Sing2Breathe

Registered Charity number: 1213803

Trustees' Annual Report and Accounts for the period ended 30 June 2026

Period of accounts

Start date: 25 June 2025

End date: 30 June 2026

Sing2Breathe

Charitable Incorporated Organisation

Company information

Chair:	Tim Hind
Trustees:	Tim Hind (Chair) Sue Moreman (Treasurer) Bridget Hemmings (Fundraising) Teresa Edser (Safeguarding)
Company secretary:	Teresa Edser
Management Team:	Kate Lynch (Singing Director) Nicola Hewson (Singing Leader)
Registered office address:	Woodlands Johnson Close Wells BA5 3NN
Registered Charity number:	1213803
Bank	NatWest Bank

Sing2Breathe was registered as a new CIO with the Charities Commission of England on 24 June 2025. This report and accounts cover the period from registration to 30 June 2026, just over 12 months.

Sing2Breathe

Charitable Incorporated Organisation

Trustees' Annual Report for the period 24 June 2025 to 30 June 2026

The Trustees are please to present their report for the period 24 June 2025 to 30 June 2026.

Objectives and Activities

The objects of Sing2Breathe are:

For the public benefit, to relieve the need of people affected by Respiratory Conditions in South West England (primarily Somerset) through :

a. Focussed singing sessions led by appropriately trained and experienced individuals, which include breathing exercises, songs and relaxation techniques;

b. Practical education in ways to improve breathing efficiency

c. Such other ways as the trustees may determine.

All Trustees give their time voluntarily and receive no benefits from the charity.
The objects and powers of the CIO are set out in its constitution.

Summary of the main activities in relation to those purposes all of which are for the public benefit.

Sing2breathe runs practical singing groups for people living with respiratory conditions. (Eg. Asthma, COPD) Our mission is to improve breathing efficiency, posture, mental wellbeing, and social connection through singing and thus, improve quality of life.

There are currently four Sing2breathe groups running, based in Bridgwater, Cheddar, Wells and Yeovil. Sessions are led by one of two trained community Singing Leaders. Each group meets for 75 minutes, including time for socialising before the practical activities begin. The sessions cover body awareness, breathing exercises, vocal exercises, short songs, longer songs and mindfulness. Participants are encouraged to develop the tools necessary to improve their breathing efficiency and manage their breath in day to day life.

The Trustees have given consideration to the charity commission's general guidance on public benefit when reviewing the objectives and in planning for future .

Achievements and Performance

We have 2 singing leaders who between them have delivered 129 sessions to the 4 groups based in the following areas –

Bridgwater	20 sessions
Cheddar	38 sessions
Wells	38 sessions
Yeovil	33 sessions

Our total number of attendances was : 313 Cheddar, 322 Wells, 304 Bridgwater, 316 Yeovil. As of June 2026 the total number of people on registers is 78. Since June 2025 we have seen 81 participants. 60% of participants have been attending sessions for over 12 months. The average age of our participants is 76 years.

In surveys carried out in June 2025 (by the previous unincorporated entity) and in June 2026 (by the charity) the respiratory conditions of participants in were:

	June 2025	June 2026
COPD	41.9%	42.9%
Asthma	29.7 %	24.2%
Bronchiectasis	7.7 %	11.9%
Interstitial Lung Disease	2.2 %	-
Lung Cancer	2.2%	-
Sarcoidosis	-	2.4%
Pulmonary Fibrosis	-	2.4%
Long Covid	-	1.2%
Other/No diagnosis/Breathlessness	16.5%	11.9%

Building on our pre-charity performance we have continued to develop links with local health centres, GP surgeries, Pulmonary Rehabilitation. We have a strong relationship with Somerset Healthwatch and Asthma & Lung UK.

In July 2025 we held Sing Out Loud for Lung Health bringing together participants from all four areas in a community afternoon Sing2breathe session. This was partly a celebration of Sing2breathe successfully becoming a charity. We received lots of positive feedback and as a result have planned a second event in October 2026 to coincide with our AGM.

