

SLEEP APNOEA TRUST

England & Wales · Charity number 1186235

Details

Status Registered

Legal form CIO

Registered 2019-11-08

Register [View on the Charity Commission register](#)

Contact

Address Sata
PO Box 60
Chinnor
Oxfordshire
OX39 4XE

Phone 0800 025 3500

Email info@sleep-apnoea-trust.org

Website www.sleep_apnoea_trust.org

Activities

Objects: THE OBJECTS OF THE CIO ARE:-3.1 TO PROMOTE THE RELIEF OF PERSONS SUFFERING FROM OBSTRUCTIVE SLEEP APNOEAAND CENTRAL APNOEA;3.2 TO ADVANCE THE EDUCATION OF THE PUBLIC; AND3.3 TO PROMOTE RESEARCH INTO SLEEP AND ITS DISORDERS.

Activities: Sleep Apnoea Trust works to improve the lives of sleep apnoea patients, their partners and families, by providing advice and assistance through telephone helplines, newsletters, publications, a website, medical alert cards, and an annual conference. We also campaign for the provision of better services by the NHS, and contribute towards relevant research projects.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£249,840	£38,785	-	-
2024-03-31	£36,800	£30,103	-	-
2023-03-31	£38,218	£35,289	-	-
2022-03-31	£19,581	£28,094	-	-
2021-03-31	£0	£0	-	-

Trustees

Name	Role	Appointed
Francis William Johnston	Chair	2021-07-01
David C Graddon		2022-11-28
David Petrie		2025-04-01
Dr ANNABEL HENRIETTA NICKOL		2021-07-01
Dr Christopher Turnbull		2024-04-01
Dr Timothy D Healing		2022-11-28
Louise Mather		2022-11-28
rob holt		2021-06-01

SLEEP APNOEA TRUST

England & Wales - Charity number 1186235

Accounts

Sleep Apnoea Trust December 2025 Annual Trustees comments

Since the previous report, the Trust has had another very active year with a lot of work being done, much of it 'behind the scenes'

We have been very fortunate as the Trust has been the beneficiary of a significant legacy during the year. Whilst our finances have always been sound, this resource does enable us to take a longer-term view of our activities for the future.

As has been well published in our regular communication, we were very sorry to note the death of our long-term Managing Secretary, Chris Rogers in the Spring. Chris had served the Trust very competently for nearly 20 years, and was hugely respected by all the Members, Trustees and other organisations with which SATA has contact.

We are delighted to confirm, however, that we have been able to appoint Claire Allen as our new Managing Secretary, and she is already having an impact on the level of our activities. Claire has a lot of experience in the Charity Sector.

During the year, one Trustee (Ann Nevinson) retired due to family health reasons, and we wish to record our thanks to Ann for her consistent support of the Trust, particularly in respect of her knowledge of and communication with NICE.

As usual, we held our annual conference in early November this year, which was very well received. Whilst there has been some discussion about resuming 'in person' conferences, the Trustees feel that for the foreseeable future conferences will continue to be held on-line.

During the past year the Trust has continued with its routine activities including publicity, website, answering patient queries, volunteering opportunities in sleep centres, liaising with other sleep related organisations, NICE, and looking after the Trust's finances. A copy of the Trust's financial statements can be seen below. Trustees continue to be involved in these activities, supporting our Managing Secretary.

It is clear that some Sleep Centres continue to suffer as a result of squeezed NHS resources and the Trust is actively involved in promoting the financial benefits to the NHS of providing a very cost effective program of treatment for Sleep Apnoea patients. The costs of failing to provide timely treatment are significant, to say nothing of the dangers of undiagnosed/untreated sufferers in certain occupations.

In the coming year the Committee will do its best to continue support to Sleep Apnoea sufferers as set out in our Charitable Objectives

F W (Bill) Johnston
Chairman.

