Charity registration number: 1168495

Asthma Innovation Research

Annual Report

and Financial Statements

for the Year Ended 1 January 2026

Asthma Innovation Research

(Registration number 1168495)

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Asthma Innovation Research

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Reference and Administrative Details

Charity name	The legal name is "Asthma Innovation Research"
Charity Registration Number	1168495 Registered with Charity Commission in England & Wales
Companies House registration	CE007169 Charitable Incorporated Organisation "CIO" Registered with Companies House in England & Wales
Legal structure	Governing document is the Trust Deed establishing the charity. The trustees are all individuals.
Trustees	Dr Jonny Coppel Dr Rahul Chodhari (Chairman) Dr Azmain Chowdhury Dr Dominic Fenn Dr Lucy Azimzadeh Dr Jessica Kearney Dr Tom Wright
Principal address	47 Ailsa Avenue St Margaret's Twickenham TW1 1NF
Website and Email	www.asthmainnovationresearch.co.uk asthmainnovationresearch@gmail.com
Bankers	Metro Bank plc Southampton Row, London
Custodian trustees holding assets	There are no assets held by any custodian trustee or nominee on behalf of the charity

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Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 1 January 2026.

Objects and activities of the charity

The purposes of the charity are set out in its governing document.

The charity's governing document is a constitution that was drawn up and was approved by the Charity Commission upon registering on 28 July 2016 and then again after being updated on 27th July 2023.

The object of AIR is to relieve sickness and promote good health, predominantly in the paediatric population, by reducing mortality and morbidity caused by a range of modifiable health conditions including asthma, in particular but not exclusively by:

(1) training medical students to educate school children, parents and other members of the community about these conditions and increase their knowledge of emergency protocols;

(2) promoting the discussion, the consideration of, and research into these modifiable health conditions;

(3) publishing results of research and discussion on matters of modifiable health conditions;

(4) hosting educational events including, but not limited to, conferences and lectures on topics of importance; and

(5) providing opportunities to encourage the exchange of ideas.

The main activities undertaken in relation to those purposes during the year.

The main activities undertaken in relation to these purposes are:

(1) Managing the asthma teaching programmes currently set up in University College London medical school, Cardiff University, Imperial College University, King's College London University and Cambridge University. These projects involve training medical students to go into primary and secondary schools and teach school children about asthma to reduce the stigma around the condition and to improve knowledge of the condition and the emergency protocols.

(2) Attempting to set up the teaching programmes in more medical schools.

(3) The distribution and advertising of asthma educational booklets that we had previously developed.

(4) Assisting with the development and piloting of training medical students to assist in delivering breast cancer awareness presentations in association with Befriend Your Boobs (BYB) presentations.

The main activities undertaken during the year to further the charity's purpose for the public benefit.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The charity's main objectives and achievements for the year

In this time period we had the following achievements:

Asthmanauts:

It has been a relatively quiet year with regards to asthmanauts. The booklet continues to attract attention through public channels and presentations. As previously found, efforts have now concentrated on providing paper copies to interested parties. We are currently able to provide 500 copies at a cost price of £180. This we have found is the preferred medium of patients to date and we have secured charity funding for the Whittington hospital and also another North London primary care services.

The booklet was recently presented at the regional South Thames Asthma meeting and was received very well with potential follow up to include involvement at Kings College Hospital and possible integration into EPIC system.

The plan moving forward will be to continue promotion and provide copies to groups as requested.

Asthma Diary:

It has been an excellent year for the asthma Diary. Kamya and Janushana presented their brilliant work at the RCPCH conference (*My asthma diary: a symptom recall tool for children with asthma - 10.1136/archdischild-2026-rcpch.297*) and have continued to work hard on the development of an app.

The diary now on the app offers an engaging 28-day format that allows children to record both their asthma symptoms and mood. Following its initial design, AIR has been closely involved in guiding the next stages of development with input received from the Asthma services and MDT at the Whittington Hospital. The App is in its second iteration with a long term aim to trial it in a clinical setting.

