

# SOUNDWELL MUSIC THERAPY TRUST

England & Wales · Charity number 1093992

## Details

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**Other names** SOUNDWELL, Soundwell Music Therapy

**Status** Registered

**Legal form** Other

**Registered** 2002-10-01

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Quaker Meeting House  
Wedmore Vale  
Bristol  
BS3 5HX

**Phone** 03003653400

**Email** [enquiries@soundwell.org.uk](mailto:enquiries@soundwell.org.uk)

**Website** [www.soundwell.org](http://www.soundwell.org)

## Activities

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**Objects:** "1. To preserve and protect mental health and wellbeing for people living in the South West of England, through the practice of music therapy and other musical activities that promote health and wellbeing. 2. To advance the education of the public, and in particular service providers and the music therapy profession, into the benefits of music therapy and other musical activities that promote health and wellbeing, for people experiencing emotional or mental distress."

**Activities:** Soundwell's mission statement is: "To enhance the mental health of people experiencing emotional and mental distress by promoting and providing an inclusive, community-based service of music therapy which includes outreach, short and long term groups and individual work" Music therapy is the use of musical instruments and the sounds they make to promote change and recovery.

## Classification

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- **How:** Provides Services, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups

## Geography

- **Area of benefit:** THE SOUTH WEST OF ENGLAND AND WILTSHIRE AND BATH AND NORTH EAST SOMERSET IN PARTICULAR.
- Bath And North East Somerset
- Bristol City
- North Somerset
- Wiltshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£186,679	£164,334	-	-
2024-03-31	£143,149	£183,908	-	-
2023-03-31	£214,433	£192,009	-	-
2022-03-31	£152,894	£172,986	-	-
2021-03-31	£166,043	£160,361	-	-

## Trustees

Name	Role	Appointed
<b>Dr Catherine Warner</b>	Chair	2015-12-17
Alison Harris		2019-05-09
Daniel Bateman		2024-07-08
Jennifer Wildblood		
Oliver Kelham		2022-04-27
PETER WATSON		2018-01-18
RICHARD ELLIS		
Victoria Berger		2023-11-04

**SOUNDWELL MUSIC THERAPY TRUST**

England & Wales - Charity number 1093992

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# Accounts

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# Soundwell

## Music Therapy

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Report of the Trustees and  
Unaudited Financial Statements  
for the Year Ended 31 March 2025  
for  
Soundwell Music Therapy Trust

Monahans  
Chartered Accountants  
Hermes House  
Fire Fly Avenue  
Swindon  
Wiltshire  
SN2 2GA

Contents of the Financial Statements  
for the Year Ended 31 March 2025

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Report of the Trustees  
for the Year Ended 31 March 2025

The Trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **ACHIEVEMENTS AND PERFORMANCE**

### **Introduction**

The Trustees have pleasure in recording that the Charity has had another productive year, meeting the needs of over 283 people in Bath and Bristol. Mental health need in the UK, including in Bath and Bristol, has risen. Despite challenges in the fundraising landscape, Soundwell responded to this need, particularly in areas of deprivation and health inequality, improving lives, supporting mental health recovery and connecting people through music therapy.

Key points include:

- The continuation of all face-to-face sessions with one on-line group continuing
- 89 different people attended regular Soundwell sessions
- 227 people attended at least one outreach session
- 194 Soundwell sessions were run this year
- Support for people with a range of mental health needs.
- We have made provision for people with complex and severe mental illness, for whom music therapy is the only treatment they access for recovery, or where it is an important factor in their overall care. Alongside this, we have offered music therapy intervention as a preventative tool to counter worsening mental illness; for maintenance of good mental health.
- Support for unpaid carers who access music therapy to relieve isolation, for expression and peer-support.
- Our outreach work has continued to grow, delivering 19 sessions, as we look to identify and support those experiencing multiple health inequalities, particularly in areas of deprivation
- 5 people accessed specialist 1-1 sessions to meet their unique need.

Our outreach programme continued to flourish this year. We were delighted to complete 2 series of outreaches at a socially prescribed to women's group in Knowle West, Bristol and a mental health support group at Bath Mind. Our Bath singing group were keen to sing publicly and delivered their first performance premier at Bath City Farm, to rapturous applause, as part of World Mental Health Day. New work included some scoping support sessions with unpaid carers in Bristol, following which we hope to secure more funding for a regular carers group in Bristol.

Fundraising and community awareness development culminated in the following:

- Through the generous support of Stuff, we launched our first ever Impact Report, show-casing Soundwell's work in 2023/2024. This was vital in communicating our work to commissioners and funders.
- We took part in the debut Bristol Beacon event, Creative Health In Action, with recordings broadcast of songs written by the fabulous women of Knowle West, Bristol in their Soundwell sessions.
- In May 2024, Soundwell presented academic posters at the British Association of Music Therapy's conference, Leicester.

New funding was successfully secured this year from the WorkWell fund, to provide bespoke emotional support to stay in, or look for employment, for those struggling with their mental health. We are excited to be setting up a singing group with this aim, to be commenced in the Autumn of 2025.

Through careful cost saving exercises, we have been able to maintain our regular groups and provide a high number of outreaches this year. With mental health need rising and fundraising becoming more challenging, we have a big job to meet need in 2025/2026. We will endeavour to sustain the impact of our work for those who need it the most.

We are grateful to our friends at the Bedminster Quaker Meeting House, Bristol, and the City of Bath District Scout Council, who continue to provide stable, calm space for the work to continue without disruption.

Our financial report reflects our continued excellent financial management and monitoring, with year-end results exceeding projections due to cost saving measures implemented in the second half of the year.

We have had a very successful year in the face of an external environment that continues to put pressure on people's mental health. We will continue to monitor our finances closely as we enter a year of higher inflation and significant rises in the cost of living - recognising the impact on staff, the charity and our clients.