Sleep Apnoea Trust
Registered Charity No. 1186235
Accounts for the year ended
31 March 2025

Seymour Taylor Limited
First Floor North
40 Oxford Road
High Wycombe
Buckinghamshire
HP11 2EE

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SLEEP APNOEA TRUST
CHARITY NO. 1186235**

FOR THE YEAR ENDED 31 MARCH 2025

INDEPENDENT EXAMINER'S REPORT

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2025 which comprise the Receipts and Payments Account and the Statement of Assets and Liabilities

RESPONSIBILITIES AND BASIS OF REPORT

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Tim Fulker BSc(Econ) FCA
Seymour Taylor Limited
First Floor North
40 Oxford Road
High Wycombe
Buckinghamshire
HP11 2EE

5 November 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

Receipts and payments accounts

CC16a

For the period
from

01.04.2024

To

31.03.2025

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 £
A1 Receipts					
Memberships - Unrestricted	25,775	-	-	25,775	25,039
Donations - Unrestricted	5,435	-	-	5,435	3,145
Bag Tags - Unrestricted	749	-	-	749	280
Medical alert cards - Unrestricted	10	-	-	10	-
Fundraising - Unrestricted	2,235	-	-	2,235	3,251
Gift Aid Relief - Unrestricted	3,427	-	-	3,427	4,838
Interest Income - Unrestricted	1,327	-	-	1,327	247
Legacy - Unrestricted	210,882	-	-	210,882	-
Sub total (Gross income for AR)	249,840	-	-	249,840	36,800
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	249,840	-	-	249,840	36,800
A3 Payments					
Audit & Accountancy Fees	1,320	-	-	1,320	1,433
Bank Fees	563	-	-	563	480
Printing and Postage	1,481	-	-	1,481	4,012
General Expenses	164	-	-	164	-
Insurance	799	-	-	799	777
Stationery	122	-	-	122	175
Secretarial costs	20,795	-	-	20,795	17,170
Public Awareness (costs)	8,959	-	-	8,959	1,849
IT and website	2,167	-	-	2,167	1,872
Telephone	3	-	-	3	5
Fundraising Expenditure	-	-	-	-	216
Annual Meeting Expenditure	2,114	-	-	2,114	2,114
Travel and subsistence	298	-	-	298	-
Sub total	38,785	-	-	38,785	30,103
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	38,785	-	-	38,785	30,103
Net of receipts/(payments)	211,055	-	-	211,055	6,697
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	27,643	-	-	27,643	20,946
Cash funds this year end	238,698	-	-	238,698	27,643

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	Paypal Account	278	-	-
	Sleep Apnoea Trust	2,255	-	-
	Colf Deposit Account	-	-	-
	Sleep Apnoea Trust New reserve Fund	232,413	-	-
	Sleep Apnoea Trust New C/A	3,752	-	-
	Total cash funds	238,698	-	-
	(agree balances with receipts and payments account(s))			

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Rob Holt	Rob Holt	05/12/25

Sleep Apnoea Trust
Registered Charity No. 1186235
Accounts for the year ended
31 March 2025

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5 November 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

Receipts and payments accounts

CC16a

For the period
from

01.04.2024

To

31.03.2025

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	-	-	-	-	-
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	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Rob Holt	Rob Holt	05/12/25

SLEEP APNOEA TRUST

England & Wales - Charity number 1186235

Accounts



Sleep Apnoea Trust November 2024 Annual Trustees comments

Since the previous report, the Trust has had another successful year with a lot of work being done, some of it 'behind the scenes'

We are delighted to welcome a new Committee member, David Petrie, who has extensive experience in Social Media. His expertise fills a substantial gap in experience on the Committee. We are also in conversation with another potential member who has a medical background.

As commented at the recent annual conference, all Committee members are actively involved in various activities, including publicity, website, answering patient queries, volunteering opportunities in sleep centres, liaising with other sleep related organisations, NICE, and looking after the Trust's finances. A copy of the Trust's financial statements can be seen below.