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Asthma Schools Education Programme:

The schools programme has continued its work training up medical students in Cambridge, UCL, KCL, and St George's medical schools and a new project has been set up at Nottingham Medical School. Below is a summary from each medical school:

University College London:

- 8 sessions taught this year. 35 students signed up, who taught in groups of 5 to 7 classes across 2 schools. There's around 30 children per class I think so around 210 children.

King's College London:

- Number of sessions taught this year -5. Number of students taught - 25. Number of schools taught in -8. Number of classes - 9, hence 180 primary schools pupils taught.

St George's University:

- Exact data is still pending but the project is ongoing.

Cambridge University:

- Number of sessions taught this year - 4. Number of students taught - 41. Number of schools taught in - 3. Number of classes and rough number of primary school pupils taught - 9 classes totalling around 180 primary school pupils in years 3-6.

Nottingham University:

- A new university team is starting this autumn which is very exciting. One of the team from Cambridge is setting up the project. First sessions due to start in October.

Befriend Your Boobs:

In 2025, the main progress in the project is the successful application to set up an SSC at KCL for 2nd year medical students. This provides structured learning and presentation opportunities for the medical students whilst providing a constant stream of volunteers with allocated time to help spread the BYB message.

The contribution of volunteers during the year.

Volunteers, in terms of the Trustees and others have regularly given their time and resources

during this period with no drain on the charity's funding.

Financial Review

The financial position of the charity at 1 January 2025 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2025	2024
	£	£
Net income/(expenditure)	**(150)**	**61**
Unrestricted revenue funds for general purposes of the charity	2,104	2,254
Restricted funds	-	-
Total Funds	**2,104**	**2,254**

Total income of £601 was generated during the financial year 2025/2026, compared to £327 raised in the previous 2024/25 year.
On 1/1/26, AIR had £2,104, which comprises general funds, and there were no restricted funds. There are no concerns about the charity's ability to continue. These unrestricted funds of £2,104 should drive the educational projects forward.

Outlook for 2026

Our main areas of activity in 2026 are predicted to be:

1. The Asthma Schools Education Project. We will continue to offer sessions where possible either face to face or virtually. As always, we will continue to try to spread the project to new medical schools.
2. The further distribution of Asthmanauts as well as the new asthma diary.
3. Complete pilots at medical schools and develop sustainable plans for the future of BYB.

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Statement of Trustees' Responsibilities

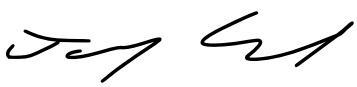
The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures
- disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the
- charity will continue in business.
-

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 29th October 2026 and signed on its behalf by:



.....
Dr Jonny Coppel
Trustee



……..
Dr Jess Kearney
Trustee

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Statement of Financial Activities (including Income & Expenditure Account) for the Year Ended 1 January 2026

	SORP Ref	Current Year Unrestricted Funds £	Current Year Restricted Funds £	Current Year Total Funds £	Prior Year Total Funds £
Income & Endowments from:					
Donations & Legacies	A1	601	-	**601**	3
Charitable activities	A2	-	-	**-**	324
Other trading activities	A3	-	-	**-**	-
Investments	A4	-	-	**-**	-
Other	A5	-	-	**-**	-
Total income	**A**	**601**	**-**	**601**	**327**
Expenditure on:					
Raising funds	B1	**-**	**-**	**-**	**-**
Charitable activities	B2	751	-	751	266
Other	B3	**-**	**-**	**-**	**-**
Total Expenditure	**B**	**751**	**-**	**751**	**266**
Net income/(expenditure) for the year	**A-B**	**(150)**	**-**	**(150)**	**61**
Reconciliation of funds:-	**E**				
Total funds brought forward		2,254	-	2,254	2,193
Total funds carried forward		**2,104**	**-**	**2,104**	**2,254**

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

In accordance with the provisions of the Companies Act 2006, the headings and subheadings used in the Income and Expenditure account have been adapted to reflect the special nature of the charity's activities.

