Breathing Space

Financial Statements

For The Year Ended 31 March 2026



Registered Charity No. 1207717

Breathing Space
Members of the Management Committee
and Professional Advisors
For the year ended 31 March 2026

The Management Committee have pleasure in presenting their report and the Financial Statements for the year ended 31 March 2026

Reference and Administrative Details

Charity No 1207717

Address 32 Friarside
Witton Gilbert
Co Durham
DH7 6RY

Accountant Mark Thompson MAAT
42 Lesbury Road
Heaton
Newcastle upon Tyne
NE6 5LB

Bankers Lloyds Bank
Durham Branch

Management Committee

Noel Dixon, Chair of Trustees
Robert Dean, Treasurer
David Wilcox, Secretary
Amanda Hillary
Denis Daggett
Stephen Ellis
Revd Michael Peers

Breathing Space

Trustees Report for the Year ending 31st March 2026

Objects:

1. To relieve the needs of people with health problems (including issues around mental, physical, emotional and spiritual health and wellbeing, as recognized by the World Health Organisation) in Witton Gilbert, surrounding villages and the wider north east region, by providing access to space, services, support and activities in and around the Church and land of St Michael and All Angels, Witton Gilbert and other land and spaces within the community.

2. To provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their condition of life.

Structure, Governance and Management

The Trust ('Breathing Space') is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission from April 2024. Breathing Space was first registered with the Charity Commission (registered number 1148676) in 2012. In May 2024, all of that charity's Trustees, staff and assets were transferred to Breathing Space (CIO) (registered number 1207717) when it merged with the new Breathing Space (CIO), and then the former Breathing Space charity (1148676) was closed. The 'objects' of the first Breathing Space transferred unchanged to Breathing Space (CIO), and they remain the only 'objects' of both charities. Breathing Space (CIO) may operate with a minimum of four Trustees and there is no limit to the maximum number of Trustees. The ethos of Breathing Space (CIO) remains unchanged, namely that its guiding values and principles of 'love, compassion and service to others' are in keeping with Christian values and principles, and the charity is fully open to all people, of all faiths and none.

At bi-monthly Trustees' meetings, the Trustees agree the broad strategy and areas of activity for the Trust, including grant applications. The day to day administration of the charity is by the Project Co-ordinator, with regular meetings with the Chair and/or Secretary; plus the 'Standing Committee' meets ahead of the Trustees' meetings (Chair, Treasurer, Secretary and Project Co-ordinator).

Achievements:

As we move into the final year of the National Lottery Grant there is an urgent need to develop sustainable funding. Many of our activities will be able to continue with small amounts of additional support. Over time we have sought donations from people attending, but our most expensive operations engender little financial help from participants. Walk and Talk is the project that gives us most credibility and provides fundamental help to people in need of more support, unfortunately this is our most expensive activity. It may be that we may need to introduce some sort of system with suggested donations, but the practitioners and trustees are unwilling to make the service unavailable to those people less able to pay. We are exploring all options.

There continues to be cross fertilisation between people attending our different activities. This should come as no surprise as our focus is on health and well-being, so people attending a particular session can see the benefits of some of our other activities. For the past few years, we have had a summer picnic where all our members are invited and meeting informally, like this, breaks down barriers. It makes it much easier for people to join other groups having met each other previously. We added a very successful Christmas Come and Sing party this year and are grateful to Katherine for organising this. When we have walking activities, we have picnics or tea and coffee after wards so people unable to walk can benefit from the social interaction. I feel we are making a very real difference to social isolation. Breathing Space provides the structure but it is the people who interact, care for each other and bond. One of our members, who lives on his own, was telling me recently that his daughter had commented that he's never at home these days.

We are extremely fortunate to have secured a number of grant that will enable us to run our counselling service till April 27. A big thankyou to Denis and Katie for their diligence in writing grant applications. Katie has also had permission to widen the scope of our counselling services to include Face to Face as well as Walk and Talk.

I would like to thank our volunteers Les, Carrie, Dan and Jane who give up their time every week and without whom we would not be able to function.

I am grateful to our trustees for all their hard work. We are particularly indebted to David who makes the whole organisation work. To Denis for his involvement with Mens Shed and for the additional social support he provides to all the guys. To Bob in sorting out our accounts and acting as hospitality host to our Mens Shed.

I need to thank Katie for all her hard work and for keeping us focused on the future. She has modernised out IT systems and made them more secure. We have benefited from her qualification as a counsellor both in her day-to-day work but also in the Pro Bono counselling sessions she is able to offer. We are incredibly lucky to have her as our Project Co-ordinator, for her flexibility and everything else she does.

