

NARA Annual Report & Accounts



NARA - The Breathing Charity, Moulton Park Business Centre, Redhouse Road, NORTHAMPTON, NN3 6AQ
Phone 01604 494960 // Fax 01604 497550 www.naratbc.org.uk // info@thebreathingcharity.org.uk

NARA - The Breathing Charity is a registered working title of the National Association for the Relief of Apnoea



'.... I honestly think without NARA I would have spent much more time in hospital.'

NARA - The Breathing Charity

Trustees Report - Period 1st May 2015 to 30th April 2016

Like last year we thought we'd open our report with stories and comments from some of our patients. These patients are across the age range of those we assist on a day-to-day basis, from the very young and tiny babies through to those older and senior citizens. We start with Andrew, a middle-aged gentleman of Stevenage;

'I have suffered from Asthma since I was born. Like most children I spent most of my childhood and teenage years in hospital. When I was 28 I was involved in a very serious road traffic accident where I was severely injured. Since the accident I have not been able to keep myself out of I C U and hospital for very long constantly relying on nebulisers steroids and injections to keep me going. I now have a very severe type of asthma called brittle asthma. This means I can have an asthma attack with almost no warning at all, I suddenly just can't breathe. I go blue in the face I have pins and needles all over my body and that normally means I will be put on life support where they take over my breathing because I'm not able to breath for myself. I was told by another asthma sufferer whilst in hospital about NARA – The Breathing Charity that they could help me with medical equipment, the latest breathing machines all I had to do was to get my Doctor to fill in a form to get on board. Since I have been dealing with staff there I have found it easier to keep on top of my nebulisers and keeping the mask and chambers clean and get replacements for everything I have. I even have a travel nebuliser, which is essential when I have hospital

appointments, which could be up 50 miles away. I like that all the nebulisers come brand new and with carry cases also I really like that I can ask for a new nebuliser on the Monday and by the Tuesday I have it here ready to go. I also find it very nice to have someone else to talk to about how I'm feeling and what can help me. I think NARA is a brilliant charity to have, and I'm very proud to help raise money for such a wonderful organisation I honestly think without NARA I would have spent much more time in hospital and now I can stay at home with my family and get better in my own environment. Thank you so much NARA!



'You genuinely give a damn about people'

The next is from Sophie, a young student attending Lancaster University;

'How infinitely you've made my confusing and scary little world easier. The stupid stuff that no one realises, the fact that my nebs used to take nearly two hours and now take less than 45mins. The fact I can nebulise in the cinema with the portable, the ability to be somewhat subtle with nebulisers. Not stressing about the dodgy design of tubing. The fact that even when things kept being awkward and breaking you got things to me the next day so my exams weren't disrupted. You are doing the ground-work, mopping up the mess the NHS make when they leave people with inadequate supplies. People don't understand why the NHS doesn't supply decent things, but the fact that there is someone who mops up the mess and sorts it out is awesome. You genuinely give a damn about people. You care about our quality of life – so we can do more than just basic survival. You make my fairly challenging little life significantly easier and you've no idea the difference that makes to me and the people around me.'



Little baby Melody's mother, from Croydon, tells her dramatic story of how she thanks NARA for saving her daughter's life;

'I can safely say it has saved her life'



'My daughter, was born 10 weeks premature and suffers from Central apnoea, where her brain forgets to tell her lungs to breathe, this is because she was so premature. Her first episode was at 8 weeks old, at home, we called an ambulance and had to do CPR. She was rushed to hospital and was on oxygen therapy for a couple of days. We were all ready to be discharged from hospital, when she had 2 more attacks in front of the consultant in the space of 1 hour, both times needing CPR and chest compressions. They decided to keep her in for more test. She stayed in hospital for 2 more weeks, and didn't have any more attacks, the consultant was talking about sending her home. We requested the apnoea monitor she was using in the hospital, but they didn't have