The notes attached on pages 11 to 16 form an integral part of these accounts.

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Analysis of prior year total funds, as required by paragraph 4.2 of the SORP

	SORP Ref	Prior Year Unrestricted Funds 2024/5 £	Prior Year Restricted Funds 2024/5 £	Prior Year Total Funds 2024/5 £
Income & Endowments from:				
Donations & legacies	A1	3	-	3
Charitable activities	A2	324	-	324
Total income	**A**	**327**	**-**	**327**
Expenditure on:				
Raising funds	B1	-	-	-
Charitable activities	B2	266	-	266
Total expenditure	**B**	**266**	**-**	**266**
Net income for the year		**61**	-	**61**
Net movement in funds		**61**	**-**	**61**
Reconciliation of funds:-	**E**			
Total funds brought forward		2,193	-	2,193
Total funds carried forward		**2,254**	**-**	**2,254**

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The notes attached on pages 11 to 16 form an integral part of these accounts.

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Balance Sheet as at 1 January 2026

	Note	SORP Ref	2025 £	2024 £
Current assets		B		
Debtors	7	B2	-	-
Cash at bank and in hand		B4	2,104	2,254
Creditors: Amounts falling due within one year	8	C1	-	-
The total net assets of the charity			**2,104**	2,254
Funds of the charity:				
Unrestricted funds		D3	2,104	2,254
Restricted funds			-	
Total funds	9		**2,104**	2,254

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA.

Approved by the trustees of the charity on 29th October 2026 and signed on its behalf by:

.....
Dr Jonny Coppel
Trustee

.....
Dr Jess Kearney
Trustee

The notes attached on pages 11 to 16 form an integral part of these accounts.

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Notes forming part of the Financial Statements for the year ended 1 January 2026

1 Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

Statement of compliance
The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation
Asthma Innovation Research meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Exemption from preparing a cash flow statement
The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments
Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies
Donations and legacies are recognised on a receivable basis when receipt is probable, and the amount can be reliably measured.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a

basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds
These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities
Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Grant provisions
Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing of the grant or the amount of grant payable.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Research and development
Research and development expenditure is written off as incurred.

Trade debtors
are amounts due from customers for merchandise sold or services performed in the ordinary course of business are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of is established when there is objective evidence that they will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity. Designated funds are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Financial instruments
Classification
Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement
All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled, or expires.

Fair value measurement
The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

2 Income from donations and legacies

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Donations and legacies:				
Donations from individuals				
Other donations	601	-	601	3
Regular giving and capital donations	-	-	-	-
	601	-	601	3

3 Expenditure on raising funds

There were no costs incurred in generating the donations and voluntary income.

4 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Governance costs	-	-	-	-
Costs of charitable activities	751	-	751	266
	751	-	**751**	266

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Debtors

No debtors were outstanding at the end of the financial year.

8 Creditors: amounts falling due within one year

No creditors were outstanding at the end of the financial year.

9 Funds

	Balance at 2 January 2025	Incoming resources	Resources expended	Balance at 1 January 2026
Unrestricted funds				
General	2,254	601	(751)	**2,104**

	Balance at 2 January 2023	Incoming resources	Resources expended	Balance at 1 January 2024
Restricted funds				
General	-	-	-	-

10 Analysis of net assets between funds

	General Funds	Designated Funds	Restricted Funds	Total Funds
Current assets	2,104	-	-	2,104
Net assets at 1 January 2024	**2,104**	-	-	**2,104**

11 Analysis of net funds

	At 2 January 2025 £	Cash flow £	At 1 January 2026 £
Cash at bank and in hand	2,254	(150)	2,104
Net funds	2,254	(150)	**2,104**