The financial model on which the Trust has worked for many years will, we believe, evolve somewhat over the next year or two. Having been dependent upon unpaid Committee members to carry out the vast majority of its work, since the last financial year end, the Trust has been notified of some substantial income which will allow us to pay for more assistance. We anticipate the Committee members will continue to be heavily involved, but as has been noted before, some members are of an age where assistance with some activities will be welcome.

Our excellent long term Managing Secretary Chris Rogers has not been well in the last few months, so providing additional support for him will be a priority.

It is clear that some Sleep Centres are suffering as a result of squeezed NHS resources and the Trust is actively involved in promoting the financial benefits to the NHS of providing a very cost effective program of treatment for Sleep Apnoea patients. The costs of failing to provide timely treatment are significant, to say nothing of the dangers of undiagnosed/treated sufferers in certain occupations.

In the coming year the Committee will do its best to continue support to Sleep Apnoea sufferers as set out in our Charitable Objectives

F W (Bill) Johnston
Chairman.

Sleep Apnoea Trust

Registered Charity No. 1186235

Accounts for the year ended

31 March 2024

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4 November 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

Receipts and payments accounts

CC16a

For the period
from

01.04.2023

To

31.03.2024

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 £
A1 Receipts					
Memberships - Unrestricted	25,039	-	-	25,039	24,460
Donations - Unrestricted	3,145	-	-	3,145	4,436
Bag Tags - Unrestricted	280	-	-	280	180
Public Awareness - Unrestricted	-	-	-	-	-
Fundraising - Unrestricted	3,251	-	-	3,251	1,554
Gift Aid Relief - Unrestricted	4,838	-	-	4,838	6,245
Interest Income - Unrestricted	247	-	-	247	70
Legacy - Unrestricted	-	-	-	-	1,273
Sub total (Gross income for AR)	36,800	-	-	36,800	38,218
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	36,800	-	-	36,800	38,218
A3 Payments					
Audit & Accountancy Fees	1,433	-	-	1,433	1,356
Bank Fees	480	-	-	480	464
Printing and Postage	4,012	-	-	4,012	4,019
General Expenses	-	-	-	-	83
Insurance	777	-	-	777	755
Stationery	175	-	-	175	396
Secretarial costs	17,170	-	-	17,170	18,066
Public Awareness (costs)	1,849	-	-	1,849	4,959
IT and website	1,872	-	-	1,872	2,725
Telephone	5	-	-	5	7
Fundraising Expenditure	216	-	-	216	216
Annual Meeting Expenditure	2,114	-	-	2,114	2,114
Travel and subsistence	-	-	-	-	129
Sub total	30,103	-	-	30,103	35,289
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,103	-	-	30,103	35,289
Net of receipts/(payments)	6,697	-	-	6,697	2,929
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	20,946	-	-	20,946	18,017
Cash funds this year end	27,643	-	-	27,643	20,946

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	Paypal Account	1,195	-	-
	Sleep Apnoea Trust	283	-	-
	Coff Deposit Account	-	-	-
	Sleep Apnoea Trust New reserve Fund	20,203	-	-
	Sleep Apnoea Trust New C/A	5,962	-	-
	Total cash funds	27,643	-	-

(agree balances with receipts and payments account(s))

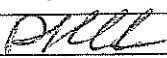
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Robert Holt	4-11-24

Sleep Apnoea Trust

Registered Charity No. 1186235

Accounts for the year ended

31 March 2024

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Sub total	-	-	-	-	-
Total payments	30,103	-	-	30,103	35,289
Net of receipts/(payments)	6,697	-	-	6,697	2,929
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	20,946	-	-	20,946	18,017
Cash funds this year end	27,643	-	-	27,643	20,946

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	Paypal Account	1,195	-	-
	Sleep Apnoea Trust	283	-	-
	Coff Deposit Account	-	-	-
	Sleep Apnoea Trust New reserve Fund	20,203	-	-
	Sleep Apnoea Trust New C/A	5,962	-	-
	Total cash funds	27,643	-	-

(agree balances with receipts and payments account(s))

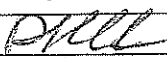
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Robert Holt	4-11-24

SLEEP APNOEA TRUST

England & Wales - Charity number 1186235

Accounts



SLEEP APNOEA TRUST

PO Box 60
Chinnor
Oxon
OX39 4XE

info@sleep-apnoea-trust.org
www.sleep-apnoea-trust.org

Sleep Apnoea Trust Chairman's Statement, October 14th 2023.