## ACHIEVEMENTS AND PERFORMANCE

### 1. SERVICES

#### Regular music therapy sessions

- Monthly Carers Support group, face to face in Bath. For unpaid carers who are isolated and might be low in mood.
- Singing for Wellbeing groups in Bristol and Bath. Held fortnightly, for people who have mild/moderate mental health issues.
- Open Music group, in Bristol and Bath. Monthly face to face. For people with a range of mental health issues.
- Online Music Listening group. Held monthly for people with a range of mental health issues.
- 20-week Music Psychotherapy group for adults with moderate-high/complex mental health needs in Bath x 2.
- 20-week Music Psychotherapy group for adults with moderate-high/complex mental health needs in Bristol x 2.
- One-to-one music therapy for 5 people who couldn't access groups because of their individual needs.

#### Outreaches

##### Bath:

- Party in the City (17 participants)
- 6 x Bath Mind (64 participants)
- World Mental Health Day event with Avon and Wiltshire Partnership (AWP) NHS Trust (14 participants)
- 2 x ReMind (formally known as RICE) (Midsomer Norton- 14 participants, Keynsham-21 participants)
- Developing Health Initiative (9 participants)

##### Bristol:

- 6 x Fun and Fab at Knowle West Health Park (51 participants)
- Carers at Vassalls Centre, Fishponds (4 participants)
- Carers conference in Filton (27 participants)
- Carers group in Hartcliffe (6 participants)

#### Reaching diverse groups

Soundwell is committed to reaching marginalised communities and removing barriers to music therapy. This includes individuals who might slip through the net, who have experienced prejudice and discrimination, and lack of specialist support. Networking and refreshing connections has included working with the above organisations, plus liaising with and taking referrals from community mental health and social prescribing teams, Bristol Autistic Spectrum Service (BASS), Housing Support Agencies, Women's Specialist Services, Drug and Alcohol Specialist Services and Rethink

#### Consultation Group for ex-clients

We offer routes for progression throughout the service, including being in advisory roles for the charity. In this way, the service model is shaped to promote agency and recovery. Consultants helped with a range of work, e.g. ideas for increasing access, promotion and fundraising and interviewing new staff as part of recruitment. Recruitment for this consultation panel is ongoing. One of our ex-clients continues to hold a trustee position, on the board.

#### Trainee placement

A trainee for the MA course in Music Therapy, from the University of the West of England (UWE), has been on placement this year. Soundwell are pleased to support trainee music therapists in their development, contributing to and benefitting from the next generation of music therapists.

#### Feedback from clients April 2024-March 2025

##### Regular sessions

*"Coming to the sessions definitely lightens my mood - and provides a safe place to express my voice. Having something to fill my time gives me a sense of purpose and being part of a group makes me feel less isolated. I love the fact that the therapists are keen for song suggestions and willing to give them a go."*

*"I feel uplifted by singing whilst at the same time remaining calm. The sessions help me to build up my confidence which is great."*

*"I really enjoy the fortnightly singing group. It has helped my confidence, given me something positive to look forward to and provided me with a sense of connection and a group to belong to. My intention on starting the group was to challenge myself, never having sung before, let alone in front of others! I expected to find this uncomfortable which I did and often experienced panic, but this has lessened and therefore been a great help in tackling my panic disorder. The group is skilfully and sensitively managed."*

*"My involvement has helped my daily life. It's given me a routine and encouraged me to socialise with other people."*

Report of the Trustees  
for the Year Ended 31 March 2025

**ACHIEVEMENTS AND PERFORMANCE**

"Soundwell have really made a difference to how I view my time ahead. I look forward to each meeting, with a sense of knowing I will have 1 hour of calm, mindful, music making, that takes me to another 'place' within my consciousness. It is so refreshing to be in an environment where no expectations are made, or given and each musical 'piece' is unique. I like meeting the other members of the group and the relationship I have with the therapists leave me feeling valued and worthy."

"I love listening to music with other people. It's a great way to connect with others."

"It has increased my confidence. It has made me feel safe and accepted. It has allowed me to express myself. It's ignited my creativity and reignited my love of music. It has been healing. It was lovely to be part of it."

"I have been playing a few instruments at home. I have been singing more. It has inspired to learn another instrument. It has made me realise that I can experiment with music. It has given me the confidence to pick up more instruments, even if I haven't had lessons. I have increased musical freedom and exploration. I want to start making music and maybe recording it. I'm getting a piano which I learnt as a child."

"It has made me feel happier and less anxious at times."

"It made me feel better"

**Carers**

"I just love the music and always leave with a smile on my face. It's fab. I didn't think I was musical but turns out I am."

"It's great to meet people like me in the same situation as me, with music you can forget your life for a while. Being a carer can be a lonely life, music has changed my life."

"Listening to each other. Sense of play and freedom."

"Love it - high light of my month. Make special emotional music that changes moods..."

"Relaxed atmosphere. Opportunity to say things to other people who can relate to your problems and often give useful advice."

"I feel happier and in a good space, been so important for my mental health."

"It's truly amazing. Sometimes my face aches after a session from smiling so much. It's such a special space and time for me to just be and enjoy creating music with others who just get it."

"Makes me feel alive and free and inspires imagination"

Gained "More confidence to play music elsewhere. Confidence to talk about being a carer with other people."

"I say music therapy is highlight of my month and it really is. I didn't really know what to expect when I started but it's brilliant."

"It's really wonderful for getting me motivated. I value it so much and my husband who is recovering well now from his two strokes can really see an improvement in my creativeness and happy mood is improved."

**Outreaches**

**Host organisation feedback**

"The sessions were useful in more ways than one. Some of our clients lacked the confidence to sing and these sessions provided the space for them to challenge themselves and explore their own ways of expression without the expectation of any kind of performative quality. The level of challenge was pitched well, giving participants, within the one-hour session, the opportunity to make and hear the progress which they made as a group."

"We just want to give thanks to Soundwell for providing this opportunity. The people who attended wanted the sessions to continue. Within the group there was a sense that people had experienced something new, even when they regularly sang with other groups. Maybe this was due to the fact that they were given the opportunity to reflect on their feelings, the sounds made by the group, harmonies, how they connected with the songs. As the sessions came to an end it became apparent that there was ambition within the group to do more, have more sessions and for the nature of these sessions to progress."

"People who were at first reluctant to make it through the door were, at the end, rearranging their calendars to make it to sessions."

