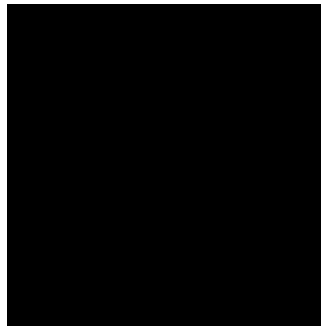


TRUST YOUR BREATH (SCIO)

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025**

Charity No: SC047618



Charitable purposes

Our charity, Trust Your Breath, (formerly the G.R.E.A.T. Big Trust) was set up in order to teach correct, natural breathing by practical demonstrations, one-to-one sessions, workshops, publications, individual training sessions and conferences.

The Trust's work is based on four decades of teaching good breathing within communities and to individuals from all walks of life and backgrounds. It has been estimated that around 90% of the population are poor breathers in varying degrees and it is our mission to continue to raise the profile of correct breathing, and to demonstrate the connection between breathing and health and well-being on all levels.

We have written and published the book Trust Your Breath which consists of facts, testimonials and personal stories highlighting the importance of good breathing in improving physical, mental and emotional health and wellbeing.

Anne Shearer our founder also wrote a book 'The Earth can Heal Itself, can You'

The books are enjoyed by many and can be purchased from us.

Our charity has further created two courses within the Scottish Credit and Qualifications Framework (SCQF). Two courses, Introduction to Correct Breathing and Teaching and Assessment of Correct Breathing".

Activities 2024-25

Trust Your Breath continues to offer its services to Glasgow and South Cowal. Our charity is located at Queens Crescent, in Glasgow's West End and Woodlands area. We continue to make contact with local groups and run one to one sessions as well as groups to help people learn about their breathing and its connection with relaxation and stress management.

Over the years we have built up a good working relationship with the Woodlands Community Development Trust who are our neighbours at Queens Crescent. Also we maintain a connection with Flourish House day centre, again nearby.

We are part of the Learning Links Scotland Network who focus on community based adult learning - our teaching of correct breathing is received well within this network.

We took part in Westfest - Glasgow's annual month long summer festival which features music, theatre, dance, health and spiritual development amongst other things. Our open day was attended by 25 people who gave very positive feedback. We integrated breathing with sound, movement, positive thinking and 'we are what we eat' workshops.

We also continue to work with the Westbourne Medical Clinic and regularly see a variety of people there who are often coping with serious illnesses.

Each client receives their own sound file, made especially for them with words which relate to their circumstances.

One success story with clients is that we now create individual sound files after each session and forward it on, thus enabling them to tune into and develop their correct breathing skills.

"I use my sound file every day, in fact now I have quite a few different ones which adds variety. They are a great help and I find that better breathing is helping me and my health immensely".

Client testimonial.

We have an enthusiastic group of Trustees who are keen to expand our work and we have plans to do this into 2025 and 2026.

Creating an e book from our book Trust Your Breath is also on our horizons.

Trustees Remuneration and expenses

The trustees did not receive any remuneration during the year other than re-imbursed expenses.

Reserves

The charity made a deficit of £ 215 and now hold reserve funds of £ 2,899.

Approved by Trustees and signed on their behalf



25/11/2025

(3)

**TRUST YOUR BREATH (SCIO)
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2025**

	2025	2024
	£	£
RECEIPTS		
Donations	30	265
Therapy Fees/Courses	2,623	2,497
Rent	1,170	820
Sale of Books	177	-
	<u>4,000</u>	<u>3,582</u>
PAYMENTS		
Hire of Accomodation	3,350	2,750
Travel Expenses	300	-
Web Hosting	300	-
Insurance	200	188
Subscription	65	-
Total Payments	<u>4,215</u>	<u>2,938</u>
(DEFICIT)/SURPLUS FOR YEAR	<u>(215)</u>	<u>644</u>

STATEMENT OF BALANCES AT 31 MARCH 2025

	2025	2024
	£	£
BANK AND CASH		
Opening Balance at 1 April 2024	3,114	2,470
Surplus/(Deficit) for Year	(215)	644
Closing Balance at 31 March 2025	<u>2,899</u>	<u>3,114</u>
RESERVES		
General Funds at 31 March 2025	<u>2,899</u>	<u>3,114</u>

All Funds are unrestricted at 31 March 2025

Approved by the Trustees and signed on their behalf

Date 25/11/2025



TRUST YOUR BREATH (SCIO)

Independent Examiner's Report to the Trust Your Breath (SCIO)

I report on the accounts of the charity for the year ended 31 March 2025 which are set out on page 3.

Respective responsibilities of trustees and examiner

The charity trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

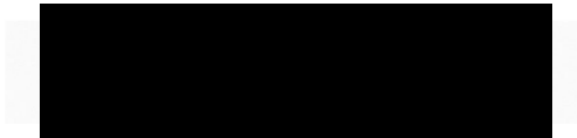
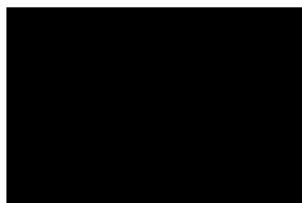
Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- > to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - > to prepare accounts which accord with the accounting records and comply with Regulation 8 of the 2006 Accounts Regulations
- have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



25/11/2025