



**THE CHEYNE GANG**

*'Sing to Breathe'*

Trustees' Annual Report  
& Financial Statements

For the year ended 31 March 2024

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Scottish Charity No. SC047259



## **Trustees' Annual Report**

### **For the year ended 31 March 2024**

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 2024.

#### **Reference & Administrative Information**

##### **Charity Name**

The Cheyne Gang

##### **Charity Number**

SC047259

##### **Registered Address**

14 Corbiehill Grove, Edinburgh EH4 5DU

##### **Trustees**

Pauline Waugh (Chairperson)

Sarah Marshall (Secretary)

Robina Hutton

Gary Tait (Treasurer)

Dr Helen Szoor-McElhinney

Margaret Dunnett (appointed 1 June 2024)

Joan Kerr (appointed 28 June 2024)

Lenny Love (deceased 19 Feb 2024)

#### **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.

##### **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 and donations 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 2024 amounted to £13,670 (2023: £10,112) which is less than the cash level set by the reserves policy and reflects the uncertain timing of the receipt of grant and donation income in 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 six choirs in the following locations: four 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.

We are gradually building the membership across all our groups with help from advertising on local radio and newsletters such as Konect. We secured some new funding to open a 6<sup>th</sup> group in the more deprived area of Gilmerton which started in October 2023 and is being facilitated by a singing group leader we trained in the summer of 2023.

We had a well-attended AGM in February 2024. At this we asked for volunteers for our Trustee Committee as sadly one of our Trustees passed away in February 2024. We held a concert in May 2024 which highlighted our work and was a joint venture with another Lothian based singing for breathing group and two other choirs.

We continue to work with the Engineering and Physical Sciences Research Council (EPSRC) *Our Health Research* team at Edinburgh University and an example of this is *Sensing in the*

*Community.* This is a new undergraduate course designed by the Cheyne Gang as part of a university teaching team led by the EPSRC Our Health Programme at The University of Edinburgh. It has been designed as an interdisciplinary, experiential course, focused on lung health, new health care technologies and community-based research. It is offered to 2<sup>nd</sup> year engineering, chemistry, health and social science students and biomedical sciences undergraduates. There is an opportunity to offer the course to 4<sup>th</sup> year undergraduate students from 2025. This new development would strengthen the likelihood that the research outputs from the course could be developed into viable/feasible research projects that could be used by the Cheyne Gang to improve lung health. Cheyne Gang members have reported mutual benefit from the course and have observed that while they were in the company of the students, focussed on co learning, they felt that their health and well-being improved during that time. Cheyne Gang and Our Health, working in partnership, are determined to see their research efforts making a positive impact, by improving lung health within our local communities.

In summer 2023 we entered a collaboration with Chest, Heart and Stroke Scotland (CHSS) to rerun our Singing for Breathing training for interested choir leaders and Arts and Health practitioners with a view to opening singing for lung health groups right across the country. The first of these courses took place in October/November 2023 where we trained sixteen people and provided updates for three others. CHSS will now work with any of those people who want to open groups in their area.

### **Plans for Future Periods**

Our primary focus will continue to be the running of our existing singing groups along with seeking opportunities and funds to open new singing groups. Accordingly we will continue to apply for grants and funds to ensure we are able to run our groups.

We also plan to re-run the Singing for Breathing training course in September 2024 and liaise with any new singing for lung health groups that have started up in Scotland since the last course we ran in October 2023.

We have been recruiting new Trustees and plan the first meeting of our full new Board in summer 2024.

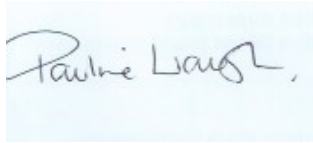
We are working with a Senior Researcher from the Sydney de Hann research centre in Canterbury to evaluate our work over the past 11 years. We plan to start this work in September 2024.

### **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 income 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. Accordingly the trustees are comfortable with the lower level of income recorded in the year ended 31 March 2023 compared to the previous financial year.

Total funds received in the year to 31 March 2024 amounted to £40,749 (2023: £28,650). Expenses of £37,191 (2023: £38,436) were paid in the period resulting in a cash surplus of £3,558 (2023: deficit of £9,786). The cash balance as at 31 March 2024 was £13,670 (2023:

£10,112). During the year to 31 March 2024 grants totalling £22,000 were received (2023: £12,873). Donations and fundraising by the trustees and members (including the members' lottery) raised a total of £13,535 (2023: £15,777). During the financial year a training course was run for Chest Heart & Stroke Scotland which generated income of £5,214 (2023: Nil).

