



Support for those living with a lung condition



The Queen's Award
for Voluntary Service



Affiliated to

Breathe Easy Fife
Celebrating

20
Years

2004 -2024

Annual Report and Financial Statements

1st January 2024 -
31st December 2024

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Breathe Easy Fife is a Scottish Charitable Incorporated Organisation (SCIO).

Through Breathe Easy Fife we support people to live with their condition and just suffer from it by providing information, support groups, and social activities.

The Breathe Easy Fife network exists to support anyone living with any kind of lung condition, as well as their family and carer.

Support comes in a variety of forms from helping with paperwork, checking benefit entitlement, signposting to other services, or just having the opportunity to chat to others who understand what they are going through.

Receiving support can have a profound impact. When people receive encouragement and assistance, they gain confidence and the ability to achieve their goals.

Support fosters unity, bringing people together for a shared purpose and strengthening bonds among individuals.

Support empowers people and inspires.

When people see support making a difference, it often encourages them to contribute and become part of something bigger.

Our vision for Breathe Easy Fife charity is to help in the advancement of health and improvement of life conditions for those living with a lung condition.

Breathe Easy Fife delivers on this purpose in a variety of ways:

We act as a voice for patients to help improve respiratory care.

Promotion of equality and diversity for those suffering from a lung condition.

Those who care for patients need support and information too, so we involve carers, family & friends.



Peer support which involves people sharing knowledge, experience, or practical help with each other. This helps people feel more confident, happy, and less isolated and alone.

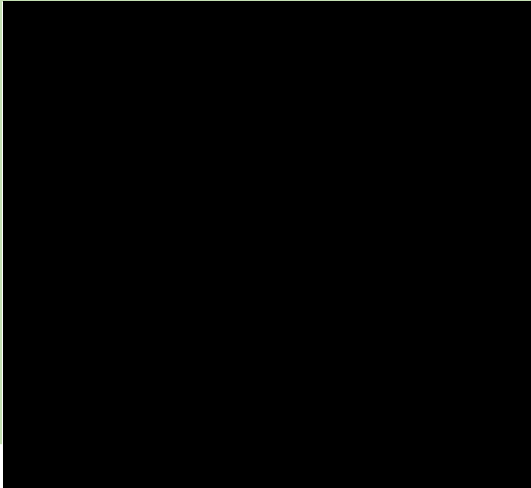
We organise recreational activities, exercise sessions, day trips and holidays with the object of being able to take part in 'normal' things without the obstacles which often prevent having the opportunity to take part.

We embrace change and celebrate success, we learn from our mistakes and are always looking for new ways to improve.

We collaborate with organisations both at national and local level to improve outcomes and learn new and innovative ways to build our charity.

When people have control over their lives and decisions, they experience a deeper sense of freedom and fulfilment. It empowers individuals to shape their own futures, make choices that align with their values, and respond to challenges on their own terms. Having the knowledge and support to cope with their condition has a huge impact on confidence and generates better well-being.





As I reflect on our journey in 2024, I am deeply humbled by the unwavering support, generosity, and kindness that you have all shown. Every contribution — be it time, resources, or encouragement — has been a vital part of our mission. You have helped us bring hope to those whose lives are affected by lung disease, have uplifted our Breathe Easy Fife community, and helped create lasting change.

As I look back on this remarkable 20th birthday year, I am filled with gratitude, pride, and hope. It has been a year of growth, resilience, and meaningful impact — a journey shaped by each and every one of you.

This year, as we celebrated with different events and activities, I witnessed an incredible feeling of unity, groups have come together, and many friendships forged. I have seen lives touched, our community strengthened, and dreams rekindled.

There are moments in life that remind us of the power of kindness — the quiet, unseen acts of generosity that change lives and this has been in abundance especially this year. Every time you have given, shared, or stood with us, you have created a ripple of hope that extends far beyond what can be measured. I have seen the faces of those whose lives have been transformed — eyes filled with gratitude, uncontrolled laughter, voices trembling with the overwhelming joy of being heard, seen, and supported. You are the reason these moments exist.

Yet, reflection is not just about looking back; it is about embracing the lessons learned and carrying them forward. It reminds me why we started this journey in the first place—to bring support, information and a renewed sense of hope to those who are fighting for breath.

As we step into another year, I am filled with determination and reminded that together, we can make a difference, one breath, one moment, one act of kindness at a time.

