

# Charity Commission Annual Return 2024-25

**BREATHE ON**

Charity registration number: 1200377

**Most of the information you give in this form will become publicly available on the Register of Charities. Any field that the Charity Commission will not display will be clearly marked.**

**This document is a record of the information provided in the Annual Return 2024.**

## Financial period

**Financial period start date**

01/04/2024

**Financial period end date**

31/03/2025

## Income and spending

**Income £**

£1,000

**Spending £**

£1,000

## Number of contracts from government

How many contracts (other than grant agreements) did your charity receive from central government or a local authority during the financial period for this return?

0

## Number of grants from government

How many grants did your charity receive from central government or a local authority during the financial period for this return?

0

## Income breakdown

Donations and legacies (excluding Endowments Received)

£1,000

Charitable activities

£0

Other trading activities

£0

Investments

£0

Other

£0

## Recipients of grants

Please round all figures to the nearest pound (do not enter decimal points or commas).Individuals

Our founder is holding a grant of £5000 donated from her mother's eatate

### Other charities

£0

### Other organisations that are not charities

£0

## Trustee payments

Excluding out of pocket expenses, for what were any of the trustees paid during the financial period for this return?

☒ e. None of the trustees have been paid

Did any of the trustees resign and take up employment with your charity in the financial period of this return?

No

## Income from outside the UK

Did your charity receive income from outside of the United Kingdom in the financial period of this return?

No

## Delivering activities outside the United Kingdom

Did your charity deliver charitable activities outside of the United Kingdom in the financial period of this return?

No

## Spending outside England & Wales

Did your charity spend funds outside of the United Kingdom in the financial period of this return?

No

## Trading subsidiaries

Does the charity have any trading subsidiaries?

No

## Charity contact details correct

Is the contact address displayed from the Register of Charities, correct?

Yes

## Charity headquarters details correct

Is this the same address that you use as your charity's administrative headquarters?

Yes

## Charity contact address

317 Lyham Road

LONDON

SW2 5NS

## Charity Headquarters address

317 Lyham Road

LONDON SW2 5NS

Our founder is currently establishing an office for meetings at her home address in Sturminster Newton, Dorset

## Membership type

**Is your charity part of a wider group structure with a parent body and subsidiary bodies?**

no, the charity is not part of a wider group structure

## Employment contract types

**People were permanently employed by your charity**

0

**People were on fixed-terms contracts with your charity**

0

**Self-employed people were working for your charity**

0

## Governance policies

**Internal charity financial controls policy and procedures**

Yes

**Safeguarding policy and procedures**

Yes

**Financial reserves policy and procedures**

Yes

**Complaints policy and procedures**

Yes

**Serious incident reporting policy and procedures**

Yes

**Internal risk management policy and procedures**

Yes

**Trustee expenses policy and procedures**

Yes

**Trustee conflicts of interest policy and procedures****Investing charity funds policy and procedures****Campaigns and political activity policy and procedures****Bullying and harassment policy and procedures****Social media policy and procedures****Engaging external speakers at charity events policy and procedures****Safeguarding**

**Has your charity provided services to children and/or adults at risk in the financial period of the return?**

**External risk and impact****Donations,****Other income - grants****Other income - contracts****Other income - investment**

**Expenditure on charitable activities**

No Change/Not Applicable

**Expenditure on overheads**

£1000

**Number of volunteers**

8

**Number of employees**

Not Applicable

**Number of trustees**

4

**Fundraising activities**

Not Applicable,

**Capacity to deliver services**

We are sustainable as a non- profit organisation

**Total service demand**

Unknown

**Volunteers**

Excluding trustees, provide an estimate of the number of volunteers who carried out charitable activities on behalf of your charity in the United Kingdom during the financial period of this return?

8

**Privacy statement**

Any information you give us will be held securely and processed only in accordance with the rule on data protection. We will not disclose your personal details to anyone unconnected to the Charity Commission unless:

- you have consented to their release; or

- we are legally obliged to disclose them; or
- we regard disclosure as either (a) necessary so that we can properly carry out our statutory functions or (b) necessary in the public interest.

