

Trustees' Annual Report For the Year Ended 31 March 2020

The trustees have pleasure in presenting their report together with the financial statements and the independent examiner's report for the year ended 31 March 2020.

Reference & Administrative Information

Charity Name

The Cheyne Gang

Charity Number

SC047259

Address

14 Corbiehill Grove, Edinburgh EH4 5DU

Current Trustees

Pauline Waugh - Chairperson/Treasurer

Sarah Marshall - Secretary

Jane Howe

Lenny Love

Margaret Laurence

Structure Governance & Management

Constitution

The Cheyne Gang is a Scottish Charitable Incorporated Organisation (SCIO) and is governed by its constitution which was adopted on 21 January 2017. The Charity was granted charitable status by OSCR on 20 March 2017. The charity was previously an unincorporated association but changed its legal form to a SCIO.

Appointment of Trustees

The management committee, which meets on a periodic basis, are the charity's trustees. Trustees are elected/re-elected at the Annual General Meeting which is normally held in February. Membership of the management committee is open to any person that supports the purposes of the charity. There must be a minimum of three trustees and a maximum of nine trustees.

Reserves Policy

The principal income streams of the charity are grants and donations provided by public and private organisation's who support the work being undertaken by The Cheyne Gang. In addition, general fundraising is undertaken by the trustees and members of the choirs. The trustees recognise that the timing of the receipt of grant funding is irregular and as a consequence the annual level of income may fluctuate. A more regular source of income is derived from general fundraising by trustees and members which forms an important source of funding.

The trustees' policy is to maintain unrestricted funds (i.e. funds not committed for a specified project) at a level equating to approximately six months unrestricted expenditure. However the trustees accept that for periods of the financial year unrestricted funds may fall below

this level when the charity is awaiting the receipt of additional grant funding and also for periods of the financial year unrestricted funds may exceed this level following the receipt of grant funding.

The charity's unrestricted reserves at 31 March 2020 amounted to £22,419 (2019: £4,082) which is in excess of the cash level set by the reserves policy and reflects a number of grants being received in the latter part of the financial year.

Objectives & Activities

Charitable Purposes

The Cheyne Gang's charitable purpose is the advancement of health and wellbeing for sufferers of long-term respiratory conditions that cause breathlessness. The provision of singing and natural breathing techniques in a community based group facilitated by a specialist voice coach is offered throughout Scotland.

Activities

The Cheyne Gang is structured to deliver singing and natural breathing techniques to people across Scotland who have long term respiratory conditions which cause debilitating and distressing breathlessness. Worldwide research has proved that these people can benefit physically, mentally and socially from singing in a community group. These people are the organisation's beneficiaries.

The Cheyne Gang offers the positive benefits of singing for breathing for those with Chronic Obstructive Pulmonary Disease (COPD), chronic asthma, bronchiectasis and pulmonary fibrosis. Breathlessness frequently leads to anxiety and low mood which in turn can result in social isolation.

Singing has been widely researched and shown to improve breath control, aid sleep, reduce anxiety and lift people's mood. Our groups are facilitated by song leaders who are trained by us to teach natural breathing techniques as well as create tailored singing sessions dependent on any disability for example.

We continue to engage in research into the physical effects of singing for breathing and we are currently working with researchers on an AI app for people with COPD which will assist them to predict and self-manage a flare up of their condition and uses natural breathing techniques, combined with singing, to support their disease management.

We continue to engage with community groups in the areas where we have Cheyne Gangs and with other charities.

We have been fundraising ourselves in order to both run our current groups which now number eight and continue our expansion within Scotland and this year we had a 60/70/80s themed disco. We have also obtained further grants from the National Lottery, the CORRA Foundation and new grants from The Bank of Scotland Foundation and The Robertson Trust. We were invited to the Scottish Parliament this year when Gordon MacDonald MSP hosted a cross party discussion highlighting our work. We were allowed to sing in the chambers, the only group to do this since the opening of parliament when Eddie Reader sang.

We were rehearsing for a 'singing for health' concert with 4 other choirs in Edinburgh at the invitation of Love Music Choir to perform at the Usher Hall in March when Covid 19 struck so this has hopefully only been postponed until next year.

Financial Review

The principal sources of income are grants and donations from public and private bodies who support the work being undertaken by The Cheyne Gang. As the timing of the receipt of funds of this nature is inevitably irregular the year-on-year figures will tend to fluctuate, as was the case between 2018 and 2019. However, a more regular source of income is derived from general fundraising by trustees and members which forms an important source of funds.

Total funds received in the year to 31 March 2020 amounted to £46,283 (2019: £17,212). Expenses of £27,946 (2019: £26,890) were paid in the period resulting in a cash surplus of £18,337 (2019: deficit of £9,678). The cash balance as at 31 March 2020 was £22,419 (2019: £4,082). During the year to 31 March 2020 grants totalling £38,000 were received (2019: £8,655). Donations and general fundraising by the trustees and members raised a total of £8,283 (2019: £8,557). The largest expenses in the period related to the provision of voice coaches for the various choirs operating.