**Host organisation for Carers**

"Carers find it difficult to leave the person they are caring for and for a lot of carers the support groups are the only social

Report of the Trustees  
for the Year Ended 31 March 2025

**ACHIEVEMENTS AND PERFORMANCE**

*interaction they can access. The singing helped to bring people together, forget about their day to day and have some fun. Quite a few carers don't like to attend the support groups because they don't want to hear about other peoples' situations and difficulties. Having Soundwell attend the group meant it takes the focus of the group away from talking about problems and focuses on wellbeing and fun. I feel there is a lack of carers activity groups in the city and would like to see more diverse choice of support groups across the city so that carers can chose what type of group support suits them"*

*"It felt like a bonding experience for those that attended. The carers opened up more whilst being occupied with the music and shared personal stories and feelings that have not come up in previous meetings. They learnt more about each other and were able to self-reflect."*

*"Music is very beneficial for those with dementia and our group particularly enjoyed it as they said they found that it made them feel connected"*

*"We saw smiles. People were in the moment. They tried something new. They worked together as a group."*

*"Openness, Closeness, Willingness to share life experiences including addressing feelings of loss"*

**2. FUNDING**

We are extremely grateful for the ongoing support from the following trusts and foundations which enable us to continue to deliver such important work within our community.

- Anton Jurgens
- ASDA Foundation
- B&NES Health Inequalities Fund
- Bancroft Clark Charitable Trust
- Barchester
- Beer-Harris Memorial Trust
- Douglas Arter
- Denman Charitable Trust
- D'Oyly Carte Charitable Trust
- Garfield Weston
- Global Make Some Noise
- Henry Smith Charity
- HCRG Welling College
- Medlock Charitable Trust
- Morrisons Foundation
- NHS Bristol N Somerset S Glos ICB
- People's Health Lottery
- Postcode Local Trust
- Quartet Community Foundation
- WNC Scott Will Charitable Trust
- Simon Rivett Carnac Trust
- Sir Jules Thorn Charitable Trust
- Sirona Care & Health CIC
- Society Of Merchant Ventures
- St Austell Brewery
- Wealthtime/Novia Foundation

Additionally we would like to thank all the generous individual and anonymous donors who support us regularly, or have contributed to one of our fundraising campaigns. Your support has enable us to make a real difference to the lives of the people we support.

**FINANCIAL REVIEW**

**3. Finance**

Income for the period amounted to £186,679 (2024: £143,149). Expenditure amounted to £164,334 (2024: £183,908).

The net result was a surplus of £22,345 for the period (2024: £40,759 deficit); when added to balances brought forward, the Trust had net funds at the year-end of £99,354 unrestricted funds (2024: £51,182) and £16,207 restricted funds (2024: £42,034)

Soundwell will continue to monitor its financial position carefully in the year ahead as the impact of inflation and the cost of living increases are felt. The senior staff team produce regular financial reports and detailed cashflow projections for the Treasurer and Trustees to enable them to monitor financial achievement against plan and make adjustments if necessary.

Report of the Trustees  
for the Year Ended 31 March 2025

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

Soundwell Music Therapy Trust is constituted under a trust deed dated 15 July 2002 and is a registered charity. During this period, the principal objective was stated as "to preserve and protect mental health and assist in relieving and rehabilitating people experiencing emotional or mental distress ("the beneficiaries") living in the South West of England, and in Wiltshire and Bath & N.E Somerset in particular, through the practice of music therapy."

The charity is governed by a board of Trustees who are detailed on page 6. The Board makes decisions on the annual budget, formulates policy and considers strategic issues which affect the organisation. The Director/s and management team are responsible for the day to day running and management of the charity. A Scheme of Delegation was approved in January 2017, setting out the roles and responsibilities of Trustees and those matters delegated to the Director/s.

**Appointment of Trustees**

The Board of Trustees appoints new Trustees as follows: potential Trustees are identified with attention paid to relevant skills and experience. Trustee skills audits are regularly completed to inform the recruitment process. They are shown copies of the constitution, annual report and literature relating to responsibilities of charitable Trustees. Once identified, potential Trustees are invited to attend 2 Trustees meetings as an observer prior to a mutual decision being made as to their suitability.

**Public Benefit**

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

**Risk management**

The Board of Trustees regularly reviews and identifies the key risks to the Charity and its operations. The Board continue to consider two of the most significant risks to be financial sustainability and Safeguarding. In relation to Finance, the Board reviews the financial position and performance of the Charity at each meeting, and actively considers the long-term cash position on a 12-month rolling basis. In addition, this year, a monthly finance and fundraising committee has started meeting. This enables the Board to identify any potential financial uncertainties well in advance and put in place any measures should they be required. The Board are also taking an active role in the strategic plans for other sources of voluntary income.

The Board places great emphasis and importance in relation to Safeguarding. All staff and trustees have up to date safeguarding training updated, at level 2, 3 or 4 as appropriate for the role. We have also been mindful that there are different safeguarding issues when providing remote services than face to face. The Trustee Safeguarding Lead continues to help monitor both policy and practice in this area.

**Reserves policy and future plans**

As a result of the cost-savings measures Soundwell implemented during the year, Soundwell has deemed a reserve figures of £68,600 (2024: £58,600) to be appropriate, calculated as:

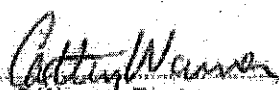
- \* An average of 3 months of previous year's expenditure.
- \* Plus additional closure costs of staff redundancy and statutory accounts and filing.

The Reserves Policy is reviewed annually as part of Soundwell's financial planning. The Trustees will consider current costs and examine the level of reserves when setting the following year's budget.

The current level of reserves stands at £115,561 (2024: £93,216), of which £99,354 (2024: £51,182) are free reserves. The trust will look to maintain this level of reserve in the coming year. Further financial resilience will be provided through unrestricted giving and community fundraising.

Our vision for a thriving music therapy service continues into 2026, where we hope to support those with high levels of need in the South West. With the impact of the current economic crisis being felt across the country, and it's myriad impact on mental health, our service is ever more in demand. As the current year presents us with more financial challenges we will work towards creating a robust financial basis to deliver our full range of services and respond to new priority groups, creatively.

