



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)**

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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 <sup>th</sup> 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 £
<b>A1 Receipts</b>					
Donations	80,848	16,543	-	97,390	63,193
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	80,848	16,543	-	97,390	63,193
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	80,848	16,543	-	97,390	63,193
<b>A3 Payments</b>					
Donations to Breathe AHR	10,000	-	-	10,000	30,400
Miscellaneous Costs	260	-	-	260	1,097
Fundraising costs	759	-	-	759	428
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	11,019	-	-	11,019	31,925
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	11,019	-	-	11,019	31,925
<b>Net of receipts/(payments)</b>	69,828.70	16,543	-	86,372	31,268
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	26,118	32,596	-	58,714	27,446
<b>Cash funds this year end</b>	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 £
<b>B1 Cash funds</b>	NatWest Account	95,947	49,139	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>95,947</b>	<b>49,139</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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

31<sup>st</sup> 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:

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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