



THE CHEYNE GANG

'Sing to Breathe'

Trustees' Annual Report & Financial Statements

For the year ended 31 March 2022

Scottish Charity No. SC047259



Trustees' Annual Report

For the year ended 31 March 2022

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 2022.

Reference & Administrative Information

Charity Name

The Cheyne Gang

Charity Number

SC047259

Address

14 Corbiehill Grove, Edinburgh EH4 5DU

Trustees in the year ended 31 March 2022

Pauline Waugh - Chairperson/Treasurer

Sarah Marshall - Secretary

Jane Howe

Lenny Love

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 the Office of the Scottish Charity Regulator (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 2022 amounted to £19,898 (2021: £17,379) which is in excess of the cash level set by the reserves policy and reflects grants and donations received throughout 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 reflexive 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, pulmonary fibrosis and Long Covid. Breathlessness frequently leads to anxiety and low mood which in turn can result in social isolation. The group now has five choirs in the following locations: three in Edinburgh, one in Innerleithen and one in Glasgow with around 120 members attending regularly.

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 singing group leaders who are trained by us to teach reflexive breathing techniques as well as create tailored singing sessions dependent on any disability.

The Covid 19 pandemic disproportionately affected our work as our members are very vulnerable to respiratory infections and so, although we were able to take much of our work online and use technology such as Zoom to keep in touch, we were unable to return to face-to-face sessions until October 2021. We started our groups up gradually in line with Scottish Government Covid 19 guidelines and with support from our performance insurance provider Making Music. Unfortunately, we lost some members over the pandemic and some had noted a deterioration in their health or had lost their confidence, so have been unable to return to their groups. Sadly we were unable to continue with a group we had started in early 2020 in Coldstream which was being funded as part of a research project that was discontinued but we hope to secure funds to reinstate it in 2023. We also amalgamated 2 groups in Glasgow due to low numbers on return to their face-to-face sessions.

We had to secure a new venue for our Leith group as the community centre we had used did not reopen. Leith's numbers continue to grow aided by a new, pro-active administrator. We were able to access some funding being used to assist the return of groups such as ours from both the National Lottery and Edinburgh Council. We have also been able to start up our own fundraising activities again and have a Christmas Concert planned for December 2022.

To assist the relaunch of our face-to-face activities following the pandemic we took the opportunity to re-brand the group with a new logo which has been well received and reflects the inclusiveness of the group's activities.

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. However, a more regular source of income is derived from a members' lottery and general fundraising by trustees and members which forms an important source of funds.

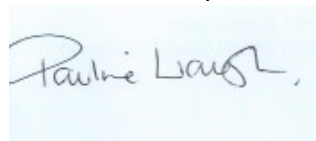
Total funds received in the year to 31 March 2022 amounted to £46,682 (2021: £36,380). Expenses of £44,163 (2021: £41,420) were paid in the period resulting in a cash surplus of £2,519 (2021: deficit of £5,040). The cash balance as at 31 March 2022 was £19,898 (2021: £17,379). During the year to 31 March 2022 grants totalling £38,950 were received (2021: £32,331). Donations and fundraising by the trustees and members (including the members' lottery) raised a total of £7,732 (2021: £4,049).

Plans for Future Periods

We remain the only organisation offering a professionally led "Singing for Breathing" training course in Scotland. We have had interest from health boards in Fife, the Highlands, and Dumfries and Galloway to train singing group leaders which provides the opportunity to start groups in these areas. Singing comes under social prescribing in the NHS and so the provision of our services is expected to continue to attract referrals from primary and secondary care services. This year we have completed the review and update of our "Singing for Breathing" course so that it can be facilitated both face to face and via an online platform to fulfil these requests and we are actively seeking funding for starting this in 2023. We investigated whether the course should be accredited but, after discussion with our trustees, one of whom is an employment lawyer, we were able to ensure that the course content is protected under Intellectual Property.

One of our singing group leaders moved to the Highlands last year and she is working with the respiratory physiotherapists in Inverness to provide singing for breathing via zoom for their patients. We are also engaging with that team on a research project to measure the effects of a singing for breathing service versus a pulmonary rehabilitation programme for patients who are based in more rural regions and so find accessibility difficult.