Approved by order of the board of trustees on 26/10/2025 and signed on its behalf by:

  
Dr. C. Warney - Trustee

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2025

**REFERENCE AND ADMINISTRATIVE DETAILS**

Registered Charity number  
1093992

**Principal address**  
Quaker Meeting House  
Wedmore Vale  
Bristol  
BS3 5HX

**Trustees**

Dr C Warner (Chair)  
Mr R Ellis  
Ms J Wildblood  
Mrs J Clay (resigned 20.01.25)  
Mr P Watson  
Mrs A Harris  
Mr O Kelham  
Mrs V Berger  
Mr D Bateman (appointed 8.7.24)

**CEO**

E Weatherup  
Zoe Newing-Moore (resigned 12.02.25)

**Independent Examiner**

Monahans  
Chartered Accountants  
Hermes House  
Fire Fly Avenue  
Swindon  
Wiltshire  
SN2 2GA

**Bankers**

CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

HSBC Bank plc  
46 Fore Street  
Trowbridge  
BA14 8EL

Triodos Bank  
Deanery Road  
Bristol  
BS1 5AS

Approved by order of the board of trustees on 26/10/2025 and signed on its behalf by:

  
.....  
Dr C Warner (Chair) - Trustee

Independent Examiner's Report to the Trustees of  
Soundwell Music Therapy Trust

**Independent examiner's report to the trustees of Soundwell Music Therapy Trust**

I report to the charity trustees on my examination of the accounts of Soundwell Music Therapy Trust (the Trust) for the year ended 31 March 2025.

**Responsibilities and basis of report**

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 Trust as required by Section 130 of the Act, or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



Mark Powell CA

Monahans  
Chartered Accountants  
Hermes House  
Fire Fly Avenue  
Swindon  
Wiltshire  
SN2 2GA

Date: 13/11/2025

Soundwell Music Therapy Trust

Statement of Financial Activities  
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND DONATIONS FROM</b>					
Donations and legacies	2	97,977	87,129	185,106	142,126
Investment income	3	<u>1,573</u>	<u>-</u>	<u>1,573</u>	<u>1,023</u>
<b>Total</b>		<u>99,550</u>	<u>87,129</u>	<u>186,679</u>	<u>143,149</u>
<b>EXPENDITURE ON</b>					
Charitable activities	4				
Music Therapy		<u>51,378</u>	<u>112,956</u>	<u>164,334</u>	<u>183,908</u>
<b>NET INCOME/(EXPENDITURE)</b>		48,172	(25,827)	22,345	(40,759)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>51,182</u>	<u>42,034</u>	<u>93,216</u>	<u>133,975</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>99,354</u>	<u>16,207</u>	<u>115,561</u>	<u>93,216</u>


The notes form part of these financial statements

Soundwell Music Therapy Trust

Balance Sheet  
31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	10	6,146	-	6,146	6,942
<b>CURRENT ASSETS</b>					
Debtors	11	9,270	-	9,270	34,929
Cash at bank		<u>90,343</u>	<u>16,207</u>	<u>106,550</u>	<u>58,533</u>
		99,613	16,207	115,820	93,462
<b>CREDITORS</b>					
Amounts falling due within one year	12	(6,405)	-	(6,405)	(7,188)
<b>NET CURRENT ASSETS</b>		<u>93,208</u>	<u>16,207</u>	<u>109,415</u>	<u>86,274</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>99,354</u>	<u>16,207</u>	<u>115,561</u>	<u>93,216</u>
<b>NET ASSETS</b>		<u>99,354</u>	<u>16,207</u>	<u>115,561</u>	<u>93,216</u>
<b>FUNDS</b>	13				
Unrestricted funds				99,354	51,182
Restricted funds				<u>16,207</u>	<u>42,034</u>
<b>TOTAL FUNDS</b>				<u>115,561</u>	<u>93,216</u>

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

  
C Warner (Chair) - Trustee

  
A Harris - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Going Concern**

The Board of Trustees considers that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, it continues to adopt the going concern basis in preparing the financial statements.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% on a reducing balance basis

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Incoming resources**

Voluntary income including donations and grants that provide core funding or are of a general nature are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

Income from Charitable Activities includes income recognised as earned (as the related goods or services are provided) under contract.

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

2.	<b>DONATIONS AND LEGACIES</b>		2025	2024
			£	£
	Donations		27,927	42,301
	Grants		156,179	99,825
	Other Income		<u>1,000</u>	<u>-</u>
			<u>185,106</u>	<u>142,126</u>
3.	<b>INVESTMENT INCOME</b>		2025	2024
			£	£
	Deposit account interest		<u>1,573</u>	<u>1,023</u>
4.	<b>CHARITABLE ACTIVITIES COSTS</b>			
		Direct Costs £	Support costs (see note 5) £	Totals £
	Music Therapy	<u>161,063</u>	<u>3,271</u>	<u>164,334</u>
5.	<b>SUPPORT COSTS</b>			
		Finance £	Governance costs £	Totals £
	Music Therapy	<u>182</u>	<u>3,089</u>	<u>3,271</u>
	Fees paid to our independent examiner total £2,275 net of vat (2024: £2,275).			
6.	<b>OTHER</b>		2025	2024
			£	£
	Support costs		<u>3,271</u>	<u>17,403</u>
7.	<b>TRUSTEES' REMUNERATION AND BENEFITS</b>			
	During the year no freelance fees or expenses were paid to Trustees (2024: £nil).			
	<b>Trustees' expenses</b>			
	There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.			
	No expenses were reimbursed to Trustees during the year (2024: £11 travel expenses).			
8.	<b>STAFF COSTS</b>		2025	2024
			£	£
	Wages and salaries		119,308	123,183
	Social security costs		7,763	9,206
	Other pension costs		<u>4,463</u>	<u>4,762</u>
			<u>131,534</u>	<u>137,151</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

8. **STAFF COSTS - continued**

The average monthly number of employees during the year was as follows:

	2025	2024
Administrative	2	2
Services	<u>4</u>	<u>3</u>
	<u>6</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

The above analysis has been prepared on a headcount basis. On a full-time equivalent basis, the average number of employees during the year was as follows:

