



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period from

Period start date **1st April 2025**
Period end date **31st March 2026**

Charity name: **Breathe On**

Charity registration number: **1200377**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	We are a charity for Long Covid who provide: • Patient advocacy • Providing online resources to direct patients to appropriate health services • Designing & creating a shared knowledge hub for people (and family/carers) living well with Long COVID • Our mission is to be an honest broker in the provision of decision support information on living well with Long Covid, for all ages.
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	(a) To collate and share evidence-based best practice information on living well with Long COVID with affected families, representatives and carers in the Dorset area (b) To advocate for and encourage the local regional and national development of multi-agency integrated care pathways for long Covid (c) To facilitate clear communication between sufferers of Long COVID and their families, carers, medical professionals and all parties involved in health and social care sectors (d) To build effective partnerships with public, private, voluntary and community organisations to deliver co-ordinated services.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees endorse the guidance issued by the Charity Commission https://www.gov.uk/guidance/public-benefit-rules-for-charities

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	Contributions are primarily made through voluntary participation to weekly Zoom Calls, monthly board meetings and bi annual face to face meetings.
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	The main achievements of the charity during 2025-06 have been • Establishing & maintaining the website providing free online access to the most recent and reliable evidence-based advice on living well with Long COVID • Establishing the office hub in Dorset that will be used for engaging with patients, their families, representatives and carers • Developing partnerships with public, private & voluntary organisations involved with long covid • Assisting in the design of clinical definitions for each stage of the Long Covid care pathway

Additional information (optional)

You may choose to include further statements where relevant about:

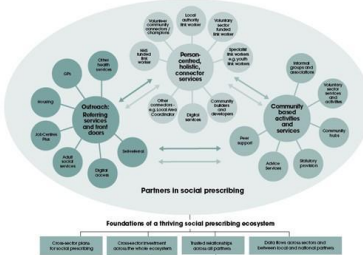
Achievements against objectives set	Para 1.41	• Online Patient advocacy • Collating and making freely accessible online resources to direct patients to appropriate health services • Creating a shared knowledge hub on the website on living well with Long COVID
Performance of fundraising activities against objectives set	Para 1.41	The charity has focussed on establishing it's governance structures and processes and internet presence during 2025/26 with a view to commencing fundraising opportunities in the latter half of 2026/07.
Investment performance against objectives	Para 1.41	Investment of £1000 received from the estate of Edna May Conning contributed to the registration of 2 website domains, website hosting and design and maintenance of a BT Business account, desktop computer and mobile phones.
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Day to day running costs of the Breatheon.co.uk website hosting and domain registration are currently met by the Chair & CEO. Trustees and volunteers contribute their own personal time using their own IT infrastructure to enable participation in the weekly Zoom meeting calls and regional meetings.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Reserves are currently being held in the CAF account and by a dedicated account for the charity by the founder to enable the charity to proceed with an application for Associated Charity Status planned for the Autumn of 2024
Amount of reserves held	Para 1.22	£200 held in the Breathe On CAF account plus £5,000 grant being held on account by the founder.
Reasons for holding zero reserves	Para 1.22	Due to the politically unstable environment the board decided to maintain a minimum financial risk, voluntary and not for profit status during 2025-26.
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	Trustees and volunteers are committed to continue to contribute their personal time and IT maintenance to enable participation in the weekly Zoom calls and regional meetings. This arrangement is reviewed on an annual basis.

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	The charity currently secures its funding sources via Trustees and volunteers. We have chosen not to seek or accept external donations while we build our capacity governance and resilience, pending our planned submission for Associated Charity status in the 2nd half of 2026-27.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	The principle risks to the charity are: Political – Cultural resistance to recognising Long Covid as a condition Environmental – Regional dispersity Social – Workforce recruitment & retention Technical – securing support via the online non profit networks
Other		

Structure, Governance and Management

Description of charity's trusts:		Breathe On
Type of governing document (trust deed , royal charter)	Para 1.25	Foundation Charity
How is the charity constituted? (e.g. unincorporated association , CIO)	Para 1.25	CIO
* <u>Trustee selection methods</u> 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	Job Adverts via Reach Invites through websites & by email Interviews on Zoom CV's

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	Included in all job descriptions as a default
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Westminster Health Forum Microsoft Non-Profit Network Linkedin NHS Commissioner and Provider Networks The Long Covid Support Group Long Covid Kids
Relationship with any related parties	Para 1.51	During 2023/04 we signed up to a mutually supportive, non-financial arrangement with Responsum to secure free access to their Long Covid App for residents in Dorset. We supported Responsum's bid to secure approval from Google. The app is available for free access on iPhone and Android phones.
Other		

Reference and Administrative details

Charity name	Breathe On
Other name the charity uses	N/A
Registered charity number	1200377
Charity's principal address	KNIGHTS COTTAGE, SACKMORE LANE, MARNHULL

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	Edward Stuart Rowe	Chair & Acting CEO	2021 to /2022 2022 to 2023 2023 to 2024 2024 to 2025 2025 to 2026	The Board
2	Victoria Townsend	Founder	2021 to /2022 2022 to 2023 2023 to 2024 2024 to 2025 2025 to 2026	The Board
3	Lance Forbat	Clinical Director	2021 to /2022 2022 to 2023 2023 to 2024 2024 to 2025 2025 to 2026	The Board
4	Moybul Ali	Director of Operations and HR.	2023 to 2024 2024 to 2025 2025 to 2026	The Board

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

Director name		
Edward Stuart Rowe	27.01.26	
Lance Forbat	27.01.26	
Victoria Townsend	27.01.26	
Moybul Ali	27.01.26	

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A	N/A	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Edward Stuart Rowe holds the registration of The Name of the Charity The Website Domain Name(s) and Website Hosting Registration with the Charity Commission
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Edward Stuart Rowe holds the registration of the CAF account
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Victoria Townsend holds a separate bank account for safe-holding of £5000 in reserves.

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)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	By email confirmation	
Full name(s)	Edward Stuart Rowe	
Position (eg Secretary, Chair, etc)	Chair & Acting CEO	
Date	27/01/2026	

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

Signed on behalf of the charity's trustees

Signature(s)	By email confirmation	
Full name(s)	Victoria Townsend	
Position (eg Secretary, Chair, etc)	Founder	
Date	27/01/2026	

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

Signed on behalf of the charity's trustees

Signature(s)	By email confirmation	
Full name(s)	Lance Forbat	
Position (eg Secretary, Chair, etc)	Clinical Director	
Date	27/01/2026	

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

Signed on behalf of the charity's trustees

Signature(s)	By email confirmation	
Full name(s)	Moybul Ali	
Position (eg Secretary, Chair, etc)	Director of Operations and HR	
Date	27/01/2026	