We may share and disclose information about you with relevant public authorities, regulatory bodies and agencies, outside the Charity Commission but only if:

- we can lawfully do so; and
- we decide that disclosure is necessary for national security, crime detection, prevention, and law enforcement, or other issues in the public interest

**Information we collect about you**

**We will use this information:**

**To enable us to carry out our statutory functions and duties;**

**This will include the following actions:**

- ( a) update, consolidate, and improve the accuracy of our records;
- (b) undertake crime detection and prevention and law enforcement and assist the third parties specified above to investigate or prevent crime and carry out law enforcement;
- ( c) data analysis, testing, research, statistical and survey purposes

**Information we receive from other sources.**

**Information we receive from other sources**

**We may combine this information with information you give to us and information we collect about you.**

**We may use this information and the combined information for the purposes set out above (depending on the types of information we receive).**

**We will ensure that any such disclosure and use is proportionate; considers your right to respect for your private life; and is done fairly and lawfully in accordance with the data protection principles of the Data Protection Act.**

**The Data Protection Act 1998 regulates the use of 'personal data', which is essentially any information, however stored, about identifiable living individuals.**

**As a 'data controller' under the Act, the Charity Commission must comply with it. Any changes we may make to our privacy statement in the future will be set out in the replacement version of this form.**

Please check back frequently to see any updates or changes to our privacy policy.

## Declaration

Your role at the charity (select one):



Trustee

Given names

Edward Stuart

Family name

Rowe

Telephone  
number

07951557466

Email

stuart.rowe10@btinternet.com

Date submitted

31/01/2025

It is a criminal offence under section 60 of the Charities Act 2011 for anyone to knowingly or recklessly provide false or misleading information to the commission; this includes suppressing, concealing or destroying documents.

| X                                                                            | Start-up              |                |             |         | Year 1           | Year 1                                                              | Year 1                                             | Year 2                                         |
|------------------------------------------------------------------------------|-----------------------|----------------|-------------|---------|------------------|---------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------|
| Projected Equivalent Costs of volunteers if directly employed by the Charity | Estimated Hourly rate | Hours per week | Weekly Rate | Monthly | Annualised Value | Add 20% to salaries for Training, Annual Leave & National Insurance | Accrued as volunteer contributions in 2024/05 year | Forecast Including 3% to account for Inflation |
| Projected Equivalent Costs of volunteers if directly employed by the Charity |                       |                |             |         |                  |                                                                     |                                                    |                                                |
| Chair                                                                        | £45                   | 15             | £675        | 12      | £8,100.00        | £9,720                                                              | £9,720                                             | £10,012                                        |
| CEO                                                                          | £45                   | 20             | £900        | 12      | £10,800.00       | £12,960                                                             | £12,960                                            | £13,349                                        |
| Clinical Lead                                                                | £80                   | 10             | £800        | 12      | £9,600.00        | £11,520                                                             | £11,520                                            | £11,866                                        |
| Founder / Patient Experience                                                 | £40                   | 30             | £1,200      | 12      | £14,400          | £17,280                                                             | £17,280                                            | £17,798                                        |
| Director of Operations                                                       | £40                   | 30             | £1,200      | 12      | £14,400          | £17,280                                                             | £17,280                                            | £17,798                                        |
| Director of Communications                                                   | £40                   | 20             | £800        | 12      | £9,600           | £11,520                                                             | Vacant                                             | £11,866                                        |
| Finance Director/ Adviser to the Board                                       | £40                   | 8              | £320        | 12      | £3,840           | £4,608                                                              | Vacant                                             | £4,746                                         |
| Board Secretary                                                              | £35                   | 8              | £280        | 12      | £3,360           | £4,032                                                              | Vacant                                             | £4,153                                         |
| Marketing Director                                                           | £35                   | 8              | £280        | 12      | £3,360           | £4,032                                                              | Vacant                                             | £4,153                                         |
| External Legal Advice                                                        | £100                  | 5              | £500        | 12      | £6,000           | £7,200                                                              | Vacant                                             | £7,416                                         |
| External Medical Professional Advice                                         | £100                  | 5              | £500        | 12      | £6,000           | £7,200                                                              | Vacant                                             | £7,416                                         |
| HR Admin                                                                     | £20                   | 5              | £100        | 12      | £1,200           | £1,440                                                              | Vacant                                             | £1,483                                         |
| Recruitment                                                                  | £20                   | 5              | £100        | 12      | £1,200           | £1,440                                                              | Vacant                                             | £1,483                                         |
| Fundraising                                                                  | £20                   | 5              | £100        | 12      | £1,200           | £1,440                                                              | Vacant                                             | £1,483                                         |
| Engagement Co-ordinator/ Networking leads                                    | £35                   | 5              | £175        | 12      | £2,100           | £2,520                                                              | Vacant                                             | £2,596                                         |
| Website Technical support                                                    | £35                   | 5              | £175        | 12      | £2,100           | £2,520                                                              | Vacant                                             | £2,596                                         |
| <b>Sub Total</b>                                                             |                       |                |             |         | <b>£97,260</b>   | <b>£116,712</b>                                                     | <b>£68,760</b>                                     | <b>£120,213</b>                                |

