



# SLEEP APNOEA TRUST

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[www.sleep-apnoea-trust.org](http://www.sleep-apnoea-trust.org)

## **Sleep Apnoea Trust Chairman's Statement, October 14<sup>th</sup> 2023.**

Some of you will notice that, since we changed our charitable status to that of a CIO (Charitable Incorporated Organisation) we are now governed by a Board of Trustees who previously acted as the Committee of our organisation, and who are more visible than under our previous structures. Charity Commissions' Guidelines are closely followed. We recommend if you want more information you should visit our entry on the Charity Commission's website and you will surely find what you need.

Since returning as Chairman at the request of the Trustee Board, I am afraid that my message is going to be a bit like a gramophone record on repeat play with the same old story

First, we have an ageing board of trustees.

Secondly, our appeal for younger volunteers, with the skills we need now and will need in the future, has received a very small response. It is true that some folks have expressed an interest, one or two of whom have joined the Committee, but the need for succession remains very important.

Thirdly, without these skills, particularly in social media marketing, IT, website management and fundraising, we will have to start paying for these services.

Finally, such action will drastically change the funding model we use at present, which is mainly subscriptions from you, our members, plus some legacies.

In the past year, illness in particular has played its part, with both Chris Rogers and Ann Nevinston (a new member of the Committee) being affected.

We just do not have the volunteer reserves to cover the work they do, even temporarily.

So my appeal is, if you have proven (and I really do mean proven) skills in social media marketing, IT, website management and fundraising, and are prepared to spend a few hours each week helping us, then please let me know.

Email Chris Rogers, and I or Rob Holt will contact you and discuss how you can help.

At the same time, as our Trustee Board gets smaller, we are carefully examining every aspect of how we conduct our business.

We shall keep what is essential and that is subject at present to a strong and detailed discussion.

Our high profile as the patient's voice means we are in constant demand to express the patient's opinion.

Other areas of influence, which are more indirectly linked, will however, have to be looked at much more critically, and involvement in some areas may have to be curtailed.

Please remember, it was this charity which campaigned strongly for 10 years, and in 2008 succeeded in assisting NICE to introduce TA 139 which provided the network of skilfully manned sleep clinics we have today.

In 2018, NICE approached us to assist in the new guideline with Chris Rogers and Dr Annabel Nickol our Medical Adviser becoming members of the guideline committee.

We were successful in helping the Committee extend CPAP to mild symptomatic OSA, to recommend Mandibular Advancement Splints or MADS as an alternative to and for those intolerant to CPAP, plus the consideration of positional aid devices.

My conclusion is that if you want us to be at the centre of all important discussions on Sleep Apnoea then we need your help.

Thank you for your support during the past year, but we will need some more direct engagement from a few people, specifically as follows..

We are particularly in need of skilled people (members, partners or responsible children) prepared to give a few hours of their time in the following areas –

- Microsoft Access – to help with control and development of our database system
- Website development – getting the most from our website, and keeping it up to date with content
- Google Analytics – making the maximum use of visitations to our site to identify site development needs
- Social Media Marketing– developing our communications to our members, and monitoring other Sleep Apnoea sites on the web to keep us informed of current situations or problems
- Graphic design – keeping our publications and SLEEP MATTERS crisp and communicative

Depending on the time you have available, you could either be part of the Committee, or respond to the needs of the Managing Secretary on an ad-hoc basis. Contact [chris.rogers@sleep-apnoea-trust.org](mailto:chris.rogers@sleep-apnoea-trust.org) if you think you might be able to help.



Bill Johnston

Chairman.

**Sleep Apnoea Trust**  
**Registered Charity No. 1186235**  
**Accounts for the year ended**  
**31 March 2023**

**Seymour Taylor Limited**  
**57 London Road**  
**High Wycombe**  
**Buckinghamshire**  
**HP11 1BS**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SLEEP APNOEA TRUST  
CHARITY NO. 1186235**

**FOR THE YEAR ENDED 31 MARCH 2023**

**INDEPENDENT EXAMINER'S REPORT**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2023 which comprise the Receipts and Payments Account and the Statement of Assets and Liabilities

**RESPONSIBILITIES AND BASIS OF REPORT**

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**INDEPENDENT EXAMINER'S STATEMENT**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Tim Fulker BSc(Econ) FCA  
Seymour Taylor Limited  
57 London Road  
High Wycombe  
Buckinghamshire  
HP11 1BS

11 OCTOBER 2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Sleep Apnoea Trust

1186235

## Receipts and payments accounts

CC16a

For the period  
from

01.04.2022

To

31.03.2023

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Memberships - Unrestricted	24,460	-	-	24,460	13,265
Donations - Unrestricted	4,436	-	-	4,436	1,796
Bag Tags - Unrestricted	180	-	-	180	200
Public Awareness - Unrestricted	-	-	-	-	375
Fundraising - Unrestricted	1,554	-	-	1,554	126
Gift Aid Relief - Unrestricted	6,245	-	-	6,245	3,459
Interest Income - Unrestricted	70	-	-	70	1
Legacy - Unrestricted	1,273	-	-	1,273	367
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>38,218</b>	<b>-</b>	<b>-</b>	<b>38,218</b>	<b>19,589</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>38,218</b>	<b>-</b>	<b>-</b>	<b>38,218</b>	<b>19,589</b>
<b>A3 Payments</b>					
Audit & Accountancy Fees	1,356	-	-	1,356	1,204
Bank Fees	464	-	-	464	513
Printing and Postage	4,019	-	-	4,019	2,190
General Expenses	83	-	-	83	171
Insurance	755	-	-	755	674
Stationery	396	-	-	396	127
Secretarial costs	18,066	-	-	18,066	16,430
Public Awareness (costs)	4,959	-	-	4,959	2,903
IT and website	2,725	-	-	2,725	940
Telephone	7	-	-	7	6
Fundraising Expenditure	216	-	-	216	-
Annual Meeting Expenditure	2,114	-	-	2,114	2,426
Travel and subsistence	129	-	-	129	510
	-	-	-	-	-
<b>Sub total</b>	<b>35,289</b>	<b>-</b>	<b>-</b>	<b>35,289</b>	<b>28,094</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>35,289</b>	<b>-</b>	<b>-</b>	<b>35,289</b>	<b>28,094</b>
<b>Net of receipts/(payments)</b>	<b>2,929</b>	<b>-</b>	<b>-</b>	<b>2,929</b>	<b>8,505</b>
<b>A5 Transfers between funds</b>					
Transfer from previous unincorporated charity	-	-	-	-	26,522
<b>A6 Cash funds last year end</b>	<b>18,017</b>	<b>-</b>	<b>-</b>	<b>18,017</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>20,946</b>	<b>-</b>	<b>-</b>	<b>20,946</b>	<b>18,017</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Paypal Account	1,033	-	-
	Sleep Apnoea Trust	282	-	-
	Coif Deposit Account	155	-	-
	Sleep Apnoea Trust New reserve Fund	16,368	-	-
	Sleep Apnoea Trust New C/A	3,108	-	-
	<b>Total cash funds</b>	<b>20,946</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account(s))

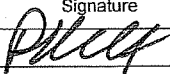
		account(s))	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		Details	-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade Creditors	Unrestricted	494	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name Pob H614	Date of approval 11/10/23
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**Sleep Apnoea Trust**  
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**Accounts for the year ended**  
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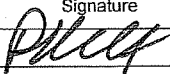
		account(s))	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		Details	-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Trade Creditors	Unrestricted	494	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature 	Print Name Pob H614	Date of approval 11/10/23
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