



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From April 2023 to March 2024

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, an annual outing to a place of interest and Christmas Lunch. Our volunteers run monthly group meetings in Eastbourne and are involved in officiating at weekly pulmonary rehabilitation exercise

		maintenance programmes at three 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 70% 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	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	n/a
Amount of reserves held	Para 1.22	n/a
Reasons for holding zero reserves	Para 1.22	
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 have influenced our ability to keep our premises open for longer periods. 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	Louisa Anderson	Treasurer		"
4	Steven Banks	Volunteer		"
5	Yvonne Schofield	Volunteer	July 2004 onwards	"
6				
7				
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10				
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12				
13				
14				
15				
16				
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)

K Cole

Full name(s)

Kimberlee Cole

Position (eg Secretary,
Chair, etc)

Chair

Date

02/12/2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
BreatheEasy Eastbourne

No (if any)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01.04.23

To

Period end date
31.03.24

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					
Donations & Fundraising	19,691	-	-	19,691	-
Meeting Income	485	-	-	485	-
Pulmonary Rehab	6,803	-	-	6,803	-
Rent	2,160	-	-	2,160	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	29,139	-	-	29,139	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	29,139	-	-	29,139	-
A3 Payments					
Rent	4,140	-	-	4,140	-
Expenses	7,673	-	-	7,673	-
Pulmonary Rehabilitation	7,072	-	-	7,072	-
Mobiles	851	-	-	851	-
Utilities	904	-	-	904	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	20,640	-	-	20,640	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	20,640	-	-	20,640	-
Net of receipts/(payments)	8,499	-	-	8,499	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,222	-	-	6,222	-
Cash funds this year end	14,721	-	-	14,721	-

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	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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)
	Laptops		-	-
	Greenhouse		-	-
	Running machines		-	-
	Treadmills		-	-
			-	-
			-	-
			-	-
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
		L Anderson	L ANDERSON	16.07.24

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BREATHEASY EASTBOURNE

Independent examiner's report to the trustees of Breatheasy Eastbourne

I report to the charity trustees on my examination of the accounts for the year ended 31 March 2024.

Responsibilities and basis of report

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is needed. I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Basis of independent examiner's statement

My examination was carried out in accordance with the 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 you as 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 matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep proper accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Charities (Accounts and Reports) Regulation 2008 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Peter D Hill

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Britland Estate
Northbourne Road
Eastbourne
BN22 8PW

Date: