT, TO RELIEVE SICKNESS, PRESERVE HEALTH, AND ASSIST IN THE REHABILITATION FROM SICKNESS, OF PEOPLE, SUFFERING FROM PHYSICAL OR MENTAL HEALTH CONDITIONS (INCLUDING, BUT NOT LIMITED TO, HEMIPLEGIA, CEREBRAL PALSY, STROKE AND SIMILAR CONDITIONS) BY THE PROVISION OF GRANTS, AND OTHER SUPPORT AND RESOURCE:A. TO FUND ATTENDANCE AT ARTS-BASED THERAPEUTIC PROGRAMMES;B. TO FUND RESEARCH INTO THE HEALTH OUTCOMES AND EFFICACY OF ARTS-BASED INTERVENTIONS IN THE HEALTH SECTOR;C. TO FUND PROJECTS TO RESEARCH AND DEVELOP ARTS-BASED INTERVENTIONS IN THE HEALTH SECTOR, AND TO FUND DELIVERY OF SUCH PROGRAMMES;D. TO FUND ACQUISITION OF EQUIPMENT AND MATERIALS TO BE USED FOR OF ARTS-BASED INTERVENTIONS IN THE HEALTH SECTOR; ANDE. TO FUND PROVISION OF ARTS-BASED PROGRAMMES IN HOSPITALS AND OTHER HEALTHCARE ENVIRONMENTS,WHERE SUCH ACTIVITIES ARE PROVIDED PRIMARILY, BUT NOT NECESSARILY EXCLUSIVELY, BY BREATHE ARTS HEALTH RESEARCH CIC, AND2. TO ADVANCE SUCH OTHER EXCLUSIVELY CHARITABLE PURPOSES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE.

Activities: To support the work of Breathe Arts Health Research CIC.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£97,390	£11,019	-	-
2023-12-31	£63,193	£31,925	-	-
2022-12-31	£55,755	£41,051	-	-
2021-12-31	£7,414	£17,994	-	-
2020-12-31	£52,981	£30,022	-	-

Trustees

Name	Role	Appointed
DAVID OWEN	Chair	2018-01-16
JOHN WATT		2018-01-16
SUSAN GALLAGHER		2018-01-16

FRIENDS OF BREATHE ARTS HEALTH RESEARCH

England & Wales - Charity number 1176678

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2024		31	December	2024

Section A Reference and administration details

Charity name Friends of Breathe Arts Health Research

Other names charity is known by

Registered charity number (if any) 1176678

Charity's principal address 3 Conaways Close
Epsom
Postcode KT17 1QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Owen			
2	Susan Gallagher			
3	John Watt			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution dated 16 th January 2018
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

In its initial application to the Charity Commission the charity indicated an intention to appoint an additional Trustee. However, since the charity's operations are very limited, and since 100% of the charity's donations in 2024 were on a restricted basis (i.e. to be used to support Breathe Arts Health Research CIC), the Trustees have decided that such an appointment is not currently appropriate. They will, however, keep this point under review.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to relieve sickness, preserve health, and assist in the rehabilitation from sickness, of people, suffering from physical or mental health conditions (including, but not limited to, hemiplegia, cerebral palsy, stroke, post natal depression and similar conditions) by the provision of grants, and other support and resources, where such activities are provided primarily, but not necessarily exclusively, by Breathe Arts Health Research CIC.

Throughout the year the Trustees have had regard to guidance issued by the Charity Commission on public benefit.

The charity's donations have focused on supporting the general operations of work at Breathe Arts Health Research CIC, to which end a grant of £10,000 was made during the year.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Support from the charity helped Breathe Arts Health Research develop deliver several of its key programmes, notably those targeted at people with hemiplegia or post natal depression.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity is run on an entirely voluntary basis and has no fixed costs or other financial commitments. Consequently, there is no formal policy with regard to reserves.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

John Watt

Full name(s)

JOHN JAMES WATT

Position (eg Secretary, Chair, etc)

TRUSTEE

Date

11/7/25



CHARITY COMMISSION
FOR ENGLAND AND WALES

Friends of Breathe Arts Health Research

1176678

Receipts and payments accounts

CC16a

For the period
from

1st Jan 2024

To

31st Dec 2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	80,848	16,543	-	97,390	63,193
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	80,848	16,543	-	97,390	63,193
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	80,848	16,543	-	97,390	63,193
A3 Payments					
Donations to Breathe AHR	10,000	-	-	10,000	30,400
Miscellaneous Costs	260	-	-	260	1,097
Fundraising costs	759	-	-	759	428
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	11,019	-	-	11,019	31,925
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	11,019	-	-	11,019	31,925
Net of receipts/(payments)	69,828.70	16,543	-	86,372	31,268
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	26,118	32,596	-	58,714	27,446
Cash funds this year end	95,947	49,139	-	145,085	58,714