	31.3.25
Administrative	0.9
Services	<u>2.1</u>
	<u>3.0</u>

9. **COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES FROM THE PRIOR YEAR**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND DONATIONS FROM</b>			
Donations and legacies	65,301	76,825	142,126
Investment income	<u>1,023</u>	<u>-</u>	<u>1,023</u>
<b>Total</b>	<u>66,324</u>	<u>76,825</u>	<u>143,149</u>
<b>EXPENDITURE ON</b>			
Charitable activities			
Music Therapy	<u>79,292</u>	<u>104,616</u>	<u>183,908</u>
<b>NET INCOME/(EXPENDITURE)</b>	(12,968)	(27,791)	(40,759)
Transfers between funds	<u>2,383</u>	<u>(2,383)</u>	<u>-</u>
Net movement in funds	(10,585)	(30,174)	(40,759)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>61,767</u>	<u>72,208</u>	<u>133,975</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>51,182</u>	<u>42,034</u>	<u>93,216</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

<b>10. TANGIBLE FIXED ASSETS</b>		<b>Plant and machinery</b>	
		<b>£</b>	
<b>COST</b>			
At 1 April 2024		23,623	
Additions		<u>741</u>	
At 31 March 2025		<u>24,364</u>	
<b>DEPRECIATION</b>			
At 1 April 2024		16,681	
Charge for year		<u>1,537</u>	
At 31 March 2025		<u>18,218</u>	
<b>NET BOOK VALUE</b>			
At 31 March 2025		<u>6,146</u>	
At 31 March 2024		<u>6,942</u>	
<b>11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		<b>2025</b>	<b>2024</b>
		<b>£</b>	<b>£</b>
Trade debtors		7,004	2,670
Prepayments and accrued income		<u>2,266</u>	<u>32,259</u>
		<u>9,270</u>	<u>34,929</u>
<b>12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		<b>2025</b>	<b>2024</b>
		<b>£</b>	<b>£</b>
Trade creditors		2,351	3,612
Other creditors		1,324	845
Accruals and deferred income		<u>2,730</u>	<u>2,731</u>
		<u>6,405</u>	<u>7,188</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

13. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
<b>Unrestricted funds</b>			
General fund	51,182	48,172	99,354
<b>Restricted funds</b>			
Quartet Community Foundation - Bristol			
City Health Fund	7	-	7
Medlock Charitable Trust	2,751	(2,751)	-
Morrisons Foundation	611	(158)	453
Society of Merchant Venturer's	3,000	(3,000)	-
Quartet Community Foundation - Express			
Grant	5,000	(5,000)	-
Denman Charitable Trust	1,000	(1,000)	-
Global Make Some Noise	26,366	(26,366)	-
People's Health Trust	1,399	2,054	3,453
Barchester	1,500	(1,500)	-
Asda Foundation	400	(400)	-
Anton Jurgens	-	2,437	2,437
St Austell Brewery	-	1,283	1,283
Quartet Community Foundation Resilience			
Fund	-	1,570	1,570
NHS Bristol N.Somerset S.Glos ICB -			
Workwell Singing Group	-	7,004	7,004
	<u>42,034</u>	<u>(25,827)</u>	<u>16,207</u>
<b>TOTAL FUNDS</b>	<u>93,216</u>	<u>22,345</u>	<u>115,561</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

13. **MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	99,550	(51,378)	48,172
<b>Restricted funds</b>			
Bath and North East Somerset Council	12,000	(12,000)	-
The Henry Smith Charity	17,500	(17,500)	-
Medlock Charitable Trust	-	(2,751)	(2,751)
Morrisons Foundation	-	(158)	(158)
Garfield Weston	15,000	(15,000)	-
Society of Merchant Venturer's	-	(3,000)	(3,000)
The Novia Foundation	500	(500)	-
Quartet Community Foundation - Express Grant	-	(5,000)	(5,000)
HCRG	10,000	(10,000)	-
Denman Charitable Trust	-	(1,000)	(1,000)
Global Make Some Noise	-	(26,366)	(26,366)
People's Health Trust	9,579	(7,525)	2,054
Barchester	-	(1,500)	(1,500)
Asda Foundation	-	(400)	(400)
Anton Jurgens	4,000	(1,563)	2,437
St Austell Brewery	2,540	(1,257)	1,283
Quartet Community Foundation Resilience Fund	4,385	(2,815)	1,570
Sirona Care & Health CIC	4,621	(4,621)	-
NHS Bristol N.Somerset S.Glos ICB - Workwell Singing Group	7,004	-	7,004
	<u>87,129</u>	<u>(112,956)</u>	<u>(25,827)</u>
<b>TOTAL FUNDS</b>	<u>186,679</u>	<u>(164,334)</u>	<u>22,345</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
<b>Unrestricted funds</b>				
General fund	61,767	(12,968)	2,383	51,182
<b>Restricted funds</b>				
National Lottery Community Fund	3,415	(3,415)	-	-
Quartet Community Foundation - Bristol				
City Health Fund	6,293	(6,286)	-	7
D'Oyly Carte Charitable Trust	3,000	(3,000)	-	-
Medlock Charitable Trust	-	2,751	-	2,751
Morrison's Foundation	-	2,994	(2,383)	611
Society of Merchant Venturer's	2,000	1,000	-	3,000
Quartet Community Foundation - Express				
Grant	-	5,000	-	5,000
Denman Charitable Trust	-	1,000	-	1,000
Douglas Arter Foundation	500	(500)	-	-
Global Make Some Noise	57,000	(30,634)	-	26,366
People's Health Trust	-	1,399	-	1,399
Barchester	-	1,500	-	1,500
Asda Foundation	-	400	-	400
	<u>72,208</u>	<u>(27,791)</u>	<u>(2,383)</u>	<u>42,034</u>
<b>TOTAL FUNDS</b>	<u>133,975</u>	<u>(40,759)</u>	<u>-</u>	<u>93,216</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	66,324	(79,292)	(12,968)
<b>Restricted funds</b>			
Bath and North East Somerset Council	3,000	(3,000)	-
National Lottery Community Fund	-	(3,415)	(3,415)
Quartet Community Foundation - Bristol			
City Health Fund	-	(6,286)	(6,286)
D'Oyly Carte Charitable Trust	-	(3,000)	(3,000)
The Henry Smith Charity	35,000	(35,000)	-
Medlock Charitable Trust	5,000	(2,249)	2,751
Morrison's Foundation	3,136	(142)	2,994
Society of Merchant Venturer's	3,000	(2,000)	1,000
Quartet Community Foundation - Express			
Grant	5,000	-	5,000
HCRG	10,000	(10,000)	-
Denman Charitable Trust	1,000	-	1,000
Douglas Arter Foundation	-	(500)	(500)
Global Make Some Noise	-	(30,634)	(30,634)
People's Health Trust	4,789	(3,390)	1,399
Schreier Foundation	3,000	(3,000)	-
Barchester	1,500	-	1,500
Simon Rivett Carnac	2,000	(2,000)	-
Asda Foundation	400	-	400
	<u>76,825</u>	<u>(104,616)</u>	<u>(27,791)</u>
<b>TOTAL FUNDS</b>	<u>143,149</u>	<u>(183,908)</u>	<u>(40,759)</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025