Some of you will notice that, since we changed our charitable status to that of a CIO (Charitable Incorporated Organisation) we are now governed by a Board of Trustees who previously acted as the Committee of our organisation, and who are more visible than under our previous structures. Charity Commissions' Guidelines are closely followed. We recommend if you want more information you should visit our entry on the Charity Commission's website and you will surely find what you need.

Since returning as Chairman at the request of the Trustee Board, I am afraid that my message is going to be a bit like a gramophone record on repeat play with the same old story

First, we have an ageing board of trustees.

Secondly, our appeal for younger volunteers, with the skills we need now and will need in the future, has received a very small response. It is true that some folks have expressed an interest, one or two of whom have joined the Committee, but the need for succession remains very important.

Thirdly, without these skills, particularly in social media marketing, IT, website management and fundraising, we will have to start paying for these services.

Finally, such action will drastically change the funding model we use at present, which is mainly subscriptions from you, our members, plus some legacies.

In the past year, illness in particular has played its part, with both Chris Rogers and Ann Nevinson (a new member of the Committee) being affected.

We just do not have the volunteer reserves to cover the work they do, even temporarily.

So my appeal is, if you have proven (and I really do mean proven) skills in social media marketing, IT, website management and fundraising, and are prepared to spend a few hours each week helping us, then please let me know.

Email Chris Rogers, and I or Rob Holt will contact you and discuss how you can help.

At the same time, as our Trustee Board gets smaller, we are carefully examining every aspect of how we conduct our business.

We shall keep what is essential and that is subject at present to a strong and detailed discussion.

Our high profile as the patient's voice means we are in constant demand to express the patient's opinion.

Other areas of influence, which are more indirectly linked, will however, have to be looked at much more critically, and involvement in some areas may have to be curtailed.

Please remember, it was this charity which campaigned strongly for 10 years, and in 2008 succeeded in assisting NICE to introduce TA 139 which provided the network of skilfully manned sleep clinics we have today.

In 2018, NICE approached us to assist in the new guideline with Chris Rogers and Dr Annabel Nickol our Medical Adviser becoming members of the guideline committee.

We were successful in helping the Committee extend CPAP to mild symptomatic OSA, to recommend Mandibular Advancement Splints or MADS as an alternative to and for those intolerant to CPAP, plus the consideration of positional aid devices.

My conclusion is that if you want us to be at the centre of all important discussions on Sleep Apnoea then we need your help.

Thank you for your support during the past year, but we will need some more direct engagement from a few people, specifically as follows..

We are particularly in need of skilled people (members, partners or responsible children) prepared to give a few hours of their time in the following areas –

- Microsoft Access – to help with control and development of our database system
- Website development – getting the most from our website, and keeping it up to date with content
- Google Analytics – making the maximum use of visitations to our site to identify site development needs
- Social Media Marketing– developing our communications to our members, and monitoring other Sleep Apnoea sites on the web to keep us informed of current situations or problems
- Graphic design – keeping our publications and SLEEP MATTERS crisp and communicative

Depending on the time you have available, you could either be part of the Committee, or respond to the needs of the Managing Secretary on an ad-hoc basis. Contact chris.rogers@sleep-apnoea-trust.org if you think you might be able to help.



Bill Johnston

Chairman.