enough to send her home with one, if we wanted one we had to source one! Now we were rapidly approaching Christmas and the monitors cost almost £1000 to buy! Thankfully a mum we met in SCBU had heard of a charity that supplies the monitors, so after frantic phone calls and emails, we managed to secure one which was delivered on Christmas Eve. We didn't want to risk trying it out at home, so we agreed to stay in hospital over Christmas to make sure it worked okay. Boxing Day our daughter is discharged, and it's fantastic to have her home again. However, this was short lived, we put her to bed on the 29th December and the alarm on her monitor went off at 3am waking us up, again my partner had to perform CPR and we called an ambulance, she was rushed in again, this time in hospital until 8th February, during this time she also caught a cold virus which turned into a lung infection and she had to be put on a ventilator and paralysed so her body could fight the infection. She still requires the monitor and I can safely say it has saved her life. Thank You to NARA, a wonderful charity, for all their help.'

There are many conduits and routes patients can take to get help from NARA. The most obvious is via our website (www.naratbc.org.uk), our leaflets, patient to patient, friends and family and importantly through healthcare professionals, like Rob who works throughout Yorkshire. We have known and worked with him for a good number of years. He was responsible for putting Holly in contact with us, her story headlined in our last report, and he continues to refer patients to us on a regular basis;

'I primarily care for patients with chronic and often frightening breathlessness and much of my work I work as an advanced respiratory nurse practitioner for a group of GP practices (Main Practice Shipley Medical Centre) and have worked with NARA for the last 5 years. I primarily care for patients with chronic and often frightening breathlessness and much of my work is in reducing the symptoms of severe breathlessness. NARA provide medical equipment to my patients which helps in reducing those symptoms and allows me to provide a management plan for breathlessness using medical equipment of high quality that the patients know has a helpline for if anything happens. This gives them reassurance and peace of mind.'

'Prior to using NARA, my patients bought their own equipment, often at a high cost, with no guarantees that it would do what they wanted it to do. In addition there was no way of maintaining the equipment, so I could not guarantee that it would work when they most needed it and if it broke down they could be left weeks while they found the money to buy a new one and get it delivered. I recently referred a gentleman with advanced lung disease who'd had many admissions to hospital because he didn't know what to do when he got most breathless. He and his wife found this very frightening and had no choice but to ring an ambulance. He was often only kept in for a few hours before being discharged home after a frightening experience. I referred him to NARA for a nebuliser and wrote him a management plan explaining what to do in the event of severe breathlessness and



Placing medical equipment into Surgeries and Health Centres is a significant help to patients getting immediate assistance

when to use a nebuliser. He received the equipment and has not been admitted to hospital since. He and his wife feel reassured by having the nebuliser but also by the reassurance that if it breaks down they have someone who can help them whenever it is.'

Keeping the lines of communication wide open within communities and working closely with healthcare professionals, like Rob, we are able to offer the best care possible. As has been mentioned in previous reports, we don't just give out medical equipment, it is our 24hour helpline and our regular visits via our Community Care initiative that is paramount for our patients – our non-tangible work is so vital as can be clearly seen in Rob's testimony. During this financial year well over 250 visits were made to patients, numerous conversations were made via the telephone and through social media sites like Facebook and Twitter – whilst there can be issues with the latter technologies many patients like to communicate with us through them – at all times of the day and night, sometimes our staff are messaging during the early hours of the morning, maybe 2-3am, it is this time when some feel at their most vulnerable and need some reassurance, or just someone to talk to. Whilst it is imperative to keep funds rolling in to purchase equipment, it is also crucial to have funds to finance our visits and our numerous Community Care schemes. Throughout the year we have also continued to provide Doctor's Surgeries, Health Centres and Clinics with equipment to use at moments notice – patients are given this immediate assistance prior to us arranging long-term help.



Of course, none of the afore mentioned would have been possible without financial support from individuals, companies, groups and Trusts – we have a long list to thank, but would like to pay particular thanks in this report to the UKH Foundation for our work in Greater Manchester, the Joicey Trust for our work in Northumberland, Tyne & Wear, Sovereign Healthcare Charitable Trust for our work in Bradford, Lothian Buses for our work in Edinburgh and the numerous Lions, Rotary and Round Table organisations and businesses throughout the UK that have so kindly donated funds to us. It is the generosity of others that enable us to help.



