



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				
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 (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 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.

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.

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)

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.

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
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	9/1/2024	



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:

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.

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