So thank you for being part of this journey. The future is bright because of you.



Structure, governance and management

Breathe Easy Fife is a Scottish Charitable Incorporated Organisation (SCIO) - number SC049497 and is governed by The Scottish Charity Regulator (OSCR)

The Board of Trustees is the body responsible for the management of Breathe Easy Fife (BEF) and is permitted a maximum number of 14 Trustees. No more than twelve shall be charity Trustees who were elected/appointed, and no more than two shall be charity Trustees who were co-opted.

On 31st December 2024 the charity had 10 Trustees

The Board meets at least 5 times a year.

No Trustee receives remuneration from Breathe Easy Fife.

Trustees are appointed to hold office for a term of three years.

The Board of Trustees is aware of its duty under Section 66 of the Charities and Trustee Investment (Scotland) Act, to act in the way it considers, in good faith, to be most likely to promote the successful achievement of Breathe Easy Fife's charitable purposes.

Newly appointed Trustees undertake a series of meetings with BEF office bearers, and training which ensures that they gain a full understanding of BEF and their responsibilities.

Breathe Easy Fife has a constitution which is the written statement setting out the Charity's purpose, structure, and description of how it will operate.

The Board of Trustees believe that Breathe Easy Fife is best placed to achieve its mission and objectives if it has high standards of governance, with practices and thinking which reflect 'best practice' and therefore provide effective, strategic leadership which supports fulfilment of the charity's vision.

Breathe Easy Fife is affiliated to Asthma+Lung UK



We were thrilled to have elected 2 new Trustees to our board at this years AGM.

Ann Starkie brings a wealth of experience having worked in NHS for nearly 30 years and Pam Channer has for many years worked with other charities.

They are a welcome addition to

The core part of our charity will always be the meetings for our members to come together, however we are also involved in projects and committees so that we are helping to raise awareness of lung disease, as well as help improve healthcare for respiratory patients

We are part of The Respiratory Cross Party Group in The Scottish Government. Clinicians and all those working with respiratory patients meet with MSPs to highlight the improvements needed in respiratory medicine and raise awareness in parliament.

The Fife Respiratory Managed Clinical Network are NHS staff involved in respiratory medicine who work together to ensure the best possible care for lung patients in Fife. We are the patient voice on this group.

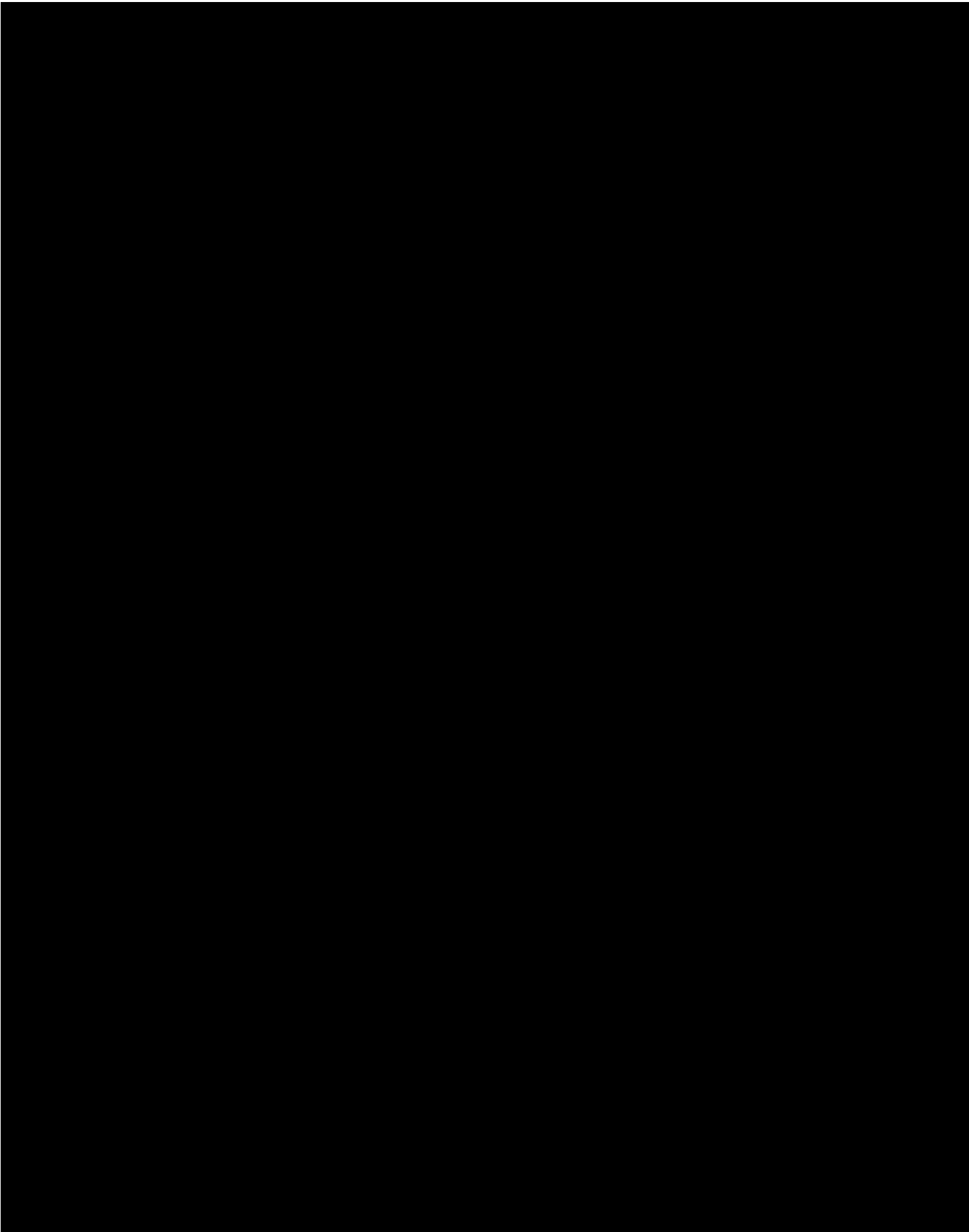
We were thrilled this year to now have a page on NHS Fife website.