Following on from our 30th Anniversary celebratory year, the NARA Trustees were a little concerned that the momentum of the event would be slightly deflated in financial terms this year, perhaps an 'after the Lord Mayor's show' syndrome would exist. However, their fears were allayed as the impetus of year 30 continued with another significant rise in income, which allowed the charity to assist more patients in need

Little Stanley was able to go on holiday thanks to NARA supplying him with a portable Oxygen concentrator.

throughout the financial year. The year was very busy for our administrative staff with more time spent on the day-to-day running of the charity than in previous years and less spent on our staff fund-raising. Thankfully, our fund-raising efforts were greatly enhanced by our patients, their family, friends and supporters taking much of the strain leaving charity staff to simply assist by posting out leaflets and posters and playing a more supportive role rather than a normal active one. Our BT Donate page and other means of electronic, digital and Internet resources also enhance our fundraising freeing up valuable time and effort by charity staff. Indeed, the past year has seen a great deal of time devoted by our Trustees to developing and implementing new fund-raising strategies aligned to the growth of our various platforms on social media, which is truly transforming previous methods. We also like to connect both our supporters and patients, it is so encouraging for those who work hard to raise funds to see exactly where their money has been spent and who they have helped. This is all done with extreme care and only in accordance with those patients who wish, there's strictly no pressure put on any of them to take part. The Trustees believe this has had a significant and positive effect on the increase of funds during this financial year, so will continue to foster this. When dealing with the extremely sick and sometimes terminal patients we also have to accept their passing and we've been grateful to those who have remembered us in their Will, or those families who have chosen to make charitable donations to us rather than having floral tributes.

Looking ahead, we are all excited about a possible new piece of equipment that will replace the MRI10, as this report is being written conversations regarding trials are being put into place – we hope to have positive news for next year's report. Certainly, with the pressures placed on the NHS, NARA is becoming a significant support to those with respiratory conditions no matter their age – from the tiniest of babies to those more senior members of the community NARA has been able to assist. In this fast-track life it is sometimes difficult to find the time to help others. It is a quote from John Bunyan that sums up the joy and pleasure we at NARA get from helping those in need, 'You have not lived today until you have done something for someone who can never repay you.'



*'You have
not lived
today
until you
have done
something
for
someone
who can
never
repay you.'*

John Bunyan

NARA

Annual Report & Accounts



NARA - The Breathing Charity, Moulton Park Business Centre, Redhouse Road, NORTHAMPTON, NN3 6AQ
Phone 01604 494960 // Fax 01604 497550 www.naratbc.org.uk // info@thebreathingcharity.org.uk

NARA - The Breathing Charity is a registered working title of the National Association for the Relief of Apnoea

ACCOUNTS FOR
FINANCIAL YEAR
ENDING
30th APRIL 2016



NATIONAL ASSOCIATION FOR THE RELIEF OF APNOEA

I report on the accounts of the Trust for the year ended 30 April 2016 which are set out on pages 7 and 10.

Respective Responsibilities of Trustees and Examiner

As the charity's trustees you are responsible for the preparation of the accounts: you consider that the audit requirement of Section 43(2) of the Charities Act 1993 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under Section 43(7)(b) of the Act, whether particular matters have come to my attention.

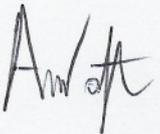
Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. 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 seeking explanations from you as 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
 - to keep accounting records in accordance with section 41 of the Act: and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act 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.



