

Trustees' Annual Report for the period

Period start date 1 January 2022 To Period end date 31 December 2022

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)

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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)

<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 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.</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 £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

Receipts and payments accounts

CC16a

For the period
from

1st Jan 2022

To

31st Dec 2022

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	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
B2 Other monetary assets	Details	to nearest £	to nearest £	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	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
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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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