



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

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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)

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

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
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets			-
			-
			-
			-
			-
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
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