



Hounslow Borough Respiratory Support Group

Charity No.: 1187387

Annual Report and Accounts 2023/24



HOUNSLOW BOROUGH RESPIRATORY SUPPORT GROUP

CHARITABLE INCORPORATED ORGANISATION REG NO: 1187387

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Objectives and Activities

Objectives

To promote and protect the good health of people with respiratory illnesses or long-term health conditions and their partners and carers in particular but not exclusively by providing support and a range of activities to relieve their needs.

Activities

To organise meetings, outings, exercise classes and other activities to promote good health and wellbeing of its membership.

Achievements and Performance

During the year the Group continued to deliver its monthly meetings and planned programme of social events. The Social programme has been expanded by creating a Singing Group” which has eighteen members signed up and holds weekly meetings. The Group membership has grown to 93 an increase of 30 on last financial year. Due to the increase in membership subscription fees were reviewed, and its been possible to reduce full membership for the following year to £27 per annum reflecting the Group’s aim to always minimise the financial impact on its members.

Three exercise sessions a week were delivered for members, attendance 1100+ (last year 820) and a programme of 10 Lived Experience presentations to raise the profile of the charity and recruit members were held at venues throughout the Borough.

The group held a Health and Care Event in November, booked by 83 residents. Presentations were given on Managing Your Childs Asthma & Urgent Care Services. The group had several social outings including ten pin bowling, a brewery trip, a canal boat trip, afternoon tea, pantomime with the end of year celebration which was extremely well attended held at the Coach and Horses.

Future Plans

Continue to deliver support and other core activities including exercise, engagement and regular meetings

Establish virtual evening meetings for members.

Establish a befriending service.

Continue identifying and applying for suitable funding streams

Financial Review

Overview

The Group's financial outturn for the year ending 31st January 2024 was £25,259 (2023 - £27,263) of which restricted income is £16,616 (2023-16,791). The main source of Funding was the restricted grant from the London Borough of Hounslow of £11,480 received in August 2023 and used primarily to cover its program of exercise classes. Total expenditure in year spend was £27,124 (2023 - £27,202), resulting in a surplus of £17,715 (2023 - £19,580). The Group utilised its restricted reserves to support delivery of the exercise classes due to a change in the timing of its grant applications.

The Trustee's will continue to apply for grants to support delivery of its services. The Group have reached an agreement with London Borough of Hounslow to run a trial series of exercise classes at two venues within the Borough.

Grants

During the year the Group received grants of:-

London Borough of Hounslow	£11,480
Age UK	£1,300
Inspire Hounslow	£1,000

Reserves

The Groups unrestricted reserves at the end of the year were £247 (2023 £466). The Group's reserve policy is to maintain sufficient funds equal to 12 (twelve) months unrestricted expenditure. It is expected that the Group will achieve this within the next two years.

Investment policy

The Trustees' continually monitor the Groups cashflow and any surplus funds, at any given time, are placed in a deposit account.

Risk policy

The Trustees' continually monitor all risks and maintain and update its risk register annually.

Structure, Governance and Management

Structure

The Group is registered as a CIO (Charitable Incorporated Organisation) with the Charity Commission of England and Wales. Its charitable status was granted on 15 January 2020.

Trusteeship

The Group has to have a minimum of 3 (three) Trustees and a maximum of 8 (eight) Trustees appointed by its membership in accordance with its Constitution.

The persons who served as Trustees during the year were:

Name	Date Appointed	Date Resigned
Roger Smith	25 March 2021	
Linda Jacqueline Burton	25 March 2021	16 March 2023
Angela Susan Smith	25 March 2021	
Margaret Sara-Jane Medici	27 October 2021	
Carolyn Sellick	24 February 2023	14 July 2023
Deborah Penta Gomez	25 March 2023	21 July 2023
Savio Rodrigues	25 March 2023	
Florah Mugwanya	20 July 2023	31 December 2023
Garima Arora	21 November 2023	

Staffing (all volunteers)

Tresia Lewis PA to the Trustees, Yuki Yoshimatsu Respiratory Advisor,

Lucia Pincott Finance Officer, Magdalena Lipinska Executive Assistant to the Chair

Siddarth Kapoor, Bunmi Anifowose, Olalekan Oshodi all Project Managers/ Business Analysts.

Charity Assets

An Asset Register is maintained by the Trustees.

Signed on behalf of the charity's Trustees:

Signature: *Roger Smith*

Full Name: Roger Smith

Position: Chair of Trustees

Date: 2 April 2024

Chairs Report

The Group has had another successful year and membership has grown to 93 excluding Honorary members which is an increase on last year of 30. Whilst not the explosive increase, we experienced last year nevertheless progress is being achieved. The increase in members together with the increases in attendance at both the exercise classes and the social events is very encouraging as these components are an essential component of members general health and wellbeing.

We've had a couple of requests during the year (a) chair-based yoga sessions and (b) establish a 4th exercise class and we are working hard with, hopefully, establishing these during the first 6 months of next financial year.

During the year the Group will continue to collaborate with London Borough of Hounslow and co-chair their Disability, Age & Equality Network. The Group was heavily involved in the planning and delivery of the International Day of People with Disabilities event which was held at Feltham Assembly Hall last December.

On reflecting on everything that has happened during the year the most significant highlight has got to be the setting up of the singing group, The Wheezers, who after only 9 sessions took part in a carol service. Fantastic.

Huge welcome to Christopher Durkin and Gillian Stafford for taking on the role of ambassadors to the Group.

With many thanks to all the Trustees and volunteers for their magnificent support throughout the year.