Sleep Apnoea Trust
Registered Charity No. 1186235
Accounts for the year ended
31 March 2023

Seymour Taylor Limited
57 London Road
High Wycombe
Buckinghamshire
HP11 1BS

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SLEEP APNOEA TRUST
CHARITY NO. 1186235**

FOR THE YEAR ENDED 31 MARCH 2023

INDEPENDENT EXAMINER'S REPORT

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which comprise the Receipts and Payments Account and the Statement of Assets and Liabilities

RESPONSIBILITIES AND BASIS OF REPORT

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Tim Fulker BSc(Econ) FCA
Seymour Taylor Limited
57 London Road
High Wycombe
Buckinghamshire
HP11 1BS

11 OCTOBER 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

Receipts and payments accounts

CC16a

For the period
from

01.04.2022

To

31.03.2023

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					
Memberships - Unrestricted	24,460	-	-	24,460	13,265
Donations - Unrestricted	4,436	-	-	4,436	1,796
Bag Tags - Unrestricted	180	-	-	180	200
Public Awareness - Unrestricted	-	-	-	-	375
Fundraising - Unrestricted	1,554	-	-	1,554	126
Gift Aid Relief - Unrestricted	6,245	-	-	6,245	3,459
Interest Income - Unrestricted	70	-	-	70	1
Legacy - Unrestricted	1,273	-	-	1,273	367
	-	-	-	-	-
Sub total (Gross income for AR)	38,218	-	-	38,218	19,589
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,218	-	-	38,218	19,589
A3 Payments					
Audit & Accountancy Fees	1,356	-	-	1,356	1,204
Bank Fees	464	-	-	464	513
Printing and Postage	4,019	-	-	4,019	2,190
General Expenses	83	-	-	83	171
Insurance	755	-	-	755	674
Stationery	396	-	-	396	127
Secretarial costs	18,066	-	-	18,066	16,430
Public Awareness (costs)	4,959	-	-	4,959	2,903
IT and website	2,725	-	-	2,725	940
Telephone	7	-	-	7	6
Fundraising Expenditure	216	-	-	216	-
Annual Meeting Expenditure	2,114	-	-	2,114	2,426
Travel and subsistence	129	-	-	129	510
	-	-	-	-	-
Sub total	35,289	-	-	35,289	28,094
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,289	-	-	35,289	28,094
Net of receipts/(payments)	2,929	-	-	2,929	8,505
A5 Transfers between funds					
Transfer from previous unincorporated charity	-	-	-	-	26,522
A6 Cash funds last year end	18,017	-	-	18,017	-
Cash funds this year end	20,946	-	-	20,946	18,017

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	Paypal Account	1,033	-	-
	Sleep Apnoea Trust	282	-	-
	Coif Deposit Account	155	-	-
	Sleep Apnoea Trust New reserve Fund	16,368	-	-
	Sleep Apnoea Trust New C/A	3,108	-	-
	Total cash funds	20,946	-	-

(agree balances with receipts and payments account(s))

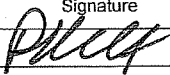
		account(s))	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		Details	-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade Creditors	Unrestricted	494	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name Pob H614	Date of approval 11/10/23
--	------------------------	------------------------------

Sleep Apnoea Trust
Registered Charity No. 1186235
Accounts for the year ended
31 March 2023

Seymour Taylor Limited
57 London Road
High Wycombe
Buckinghamshire
HP11 1BS

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SLEEP APNOEA TRUST
CHARITY NO. 1186235**

FOR THE YEAR ENDED 31 MARCH 2023

INDEPENDENT EXAMINER'S REPORT

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which comprise the Receipts and Payments Account and the Statement of Assets and Liabilities

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As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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Tim Fulker BSc(Econ) FCA
Seymour Taylor Limited
57 London Road
High Wycombe
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HP11 1BS