13. MOVEMENT IN FUNDS - continued

General Fund £99,354

The net operating result of unrestricted income and expenditure. This includes a designated operating reserve which represents 3mths turnover. This is reviewed annual.

Bristol City Health Fund £7

This grant was awarded to cover the 2 year period July 2021 to June 2023. The grant supports our work in Bristol to enable Soundwell to build resilience by diversifying our participation and income streams. This will be fully spent in the coming financial year.

Henry Smith Charity £0

This grant was awarded in 2021 to cover 3 years support for general running costs. The funded period was to October 2024 and all funds have been utilised in the year.

Medlock Charitable Trust £0

This grant was awarded to support all of our service delivery in B&NES between January and December 2024.

Morrisons Foundation £453

This grant was awarded to purchase 2 new electric pianos, other small instrument stocks and a storage cupboard. The pianos were purchased during the year, the storage cupboard and other small items will be purchased in the coming year.

Society of Merchant Venture's £0

This grant was awarded for the 2023/24 financial year to support our work in Bristol to develop a flexible approach to allowing people to access our services in a post covid context.

Quartet Express Grant £0

This grant was awarded to support one set of our 20 week group in Bristol between February and July 2024.

Denman Charitable Trust £0

This grant was awarded to support our 20 week group in Bristol during 2024/25.

Global Make Some Noise £0

This grant was awarded to support the cost of providing our 20 week groups across both service areas from April 2023 through to March 2025.

People's Health Trust £3,453

This grant was awarded to support the cost of our open and singing groups in Bristol. The funded period is September 2023 to August 2025. This grant was fully utilised by August 2025.

Barchester £0

This grant was awarded to support our open music sessions and outreach work in Bath between January and June 2024.

Asda £0

This grant was awarded to cover the room hire costs for our singing sessions in Bristol during 2024/25.

Anton Jurgens £2,437

This grant was awarded to support our 20 week group. The grant was fully utilised by May 2025.

St Austell Brewery £1,283

This grant was awarded to support our 20 week group. The grant was fully utilised by May 2025.

Quartet Community Foundation Resilience Fund £1,570

This grant was awarded to support the board development, ex-client consultation group and referral processing system. This grant will be fully utilised next year.

NHS Bristol, N.Somerset, S.Glos ICB - Workwell Singing Group £7,004

This grant was awarded to support a 16 week singing group in Bristol due to commence in September 2025.

14. RELATED PARTY DISCLOSURES

There are no related party transactions to disclose during the year.

**SOUNDWELL MUSIC THERAPY TRUST**

England & Wales - Charity number 1093992

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# Accounts

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REGISTERED CHARITY NUMBER: 1093992

# Soundwell

## Music Therapy

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2024

for

Soundwell Music Therapy Trust

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

Soundwell Music Therapy Trust

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for the Year Ended 31 March 2024

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## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2024

The Trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **ACHIEVEMENT AND PERFORMANCE**

### **Introduction**

The Trustees have pleasure in recording that the Charity has had another successful and productive year, despite continued external turbulence. This year, we have seen the number of users accessing our services returning to pre Covid levels, as many people rebuild their confidence to access in person support. Key service points include:

- Continuation and expansion of face-to-face sessions with one on-line group continuing
- 102 people attended regular Soundwell sessions; a further 160 attended at least one outreach session
- 203 Soundwell sessions run this year
- Support for people with a range of mental health need. We have made provision for people with complex and severe mental illness, for whom music therapy is the only treatment they access for recovery, or where it is an important factor in their overall care. Alongside this, we have offered music therapy intervention as a preventative tool to counter worsening mental illness; for maintenance of mental health.
- Support for unpaid Carers who access music therapy to relieve isolation, for expression and peer-support.
- Our outreach work has continued to grow delivering 13 sessions as we look to identify and support those experiencing multiple health inequalities, particularly in areas of deprivation

We are delighted to report that our outreach programme has continued to flourish this year as we have built new relationships and reinforced existing ones. We were pleased to be able to begin a series of sessions at Knowle West Health Park in Bristol. Closer working relationships with community mental health teams, various teams across the Integrated Care Systems and social prescribers during this period has resulted in a recent, unprecedented level of referrals and more planned outreaches.

We continued to work on raising the profile of Soundwell this year to support funding requests and awareness within our communities of the services and support we provide.

- Through the generous support of Stuff, we were able to launch our new branding in September, giving us a fresh and professional graphics and updated logo to promote our work.
- In November we attended the Quartet annual celebration event at the Bristol Beacon. We were given the opportunity to share our work and celebrate our achievements thanks to the willing support Quartet have shown us over the years.

We are grateful to our friends at the Bedminster Quaker Meeting House, Bristol, and the Scout HQ Bath, who provide stable, calm space for the work to continue. Also to Stuff, TLT Solicitors and GA Agency who have all provided valuable pro bono services across the year supporting governance, and the creation of professional marketing materials to promote our work.

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2024

New funding was secured this year to begin a 15 month project in B&NES looking to address health inequalities and improve access to services to those in areas of increased deprivation including Twerton and Whiteway. Work continued on delivering our Global Make Some Noise funded 20 week sessions across Bristol and Bath, which will continue into 2024/25.

