

TRUST YOUR BREATH (SCIO)

**RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2019**

Charity No: SC047618

TRUST YOUR BREATH (SCIO)

TRUSTEES ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2019

Scottish Charity Number SC047618

Patron Sir Michael Bond

Current Trustees Karen Campbell
Heather Montieth
Anne Traynor
Kenneth Easdon
Anne-Marie Gorman
Lorraine Mahon
Gavin Thomson
Marion Jenkins
Ewan Caskie

Contact address 4 Craighenure
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 now a SCIO, a charitable incorporated organisation.

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.

(Last 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 2018-19

- Open Days for the local community
- Ran weekly "drop in" Breathing sessions.
- Ran weekly breathing and relaxation sessions at Flourish House (Mental Health Project), Glasgow
- Ran a series of workshops on good breathing within local primary schools
- Our Quality Assurance Team continues to to up-date our policies and procedures

Testimonials

"I feel that your breathing exercises are making such a difference to me, I feel relaxed for the first time in a long time". Flourish House

"I would never believe that breathing could make such a difference, I've suffered from sinus difficulties throughout my life and can now say that my congested sinus symptoms are clearing".
A one-to-one client

"I've been going through what could have been a very stressful house move and can honestly say that your breathing and relaxation sessions have helped so much, the move seemed to go well and what could have been exhausting wasn't. Thank you". Someone attending one of our weekly groups.

"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 surplus of £ 1,274 and now hold reserve funds of £ 2,070.

Approved by Trustees and signed on their behalf. Heather Monteith Date 16.12.19

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**TRUST YOUR BREATH (SCIO)
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE YEAR ENDED 31 MARCH 2019**

	2019 £	2018 £
RECEIPTS		
Grants Received	-	1,940
Donations	330	350
Therapy Fees/Courses	4,925	3,419
	<u>5,255</u>	<u>5,709</u>
PAYMENTS		
Stationery and Printing	149	44
Travel Expenses	-	900
Voluntary Expenses	170	250
Insurance	168	166
Training and Course Materials	53	440
Website	-	150
Sundry Equipment	30	921
Hire of Accommodation	3,307	3,209
Education Booklet	-	406
Sundry Expenditure	19	22
Administration	-	53
Accounts and Bookkeeping	85	70
Total Payments	<u>3,981</u>	<u>6,631</u>
SURPLUS/(DEFICIT) FOR YEAR	<u>1,274</u>	<u>(922)</u>

STATEMENT OF BALANCES AT 31 MARCH 2019

	2019 £	2018 £
BANK AND CASH		
Opening Balance at 1 April 2018	796	1,718
Surplus/(Deficit) for Year	1,274	(922)
Closing Balance at 31 March 2019	<u>2,070</u>	<u>796</u>
RESERVES		
General Funds at 31 March 2019	<u>2,070</u>	<u>796</u>

All Funds are unrestricted at 31 March 2019.

Approved by the Trustees and signed on their behalf

Heather Monteith

Date

16/12/2019

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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 2019 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 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

Peter Mulholland

17/12/2019