Our Positive impact

We have continued with collecting feedback (both orally and via questionnaires) from our participants on their experiences with Sing2breathe. Participants have reported overall improvements in quality of life and ability to carry out daily tasks; some have lessened their inhaler use. Feedback has been overwhelmingly positive and includes comments such as :

"I no longer feel as anxious and scared as I did on being diagnosed with COPD."
"I have been able to half the dose of my steroid inhalers."
"My breathing doesn't worry me as much as it used to. I feel more confident in myself. I do not need to use my Salbutamol Inhaler as much either."
"Mentally I feel more positive, not as isolated and trouble by my diagnosis as I was."
"I am valuing the local, regular, friendly support it provides."
"It's totally changed my life. "
"Sing2breathe is an invaluable group to enable me to actively participate in something to improve my condition rather than relying only on medication. "

Singing Leaders have received CPD from webinars on Singing for lung health to ensure they offer the best and relevant information to participants. We have attended various community events to publicise our activities, including Wells Community Day

Financial Review

The financial performance of the charity is shown in the attached financial statements. At 30 June 2026 Sing2Breathe held £16.383 in unrestricted reserves. This exceeded the amount required under our reserves policy. No funds are materially in deficit and there is no concern regarding the charity's current ability to operate as a going concern.

Our reserves policy is to hold an amount equivalent to four months running costs which represents two sets of eight week courses in all venues.

Funding

Sing2Breathe principally raises funds from grants and donations. Grant funds are treated as restricted where specific terms are imposed by the awarding body. We also received several "In Memoriam" donations together with donations from local choirs and organisations who held fundraising events on our behalf.

Risks

The principal risks facing the charity are potential disruption from singing leaders facing long term illness and the difficulties of raising charity funding in the current financial climate as seen by many CIOs.

Declarations

The Trustees declare that they have approved the trustees' report on 17th October 2026

Signed: _____ _____

Tim Hind (Chair) Teresa Edser (Secretary)

Sing2Breathe

Charitable Incorporated Organisation

Independent Examiner's Report to the Trustees of Sing2Breathe

I report to the Trustees on my examination of the accounts of the above charity for the period ending 30 June 2026 which consists of the Receipts and Payments Account for the period and the Statement of Assets and Liabilities at the period end.

As the trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in accordance with Section 130 of the Act, or
- The accounts do not accord with the accounting records;

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in the report in order to enable a proper understanding of the accounts to be reached.

Terence Wicks
Lilac Cottage
The Down
Old Down
Bristol
BS32 4PU

15 October 2026

Sing2Breathe

Charitable Incorporated Organisation

Statement of Financial Activities

Receipts and Payments account for the period ending 30 June 2026

	Notes	2026 £
INCOME		
Grant Income	4	**17,568**
Donations	5	**16,514**
Balance transferred from previous unincorporated entity		**4,875**
Total Gross Income		**38,957**
DEDUCT DIRECT EXPENSES		
Singing Leader fees		**(18,192)**
Venue Hire (inc refreshments)		**(2,987)**
Equipment		**(771)**
		17,007
Deduct Administrative expenses		**(624)**
		16,383
Add Interest receivable		**0**
BALANCES CARRIED FORWARD		**16,383**

Sing2Breathe

Charitable Incorporated Organisation

Statement of Financial Activities (cont)

Statement of Assets and Liabilities as at 30 June 2026

	Notes	2026	
		£	£
FIXED ASSETS			-
CURRENT ASSETS			
Debtors		-	
Cash at bank and in hand		16,383	
		16,383	
CREDITORS: Amounts falling due within one year		-	
Net current assets			16,383
NET ASSETS			16,383
CAPITAL AND RESERVES			
Unrestricted Reserves			16,383

The notes form part of these financial statements.

Signed on behalf of the Trustees on 17th October 2026

Tim Hind (Chair)

Teresa Edser (Secretary)

Sing2Breathe

Charitable Incorporated Organisation

Statement of Financial Activities (cont)

Notes to the financial statements for the period ending 30 June 2026

1. Accounting policies

The accounts are prepared on a cash basis without accruals. They have been subject to an independent examination. Unrestricted reserves are maintained at a level to cover 4 months of operating costs as courses are booked in 8 week blocks.

2. Employee information

Average number of employees: 0

3. Off balance sheet disclosure

Not applicable

4. Grant Income

	2026 £
My Cool Music Foundation	**1,000**
National Lottery (via Cheddar Community Partnership)	**8,648**
Somerset Community Foundation	**5,000**
National Lottery – Awards for All	**2,920**
	17,568

Grant Income is recognised on a receipts basis.

5. Donations

Donations include participant contributions, donations and sponsorship.