11 OCTOBER 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

Receipts and payments accounts

CC16a

For the period
from

01.04.2022

To

31.03.2023

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Donations - Unrestricted	4,436	-	-	4,436	1,796
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Gift Aid Relief - Unrestricted	6,245	-	-	6,245	3,459
Interest Income - Unrestricted	70	-	-	70	1
Legacy - Unrestricted	1,273	-	-	1,273	367
	-	-	-	-	-
Sub total (Gross income for AR)	38,218	-	-	38,218	19,589
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,218	-	-	38,218	19,589
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Audit & Accountancy Fees	1,356	-	-	1,356	1,204
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IT and website	2,725	-	-	2,725	940
Telephone	7	-	-	7	6
Fundraising Expenditure	216	-	-	216	-
Annual Meeting Expenditure	2,114	-	-	2,114	2,426
Travel and subsistence	129	-	-	129	510
	-	-	-	-	-
Sub total	35,289	-	-	35,289	28,094
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,289	-	-	35,289	28,094
Net of receipts/(payments)	2,929	-	-	2,929	8,505
A5 Transfers between funds					
Transfer from previous unincorporated charity	-	-	-	-	26,522
A6 Cash funds last year end	18,017	-	-	18,017	-
Cash funds this year end	20,946	-	-	20,946	18,017

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	Paypal Account	1,033	-	-
	Sleep Apnoea Trust	282	-	-
	Coif Deposit Account	155	-	-
	Sleep Apnoea Trust New reserve Fund	16,368	-	-
	Sleep Apnoea Trust New C/A	3,108	-	-
	Total cash funds	20,946	-	-

(agree balances with receipts and payments account(s))

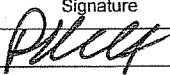
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade Creditors	Unrestricted	494	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	P. Kelly	11/10/23

SLEEP APNOEA TRUST

England & Wales - Charity number 1186235

Accounts

Annual report from the Chair for the period of 24th Oct 2021 to 15th of October 2022.

Covid has caused the world to change forever as it affects every aspect of our lives - the NHS is in the forefront of its successful treatment. Covid is, however, so infectious, that the NHS has had to initiate major changes, to eliminate the possibility of cross infection of NHS staff. This involves every diagnostic pathway, from primary care to successful treatment of almost every illness and injury. A major increase in the use of technology to minimise unnecessary patient contact, plus a modernisation programme that is both huge and rapid, is underway. The objective is to make the NHS resilient enough to cope with any foreseeable similar threat in the future.

SATA was established on September 29th 1993, so every year we very sadly suffer some membership loss of older members, around 10 per year in recent times. However, Covid resulted in 50 more deaths than we previously experienced. Thankfully, the death rate has almost returned to normal. We wish to express our deepest sympathy to the families of members who lost their lives. May they rest in peace.

The pioneering efforts of all those who supported SATA from its early days helped us to achieve our first great goal of free CPAP treatment on the NHS and more recently, a new NICE Guideline that will help save many others.

Trustee & Committee

The past year has been very difficult for the Committee, with the resignations of Chris Wade in January, and then Graham Hill in June. This meant that we lost our interim Chairman and also the planned long-term Chairman in less than a year. On countless occasions we have identified the need for succession and, just as important, finding volunteers to meet the skill shortages we face, such as fundraising, social media, IT and website. We now add Chairmanship to those skills. We advertised these roles in the August edition of Sleep Matters. Sadly, at this moment, no one with the specific skills required has come forward.

There is a real threat to the continuation of the Charity since, if we are not successful, we will have to buy in these services, which means a revolution in the way we are funded.

The Trustees have discussed the issue and decided that we should follow the Charity Commission guidance on how a COI should operate to adapt to a more efficient business regime. Our current structure is out of date and cumbersome, with three committees; the Trustees, the Executive (Trustees plus some Committee members) and the Committee. From now on we will have a Trustee Board with the active engagement of Trustees in every aspect of the Charity's business. So, with immediate effect, the Trustees have decided to offer all current Committee Members a Trustee position and have concentrated all activities with a SATA Trustee Board, with clear roles and responsibilities.