We continue to encourage younger people to join our board and really need more volunteers to help grow our services. Going forward our medium-term funding is finishing but I am confident that we will be able access finance to help us move forward.

Men Shed
Denis Daggett and Dan are still absolute stalwarts of the men's group, and intermittently Les, who tried and failed to retire last year and still comes back periodically! The group does great work in the church grounds and the Dene, attended by Free the Way and Lanchester Road Hospital. We also have a new second arm of the men's group, who meet indoors and also have monthly outings to local attractions and areas such as the fire station, Locomotion, and even a private guided tour of the Oriental Museum. The friendship and activities have been very well received by the gents who attend.

Funding for the next year of Men Shed has been received from the Cree network.

Over the past year, we have seen 60 individuals attend the men's group.

Get Active
Get Active is a gentle exercise group aimed at those who want to start to increase their physical activity. It is suitable for older members of the community and for those who are recovering from illness or those who just want to enjoy physical activity in a safe and supportive atmosphere. We provide the indoor sessions at Sacriston Methodist church & Cooper Hall in Witton Gilbert.

Each member generally makes a small donation to each session, however it does not cover the cost, so funding is required here.

Over the past 12 months there have been 20 individual Get Active participants attending.

Arts and Crafts and Mindfulness

Arts and crafts are ever popular, and usually book up within a few hours of opening. This year they have run approximately once per month, and are a valuable service for people to relax, try something new, connect with others, and achieve something.

The Witton Wool Loop still meets weekly, thanks to the support of volunteer Jane Jackson.

Arts and Crafts have seen 44 individuals attending this year.

Folk Singing

As always, our folk singing group is in fine voice, meeting weekly and performing at various special

Some new members this year have increased the attendees to 19.

Come and Sing

In partnership with local charity Stronger Together and their funding from Music 4 All we were able to provide a lovely service showing those who thought they couldn't sing that in fact they could! It was very well received and will be repeated should funding allow.

Woodland Wonders

Woodland Wonders is always an enormously popular service. Children at our forest school have learnt about the natural world and had much fun doing so. Pat Bainbridge leads these sessions with unwaning passion and enthusiasm, and her hard work and dedication are very much appreciated.

This year, we hosted 70 attendances at Woodland Wonders and Little Wonders.

Walk & Talk

The Breathing Space Counselling Service is fast becoming our flagship service. Denis and I have worked on funding bids, and secured some, if not enough, funding. We are now able to offer more conventional indoor counselling sessions alongside our original Walk & Talk service for those who want it, and plan to improve the office space in order to foster a pleasant therapeutic environment and utilise the space more

This year saw 45 participants receiving counselling and improving their wellbeing.

Training

In response to enquiries from our community we engaged in training from The Guide Dogs for the Blind Association to improve our offer for blind and partially sighted people. We now have several trained sighted guides available to help those who may need it.

Financial Review:

It is the policy of the charity to try to build up unrestricted funds, which are free reserves of the charity, to a level that equates to approximately 6 months unrestricted expenditure. This will provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to

Trustee Responsibilities:

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy the financial position of the charity and which enable them to ascertain the financial position of the charity and which enable them to comply with applicable law. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and

Signed: ……..Chair, on behalf of the Trustees, date: xxxxx July 2026

INDEPENDENT EXAMINER'S REPORT

Report to the trustees of **Breathing Space**

On accounts for the year ended **31 March 2026** **Charity no 1207717**

Respective responsibilities of trustees and examiner

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

- examine the accounts (under section 145 of the 2011 Act),
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking 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 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 trustees have not met the requirements to ensure that:
   - proper accounting records are kept (in accordance with section 130 of the Act); and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: **Date: 9th July 2026**

Name: Mark Thompson MAAT

Address: 42 Lesbury Road
Newcastle
NE6 5LB

Breathing Space
Statement Of Financial Activities
For the year ended 31 March 2026