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NatWest Account	95,947	49,139	-
		-	-	-
		-	-	-
	Total cash funds	95,947	49,139	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		JOHN WATT	01/09/2024	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Friends of Breathe Arts Health Research

**On accounts for the year
ended**

31st December 2024

**Charity no
(if any)**

1176678

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Lucilla Cottrell

Date:

7th July 2025

Name:

LUCILLA MARY COTTRELL

**Relevant professional
qualification(s) or body
(if any):**

Address:

10 ST GEORGE'S TERRACE, NW1 8XH

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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FRIENDS OF BREATHE ARTS HEALTH RESEARCH

England & Wales - Charity number 1176678

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2023		31	December	2023

Section A Reference and administration details

Charity name

Friends of Breathe Arts Health Research

Other names charity is known by

Registered charity number (if any)

1176678

Charity's principal address

3 Conaways Close
Epsom

Postcode KT17 1QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Owen			
2	Susan Gallagher			
3	John Watt			
4				
5				
6				
7				
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13				
14				
15				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution dated 16 th January 2018
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>In its initial application to the Charity Commission the charity indicated an intention to appoint an additional Trustee. However, since the charity's operations are very limited, and since 100% of the charity's donations in 2023 were on a restricted basis (i.e. to be used to support Breathe Arts Health Research CIC), the Trustees have decided that such an appointment is not currently appropriate. They will, however, keep this point under review.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to relieve sickness, preserve health, and assist in the rehabilitation from sickness, of people, suffering from physical or mental health conditions (including, but not limited to, hemiplegia, cerebral palsy, stroke and similar conditions) by the provision of grants, and other support and resources, where such activities are provided primarily, but not necessarily exclusively, by Breathe Arts Health Research CIC.

Throughout the year the Trustees have had regard to guidance issued by the Charity Commission on public benefit.

The charity's donations have focused on supporting one of the key areas of work at Breathe Arts Health Research CIC. Specifically, a grant of £30,400 was given to support the Breathe Magic programme at Breathe Arts Health Research CIC. Breathe Magic seeks to use the teaching of magic tricks to improve the skills and self confidence of children with hemiplegia.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Support from the charity helped Breathe Arts Health Research develop deliver its key programme targeted at those with hemiplegia.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity is run on an entirely voluntary basis and has no fixed costs or other financial commitments. Consequently, there is no formal policy with regard to reserves.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



CHARITY COMMISSION
FOR ENGLAND AND WALES

Friends of Breathe Arts Health Research

1176678

Receipts and payments accounts

CC16a

For the period
from

1st Jan 2023

To

31st Dec 2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	26,403	36,790	-	63,193	55,755
Fundraising	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	26,403	36,790	-	63,193	55,755
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	26,403	36,790	-	63,193	55,755
A3 Payments					
Donations to Breathe AHR	-	30,400	-	30,400	40,210
Miscellaneous Costs	1,097	-	-	1,097	280
Fundraising costs	428	-	-	428	561
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,525	30,400	-	31,925	41,051
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,525	30,400	-	31,925	41,051
Net of receipts/(payments)	24,878	6,390	-	31,268	14,704
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,240	26,206	-	27,446	12,742
Cash funds this year end	26,118	32,596	-	58,714	27,446

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NatWest Account	26,118	32,596	-
		-	-	-
		-	-	-
	Total cash funds	26,118	32,596	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	JOHN WATT		9/1/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Friends of Breathe Arts Health Research

**On accounts for the year
ended**

31st December 2023

**Charity no
(if any)**

1176678

Set out on pages

1-2

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention (~~other than that disclosed below~~*) which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Lucilla Mary Cottrell

Date:

15th Oct 2024

Name:

LUCILLA MARY COTTRELL

**Relevant professional
qualification(s) or body
(if any):**

Address:

10 ST GEORGE'S TERRACE, LONDON, NW1 8XH

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--

FRIENDS OF BREATHE ARTS HEALTH RESEARCH

England & Wales - Charity number 1176678

Accounts

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Constitution dated 16 th January 2018
How the charity is constituted	CIO
Trustee selection methods	Appointed

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

In its initial application to the Charity Commission the charity indicated an intention to appoint an additional Trustee. However, since the charity's operations are very limited, and since 100% of the charity's donations in 2022 were on a restricted basis (i.e. to be used to support Breathe Arts Health Research CIC), the Trustees have decided that such an appointment is not currently appropriate. They will, however, keep this point under review.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to relieve sickness, preserve health, and assist in the rehabilitation from sickness, of people, suffering from physical or mental health conditions (including, but not limited to, hemiplegia, cerebral palsy, stroke and similar conditions) by the provision of grants, and other support and resources, where such activities are provided primarily, but not necessarily exclusively, by Breathe Arts Health Research CIC.