#### Externally Sponsored Posts projected to be Hosted in Local Providers

|                                                                                                                                                                      |     |           |                |    |                |                |                |                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----------|----------------|----|----------------|----------------|----------------|-----------------|
| Community Engagement / Networking leads hosted in ICBs                                                                                                               | £30 | 20        | £600           | 12 | £7,200         | £8,640         | £8,640         | £53,395         |
| Clinical Specialists - Aim is to have a nominated Long COVID 19 Specialist in Every Integrated Care Board within 5 years (n.b. adding 3 additional places each year) | £35 | 37.5      | £1,313         | 12 | £15,750        | £18,900        | £18,900        | £58,401         |
| PHD Sponsorship (n.b. adding 3 additional places each year)                                                                                                          | £35 | 30        | £1,050         | 12 | £12,600        | £15,120        | £15,120        | £45,814         |
| <b>Sub Total</b>                                                                                                                                                     |     | <b>88</b> | <b>£11,068</b> |    | <b>£35,550</b> | <b>£42,660</b> | <b>£42,660</b> | <b>£157,610</b> |

| Summary |  |  |  |  | Year 1 | Year 1 | Year 1 | Year 2 |
|---------|--|--|--|--|--------|--------|--------|--------|
|---------|--|--|--|--|--------|--------|--------|--------|

| Total / Projected External Sources of Income Accrued |  |  |  |  |                |                   |                                       |                   |
|------------------------------------------------------|--|--|--|--|----------------|-------------------|---------------------------------------|-------------------|
| Future Projected income from external donations      |  |  |  |  | £11,068        | £11,067.50        | Provided without charge by volunteers | £68,397           |
| Future Projected income from online donations        |  |  |  |  | £1,500         | £1,500.00         | Provided without charge by volunteers | £9,270            |
| <b>Sub Total</b>                                     |  |  |  |  | <b>£12,568</b> | <b>£12,567.50</b> |                                       | <b>£77,667.15</b> |

| x                                                                                                                                                                    |        | Year 3                                         |        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------|--------|
| Projected Equivalent Costs of volunteers if directly employed by the Charity                                                                                         | Actual | Forecast Including 3% to account for Inflation | Actual |
| Projected Equivalent Costs of volunteers if directly employed by                                                                                                     |        |                                                |        |
| Chair                                                                                                                                                                |        | £10,312                                        |        |
| CEO                                                                                                                                                                  |        | £13,749                                        |        |
| Clinical Lead                                                                                                                                                        |        | £12,222                                        |        |
| Founder / Patient Experience                                                                                                                                         |        | £18,332                                        |        |
| Director of Operations                                                                                                                                               |        | £18,332                                        |        |
| Director of Communications                                                                                                                                           |        | £12,222                                        |        |
| Finance Director/ Adviser to the Board                                                                                                                               |        | £4,889                                         |        |
| Board Secretary                                                                                                                                                      |        | £4,278                                         |        |
| Marketing Director                                                                                                                                                   |        | £4,278                                         |        |
| External Legal Advice                                                                                                                                                |        | £7,638                                         |        |
| External Medical Professional Advice                                                                                                                                 |        | £7,638                                         |        |
| HR Admin                                                                                                                                                             |        | £1,528                                         |        |
| Recruitment                                                                                                                                                          |        | £1,528                                         |        |
| Fundraising                                                                                                                                                          |        | £1,528                                         |        |
| Engagement Co-ordinator/ Networking leads                                                                                                                            |        | £2,673                                         |        |
| Website Technical support                                                                                                                                            |        | £2,673                                         |        |
| Sub Total                                                                                                                                                            |        | £123,820                                       |        |
| Externally Sponsored Posts projected to be Hosted in Local Prov                                                                                                      |        |                                                |        |
| Community Engagement / Networking leads hosted in ICBs                                                                                                               |        | £321,973                                       |        |
| Clinical Specialists - Aim is to have a nominated Long COVID 19 Specialist in Every Integrated Care Board within 5 years (n.b. adding 3 additional places each year) |        | £116,802                                       |        |
| PHD Sponsorship (n.b. adding 3 additional places each year)                                                                                                          |        | £137,441                                       |        |
| Sub Total                                                                                                                                                            |        | £576,216                                       |        |
| Summary                                                                                                                                                              |        | Year 3                                         |        |
|                                                                                                                                                                      |        |                                                |        |
|                                                                                                                                                                      |        |                                                |        |
| Future Projected income from external donations                                                                                                                      |        | £410,383                                       |        |
| Future Projected income from online donations                                                                                                                        |        | £55,620                                        |        |
| Sub Total                                                                                                                                                            |        | £466,003                                       |        |

