

BREATHE EASY DARLINGTON

England & Wales · Charity number 1204360

Details

Status Registered

Legal form CIO

Registered 2023-08-15

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

Contact

Address Eastbourne Sports Complex
Bourne Avenue
Darlington
DL1 1LJ

Phone 07734993188

Email breatheeasydarlington@hotmail.com

Website breatheeasydarlington.org

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR THE PUBLIC BENEFIT TO PRESERVE AND PROTECT GOOD HEALTH AND RELIEVE THE NEEDS OF PEOPLE WHO ARE SUFFERING FROM RESPIRATORY DISEASES, AND THEIR FAMILIES AND CARERS, IN DARLINGTON AND SURROUNDING AREAS, IN PARTICULAR PROVIDING SUPPORT GROUPS WHICH PROVIDE INFORMATION, ADVICE AND ORGANISED ACTIVITIES WHICH PROMOTE A HEALTHIER LIFESTYLE.

Activities: Breathe Easy Darlington offers exercise classes and social activities to people within Darlington and surrounding areas who have a lung or respiratory condition.

Classification

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

Geography

- Darlington
- Durham
- Hartlepool
- Middlesbrough
- North Yorkshire
- Redcar And Cleveland
- Stockton-on-tees

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£18,062	£17,120	-	-

Trustees

Name	Role	Appointed
Gillian Thomson	Chair	2023-08-15
Ann McKenzie Boyd		2023-08-15
Louise Elizabeth Roberts		2023-08-15
Malcolm Dunstone		2023-08-15
Margaret Dodds		2023-08-15

BREATHE EASY DARLINGTON

England & Wales - Charity number 1204360

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	15 th	August	2023		31 st	December	2024

Section A Reference and administration details

Charity name

Breathe Easy Darlington

Other names charity is known by

Registered charity number (if any)

1204360

Charity's principal address

9 Carmel Court	
Nunnery Lane	
Darlington	
Postcode	DL3 9RB

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	Gillian Thomson	Co-Chair		
2	Louise Elizabeth Roberts	Co- Chair		
3	Ann McKenzie Boyd	Secretary		
4	Malcom Dunstone			
5	Margaret Dodds			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Elected by Charity Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of the CIO are for the public benefit to preserve and protect good health and relieve the needs of people who are suffering from respiratory diseases, and their families and carers, in Darlington and surrounding areas, in particular providing support groups which provide information, advice and organised activities which promote a healthier lifestyle.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The main activities undertaken for the public benefit of those suffering from respiratory conditions take the form of exercise classes which aid pulmonary re-habilitation, with a particular focus on breathing control, improving muscle strength and balance co-ordination which help to reduce symptoms of breathlessness and fatigue.

Social activities are also provided to promote positive mental health in a supportive environment to prevent isolation and loneliness which can often affect those who are chronically ill.

The charity's aim is to encourage and enable the opportunity to live well with respiratory ill health so that the public involved can join in a membership community dedicated to achieving a healthier lifestyle and better quality of life.

Trustees have regarded the guidance on public benefit and ensure through written communication in the form of leaflets and on the Breathe Easy Darlington website:

<https://www.breatheeasydarlington.org>

that the public are aware of:

- The charity's purpose and what it is set up to achieve
- How the charity's purpose is beneficial to them as a section of the public as defined in the objects of the charity
- How the trustees will carry out the charity's purpose for their public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Breathe Easy Darlington is run by volunteers, who in the main, have lived experience of respiratory disease, so that they understand and can connect well with their members' needs.

Volunteers help to organise and promote social events for members, fundraise for classes, write newsletters and keep their social media channels up to date, and organise relevant speakers for monthly meetings. They also attend regular committee meetings to feedback on any issues and discuss new developments.

As such, they make a vital contribution to the charity.

Summary of the main achievements of the charity during the year

In 2024 Breathe Easy Darlington marked their 15th year anniversary of operation and registered with the Charity Commission to help to promote a greater awareness of their charitable aims and activities.

The charity moved away from a self-funding model as it developed new activities like seated yoga, singing, and walking sports to provide more varied and frequent exercise classes to aid pulmonary rehabilitation for their members.

Charitable grants enabled them to achieve this shift in operations, as a result of which they have grown their membership and doubled the attendance at weekly classes, benefitting more of the public suffering from respiratory ill health in their area.

In recognition of their work, Breathe Easy Darlington was a finalist at the Darlington Borough Council Community Awards in November 2024, out of a total of 400 nominations.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity's policy is to keep six months of reserves at any one time on deposit

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Being able to access charitable grants throughout the year has allowed Breathe Easy Darlington to expand their offering and geographical reach, enabling more people to join in membership, supporting the charity's key objective of promoting a healthier lifestyle to members of the local public who suffer from respiratory disease.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s) A Boyd A. Boyd.

Full name(s) Ann McKenzie Boyd

Position (eg Secretary, Chair, etc) Secretary

Date 8th August 2025



Receipts and payments accounts

CC16a

For the period from	15th August 2023	To	31st Dec 2024
---------------------	------------------	----	---------------

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					
Grant Income	6,000	-	-	6,000	9,998
Grant Income Walking Sports, and premises hire all classes, and Xmas lunch		6,750	-	6,750	
Gift Aid	80	-	-	80	
Donations	4,348	-	-	4,348	1,183
Ticket sales and Raffles	867	-	-	867	1,514
Bank interest	17	-	-	17	9
Member subscriptions		-	-	-	2,040
		-	-	-	
Sub total (Gross income for AR)	11,312	6,750	-	18,062	14,744
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	11,312	6,750	-	18,062	14,744
A3 Payments					
Instructor Fees	8,090	-	-	8,090	3,275
Premises Hire	5,219	-	-	5,219	1,880
Charitable donations speakers	305	-	-	305	115
Administration inc website	976	-	-	976	705
Transport	1,015	-	-	1,015	
Consultancy fees	420	-	-	420	
Miscellaneous	869	-	-	869	871
Training	210	-	-	210	-
Office costs	16	-	-	16	-
		-	-	-	
Sub total	17,120	-	-	17,120	6,846
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	17,120	-	-	17,120	6,846
Net of receipts/(payments)	- 5,808	6,750	-	942	7,898
A5 Transfers between funds					9,262
A6 Cash funds last year end					
Cash funds this year end	- 5,808	6,750	-	942	17,160

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	Current account	11,085	-	-
	Deposit account	7,017	-	-
		-	-	-
	Total cash funds	18,102	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Internet and postage		-	
	Grants awarded		-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
A. Boyd.	Ann Boyd	7th August 2025