

Trustees' Annual Report For the Year Ended 31 March 2019

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 2019.

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 2019 amounted to £4,082 (2018: £13,760) which, although below the level set by the reserves policy, was deemed acceptable to the trustees with the knowledge that the receipt of further grants is expected in the near future.

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 lead by voice coaches who are trained to teach natural breathing techniques as well as create tailored singing sessions dependent on any disability for example.

We are currently involved in 3 pieces of research into the physical affects of singing for breathing and we sang at the Edinburgh Book Festival in August 2018 as part of the presentation for one of these through Edinburgh University.

We were nominated for a Nursing Times Award in 2018 for our innovative work and, although we didn't win, we were shortlisted out of hundreds of applications from across the UK.

We continue to engage with community groups in the areas where we have Cheyne Gangs and with other charities. We took part in the Pilton Equalities Project Christmas concert and we performed at the Scottish Parliament for the launch of the CHSS 'No life half lived' project.

We have been fundraising ourselves in order to both run our current groups and continue our expansion within Scotland and this year we had a Christmas Fair plus a Singumyjig (Scottish music evening). We have also received grants from the National Lottery and the CORRA Foundation.

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 2019 amounted to £17,212 (2018: £42,455). Expenses of £26,890 (2018: £28,695) were paid in the period resulting in a cash deficit of £9,678 (2018: surplus of £13,760). The cash balance as at 31 March 2019 was £4,082 (2018: £13,760).

During the year to 31 March 2019 grants totalling £8,655 were received (2018: £23,965). Donations and general fundraising by the trustees and members raised a total of £8,557 (2018: £17,770). Donations in the period to 31 March 2018 included a transfer of £8,362 from The Cheyne Gang's former body and occurred when The Cheyne Gang was incorporated as a SCIO on 20 March 2017.

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 and we currently have 6 groups in Edinburgh, Innerleithen and Glasgow plus we support another in Helensburgh. As part of our plan we have rebranded and now have a new tagline "Sing to Breathe to Sing". 2019 will see the provision of taster sessions for health professionals and voice coaches with a view to re-running our "Singing for Breathing" course and creating more voice coaches who will be able to facilitate Cheyne Gangs right across Scotland.

We are still hopeful of securing funding to create and run a Singing for Breathing Festival bringing together groups from around the UK to share their experience, knowledge, research and to have fun singing together.



Pauline Waugh

Chair

31 October 2019

Independent Examiner's Report For the Year Ended 31 March 2019

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 2019.

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.

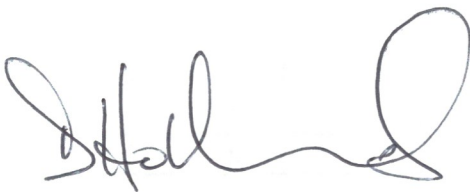
Basis of Independent Examiner's Statement

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

31 October 2019

Statement of Receipts and Payments For the Year Ended 31 March 2019

(£)		Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
Receipts	Note				
Voluntary Receipts:					
Donations & Gift Aid		610	-	610	11,362
Grants	4	8,655	-	8,655	23,965
Fund Raising		7,947	-	7,947	6,408
Receipts from Charitable Activities:					
Membership Fees		-	-	-	-
Other		-	-	-	720
Total Receipts		17,212	-	17,212	42,455
Payments					
Cost of Charitable Activities	5	26,890	-	26,890	28,695
Total Payments		26,890	-	26,890	28,695
Surplus/(Deficit) for the year		(9,678)	-	(9,678)	13,760
Transfers between funds	6	-	-	-	-
Surplus/(Deficit) for the year		(9,678)	-	(9,678)	13,760

The notes form an integral part of these accounts.

Statement of Balances As at 31 March 2019

(£)	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
Funds Reconciliation				
Cash at Bank – start of period	13,760	-	13,760	-
Surplus/(Deficit) for the year	(9,678)	-	(9,678)	13,760
Cash at Bank – end of period	4,082	-	4,082	13,760
Bank & Cash Balances				
Bank Deposit Account			4,082	13,760
Cash In hand			-	-
			4,082	13,760

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

31 October 2019

Notes to the Accounts

For the Year Ended 31 March 2019

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 (2018: nil). Payments totaling £1,829 were paid to two trustees during the year to reimburse them for expenses they incurred relating to charitable activities (2018: £656).

4. Grants Received

(£)	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
Creative Scotland	3,655	-	3,655	10,965
Royal London	5,000	-	5,000	-
National Lottery	-	-	-	10,000
The Corra Foundation	-	-	-	3,000
	8,655	-	8,655	23,965

5. Cost of Charitable Activities

(£)	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
Training course for voice coaches	1,908	-	1,908	10,580
Provision of voice coach services	11,427	-	11,427	9,258
Venue Hire	2,424	-	2,424	3,156
Choir coordinator	-	-	-	1,263
Promotion & Marketing	3,614	-	3,614	1,217
Administrator	1,761	-	1,761	1,062
Sessional Musician	675	-	675	1,010
Fundraising	1,184	-	1,184	-
Travel	719	-	719	-
Other	3,178	-	3,178	1,149
	26,890	-	26,890	28,695

6. Transfers between funds

There was no transfer between funds in the year to 31 March 2019 (2018: £623).