x

| Breathe On 3 Year Finance Projection 1st Draft 2024/25 to 2027/28                                                                                    | Start-up          |     |        |                               | Year 1               | Year 1                                                              | Year 1             | Year 2                                         | Year 2 | Year 3                                         | Year 3 |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----|--------|-------------------------------|----------------------|---------------------------------------------------------------------|--------------------|------------------------------------------------|--------|------------------------------------------------|--------|
| Expenditure Projections                                                                                                                              | Forecast          |     |        | Multiplication Factor         | 2024 / 2025 Forecast | Add 20% to salaries for Training, Annual Leave & National Insurance | Accrued in 2024/25 | Forecast Including 3% to account for Inflation | Actual | Forecast Including 3% to account for Inflation | Actual |
| Projected Expenditure on ICB hosted posts                                                                                                            |                   |     |        |                               |                      |                                                                     |                    |                                                |        |                                                |        |
| Community Engagement / Networking leads hosted in ICBs                                                                                               | £30               | £20 | £600   | £12                           | £7,200               | £8,640                                                              | £8,640             | £53,395                                        | £0     | £321,973                                       |        |
| External Sponsorship of ICB Clinical SpecialistsPosts                                                                                                | £35               | £38 | £1,313 | £12                           | £15,750              | £18,900                                                             | £18,900            | £58,401                                        | £0     | £116,802                                       |        |
| PHD Sponsorship (n.b. adding 3 additional places each year)                                                                                          | £35               | £30 | £1,050 | £12                           | £12,600              | £15,120                                                             | £15,120            | £45,814                                        | £0     | £137,441                                       |        |
| Sub Total                                                                                                                                            | £100              | £88 | £2,963 | 36                            | £35,550              | £42,660                                                             | £42,660            | £157,610                                       |        | £576,216                                       |        |
| Projected Total Staff Cost Equivalent of Volunteers contribution                                                                                     | £97,260           |     |        | Annualised                    | £97,260              | £116,712                                                            | £140,054           | £140,054                                       | £0     | £168,065                                       |        |
| Sub Total                                                                                                                                            | £97,260           | £0  | £0     | £0                            | £97,260              | £116,712                                                            | £140,054           | £140,054                                       | £0     | £168,065                                       |        |
| Annual Website Registrations                                                                                                                         |                   |     |        |                               |                      |                                                                     |                    |                                                |        |                                                |        |
| Wordpress Hosting annual fees 1                                                                                                                      | £86               |     |        | Annual                        | £86                  |                                                                     | £86                | £89                                            |        | £91                                            |        |
| Wordpress Hosting annual fees 2                                                                                                                      | £86               |     |        | Annual                        | £86                  |                                                                     |                    | £0                                             |        | £0                                             |        |
| Annual Website Domain Registrations                                                                                                                  |                   |     |        |                               |                      |                                                                     | £0                 | £0                                             |        | £0                                             |        |
| BreatheOn.co.uk                                                                                                                                      | £45               |     |        | Annual                        | £45                  |                                                                     | £45                | £46                                            |        | £48                                            |        |
| <a href="https://breatheon.uk/news/">https://breatheon.uk/news/</a>                                                                                  | £45               |     |        | Annual                        | £45                  |                                                                     | £45                | £46                                            |        | £48                                            |        |
| Sub Total                                                                                                                                            | £262              |     |        |                               | £262                 |                                                                     | £262               | £270                                           |        | £278                                           |        |
| Telephone & Broadband                                                                                                                                |                   |     |        |                               |                      |                                                                     |                    |                                                |        |                                                |        |
| (Assumption that the charity will aspire to meet 50% of costs if donations are available)                                                            | 50 % monthly rate |     |        | Annual                        |                      |                                                                     |                    |                                                |        | £0                                             |        |
| Broadband Trustee 1 33 % monthly rate                                                                                                                | £22               |     |        | £264                          | £264                 |                                                                     |                    | £272                                           |        | £272                                           |        |
| Broadband Trustee 2 3 % monthly rate                                                                                                                 | £22               |     |        | £264                          | £264                 |                                                                     |                    | £272                                           |        | £272                                           |        |
| Broadband Trustee 3 50 % monthly rate                                                                                                                | £22               |     |        | £264                          | £264                 |                                                                     |                    | £272                                           |        | £272                                           |        |
| Broadband Trustee 4 50 % monthly rate                                                                                                                | £22               |     |        | £264                          | £264                 |                                                                     |                    | £272                                           |        | £272                                           |        |