	Notes	Unrestricted Funds 2026	Restricted Funds 2026	Total Funds 2026	Total Funds 2025
Incoming Resources					
Grant Income	**2**		28352	28352	38723
Donated Income		2842	3826	6668	8957
Subscriptions		1414	400	1814	3548
Total Incoming Resources		**4256**	**32578**	**36834**	**51228**
Resources Expended					
Direct Charitable Expenditure					
Projects and Activities			27344	27344	17970
Salary Costs			14816	14816	15186
Communications and Photocopying			725	725	533
Rent			4708	4708	2355
Insurance			417	417	1647
Accountancy			440	440	420
Total Resources Expended		**0**	**48450**	**48450**	**38111**
Net income (expenditure) for the year		4256	-15872	-11616	13117
Net Movement Between Funds		-1750	1750	0	0
Total Funds as at 1 April 2025		17320	45154	62474	49360
.					
Total Funds as at 31 March 2026		**19826**	**31032**	**50858**	**62477**

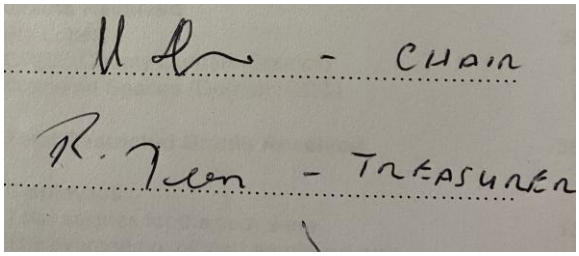
Breathing Space

Balance Sheet as at 31 March 2026

	Notes	2026 £	2026 £	2025 £	2025 £
Currents Assets					
Cash at bank and in hand		50858		62477	
		50858		62477	
Current Liabilities					
Net Current Assets			50858		62477
Net Assets			**50858**		**62477**
Funds	**4**				
Restricted Funds			31032		45154
Designated Funds			5921		6250
General Funds			13905		11073
			50858		**62477**

Approved by the Committee on … 22nd July 2026.

and signed on their behalf:



Breathing Space

Notes to the financial statements for the year ended 31 March 2026

1 Accounting Policies

1.1 Basis of preparation of accounts

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 Companies Act 2006

Breathing Space 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 note(s).

1.2 Grant receivable and local authority fees

Grants received are accounted for on a receivable basis and credited to income. Any grants restricted to future accounting periods are deferred and recognised in those accounting periods.

1.3 Funds

Restricted funds comprise funds subject to specific restrictions imposed by donors and funders. Designated funds are set aside by the Management Committee as described below (see note 4) Unrestricted funds comprise funds which can be used in accordance with the charitable objectives at the discretion of the Management Committee.

1.4 Expenditure

All is included on the accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one if the functional categories of resources expended in the SOFA. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

1.5 Legal Status

Note that Breathing Space Charity is a CIO, registered with the Charities Commission.
Funds were received from Breathing Space charity no. 1148676 in May 2024.
Any Restricted Funds balances were continued on from that date.

2 Grants Received

Big Lottery	20552
CREE (County Durham Council)	3000
Benefact Trust	4800
Total Restricted Grants Received	**28352**

3 Employees

Total salaries for the year were
The average no. of staff employed was 1.

4 Analysis of Funds

Restricted Funds	Balance Apr-25	Income	Exp	Transfers	Balance Mar-26
Big Lottery Core Cost	3651	20552	-18607		5596
Core Costs Local Giving and Donations	6089		-2500		3589
Activity Charges	0			585	585
Core Cost Seed Grant	0				0
Donations - Get Active	4377	931	-1553		3755
Lottery Grant - Get Active	1767		-1767		0
DCC CREE - Mens Shed	4245	3000	-3783	-2000	1462
Big Lottery - Mens Shed	0				0
Donations - Mens Shed	1181	130			1311
Donations - Woodland Wonders	1817	350	-1446	1750	2471
Donations - Folksinging	2422	882	-660		2644
Emily Donations/P.Martin Workshop	10				10
Arts and Crafts - Donations	664	200	-185		679
Arts and Crafts - Hadrian		500	-500		0
Find Your Voice		164			164
Big Lottery - Mindfulness	925		-925		0
Happines Hub Donations	19				19
Knitting	70	254			324
Lottery Grant - Walk and Talk	17123		-16498		625
Donations - Walk and talk	180	818		2000	2998
Benefact Trust		4800			4800
Welcome Spaces	611		-26	-585	0
Total	**45151**	**32581**	**-48450**	**1750**	**31032**
Designated Funds					
PCC Designated Fund	4500				**4500**
Friends of Wilton Dene		1414		7	**1421**
Local Giving, BBQ & Bonfire	4981	2839		-7	**7813**
Loan Wolf Donation	1750			-1750	**0**
Unrestricted Funds					
General	6092				**6092**
Total Funds	**62474**	**36834**	**-48450**	**0**	**50858**