<https://www.nhsfife.org/services/all-services/respiratory/breathe-easy-fife/>



A day trip, out for dinner, cooking lessons and even a holiday are projects we have managed to deliver this year. When funds are available, we organise these activities which most people can do but are often a struggle for those coping with breathlessness.

With a donation from The Rotary of Glenrothes we were able to open our 5th Fife group in Glenrothes in February 2024.



Happy 20th Birthday

Several of our members are involved with projects which help advance respiratory care as well as understanding.

work, what triggers a problem and what helps, how you deal with your condition, what treatments you find work and which don't. We are all individuals, our health is unique to us, and every one of us is a valued expert in our own lived experience.

I had a film crew interview me at home for a video they were making about 'living with COPD'. It was a really interesting day, and I was excited to be part of it.

Ian.

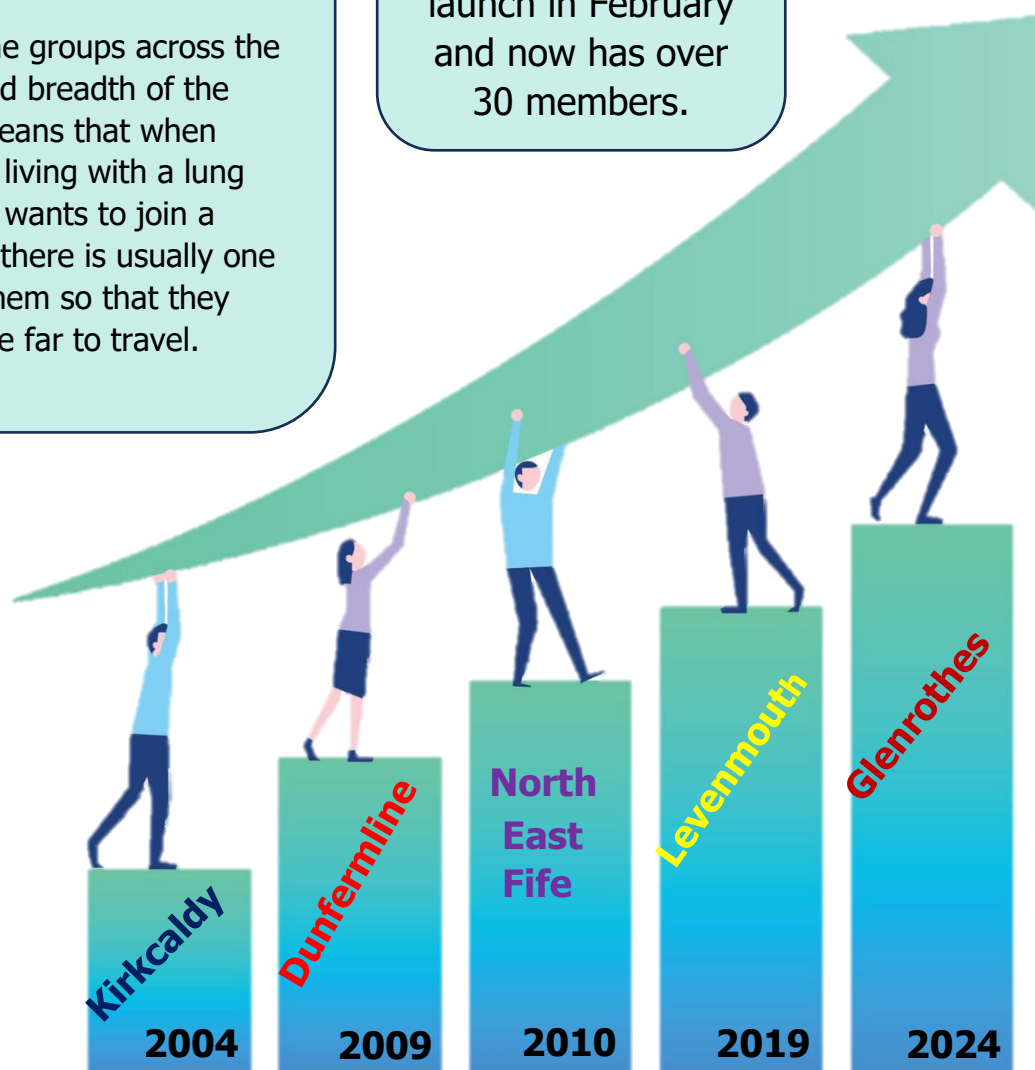
We have many members involved in Patient Partners and other programmes which involve chatting with students

Each group is different in size, they have a variety of speakers and information, as well as peer support but whichever meeting you choose to attend will always be informative and welcoming – some members choose to attend more than one meeting every month.

When we started in 2004, we never imagined that we would grow to have 5 groups across Fife.

Having the groups across the length and breadth of the county means that when someone living with a lung condition wants to join a meeting, there is usually one local to them so that they don't have far to travel.