In the past year we were invited to join the Long Covid Cross Party Parliamentary group having received requests for support from patients with Long Covid suffering breathlessness. We investigated the support and care available for patients with Long Covid and discovered it is difficult and divided across the UK. We have been creating a new website for people with Long Covid having secured funding from the Sir Tom Farmer Foundation. We engaged with our NHS colleagues who are caring for people with Long Covid to create an innovative website. Long Covid Support Scotland launches in November 2022 and we hope to add to its content and expand its reach as Long Covid remains a growing concern countrywide.



Pauline Waugh
Chair

12 December 2022

Independent Examiner's Report For the year ended 31 March 2022

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 2022.

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
12 December 2022

Statement of Receipts and Payments For the year ended 31 March 2022

(£)		Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
Receipts	Note				
Voluntary Receipts:					
Donations & Gift Aid		3,527	-	3,527	2,596
Grants	4	28,950	10,000	38,950	32,331
Fund Raising		4,205	-	4,205	1,453
Receipts from Charitable Activities:					
Membership Fees		-	-	-	-
Other		-	-	-	-
Total Receipts		36,682	10,000	46,682	36,380
Payments					
Cost of Charitable Activities	5	33,563	10,600	44,163	41,420
Total Payments		33,563	10,600	44,163	41,420
Surplus/(Deficit) for the year		3,119	(600)	2,519	(5,040)
Transfers between funds	6	(600)	600	-	-
Surplus/(Deficit) for the year		2,519	-	2,519	(5,040)

The notes form an integral part of these accounts.

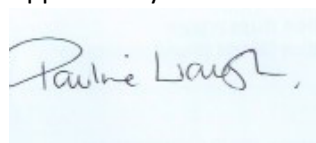
Statement of Balances As at 31 March 2022

(£)	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
Funds Reconciliation				
Cash at Bank – start of period	17,379	-	17,379	22,419
Surplus/(Deficit) for the year	2,519	-	2,519	(5,040)
Cash at Bank – end of period	19,898	-	19,898	17,379
Bank & Cash Balances				
Bank Deposit Account			19,898	17,379
Cash In hand			-	-
			19,898	17,379

All funds as at 31 March 2022 are unrestricted.

The notes form an integral part of these accounts.

Approved by the trustees and signed on their behalf by:



Pauline Waugh
Chair
12 December 2022

Notes to the Accounts

For the year ended 31 March 2022

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 (2021: nil). Payments totaling £1,676 (2021: £1,216) were paid to trustees during the year to reimburse expenses they incurred relating to charitable activities.

4. Grants Received

(£)	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
Pharmatics	19,000	-	19,000	-
Sir Tom Farmer Foundation	-	10,000	10,000	-
Edinburgh Council	4,400	-	4,400	-
Scottish Practice Nurse Association	3,550	-	3,550	-
Lindsays LLP	1,000	-	1,000	-
Charities Trust	1,000	-	1,000	-
National Lottery	-	-	-	13,000
University of Edinburgh	-	-	-	5,000
Corra Foundation	-	-	-	4,000
Charteris	-	-	-	3,000
Co-Op	-	-	-	2,821
Trades House	-	-	-	2,000
Sir Jules Thor Trust	-	-	-	1,000
Chest Heart & Stroke Association	-	-	-	910
Bank of Scotland Foundation	-	-	-	600
	28,950	10,000	38,950	32,331

5. Cost of Charitable Activities

(£)	Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
IT Facilitator	15,054	-	15,054	-
Long Covid	-	10,600	10,600	-
Voice coach services	6,516	-	6,516	4,510
IT Equipment	3,637	-	3,637	-
Promotion & Marketing	2,234	-	2,234	1,025
Other	2,067	-	2,067	2,202
Training for voice coaches	1,505	-	1,505	1,000
Venue Hire	1,140	-	1,140	112
Administrator	1,128	-	1,128	121
Choir coordinator	282	-	282	1,255
Covid 19	-	-	-	31,135
Fundraising	-	-	-	60
	33,563	10,600	44,163	41,420

6. Transfers between funds

There was a transfer of £600 (2021: £Nil) between funds in the year to 31 March 2022.