



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From April 2022 to March 2023

Charity name: Eastbourne BreatheEasy

Charity registration number: 1186901

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit to preserve and protect good health among and relieve the needs of, people who are suffering from Chronic Pulmonary Lung Disease, their families and carers in Eastbourne, East Sussex and the surrounding area.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Providing support groups which provide information, advice and organised activities which promote a healthier lifestyle, such as social meetings, a specially adapted disabled person's allotment and pulmonary rehabilitation exercise maintenance programmes.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit and have all had copies of the relevant documentation.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	There have been ongoing contributions made by volunteers such as providing our disabled allotment and an annual outing to a place of interest. Our volunteers run monthly group meetings in Eastbourne and are involved in officiating at weekly pulmonary rehabilitation exercise

		maintenance programmes at two different locations that run throughout the year.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The charity holds monthly meetings for its members where they enjoy listening to invited speakers, partake in a lively fun general knowledge quiz with prizes, an hour-long seated yoga session and a bumper raffle to raise money for the charity. Our monthly meetings are also an opportunity for our members to socialise with other service users to reduce the feeling of isolation. These meetings have become a very important of their social calendar.</p> <p>Our continued arrangement continues with the Physiotherapy Department at the University of Brighton whereby students on a PhD course provide their expertise in pulmonary rehabilitation exercise. This enables the students to understand pulmonary disease and help our members carry out the right exercise for their conditions.</p> <p>The pulmonary rehabilitation exercise maintenance programmes have proved to be a major success with all our participants reporting a marked improvement in their wellbeing and general health.</p> <p>We have also set up a 'Home Visiting' pulmonary rehabilitation programme whereby a qualified physiotherapist visits service users at home to carry out their exercises. This has been running very successfully for a few months now and helps to reduce isolation, increases mobility and service user's general well-being.</p> <p>Our chairperson sits on the Asthma and Lung UK Task Force and their Board for Diagnosis. She also sits on the Commissioning Board for our local Area Health Authority for pulmonary health.</p>

		We also have a Support Telephone Line which operates three days a week – 9 till 5.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	We consider that we have achieved our objectives set for this year. Our Pulmonary Rehabilitation programmes have operated very successfully. Our charity now also works well with in partnership with the local NHS Trust.
Performance of fundraising activities against objectives set	Para 1.41	Our fundraising performance has been reasonably successful. We have had a 60% success rate on funding bids. Our summer fair events have raised useful funds as have the monthly raffles at our monthly meetings. The funds will be shown in the accounts section.
Investment performance against objectives	Para 1.41	n/a
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Rent liability will increase as of 1 st May 2024 due to our office relocation, however additional funds has been secured by subletting & there are other revenue opportunities within the scope of our tenancy, which will strengthen our financial status in addition to our current streams. The accounting records are kept to the required standard. A financial report is given at every monthly committee meeting.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	£300
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties currently, the pulmonary rehabilitation exercise programme is being expanded & we will increase fundraising applications and events as opportunities allow.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Our principal sources have been from obtained grants from a number of funding organisations as well as a grant from local district council. We do have monthly meetings where funds are raised from a raffle and we do raise funds with a tombola stall at an annual three day summer music event in Eastbourne.
Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	Volunteer recruitment is always difficult. Lack of funding would be problem since we rely 100% on that as an income stream. Energy costs and difficult access issues have influenced our ability to keep our Drop-In Centre. Rising inflation is likely to squeeze potential donors' budgets in the medium-term. This will undoubtedly have an impact on the money we can raise.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	The charity is a Charitable Incorporated Organisation (CIO) who's only voting members are its charity trustees.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	All trustees are provided with the relevant documentation from the Charities Commission. All trustees undergo an induction programme, and all are provided with copies of the charity's policies and procedures. Training is provided as required.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity is run by the Trustees which hold monthly Trustee meetings with minutes taken by the Secretary at every meeting. Trustees are all volunteers, and all have a role within the organisation.
Relationship with any related parties	Para 1.51	We have an ongoing working relationship with the physiotherapy department at the University of Sussex. We are also affiliated with Asthma and Lung UK. We also have an excellent working relationship with the local NHS Commissioners.
Other		

Reference and Administrative details

Charity name	Breatheasy Eastbourne
Other name the charity uses	
Registered charity number	1186901
Charity's principal address	52 Anderida Road Eastbourne BN22 0PX

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	Kimberlee Cole	Chairperson		Trustees Committee
2	Beverley Owen	Welfare Officer		"
3	Felicity Payne	Clean Air Champion		"
4	Louisa Anderson	Treasurer		"
5	Gillian Gayton	Secretary		"
6	Barbara Grimes	Volunteer		"
7				
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		
n/a		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
n/a		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

Additional information (optional)**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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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

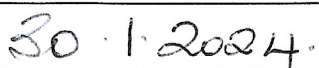
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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Kimberlee Cole	
Position (eg Secretary, Chair, etc)	Chair	

Date 



CHARITY COMMISSION
FOR ENGLAND AND WALES

BreatheEasy Eastbourne

No (if any)

Receipts and payments accounts

CC16a

For the period
from

01.04.21

To

31.03.22

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	1,469	-	-	1,469	-
Fundraising	1,951	-	-	1,951	-
Pulmonary Rehab	1,500	-	-	1,500	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,920	-	-	4,920	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,920	-	-	4,920	-
A3 Payments					
Rent (incl £2000 new drop in centre)	2,708	-	-	2,708	-
Mobile overheads	758	-	-	758	-
Pulmonary rehab	1,324	-	-	1,324	-
Insurance	146	-	-	146	-
Expenses	1,440	-	-	1,440	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	6,377	-	-	6,377	-
A4 Asset and investment purchases, (see table)					
Office furniture & equipment	-	-	-	-	-
Support line/fundraising equipment	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	6,377	-	-	6,377	-
Net of receipts/(payments)	1,457	-	-	1,457	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	5,354	-	-	5,354	-
Cash funds this year end	3,898	-	-	3,898	-

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
	Laptops		-	-
	Greenhouse		-	-
	Printer		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities				
	Rent		1,300	01.04.22
	Mobile Phone - EE		87	12.04.22
			-	
			-	
Signed by one or two trustees on behalf of all the trustees				
	Signature	Print Name	Date of approval	
	L Anderson	L Anderson	30.01.23	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Breatheasy Eastbourne

No (if any)
1186901

Receipts and payments accounts

CC16a

For the period
from

01.04.22

To

31.03.23

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	12,211	-	-	12,211	-
Meeting Income	850	-	-	850	-
Fundraising	4,703	-	-	4,703	-
Pulm Rehab	1,530	-	-	1,530	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	19,294	-	-	19,294	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	19,294	-	-	19,294	-
A3 Payments					
Rent	5,440	-	-	5,440	-
Mobiles	945	-	-	945	-
Pulmonary rehab	5,461	-	-	5,461	-
Insurance	223	-	-	223	-
Expenses	2,657	-	-	2,657	-
Utilities	2,183	-	-	2,183	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	16,909	-	-	16,909	-
A4 Asset and investment purchases, (see table)					
Office furniture & equipment	-	-	-	-	-
Support line/fundraising equipment	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,909	-	-	16,909	-
Net of receipts/(payments)	2,385	-	-	2,385	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	3,837	-	-	3,837	-
Cash funds this year end	6,222	-	-	6,222	-

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		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Laptops	429	-	-
	Greenhouse	175	-	-
	Running machines	130	-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities				
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Rent		-	
	Utilities		-	
			-	
		-		
		-		
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	L Anderson	L Anderson	30.01.24	