New SATA Trustee Board:

Chairman:	Vacant
Vice-Chairman:	Rob Holt
Managing Secretary:	Chris Rogers (Part voluntary/part paid)
Treasurer:	Rob Holt
Medical Advisor:	Dr Annabel Nickol
Travel Officer:	David Graddon
Sleep Matters Team:	Dr Tim Healing plus David Graddon & Chris Rogers
Sleep Clinic Liaison Officer:	Louise Mather
Local Fundraising Officer:	Keith Nadin
National Fundraiser Officer:	Vacant
IT Officer:	Vacant
Social Media/Website Officer:	Vacant

When the new CIO charity started operation on 1st July 2021, the previous organisation was actually dissolved in terms of running the charity, but the Association of the paying members still exists. However, the impractical arrangements for establishing officers has been terminated, as it conflicted with the modernisation that is so vital for our future success. We have had no nominations from the AGM for the Committee in the past 10 years. In future, any member, so long as they have the proven skill set required, can apply for the vacant positions and the Trustee Board will consider all applications.

Progress report.

Our advocacy is now as high as it can be. SATA has a unique position in terms of influencing those that make decisions about sleep apnoea and its treatment. This applies to the NHS as a whole but also at a local level in Sleep Clinics. The new NICE Guideline was supposed to stimulate another major increase in Sleep Clinic referrals. It also provides for an alternative to those intolerant of CPAP with moderate or mild OSA, the Mandibular Advancement Splint.

However, two major factors have muted these effects.

The global shortage of CPAP machines is due to the Philips issue. The company is having to replace and or repair millions of machines, so very few new patients are getting a Philips product. The other manufacturers of high-quality machines (ARTP standard) are unable to increase production owing to the global shortage of micro-processors. In addition, DeVilbiss decided to stop production in Dec 2021. The remaining usual NHS suppliers, ResMed and Fisher & Paykal, have been joined by France's Sefam and Germany's Lowenstein, but the numbers supplied are still not meeting the demand. Therefore, waiting lists will continue to grow for perhaps the next year and then gradually return to normal.

The second is the current fragmentation of dental services and clinical services in the NHS. This is inhibiting the development of the Mandibular Advancement Splints (MAS) treatment for moderate and mild obstructive sleep apnoea for those intolerant to CPAP. Clear treatment pathways are not emerging other than in places like Bristol, as clearly outlined in the August 2022 edition of Sleep Matters. We are working with the OSA Alliance to address this issue.

Activity Report

It is important to stress that there is a "below the line" activity where we have been particularly influential in both raising awareness of sleep apnoea and improving the efficiency of the referral and diagnostic process.

Health Education England have established a learning hub for clinicians and SATA was invited by the NHS to contribute the section on sleep apnoea. Graham Hill completed that job before he left the committee, and David Graddon is now in charge of editing any changes that might be necessary or updating any information as required.

In another area of what is known as Future NHS collaboration, which came out of the NHS "Get It Right First Time" initiative, we have been involved in helping to formulate a new pathway to sleep disorder referral and diagnosis, considering the new technologies that are available and using electronic communication in the virtual world.

In addition, we have assisted in PIFU, Patient Initiated Follow Up, to give patients and their carers the flexibility to arrange their follow-up appointments as and when they need them. This means that after an appointment with a specialist, it is often the need to arrange follow-up outpatient appointments for ongoing care. This will tailor a patient's follow-up care to their individual clinical needs, circumstances and preferences. This will bring many efficiencies and significantly reduce unnecessary administration.

Outlook

As identified in the Imperial College study on SATA three years ago, we needed to make major improvements to our website. This has taken place but we still have one area to address, that being the readability of the website text. As the smart phone is now the predominant tool for viewing websites, we have to adapt the text to make it easier to read on this smaller screen. This is going to be a routine but major job for the new Trustee Board

Graham Hill

Our Chairman, Graham Hill, decided to resign as Chairman and also leave the Committee. He will be greatly missed with his years of experience, not only as a SATA Committee member, but also for his external work. During his time on the Committee and as Chair, he attended many conferences and exhibitions on our behalf. His early work on the Committee involved a survey of Primary Care Trusts and he identified that low GP referrals was limiting the of growth of patients being diagnosed and treated. His tenacity in dealing with the Royal College of General Practitioners to try and get them to recognise this issue was outstanding even if it was not as successful as we had hoped. But it has led to other organisations becoming involved and they are also exerting pressure. On the important issue of driving, his liaison with the DVLA was continuous and his guideline for patients on our website is regarded as the best and most accurate guide in the UK. We are most grateful to him for his years of service to SATA and the organisation has lost an excellent ambassador, someone who could stand up in front of any audience and get them to understand what Sleep Apnoea is, how it affects people and what they need to do about it be they a patient, a politician or a civil servant.

