

**TRUST YOUR BREATH (SCIO)**

**RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 31 MARCH 2021**

**Charity No: SC047618**

(1)

**TRUST YOUR BREATH (SCIO)**

**TRUSTEES ANNUAL REPORT AND ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021**

**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 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 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**

The lockdowns and restrictions during this year meant that our programme had to be thought through in a different way. Very fortunately we were successful with our application to Foundation Scotland under their Response, Recovery and Resilience Fund and received £900 from this grant giving organisation.

This money helped towards our room rental, within which space we were able to see individuals and small socially distanced groups.

Throughout the period we networked with Woodlands Community Development Trust and ran a series of weekly outdoor, under canvas workshops in their Glasgow based site. Many people benefitted from these workshops. When travel restrictions were imposed we continued to run workshops for the Woodlands group via zoom and again many people attended and benefitted from instructions on breathing for health and relaxation.

Learning Links Scotland also provided a sharing platform for our workshops amongst their community of adult learners.

**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 £ 15 and now hold reserve funds of £ 1,558.

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



28/12/2021

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**TRUST YOUR BREATH (SCIO)  
RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 31 MARCH 2021**


	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>RECEIPTS</b>		
Grant Corra Foundation	900	-
Donations	-	138
Therapy Fees/Courses	405	3,596
	<u>1,305</u>	<u>3,734</u>
<b>PAYMENTS</b>		
Insurance	-	178
Hire of Accomodation	1,200	4,083
Accounts and Bookkeeping	90	-
	<u>1,290</u>	<u>4,261</u>
Total Payments	<u>1,290</u>	<u>4,261</u>
<b>(DEFICIT)/SURPLUS FOR YEAR</b>	<u>15</u>	<u>(527)</u>

**STATEMENT OF BALANCES AT 31 MARCH 2021**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>BANK AND CASH</b>		
Opening Balance at 1 April 2020	1,543	2,070
Surplus/(Deficit) for Year	15	(527)
Closing Balance at 31 March 2021	<u>1,558</u>	<u>1,543</u>
<b>RESERVES</b>		
General Funds at 31 March 2021	<u>1,558</u>	<u>1,543</u>

All Funds are unrestricted at 31 March 2021

Approved by the Trustees and signed on their behalf



Date

28/12/2021

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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 2021 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**

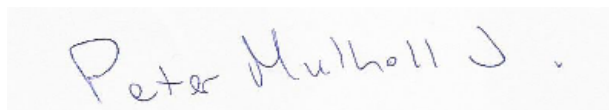
In the course of my examination, no matter has come to my attention

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.

Peter Mulholland  
Chartered Accountant  
Millbank  
Eddleston  
EH45 8QP



28/12/2021