A W Nottingham FCCA
Taxwright
65 Moss Street
Keith
Banffshire
AB55 5HE

Date 19/2/17

NATIONAL ASSOCIATION FOR THE RELIEF OF APNOEA

**Statement of Financial Activities
For the Year Ended 30 April 2016**

		Unrestricted Funds	
	Notes	<u>2016</u>	<u>2015</u>
Incoming Resources			
Donations from Grants, Trusts, Companies and Individuals	2	<u>95,444</u>	<u>87,670</u>
Direct Charitable Expenditure			
Medical equipment care and support		80,189	74,634
Other Expenditure			
Fundraising costs		428	1,823
Management and Administration of the Charity	3	<u>9,882</u>	<u>6,280</u>
Total Expenditure		<u>90,499</u>	<u>82,737</u>
Net Movement in Funds for the Year		4,945	4,933
Total Funds Brought Forward		<u>35,320</u>	<u>30,387</u>
Total Funds Carried Forward		<u>40,265</u>	<u>35,320</u>

There were no recognised gains or losses for 2016 other than those included in the Statement of Financial Activities.

The notes on pages 9 and 10 form part of these accounts.

NATIONAL ASSOCIATION FOR THE RELIEF OF APNOEA

Balance Sheet as at 30 April 2016

	Notes	<u>2016</u>	<u>2015</u>
		£	£
Fixed Assets		38,344	39,719
Current Assets			
Cash at Bank and In Hand		2,419	248
Current Liabilities	5	<u>(498)</u>	<u>(4,647)</u>
Total Assets less Current Liabilities		<u>40,265</u>	<u>35,320</u>
Capital			
Unrestricted Funds		<u>40,265</u>	<u>35,320</u>

Approved by the trustees on 27th February 2017 and signed on their behalf



Trustee

The notes on pages 9 and 10 form part of these accounts.

Charity Trustees

A Jiggle, F Whiting, E Atkins,

Notes to the Accounts

For the Year Ended 30 April 2016

1 Accounting Policies

1.1 Basis of Preparation of Accounts

The accounts are prepared under the historical cost convention and include the results of the charity's operations which are described in the Trustees' Report and all of which are continuing.

The accounts have been prepared in accordance with the Statement of Recommended Practice for charity accounts.

The charity has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cashflow statement on the grounds that it qualifies as a small charity.

1.2 Income

Voluntary income and donations are accounted for as received by the charity. The income from fundraising ventures is included gross, with the associated costs included in fundraising costs. No permanent endowments have been received in the period.

1.3 Value Added Tax

Value Added Tax is not recoverable by the charity, and as such is included in the relevant costs in the Statement of Financial Activities.

1.4 Fundraising Costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events.

1.5 Management and Administration Expenditure

Expenditure on management and administration of the charity includes all expenditure not directly related to the charitable activity or fundraising ventures. This includes costs of renting and running office premises, staff salaries for administrative staff and fees of an independent examination.

NATIONAL ASSOCIATION FOR THE RELIEF OF APNOEA

2. Income

	<u>2016</u>	<u>2015</u>
	£	£
Donations	92,009	86,070
Medical Contributions	<u>3,435</u>	<u>1,600</u>
	<u>95,444</u>	<u>87,670</u>

3. Administration Expenditure

	<u>2016</u>	<u>2015</u>
	£	£
Office Rent and Services	4,984	4,479
Administration Staff	4,400	1,309
Independent Examination	<u>498</u>	<u>492</u>
	<u>9,882</u>	<u>6,280</u>

4. Staff Costs

No remuneration was paid to trustees in the year, nor were any trustees' expenses reimbursed. The staff costs were:

	<u>2016</u>	<u>2015</u>
	£	£
Wages and Salaries	<u>4,400</u>	<u>1,309</u>

The average weekly number of staff employed by the charity during the year was as follows:

	<u>2016</u>	<u>2015</u>
Administrative	1	1

5. Current Liabilities

	<u>2016</u>	<u>2015</u>
	£	£
Creditor	-	4,155
Accrual	<u>498</u>	<u>492</u>
	<u>498</u>	<u>4,647</u>

Charity Bankers

Barclays Bank PLC, 267 Wellingborough Road, NORTHAMPTON, NNI 4YD