Throughout the year the Trustees have had regard to guidance issued by the Charity Commission on public benefit.

The charity's donations have focused on supporting one of the key areas of work at Breathe Arts Health Research CIC. Specifically, a grant of £34,000 was given to support the Breathe Magic programme at Breathe Arts Health Research CIC. Breathe Magic seeks to use the teaching of magic tricks to improve the skills and self confidence of children with hemiplegia. A further £6,210 was donated to support other work at Breathe.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Support from the charity helped Breathe Arts Health Research develop and deliver a wide range of online programmes targeted at those with hemiplegia, as well as to develop new initiatives in the field.

Section E**Financial review**

Brief statement of the charity's policy on reserves

The charity is run on an entirely voluntary basis and has no fixed costs or other financial commitments. Consequently, there is no formal policy with regard to reserves.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

John James Watt

Full name(s)

JOHN JAMES WATT

Position (eg Secretary, Chair, etc)

TRUSTEE

Date

4/9/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Friends of Breathe Arts Health Research	1176678
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CC16a

Receipts and payments accounts

For the period from	1st Jan 2022	To	31st Dec 2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	4,821	50,934	-	55,755	7,414
Fundraising	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,821	50,934	-	55,755	7,414
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,821	50,934	-	55,755	7,414
A3 Payments					
Donations to Breathe AHR	6,210	34,000	-	40,210	17,397
Miscellaneous Costs	280	-	-	280	36
Fundraising costs	-	561	-	561	561
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,490	34,561	-	41,051	17,994
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,490	34,561	-	41,051	17,994
Net of receipts/(payments)	- 1,669	16,373	-	14,704	- 10,580
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,909	9,833	-	12,742	23,322
Cash funds this year end	1,240	26,206	-	27,446	12,742

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NatWest Account	1,240	26,206	-
		-	-	-
		-	-	-
	Total cash funds	1,240	26,206	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Print Name	Date of approval
Signature	JOHN WATT	9/3/2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Friends of Breathe Arts Health Research

**On accounts for the year
ended**

31st December 2022

**Charity no
(if any)**

1176678

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

3rd September 2023

Name:

LUCILLA COTTRELL

**Relevant professional
qualification(s) or body
(if any):**

Address:	10 ST GEORGE'S TERRACE
	LONDON, NW1 8XH

Section B**Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

FRIENDS OF BREATHE ARTS HEALTH RESEARCH

England & Wales - Charity number 1176678

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2021		31	December	2021

Section A Reference and administration details

Charity name Friends of Breathe Arts Health Research

Other names charity is known by

Registered charity number (if any) 1176678

Charity's principal address 3 Conaways Close

Epsom

Postcode KT17 1QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Owen			
2	Susan Gallagher			
3	John Watt			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution dated 16 th January 2018
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

In its initial application to the Charity Commission the charity indicated an intention to appoint an additional Trustee. However, since the charity's operations are very limited, and 100% of the charity's donations in 2021 were on a restricted basis (i.e. to be used to support Breathe Arts Health Research CIC), the Trustees have decided that such an appointment is not currently appropriate. They will, however, keep this point under review.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to relieve sickness, preserve health, and assist in the rehabilitation from sickness, of people, suffering from physical or mental health conditions (including, but not limited to, hemiplegia, cerebral palsy, stroke and similar conditions) by the provision of grants, and other support and resources, where such activities are provided primarily, but not necessarily exclusively, by Breathe Arts Health Research CIC.

Throughout the year the Trustees have had regard to guidance issued by the Charity Commission on public benefit.

The charity's donations have focused on supporting one of the key areas of work at Breathe Arts Health Research CIC. Specifically, a grant of £17,397 was given to support the Breathe Magic programme at Breathe Arts Health Research CIC. Breathe Magic seeks to use the teaching of magic tricks to improve the skills and self confidence of children with hemiplegia.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Support from the charity helped Breathe Arts Health Research develop and deliver a wide range of online programmes targeted at those with hemiplegia, as well as to develop new initiatives in the field.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity is run on an entirely voluntary basis and has no fixed costs or other financial commitments. Consequently, there is no formal policy with regard to reserves.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



CHARITY COMMISSION
FOR ENGLAND AND WALES

Friends of Breathe Arts Health Research

1176678

Receipts and payments accounts

For the period from	1st Jan 2021	To	31st Dec 2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	2,176	5,238	-	7,414
Fundraising	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	2,176	5,238	-	7,414
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	2,176	5,238	-	7,414
A3 Payments				
Donations to Breathe AHR	-	17,397	-	17,397
Miscellaneous Costs	36	-	-	36
Fundraising costs	-	561	-	561
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	36	17,958	-	17,994
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	36	17,958	-	17,994
Net of receipts/(payments)	2,140	- 12,720	-	- 10,580
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	769	22,553	-	23,322
Cash funds this year end	2,909	9,833	-	12,742