Plans for Future Periods

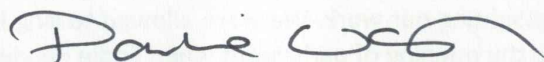
In 2018 we created our 5 year plan to expand the reach of The Cheyne Gang across Scotland. We have now started a 2nd group in Glasgow and a new group in Coldstream in the Scottish Borders which is being supported by a grant from the Queens Nursing Institute for Scotland (QNIS) who provided our original start up grant in 2013. We achieved our plan to provide taster sessions for health care professionals and vocal coaches in 2019/20 running 4 sessions in Coldstream, Dundee, Glasgow and Edinburgh. We had 50 attendees across all these with everyone who came expressing the desire to complete further training in "Singing for Breathing". We had hoped to obtain funding to redesign and run our 'Singing for Breathing' Course creating more specialist song leaders who would be able to facilitate Cheyne Gangs right across Scotland but unfortunately all our plans have been put on hold by the Covid 19 Pandemic.

As our members all have respiratory disease we stopped our meetings very early on in the Covid 19 crisis and took our work online. We now have a self employed IT manager who has revamped our website so we can post weekly videos created by our song leaders of breathing exercises and songs for our members to access. This ensures they can continue to practice what they have learned which helps to manage their breathlessness. We have telephone trees, weekly emails, whatsapp groups and zoom sessions to keep in touch with our 200 members and staff and we have purchased IT and recording equipment to assist our song leaders to work from home. We also have regular zoom meetings with our administration team and our song leaders where we plan our next steps one of which it to write and record a song about our members experiences of lockdown.

We know that singing together in a group unfortunately creates a high risk for Covid 19 transmission so we know it is highly unlikely we will be able to start up our Cheyne Gang sessions again this year. So for now we will continue to expand our IT skills and keep our members entertained and informed until we can sing together again.

Pauline Waugh,
Chair

September 2020



Independent Examiner's Report For the Year Ended 31 March 2020

Independent Examiner's Report to the Trustees of The Cheyne Gang

I report on the financial statements of the charity for the year ended 31 March 2020.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 (as amended) ("the 2006 Regulations"). The charity's trustees consider that the audit requirement of Regulation 10(1)(d) of the 2006 Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)(c) of the 2005 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 2006 Regulations. 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 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 connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:
 - a. to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations, and
 - b. to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 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.



David Holland CA
28 August 2020

Statement of Receipts and Payments For the Year Ended 31 March 2020

(£)		Unrestricted	Restricted	Total	Total
Receipts	Note	Funds	Funds	2020	2019
Voluntary Receipts:					
Donations & Gift Aid		1,436	-	1,436	610
Grants	4	38,000	-	38,000	8,655
Fund Raising		6,847	-	6,847	7,947
Receipts from Charitable Activities:					
Membership Fees		-	-	-	-
Other		-	-	-	-
Total Receipts		46,283	-	46,283	17,212
Payments					
Cost of Charitable Activities	5	27,946	-	27,946	26,890
Total Payments		27,946	-	27,946	26,890
Surplus/(Deficit) for the year		18,337	-	18,337	(9,678)
Transfers between funds	6	-	-	-	-
Surplus/(Deficit) for the year		18,337	-	18,337	(9,678)

The notes form an integral part of these accounts.

Statement of Balances As at 31 March 2020

(£)	Unrestricted	Restricted	Total	Total
Funds Reconciliation	Funds	Funds	2020	2019
Cash at Bank – start of period	4,082	-	4,082	13,760
Surplus/(Deficit) for the year	18,337	-	18,337	(9,678)
Cash at Bank – end of period	22,419	-	22,419	4,082
Bank & Cash Balances				
Bank Deposit Account			22,419	4,082
Cash In hand			-	-
			22,419	4,082

All funds are unrestricted.

The notes form an integral part of these accounts.

Approved by the trustees and signed on their behalf by:



Pauline Waugh
Chair

September 2020

Notes to the Accounts

For the Year Ended 31 March 2020

1. Basis of Accounting

These accounts have been prepared on the Receipts & Payments basis in accordance with the Charities & Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

2. Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain a single unrestricted fund for the day-to-day running of the Group. Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

3. Related Party Transactions

The Group's insurance policy includes Trustee Indemnity Insurance for all its trustees. No remuneration was paid to the trustees or to any connected persons during the year (2019: nil). Payments totaling £1,061 (2019: £1,829) were paid to trustees during the year to reimburse expenses they incurred relating to charitable activities.

4. Grants Received

(£)	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Royal London	-	-	-	5,000
Creative Scotland	-	-	-	3,655
Pharmatics	12,000	-	12,000	-
Robertson Trust	4,000	-	4,000	-
Corra Foundation	4,000	-	4,000	-
Garfield Weston	3,500	-	3,500	-
John Farmer	3,000	-	3,000	-
Bank of Scotland Foundation	3,000	-	3,000	-
Chiesi Ltd	3,000	-	3,000	-
QNIS	2,500	-	2,500	-
Foundation Scotland	2,000	-	2,000	-
Denton	1,000	-	1,000	-
	38,000	-	38,000	8,655

5. Cost of Charitable Activities

(£)	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Voice coach services	15,161	-	15,161	11,427
Venue Hire	4,080	-	4,080	2,424
Other	2,488	-	2,488	3,178
Promotion & Marketing	1,819	-	1,819	3,614
Administrator	1,565	-	1,565	1,761
Choir coordinator	1,329	-	1,329	-
Fundraising	497	-	497	1,184
Travel	400	-	400	719
Training for voice coaches	394	-	394	1,908
Sessional Musician	213	-	213	675
	27,946	-	27,946	26,890

6. Transfers between funds

There was no transfer between funds in the year to 31 March 2020 (2019: £Nil).