



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2023		31	March	2024

Section A

Reference and administration details

Charity name	TWIRL
Other names charity is known by	The Wolverhampton Integrated Respiratory Lifestyle Group
Registered charity number (if any)	1181568
Charity's principal address	22 Tynninghame Avenue
	Wolverhampton
	West Midlands
Postcode	WV6 9PW

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	Denise Pritchard	Chair		
2	Eileen Parkes	Secretary		
3	Sharon Nisbet	Treasurer		
4	Helen Ward	Trustee		
5				
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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
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

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

n/a/

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

CIO Association Constitution

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Association

Trustee selection methods
(eg. appointed by, elected by)

Trustees are appointed or reappointed annually at the Annual General Meeting.

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.

Section C Objectives and activities

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

For the public benefit, to promote and protect good health of people with respiratory conditions and their carers within the city of Wolverhampton and surrounding areas in particular, but not exclusively through the provision of support, information, advice and recreational activities.

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)

This group is primarily for people with respiratory conditions and therefore the health and wellbeing of our members is our utmost priority.

The Weekly Group is held at Goodyear's Pavilion, Wolverhampton
Lunch/refreshments and Activities provided:

Social activities such as bingo and a table quiz, cards and dominoes are also available. These activities encourage members to mix and make new friends.

The opportunity to seek advice and support on how to cope with the effects of respiratory diseases from a healthcare professional. Advice/concerns can be sought from the Respiratory Nurse when she attends the group which is presently on a monthly basis.

The objective of Twirl through its activities remains to promote and protect good health for people with respiratory conditions and to improve a person's health and wellbeing.

All presentations when available are discussed with the Trustees to ensure that they are suitable for the group, including a restricted timeslot, handouts for members, questions and answer sessions provided and private sessions in a quiet location if required by individual members.

All Trustee members have been notified of the Trustee guidance and provided with an email link for ease of access in order to carry out their duties as described.

Additional details of objectives and activities (Optional information)

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

42 sessions held on Wednesdays for 3 hours from the 1st April 2023 until 31st March 2024 for adults 18 years and over, carers are also welcome if they wish to attend. Registered membership of 59 with an average of approximately 26 - 28 attendees per session, 14 new members have also joined the Group this year.

Fundraising Activities:

Members of the Group provide items weekly for the Bring and Buy Table Sale.

Ad hoc auctions for donated items by members have also been held during the year.

Weekly raffle held whereby members can if they wish purchase a raffle ticket.

Donations from members have also been made to the group during the year.

Wellbeing

Attending the TWIRL group can help to reduce feelings of social isolation and build lasting friendships.

Brief statement of the charity's policy on reserves

The TWIRL charity has no contractual commitments, for example in respect of property and also does not employ any staff. Therefore no policy in respect of reserves has been constructed.

Details of any funds materially in deficit

N/A

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

Denise Pritchard	
Chair	

Section B Balance sheet

		Note	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
			£	£	£	£	£
			F01	F02	F03	F04	F05
Fixed assets							
Tangible assets	(Note 9)	B01	-	-	-	-	-
		B02	-	-	-	-	-
Investments	(Note 10)	B03	-	-	-	-	-
Total fixed assets		B04	-	-	-	-	-
Current assets							
Stock and work in progress		B05	-	-	-	-	-
Debtors	(Note 11)	B06	-	-	-	-	-
(Short term) investments		B07	-	-	-	-	-
Cash at bank and in hand		B08	17,638	-	-	17,638	18,407
Total current assets		B09	17,638	-	-	17,638	18,407
Creditors: amounts falling due within one year							
	(Note 12)	B10	1,125	-	-	1,125	910
Net current assets/(liabilities)		B11	16,513	-	-	16,513	17,497
Total assets less current liabilities		B12	16,513	-	-	16,513	17,497
Creditors: amounts falling due after one year							
	(Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges		B14	-	-	-	-	-
Net assets		B15	16,513	-	-	16,513	17,497
Funds of the Charity							
Unrestricted funds		B16	16,513			16,513	17,497
		B17	-			-	-
Restricted income funds (Note 13)		B18		-		-	-
Endowment funds (Note 13)		B19			-	-	-
Total funds		B20	16,513	-	-	16,513	17,497
Signed by one or two trustees on behalf of all the trustees			Signature		Print Name		Date of approval
			S Nisbet		S Nisbet		19.06.24