| Broadband Trustee 5 50 % monthly rate                                                                                                                | £22               |     |        | £264                          | £264                 |                                                                     |                    | £272                                           |        | £272                                           |        |
| Broadband Core Admin Fees Paid to BT Business Account                                                                                                | £44               |     |        | £528                          | £528                 |                                                                     | £264               | £272                                           |        | £272                                           |        |
| Sub Total                                                                                                                                            |                   |     |        | £1,848                        | £1,848               |                                                                     |                    | £1,903                                         |        | £1,903                                         |        |
| (Assumption that the charity will be provided by volunteers, n.b. the charity proposes to meet 100% of costs if and when donations become available) |                   |     |        | Annual                        |                      |                                                                     |                    |                                                |        | £0                                             |        |
| Printing, post & stationery                                                                                                                          | £0                |     |        | 0                             | £0                   |                                                                     |                    | £0                                             |        | £0                                             |        |
| Advertising & promotion                                                                                                                              | £0                |     |        | 0                             | £0                   |                                                                     |                    | £0                                             |        | £0                                             |        |
| Bank charges Monthly rate                                                                                                                            | £100              |     |        | 1,200                         | £1,200               |                                                                     | £100               | £1,236                                         |        | £1,236                                         |        |
| Professional fees                                                                                                                                    | £0                |     |        | 0                             | £0                   |                                                                     |                    | £0                                             |        | £0                                             |        |
| Insurances                                                                                                                                           | £60               |     |        | 720                           | £720                 |                                                                     |                    | £742                                           |        | £742                                           |        |
| Travel                                                                                                                                               | £100              |     |        | 1,200                         | £1,200               |                                                                     | £1,200             | £1,236                                         |        | £1,236                                         |        |
| Payments relating to variable costs                                                                                                                  | £0                |     |        | 0                             | £0                   |                                                                     |                    | £0                                             |        | £0                                             |        |
| Sub Total                                                                                                                                            | £260              |     |        |                               | £3,120               |                                                                     |                    | £3,214                                         |        | £3,214                                         |        |
| Sub Total                                                                                                                                            | £520              | £0  | £0     | £3,120                        | £6,240               | £0                                                                  | £1,300             | £6,427                                         | £0     | £6,427                                         |        |
| Capital Expenditure                                                                                                                                  |                   |     |        |                               |                      |                                                                     |                    |                                                |        |                                                |        |
| (Assumption that the charity will meet 50% of Capital costs written off over 4 years )                                                               |                   |     |        | Divide by 4 / years write off |                      |                                                                     |                    |                                                |        |                                                |        |
| Broadband Trustee 1 PC & peripherals                                                                                                                 | £1,000            |     |        | £250                          | £250.00              |                                                                     | £250               | £258                                           |        | £258                                           |        |
| Broadband Trustee 2 PC & peripherals                                                                                                                 | £1,000            |     |        | £250                          | £250.00              |                                                                     | £250               | £258                                           |        | £258                                           |        |
| Broadband Trustee 3 PC & peripherals                                                                                                                 | £1,000            |     |        | £250                          | £250.00              |                                                                     | £250               | £258                                           |        | £258                                           |        |
| Broadband Trustee 4 PC & peripherals                                                                                                                 | £1,000            |     |        | £250                          | £250.00              |                                                                     | £250               | £258                                           |        | £258                                           |        |
| Broadband Trustee 5 PC & peripherals                                                                                                                 | £1,000            |     |        | £250                          | £250.00              |                                                                     | £250               | £258                                           |        | £258                                           |        |
| Broadband Admin 50 %                                                                                                                                 | £1,000            |     |        | £250                          | £250.00              |                                                                     | £250               | £258                                           |        | £258                                           |        |
| Sub Total                                                                                                                                            | £6,000            |     |        | £1,500                        | £1,500               |                                                                     | £1,500             | £1,545                                         |        | £1,545                                         |        |
| Total Expenditure                                                                                                                                    | £6,882            | £88 | £2,963 | £6,504                        | £142,660             | £159,372                                                            | £185,776           | £307,810                                       | £0     | £754,435                                       |        |