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	NatWest Account	2,909	9,833
		-	-
		-	-
	Total cash funds	2,909	9,833
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	JOHN WATT

CC16a



**Last year
to the nearest £**

52,981
-
-
-
-
-
-
-
52,981

-
-
-

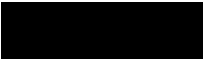
52,981

29,467
224
331
-
-
-
-
-
-
30,022

-
-
-

30,022

22,959
-
363
23,322



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

10/31/2022

FRIENDS OF BREATHE ARTS HEALTH RESEARCH

England & Wales - Charity number 1176678

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2020		31	December	2020

Section A Reference and administration details

Charity name Friends of Breathe Arts Health Research

Other names charity is known by

Registered charity number (if any) 1176678

Charity's principal address 3 Conaways Close
Epsom
Postcode KT17 1QE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Owen			
2	Susan Gallagher			
3	John Watt			
4				
5				
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19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution dated 16 th January 2018
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

In its initial application to the Charity Commission the charity indicated an intention to appoint an additional Trustee. However, since the charity's operations are very limited, and nearly 100% of the charity's donations in 2020 were on a restricted basis (i.e. to be used to support Breathe Arts Health Research CIC), the Trustees have decided that such an appointment is not currently appropriate. They will, however, keep this point under review.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to relieve sickness, preserve health, and assist in the rehabilitation from sickness, of people, suffering from physical or mental health conditions (including, but not limited to, hemiplegia, cerebral palsy, stroke and similar conditions) by the provision of grants, and other support and resources, where such activities are provided primarily, but not necessarily exclusively, by Breathe Arts Health Research CIC.

Throughout the year the Trustees have had regard to guidance issued by the Charity Commission on public benefit.

The charity's donations have focused on supporting two main areas of work at Breathe Arts Health Research CIC:

1. A grant of £14,385 was provided to support the development of the Melodies For Mums programme, an innovative project where music and singing aim to reduce the occurrence or scale of post natal depression.

2. A grant of £8,832 was given to support the Breathe Magic programme at Breathe Arts Health Research CIC. Breathe Magic seeks to use the teaching of magic tricks to improve the skills and self confidence of children with hemiplegia.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Melodies For Mums has developed from a pilot project to one that is now running at full capacity. It has attracted increasing interest from within the NHS, and also from other organisations in the arts-in-healthcare space. Based on the success of the initial programme, Breathe Arts Health Research CIC has pursued a successful major grant proposal aimed at expanding the programme and collecting and analysing data on its efficacy. During 2020, a successful model was developed for delivering the programme online.

Support from the charity helped Breathe Arts Health Research develop and deliver a wide range of online programmes targeted at those with hemiplegia, as well as to develop new initiatives in the field.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity is run on an entirely voluntary basis and has no fixed costs or other financial commitments. Consequently, there is no formal policy with regard to reserves.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



CHARITY COMMISSION
FOR ENGLAND AND WALES

Friends of Breathe Arts Health Research

1176678

Receipts and payments accounts

For the period from	1st Jan 2020	To	31st Dec 2020
----------------------------	--------------	-----------	---------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	6,880	46,101	-	52,981
Fundraising	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	6,880	46,101	-	52,981
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	6,880	46,101	-	52,981
A3 Payments				
Donations to Breathe AHR	6,250	23,217	-	29,467
Miscellaneous Costs	224	-	-	224
Fundraising costs	-	331	-	331
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	6,474	23,548	-	30,022
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	6,474	23,548	-	30,022
Net of receipts/(payments)	406	22,553	-	22,959
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	363	-	-	363
Cash funds this year end	769	22,553	-	23,322

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	NatWest Account	769	22,553
		-	-
		-	-
	Total cash funds	769	22,553
	(agree balances with receipts and payments account(s))	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
	JOHN WATT

CC16a



Last year
to the nearest £

60,281
-
-
-
-
-
-
-
60,281

-
-

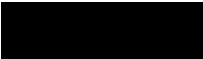
60,281

61,348
422
-
-
-
-
-
-
-
61,770

-

61,770

-	1,489
	-
	1,852
	363



Endowment funds

to nearest £

-
-
-
-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

10/28/2021



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Friends of Breathe Arts Health Research

**On accounts for the year
ended**

31st December 2020 **Charity no
(if any)** 1176678

Set out on pages

1-2
(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

**Basis of independent
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

**Independent
examiner's statement**

In connection with my examination, no material matters have come to my attention (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Lucilla Cottrell

Date:

28 October 2021

Name:

Lucilla Cottrell

**Relevant professional
qualification(s) or body
(if any):**

Address:

10 St George's Terrace, London, NW1 8XH

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--