

**GREAT BIG Trust
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2017**

Charity No: SC037967

GREAT BIG Trust
TRUSTEES ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2017

Scottish Charity Number	SC037967
Patron	Sir Michael Bond
Current Trustees	Karen Campbell Heather Montieth Mary Winters Anne Traynor Kenneth Easdon Anne-Marie Gorman Lorraine Mahon Margaret McKinney Gavin Thomson Marion Jenkins
Contact address	4 Craigienure 30 Shore Road PA23 7TL

Recruitment and appointment of Trustees

All of the charity's trustees are appointed or reappointed by the members at our Annual General Meeting.

Governing document

The trust is a charitable unincorporated association and the purposes and administration arrangements are set out in the constitution.

Charitable purposes

The purpose of the trust is to raise global awareness of the vital part Corrective Breathing has to play in physical, mental and emotional health.

Activities and Achievements

The G.R.E.A.T. Big Trust (**Global Respiratory Educational Advancement 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 three 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.

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', are credit rated through Edinburgh Napier University at level 7 and level 9 within the SCQF framework and carry 10 credit points each. They can be used as module credit towards University and College degrees, and by people who are interested in personal development and for Continued Professional Development (CPD).

We operate from central premises at 17 Queens Crescent, Glasgow. We run a programme of weekly drop in sessions, one to one work, community events and open days.

The majority of our Trustees are professional therapists and all are fully trained breathing practitioners. Our trustees give their time voluntarily and on an unpaid basis in order to promote the Trusts work.

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Trust activities during financial year April 2016 - 2017

- ◆ Open Days for the local community
- ◆ Successful run of Level 7 and Level 9 courses on Correct Breathing
- ◆ Raised £1,300 through Go Fund Me, (crowd-funding) to help pay our 5-year course review with Edinburgh Napier University
- ◆ Ran a series of workshops on good breathing within local primary schools
- ◆ Ran drop-in stress reduction and correct breathing sessions

Testimonials

“The course went beyond my expectations. It was wide and organic and nurturing in everything that arose. Something rare.”

“Always found the course delivery very responsive. Whatever task or activity we were engaging in, seemed to be just the right task or activity and seemed to be scheduled at just the right time and seemed to be Scheduled at just the right time.

“There were plenty of opportunities to participate in breathing and how it worked. Correct breathing is not something most of us do, we have forgotten how to breathe correctly because of the pressures of every day living. Learning to breathe correctly is quite an amazing experience.

(Students attending Level 7 Course Intro to Correct Breathing)

“I have really benefitted from today’s presentation. The correct breathing whilst relaxing has left me feeling more together and connected. Thanks you”

“I found today’s session fascinating and totally relaxing and I will definitely keep using the techniques shown.”

(from Recovery Cafe session)

Plans for next year.

- ◆ To convert to a SCIO and to change our name to Trust Your Breath
- ◆ To continue and develop the programmes we offer and taking them out further into the community
- ◆ Applying for an Area Partnership Grant to run breathing and relaxation sessions for local organisations such as Flourish House (community mental health project) local housing associations and Woodlands Community Development Trust.

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 £ 70 during the year, but still hold a balance of funding of £1,718 at the year end which is all unrestricted.

Approved by the Trustees and signed on their behalf on.....

Heather Mantooth

(3)

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FOR THE YEAR ENDED 31 MARCH 2017**

	2017	2016
	£	£
Receipts		
Donations	1,430	870
Therapy Fees/Courses	3,211	4,306
Room Hire	289	-
Bank Interest	-	1
	<u>4,930</u>	<u>5,177</u>
Payments		
Stationery and Printing	-	556
Travel	-	20
Voluntary Expenses	-	826
Open Day	56	123
Insurance	102	97
Training and Course Materials	-	100
Library Books	3	232
Web site	-	180
sundry equipment	369	1,687
Hire of Accommodation	3,500	2,042
Accreditation Costs	840	960
Subs	-	125
Sundry expenditure	30	13
Administration	-	114
Accounts and Bookkeeping	100	65
	<u>5,000</u>	<u>7,140</u>
Total payments		
	<u>5,000</u>	<u>7,140</u>
Surplus/ (Deficit) for Year	<u>(70)</u>	<u>(1,963)</u>

STATEMENT OF BALANCES AT 31 MARCH 2017

	2017	2016
	£	£
Bank and Cash		
Opening Balance	1,788	3,751
Surplus/ (Deficit) for Year	(70)	(1,963)
Closing Balances	<u>1,718</u>	<u>1,788</u>
Reserves		
General Funds	<u>1,718</u>	<u>1,788</u>

All Funds are unrestricted at 31 March 2017.

Approved by the Trustees and signed on their behalf
on 4 December 2017

Heather Mantelth

(4)

GREAT BIG Trust

Independent Examiner's Report to the Trustees of The GREAT BIG Trust

I report on the accounts of the charity for the year ended 31 March 2017 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

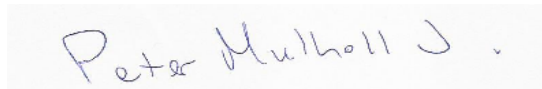
My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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 9 of the 2006 Accounts Regulationshave 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.

Peter Mulholland
Chartered Accountant
Millbank
Eddleston
EH45 8QP



05-Dec-17