A handwritten signature in black ink on a light blue background. The signature reads "Pauline Waugh," with a comma at the end. The handwriting is cursive and somewhat stylized.

Pauline Waugh  
Chair  
2 September 2024

## **Independent Examiner's Report For the year ended 31 March 2024**

### **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 2024.

#### **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  
2 September 2024

## Statement of Receipts and Payments For the year ended 31 March 2024

(£)		Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
<b>Receipts</b>	Note				
Voluntary Receipts:					
Donations & Gift Aid		9,660	-	<b>9,660</b>	7,879
Grants	4	22,000	-	<b>22,000</b>	12,873
Fund Raising		3,875	-	<b>3,875</b>	7,898
Training Course		5,214	-	<b>5,214</b>	-
Receipts from Charitable Activities:					
Membership Fees		-	-	-	-
Other		-	-	-	-
<b>Total Receipts</b>		<b>40,749</b>	-	<b>40,749</b>	28,650
<b>Payments</b>					
Cost of Charitable Activities	5	37,191	-	<b>37,191</b>	38,436
<b>Total Payments</b>		<b>37,191</b>	-	<b>37,191</b>	38,436
<b>Surplus/(Deficit) for the year</b>		<b>3,558</b>	-	<b>3,558</b>	(9,786)
Transfers between funds	6	-	-	-	-
<b>Surplus/(Deficit) for the year</b>		<b>3,558</b>	-	<b>3,558</b>	(9,786)

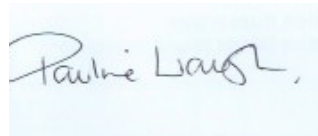
The notes form an integral part of these accounts.

## Statement of Balances As at 31 March 2024

(£)	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
<b>Funds Reconciliation</b>				
Cash at Bank – start of period	10,112	-	<b>10,112</b>	19,898
Surplus/(Deficit) for the year	3,558	-	<b>3,558</b>	(9,786)
<b>Cash at Bank – end of period</b>	<b>13,670</b>	-	<b>13,670</b>	10,112
<b>Bank &amp; Cash Balances</b>				
Bank Deposit Account			<b>13,670</b>	10,112
Cash In hand			-	-
			<b>13,670</b>	10,112

All funds as at 31 March 2024 are unrestricted. The notes form an integral part of these accounts.

Approved by the trustees and signed on their behalf by:



Pauline Waugh  
Chair  
2 September 2024

## Notes to the Accounts

### For the year ended 31 March 2024

#### 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 (2023: nil). Payments totaling £163 (2023: Nil) were paid to trustees during the year to reimburse expenses they incurred relating to charitable activities.

#### 4. Grants Received

(£)	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
National Lottery	9,000	-	<b>9,000</b>	-
Portmore	5,000	-	<b>5,000</b>	-
Queensberry House	3,500	-	<b>3,500</b>	-
The Orcome Trust	3,000	-	<b>3,000</b>	-
Music for All	1,500	-	<b>1,500</b>	-
Edinburgh Council	-	-	-	3,493
Dumfries & Galloway Council	-	-	-	3,000
Scottish Borders Council	-	-	-	2,950
Impact Funding	-	-	-	1,430
Edinburgh & Lothian	-	-	-	1,000
Groundwork UK	-	-	-	1,000
	<b>22,000</b>	-	<b>22,000</b>	12,873

#### 5. Cost of Charitable Activities

(£)	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
Voice coach services	11,458	-	<b>11,458</b>	9,550
IT Facilitator	9,725	-	<b>9,725</b>	21,171
Training course	4,561	-	<b>4,561</b>	-
Venue Hire	4,305	-	<b>4,305</b>	3,633
Promotion & Marketing	2,196	-	<b>2,196</b>	305
Choir coordinator	2,118	-	<b>2,118</b>	1,117
Other	1,638	-	<b>1,638</b>	1,776
Administrator	1,190	-	<b>1,190</b>	884
	<b>37,191</b>	-	<b>37,191</b>	38,436

#### 6. Transfers between funds

There were no transfers (2023: Nil) between funds in the year to 31 March 2024.