We have been able to maintain a stable year in the face of an external environment that continues to put pressure on people's mental health. We will continue to monitor our finances closely as we enter a year of higher inflation and significant rises in the cost of living – recognising the impact on staff, the charity and our clients.

#### **1. SERVICES**

##### **Activity**

We are passionate believers in building on the strengths of community to support mental health recovery, harnessing the resources of (mental health, music and cultural) communities. Consultation regarding service and access is at the heart of our planning and we endeavour to build this consultation in, at each step. This includes consulting with ex-clients on panel, sending out surveys to potential clients and their referrers, consulting with current clients on their therapeutic goals, preferred formats and wishes for sessions, consulting with referrers and host organisations (for Outreaches), on what their clients would best receive and how they would engage in accessing the services that Soundwell provide. Evaluation and feedback is sought regularly, analysed and acted upon.

##### **Regular music therapy sessions**

- Monthly Carers Support Group, face to face in Bath. For unpaid carers who are isolated and might be low in mood.
- Singing for Wellbeing groups in Bristol and Bath. For people who have mild/moderate mental health issues, fortnightly)
- Open Music Group, in Bristol and Bath. Face to face. For people with a range of mental health issues, monthly
- Online music listening group. For people with a range of mental health issues, monthly
- 20-week music psychotherapy group for adults with moderate- high/complex mental health needs in Bath x 2
- 20-week music psychotherapy group for adults with moderate-high/complex mental health needs in Bristol x 2
- One-to-one Music Therapy for 7 people.

##### **Outreaches**

###### **Bath:**

- Party in the City (13 participants)
- Bath Mind (16 participants)
- World Mental Health day event with Avon and Wiltshire Partnership (AWP) NHS Trust (3 participants)
- Carers Day, run by AWP (16 participants)
- ReMind (formally known as RICE) (Bath- 14 participants)

###### **Bristol:**

- Redcatch Community Gardens x 2 (31 participants)
- Wellbeing College (22 participants)
- Knowle West Health Park 'World Mental Health Day' event (7 participants)
- Knowle West Health Park x 3 (34 participants)
- Changes (4 participants)

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2024

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Overall Summary: Snapshot of sessions**

Number of Soundwell participants: 102 at regular sessions + 160 at Outreaches

Number of sessions run: 203

##### **Reaching diverse groups**

Soundwell is committed to reaching marginalised communities and removing barriers to music therapy. This includes individuals who might slip through the net, who have experienced prejudice and discrimination, and lack of specialist support. Networking and refreshing connections has included working with the above organisations, plus liaising with and taking referrals from community mental health and social prescribing teams, Bristol Autistic Spectrum Service (BASS), Housing Support Agencies, Women's Specialist Services, Drug and Alcohol Specialist Services and Rethink.

##### **Consultation Group for ex-clients**

We offer routes for progression throughout the service, including being in advisory roles for the charity. In this way, the service model is shaped to promote agency and recovery. Consultants help with a huge range of work, e.g. ideas for increasing access, planning new services, ideas for re-brand, promotion and fundraising and interviewing potential staff as part of recruitment. Recruitment for this consultation panel is ongoing. One of our ex-clients has moved to a trustee position, on the board.

##### **Trainee placement**

A trainee for the MA course in Music Therapy, from the University of the West of England (UWE) has been on placement this year. Other trainees have come for contextual visits. Soundwell are pleased to support trainee music therapists in their development, contributing to and benefitting from the next generation of music therapists.

##### **Sample feedback from clients, April 2023 - March 2024**

"Your service is a real lifeline for me. ..this group has been invaluable for getting me out of the house. The staff are wonderful, gentle and compassionate and approachable if there is a problem. This is the only activity I attend that is not connected to the AWP service .....singing is so uplifting and gives me some independence from my support workers. It's also a reminder of what life was like before ...a stepping stone back to something I enjoy and really is for me."

"Calming. I found it good to be around people"

"I always feel much better after a session, it's great to be able to communicate with other people through my music. You can share any problems you have with the group if you wish to"

"The open group has been really positive for me. There has been a joy to being able to use any musical instrument available. It's been so permissive, supporting and allowing. I know that it's been helping me work through and heal complex childhood trauma. I am very grateful for the experience- Thank you."

"it has been a joy to be a member of Soundwell, the sessions are welcoming and inspiring, the atmosphere calm and safe. The music therapy has helped me overcome many obstacles and challenges... I have grown and I have a better understanding of myself and others. An amazing and dedicated team"

"with experiencing anxiety disorder amongst other issues, I was pleasantly surprised to be able to listen to the music and hear other folks thoughts and at times be able to speak as well."

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2024

**ACHIEVEMENT AND PERFORMANCE**

"it's really good for uplifting my spirits. Unity in the community."

"I was able to be myself and talk about my problems that bother me"

"I did feel a shift in happiness and encouragement. Speaking to the group about how I was feeling was hugely beneficial. I would cast my mind back on the previous session and also looked forward to the next session. It's helped me to feel excited and joyful again. I felt an encouragement to try new things and speak in front of people."

Carers

"I became involved with Soundwell Music Therapy many years ago through Bath Carers Centre while caring for my wife. I found the means of expressing myself with percussive instruments very relaxing and helpful as a break from my caring role. My wife died of Covid but I continued with the online sessions for the same reasons as before with the additional interest of learning from the tastes of the other participants. .... I feel able to withdraw from the group as I am now helping with six dementia cafes, two music appreciation groups and two other carers groups. I will continue to join in the online sessions. It is apparent that the group acts as a valuable release...to express feelings in confidence. The sessions are skilfully and empathetically run..."

"A chance to meet people who are in a similar situation as myself and to hear their difficulties which makes you feel not so alone. Also it's good to get away from the house for a few hours."

"I love it, always leave with a smile on my face and it really helps having that space"

"The opportunity to make music - something I don't normally do - and to try lots of different instruments. It's a really joyful time and works really well at alleviating stress. I like being able to talk about what is happening for me in my caring role, without feeling like I'm burdening a friend. People are really supportive. The music is the priority though."

"Being a carer in my case means I'm stuck at home most of the time rarely talking to anyone, so it's great just to meet other people."