Roger Smith

You're not alone.

HOUNSLOW BOROUGH RESPIRATORY SUPPORT GROUP

CHARITABLE INCORPORATED ORGANISATION REG NO: 1187387

Balance Sheet *for the 12 months ending 31 January 2024*

	Notes	2023-24 £	2022-23 £
Current Assets			
Debtors		325.37	195.00
Cash at bank		380.84	1,412.11
Deposit Account		18,349.46	19,535.74
Cash in hand		14.40	0.00
Total Current Assets		19,070.07	21,142.85
Creditors: amounts falling due in one year		1,355.00	1,562.50
Net Current Assets/(Liabilities)		17,715.07	19,580.35
Transfers between Funds		0.00	0.00
Net Movement in Funds		17,715.07	19,580.35
FUNDS OF THE CHARITY			
Unrestricted Funds		247.49	466.73
Restricted Funds	1	17,467.58	19,113.62
		17,715.07	19,580.35
Notes: 1			
Website Fund		5.63	21.12
Gym Fund - LBH		940.74	1,512.02
Gym Fund - HBRSG		8,432.62	7,074.91
Exercise Support Fund		5,201.37	4,331.37
Travel Fund - LCF		0.00	2,044.89
HBRSG Social Fund		1,516.48	1,303.75
Members Liability Fund		128.00	128.00
Special Reserves Fund		255.44	255.44
Events Fund - External		0.00	1,086.74
Promotions Fund		692.93	744.91
Vlogging Grant		111.00	111.00
Late Peter Burton Fund		183.37	183.37
Equipment Fund		0.00	316.00
Total Restricted Funds		17,467.58	19,113.52
Restricted Funds analysis			
Hounslow Borough Respiratory Support Group		10,521.54	8,966.69
Other Restricted Funds		6,946.04	10,146.93
Total Restricted Funds		17,467.58	19,113.62

Signed by: Roger Smith
Hounslow Borough Respiratory Support Group

Date 2 April 2024

Signed by: Poonam Shah
Independent Examiner

Date 2 April 2024

HOUNSLOW BOROUGH RESPIRATORY SUPPORT GROUP

CHARITABLE INCORPORATED ORGANISATION REG NO: 1187387

Statement of Financial Activities for the 12 months ending 31 January 2024

	Unrestricted £	Restricted £	2023-24 Total £	2022-23 Total £
INCOMING RESOURCES				
Subscriptions Donations	2,145.00	0.00	2,145.00	1,435.00
Gift Aid	1.17	0.00	1.17	195.00
Gym Fees	3,860.00	0.00	3,860.00	4,290.00
Social Events	1,938.00	0.00	1,938.00	3,554.25
Donations	110.70	0.00	110.70	533.08
Grants - unrestricted	0.00	0.00	0.00	1,710.00
LBH Grant	0.00	11,480.00	11,480.00	0.00
Gym Grant Fund - HBRSG	0.00	3,284.89	3,284.89	8,518.50
Exercise Support Fund	0.00	1,000.00	1,000.00	1,000.00
Social Fund - HBRSG	0.00	851.73	851.73	1,086.74
Promotions Fund	0.00	0.00	0.00	3,333.00
Late Peter Burton Fund	0.00	0.00	0.00	50.00
Vlogging Fund	0.00	0.00	0.00	1,499.00
Other	587.45	0.00	587.45	58.87
Total Incoming Resources	8,642.32	16,616.62	25,258.94	27,263.44
RESOURCES EXPENDED				
Room Hire	470.00	0.00	470.00	280.00
Social Events	1,561.88	0.00	1,561.88	2,907.83
Insurance	470.64	0.00	470.64	372.09
Publicity/Media	481.00	0.00	481.00	946.43
Equipment	1,480.00	0.00	1,480.00	0.00
Consultancy	0.00	0.00	0.00	971.25
Website Fund	0.00	15.59	15.59	15.59
LBH Grant Fund	0.00	10,539.26	10,539.26	0.00
Gym Grant Fund - HBRSG	0.00	7,359.20	7,359.20	15,879.98
Exercise Support Fund	0.00	130.00	130.00	0.00
Social Fund - HBRSG	0.00	639.00	639.00	0.00
Travel Fund	0.00	1,984.89	1,984.89	205.11
Social Events Fund	0.00	1,086.74	1,086.74	0.00
Promotions Fund	0.00	51.98	51.98	2,588.09
Late Peter Burton Fund	0.00	0.00	0.00	240.00
Vlogging Fund	0.00	0.00	0.00	1,388.00
Equipment Fund	0.00	316.00	316.00	0.00
Other	538.04	0.00	538.04	1,407.87
Total Resources Expended	5,001.56	22,122.66	27,124.22	27,202.24
Net Incoming/(outgoing) resources	3,640.76	(5,506.04)	(1,865.28)	61.20
Total Funds brought forward	466.73	19,113.62	19,580.35	19,519.15
Total funds	4,107.49	13,607.58	17,715.07	19,580.35
Transfers between Funds	(3,860.00)	3,860.00	0.00	0.00
Net Funds carried forward	247.49	17,467.58	17,715.07	19,580.35

Independent Examiner's Report

Report to the trustees/ members of

The Hounslow Borough Respiratory Support Group

Accounts for the year ended

31st January 2024

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 and I believe:

- the accounts accurately reflect the Charity's financial performance and position for the period 1st February 2023 to 31st January 2024.
- the accounts did accord with the accounting records provided.

I have no concerns and 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.

Name: **Poonam Shah ACMA CGMA**

Signed: Poonam Shah

Date: 2 April 2024

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