The new Glenrothes group has flourished since the launch in February and now has over 30 members.



Levenmouth group = Fife Renewable Innovation Centre, Methil - 2nd Thursday of month
North East Fife = Scooniehill Community Centre, St Andrews. – 3rd Monday of month
Kirkcaldy group = Salvation Army hall, Hayfield Road, Kirkcaldy. – 3rd Thursday of month
Glenrothes group = CISWO, South St, Glenrothes - 4th Monday of month
Dunfermline group = Parkgate Community Centre, Rosyth. – 4th Thursday of month



TREASURERS REPORT 2024

Hello everyone

Well we started off 2024 with healthy bank balances in all of our groups as you'll see from the annual report. Our overall balance between groups and the main account was £34,662, some of course which was restricted money to be used for specific purposes.

Income

During the year we received £3,285 donations from local groups and £885 from individual donations from members (from craft sales and donations). Our fundraising efforts included online shopping and raffles at meetings; we raised £5,489, so a huge thank you to all who contributed.

Member contributions totalled £12,054; this is restricted money towards our parties/day trips and holiday.

Once again, we were extremely successful with grant funding bringing in over £40,000, the bulk of which is restricted for specific projects (huge thanks to our very clever Chairperson); we also received just over £20,000 from legacies/funeral collections.

Restricted grants

- £16,831 from Fife Voluntary Action/Scottish Government: Communities Mental Health and Wellbeing Fund
- £400 from Fife Council's Community Fund
- £22,560 from Shared Care Scotland Short Breaks Fund

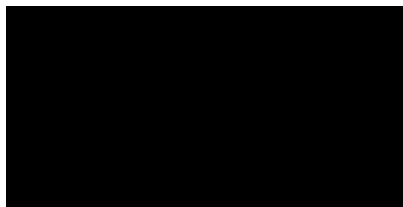
We also received an unrestricted grant of £1,000 from Arnold Clark Community Fund for our Kirkcaldy group.

