

TRUST YOUR BREATH (SCIO)

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2018**

Charity No: SC047618

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**TRUST YOUR BREATH (SCIO)
TRUSTEES ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2018**

Scottish Charity Number	SC037967
Patron	Sir Michael Bond
Current Trustees	Karen Campbell Heather Monteith Anne Freeburn Kenneth Easdon Anne-Marie Gorman Lorraine Mahon Margaret McKinney Gavin Thomson Marion Jenkins Ewan Caskie
Contact address	4 Craigenure 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

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.

(During this year we changed our name to Trust Your Breath and we are now a SCIO).

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).

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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.

Trust activities during financial year April 2017-18

- Open Days for the local community
- Gained a grant from Glasgow Area Partnership Team to run a series of workshops with local groups, in particular for Flourish House, a local Mental Health Project based on the club-house model. We successfully completed this work and testimonials below.
- Ran a series of workshops on good breathing within local primary schools,

On the admin side our Quality Assurance Team have been working to up-date our policies and procedures

Testimonials

"I found today's session fascinating and totally relaxing and I will definitely keep using the techniques shown."
(from Recovery Cafe session)

"I feel that my nose has cleared and I can breathe more easily, practising my breathing exercises has helped a lot. I also feel less stressed, thank you."

"Forgot how good correct breathing is. I found the class very useful, it reminded me that I exist, I need to take more time for me."

"A wonderful workshop in which I feel I've learned a lot. I feel the benefit from breathing correctly, and am looking forward to future events."

Plans for next year.

- To continue to develop the work and reach more people and organisations within Glasgow and further afield. In particular we plan to develop weekly lunch-time drop in sessions.
- Also to run our Level 7 course "Introduction to Correct Breathing".

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 £ 922 during the year, but still hold a balance of funding of £ 796 at the year end which is all unrestricted.

Approved by the Trustees and signed on their behalf on 11 December 2018

Heather Mantelth

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FOR THE YEAR ENDED 31 MARCH 2018**

	2018	2017
	£	£
Receipts		
Grant Glasgow City Council Area Partnership Grant	1,940	-
Donations	350	1,430
Therapy Fees/Courses	3,419	3,211
Room Hire	-	289
	<u>5,709</u>	<u>4,930</u>
Payments		
Stationery and Printing	44	-
Travel and Expenses	900	-
Voluntary Expenses	250	-
Open Day	-	56
Insurance	166	102
Training and Course Materials	440	-
Library Books	-	3
Web site	150	-
undry equipment	921	369
Hire of Accommodation	3,209	3,500
Accreditation Costs	-	840
Education Booklet	406	-
Sundry expenditure	22	30
Administration	53	-
Accounts and Bookkeeping	70	100
Total payments	<u>6,631</u>	<u>5,000</u>
(Deficit) for Year	<u>(922)</u>	<u>(70)</u>

STATEMENT OF BALANCES AT 31 MARCH 2018

	2018	2017
	£	£
Bank and Cash		
Opening Balance	1,718	1,788
(Deficit) for Year	(922)	(70)
Closing Balances	<u>796</u>	<u>1,718</u>
Reserves		
General Funds	<u>796</u>	<u>1,788</u>

All Funds are unrestricted at 31 March 2018.

Approved by the Trustees and signed on their behalf
on 11 December 2018

Heather Mantelth |

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TRUST YOUR BREATH (SCIO)

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

I report on the accounts of the charity for the year ended 31 March 2018 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

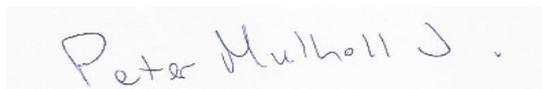
1. which gives me reasonable cause to believe that in any material respect the requirements:

- > 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 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.

Peter Mulholland
Chartered Accountant
Millbank
Eddleston
EH45 8QP

13-Dec-18



Peter Mulholland J.