Conclusion

The Committee as a whole must be congratulated in the way it has coped with the unexpected challenges it has faced this year. As a Trustee Board it will be better equipped to work as an integrated team and harness the creativity and innovation of all its members.

Signed,

Rob Holt

Vice Chairman
Sleep Apnoea Trust
Charity No. 1186235

Sleep Apnoea Trust
Registered Charity No. 1186235
Accounts for the year ended
31 March 2022

Seymour Taylor Limited
57 London Road
High Wycombe
Buckinghamshire
HP11 1BS

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
SLEEP APNOEA TRUST
CHARITY NO. 1186235**

FOR THE YEAR ENDED 31 MARCH 2022

INDEPENDENT EXAMINER'S REPORT

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which comprise the Receipts and Payments Account and the Statement of Assets and Liabilities

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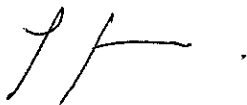
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INDEPENDENT EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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Tim Fulker BSc(Econ) FCA
Seymour Taylor Limited
57 London Road
High Wycombe
Buckinghamshire
HP11 1BS

12 October 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

Receipts and payments accounts

CC16a

For the period
from

01.04.2021

To

31.03.2022

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					
Membership - unrestricted	13,265	-	-	13,265	-
Bag tags - unrestricted	200	-	-	200	-
Public Awareness - unrestricted	375	-	-	375	-
Gift Aid - unrestricted	3,459	-	-	3,459	-
Legacy income - unrestricted	367	-	-	367	-
Donation - unrestricted	1,796	-	-	1,796	-
Fund raising - unrestricted	126	-	-	126	-
Interest income - unrestricted	1	-	-	1	-
Sub total (Gross income for AR)	19,589	-	-	19,589	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	19,589	-	-	19,589	-
A3 Payments					
Printing and postage	2,190	-	-	2,190	-
Stationary	127	-	-	127	-
Annual meetings	2,426	-	-	2,426	-
Telecommunications	6	-	-	6	-
IT & website	940	-	-	940	-
Insurance	674	-	-	674	-
Secretarial costs	16,430	-	-	16,430	-
Public awareness	2,903	-	-	2,903	-
Travel and subsistence	510	-	-	510	-
Bank fees	513	-	-	513	-
Sundries	171	-	-	171	-
Accountancy fees	1,204	-	-	1,204	-
Sub total	28,094	-	-	28,094	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	28,094	-	-	28,094	-
Net of receipts/(payments)	- 8,505	-	-	- 8,505	-
A5 Transfers between funds					
Transfer of funds from previous unincorporated charity	26,522	-	-	26,522	-
A6 Cash funds last year end					
Cash funds this year end	18,017	-	-	18,017	-

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 Current Account (1)	2,769	-	-
	NatWest Current Account (2)	666		
	NatWest Reserve Account (1)	13,301		
	COIF Deposit Account	153		
	Paypal	1,128		
		-	-	-
	Total cash funds	18,017	-	-

(agree balances with receipts and payments account(s))

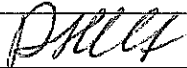
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade creditors	Unrestricted	284	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Robert Holt	11/10/22

SLEEP APNOEA TRUST

England & Wales - Charity number 1186235

Accounts



Annual report Sleep Apnoea Trust Charity (Reg No 1186235) 2019 to 2021

The above charity is still in transition from the current status to this CIO charity

The expected date of transition is 1 July 2021

Annual financial statement of Sleep Apnoea Trust (Reg 1186235)

Income in period £0

Expenditure in period £0

Rob Holt
Trustee Sleep Apnoea Trust