

JUST BREATHE

England & Wales · Charity number 1191470

Details

Status Registered

Legal form CIO

Registered 2020-09-25

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

Contact

Address 21 Harrow Avenue
Oldham
OL8 4HY

Phone 07846513919

Email afruz@hotmail.co.uk

Website www.letsjustbreathe.org

Activities

Objects: TO PRESERVE AND PROTECT THE GOOD HEALTH OF PEOPLE WHO SUFFER FORM OBESITY LIVING IN THE UK AND ABROAD BY PROVIDING FITNESS PROGRAMMES A RUNNING GROUP, A WALKING GROUP,HEALTHY EATING PROGRAMMES AND INFORMATION AND ADVICE TO HELP PEOPLE IMPROVE THEIR HEALTH.

Activities: Our main activities are to deliver fitness and health and wellbeing activities to benefit the people of Oldham

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£0	£0	-
2024-03-31		£0	£0	-
2023-03-31		£0	£0	-
2022-03-31		£0	£0	-
2021-03-31		£0	£0	-

Trustees

Name	Role	Appointed
afroz miah	Chair	2020-06-01
Laura Booth		2020-06-01
Muhammad Abdul Mannan		2020-06-01

JUST BREATHE

England & Wales - Charity number 1191470

Accounts

12/01/2026 Charity Name: Just Breathe Charity Number: 1191470 Financial Year 31 March 2025
Ref: AR25-CIO-REM-10e - 1191470-E To whom it may concern, We haven't been operating since
the start as COVID kicked in and we are in the process of dissolving it- hopefully this year as
everybody is busy with everything and there has been no progress due to pandemic and
personal circumstances and priorities. To date we haven't even set up a bank account and our
activities have been zero Kind regards Afruz Miah On behalf of the trustees

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JUST BREATHE

England & Wales - Charity number 1191470

Accounts

29/01/2025

Charity Name: Just Breathe

Charity Number: 1191470

Financial Year 31 March 2024

Ref: AR24-CIO-REM-10f- 1191470-F

To whom it may concern,

We haven't been operating since the start as COVID kicked in and we are in the process of dissolving it- hopefully this year as everybody is busy with everything and there has been no progress due to pandemic and personal circumstances and priorities. To date we haven't even set up a bank account and our activities have been zero

Kind regards

Afruz Miah

On behalf of the trustees

JUST BREATHE

England & Wales - Charity number 1191470

Accounts

4/02/2023

Just Breathe

Charity Number : 1191470

Registration in September 2020

Trustee report end of year 2022

We still haven't been able to carry out any of our projects and activities as a charity and to date we still haven't opened a bank account for the charity and to date our income/ expenditure have been zero.

We are trying to see if we can carry on as a active charity or to dissolve it as it's not going anywhere at the moment.

A decision will be made very soon but is looking like to be the later.

Kind regards

Trustees of Just Breathe

Mohammed Afruz Miah

Mohammed Abdul Mannan

Laura Booth

Saifur Rahman

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England & Wales - Charity number 1191470

Accounts

01/02/2023

Just Breathe

Charity Number : 1191470

Registration in September 2020

Trustee report end of year 2021

Since we have been registered as a charity unfortunately we haven't been able to carry out any activities due to personal circumstances and the fact we registered during covid hasn't helped matters.

We haven't as yet opened a bank account for the charity and to date our income/ expenditure have been zero.

We are contemplating whether we can carry on as a active charity or to dissolve it as it's not going anywhere at the moment.

A decision will be made soon and hopefully we will keep you updated.

Kind regards

Trustees of Just Breathe

Mohammed Afruz Miah

Mohammed Abdul Mannan

Laura Booth

Saifur Rahman