Expenditure

Our main expenditure in 2024 was for postage, printing, hall hire and exercise sessions at meetings and we paid out £34,084 for our group events.

At the end of the year between our four groups and main account, we had an overall healthy total bank balance of £76,611, just over £40,000 of which is restricted for ongoing projects and some running costs.

My personal thanks to Margaret Stevenson for once again taking on the role of examining our accounts; this is very much appreciated.



Receipts & Payments Accounts

1st January - 31st December 2024

SECTION A: Statement of receipts & payments

	Unrestricted (to nearest £)	Restricted (to nearest £)	Total Funds 2024	Total Funds 2023
A1 - Receipts				
Donations- Local Groups	£3,285	£0	£3,285	£1,590
Donations - Individuals	£885	£0	£885	£1,323
Member Contributions	£0	£12,054	£12,054	£9,838
Legacies	£13,705	£8,000	£21,705	£2,778
Grants	£1,000	£39,791	£40,791	£6,100
Fundraising	£5,489	£0	£5,489	£4,528
Other Charitable Activities	£16	£0	£16	£136
200 Club	£0	£2,210	£2,210	£2,354
A1 - Total Receipts	£24,380	£62,055	£86,435	£28,647
A2 - Payments				
Governance Costs	£164	£0	£164	£430
Hall Hire	£1,212	£0	£1,212	£1,024
Postage	£892	£0	£892	£1,322
Printing/Stationery	£986	£0	£986	£533
Exercise Sessions	£0	£1,543	£1,543	£1,000
Singing Sessions	£0	£40	£40	£40
Meeting Refreshments/Sundries	£312	£0	£312	£432
Volunteer Expenses	£0	£1,832	£1,832	£80
Group Events	£8,980	£25,104	£34,084	£30,426
Payments Other (see notes)	£99	£0	£99	£150
200 Club	£0	£3,323	£3,323	£837
A2 - Total Payments	£12,645	£31,842	£44,487	£36,274
Net Receipts/Payments	£11,736	£30,213	£41,949	-£7,627

SECTION B: Statement of Balances

	Unrestricted (to nearest £)	Restricted (to nearest £)	Total Funds 2024	Total Funds 2023
B1 - Cash Funds				
Cash & bank balances 1st Jan	£24,244	£10,418	£34,662	£42,289
Surplus/deficit from receipts	£11,736	£30,213	£41,949	-£7,627
Cash & bank balances 31st Dec	£35,980	£40,631	£76,611	£34,662

SECTION C: Notes to the Accounts

C1 - Other Charitable Activities

Receipts

Bank interest £16.00

Payments

Merchandise £10.00

Trustee condolence flowers £20.00

AGM £69.00

C2 - Grants

Project Type	Funder	£
Wellbeing Fund	Fife Voluntary Action (Jan & Dec)	£16,831
Community Funds	Arnold Clark Group	£1,000
Carer Short Breaks	Shared Care Scotland	£22,560
Community Funds	Fife Council	£400
TOTAL		£40,791

C3 - Volunteer Expenses

	No of	£
Visits/phone calls to Members	9	£561
Mileage for group visits/talks	1	£1,271
TOTAL		£1,832

Independent Examiner's Report to the Trustees of Breathe Easy Fife

I report on the accounts of the charity for the year ended 31st December 2024 which are

Respective responsibilities of trustees and examiner

The charity's 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 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 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 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity 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

- 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
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

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

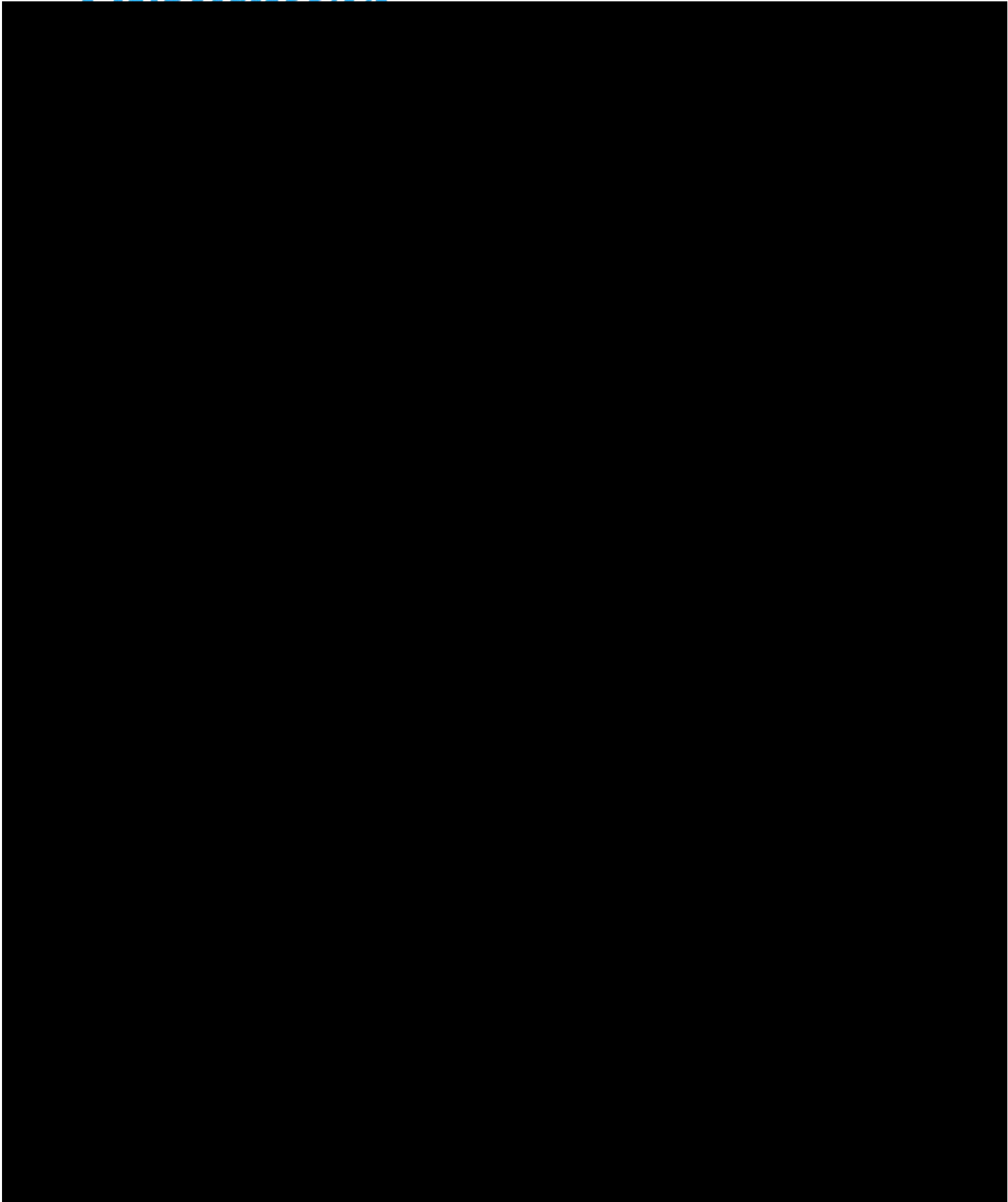
Relevant qualification/professional body: Bookkeeper / MSc (Dist), BSc (Hons), Dip HE, RN. NHS Nurse Consultant (retired)

Address:

Date: 19/05/2025



We are a charity run solely
by volunteers

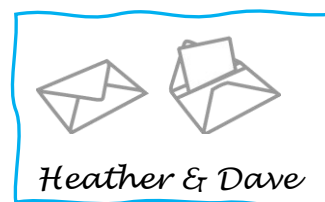


"We want to extend our deepest gratitude to each and every supporter of our charity.

Your kindness, dedication, and belief in our mission make an incredible difference. Thanks to your generosity, we are able to continue our vital work and create a meaningful impact in the lives of those living with a lung condition. Your support is truly invaluable, and we are so grateful to have you by our side. Together, we are making a real difference—thank you!"



Living High Travel



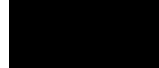
To all the lovely staff who look after us at our meeting venues.

- * CISWO, Glenrothes
- * Parkgate Community Centre
- * FRIC , Methil
- * Scooniehill Centre
- * Salvation Army Hall

Keep Fit instructors



Our Personal



CHARITY CONTACT DETAILS

Breathe Easy Fife
6 Balmoral Terrace
Leven, Fife
KY8 4RG