"A great opportunity to try other instruments. If you like music, it can have an uplifting effect especially if you feel a little down."

"It's uplifting and that feeling lasts for quite a while. I really notice it if I have to miss a month. I miss it a lot"

"Makes me more relaxed, and makes me more positive about myself"

Outreaches

Host organisation feedback

"We are so grateful to Soundwell for delivering an exceptional session. (Therapists).. skilfully facilitated the event with a remarkable sense of ease and tranquillity, creating a relaxed and welcoming atmosphere that encouraged active participation from all attendees."

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2024

#### **ACHIEVEMENT AND PERFORMANCE**

"The session had a remarkable effect on participants who had previously been hesitant or inactive. One individual, typically reserved and quiet, visibly brightened and enthusiastically joined the group in playing the piano—a rare occurrence. Additionally, several participants expressed initial apprehension about their musical abilities but quickly found joy and confidence in participating. Their newfound enthusiasm was evident as they eagerly embraced the experience, reluctant for the session to conclude, smiling at each other, all joining in, some stood to enhance their voices."

"Anyone with mental health condition can benefit from playing or listening to music. I think most if not all of the group felt better at the end of the session than they had at the start. Some were able to express that at the time. They felt a sense of achievement that they had done an activity they wouldn't normally do and had coped!"

#### Participant feedback

"Began the session very fraught and anxious. After session I am uplifted and happy! :)."

"It was really soothing- wonderful to be heard"

"I enjoyed playing instruments, coming together as a group, listening to the instruments. Feeling energised, empowered"

"letting it all go!"

#### **2. FUNDING**

We are extremely grateful for the ongoing support from the following trusts and foundations which enable us to continue to deliver such important work within our community.

- Asda Foundation
- B&NES Health Inequalities Fund
- Barchester
- Bristol City Health
- Denman Charitable Trust
- Douglas Arter
- Global Make Some Noise
- Henry Smith Charity
- The Lark Trust
- Morrisons Foundation
- People's Health Lottery
- Postcode Local Trust
- Quartet
- Scott Will Charitable Trust
- Schrierier Foundation
- Simon Rivett Carnac Trust
- The Sir Jules Thorn Charitable Trust
- Society of Merchant Ventures

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2024

Additionally we would like to thank all the generous individual and anonymous donors who support us regularly, or have contributed to one of our fundraising campaigns. Your support has enable us to make a real difference to the lives of the people we support.

And to all those who sent many generous individual and anonymous donations - a sincere thank you.

#### **FINANCIAL REVIEW**

##### **3. Finance**

Income for the period amounted to £143,149 (2023: £204,386). Expenditure amounted to £183,908 (2023: £181,961).

The net result was a deficit of £40,759 for the period (2023: £22,425 surplus); when added to balances brought forward, the Trust had net funds at the year-end of £51,182 unrestricted funds (2023: £61,767) and £42,034 restricted funds (2023: £72,208).

Soundwell continues to monitor its financial position carefully as the impact of inflation and the cost of living increases are felt. The Senior Staff Team produce regular financial reports and detailed cashflow projections for the Treasurer, Trustees and Senior Staff Team to enable them to monitor the financial position throughout the year. This information is used to measure the performance of the charity, foresee potential problems, and make informed decisions across the organisation.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

Soundwell Music Therapy Trust is constituted under a trust deed dated 15 July 2002 and is a registered charity. The principal objective is to preserve and protect mental health and assist in relieving and rehabilitating people experiencing emotional or mental distress ("the beneficiaries") living in the South West of England, and in Wiltshire and Bath & N.E Somerset in particular, through the practice of music therapy.

The charity is governed by a board of Trustees who are detailed on page 8. The Board makes decisions on the annual budget, formulates policy and considers strategic issues which affect the organisation. The Director/s and management team are responsible for the day to day running and management of the charity. A Scheme of Delegation was approved in January 2017, setting out the roles and responsibilities of Trustees and those matters delegated to the Director/s.

##### **Appointment of Trustees**

The Board of Trustees appoints new Trustees as follows: potential Trustees are identified with attention paid to relevant skills and experience. Trustee skills audits are regularly completed to inform the recruitment process. They are shown copies of the constitution, annual report and literature relating to responsibilities of charitable Trustees. Once identified, potential Trustees are invited to attend 2 Trustees meetings as an observer prior to a mutual decision being made as to their suitability.

##### **Public Benefit**

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2024

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Risk management**

The Board of Trustees regularly reviews and identifies the key risks to the Charity and its operations. The Board continue to consider two of the most significant risks to be financial sustainability and Safeguarding. In relation to Finance, the Board reviews the financial position and performance of the Charity at each meeting, and actively considers the long-term cash position on a 12-month rolling basis. This enables the Board to identify any potential financial uncertainties well in advance and put in place any measures should they be required. The Board are also taking an active role in the strategic plans for other sources of voluntary income.

The Board places great emphasis and importance in relation to Safeguarding. All staff and trustees have up to date safeguarding training at level 2 or 3 as appropriate for the role. We have also been mindful that there are different safeguarding issues when providing remote services than face to face. The Trustee Safeguarding Lead continues to help monitor both policy and practice in this area.

**Reserves policy and future plans**

Soundwell has deemed a reserve figures of £68,600 to be appropriate, calculated as;

- An average of 3 months of previous year's total expenditure.
- Plus additional closure costs of staff redundancy and statutory accounts and filing.

The Reserves Policy is reviewed annually as part of Soundwell's financial planning. The trustees will consider current costs of and examine the level of reserves when setting the following year's budget.

The current level of reserves stands at £93,216, of which £51,182 are free reserves. The trust will look to rebuild the reserve in the coming year to maintain the financial resilience of the charity through unrestricted giving and community fundraising.

Our vision for 2025 is for a thriving music therapy service, supporting those with high levels of need in the South West. With the ripples of the current economic crisis being felt across the country, and it's myriad impact on mental health, our service is ever more in demand. As the current year presents us with financial challenges we will work towards creating a robust financial basis to deliver our full range of services and respond to new priority groups, creatively.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**  
1093992

**Principal address**  
Quaker Meeting House  
Wedmore Vale  
Bristol  
BS3 5HX

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2024

**Trustees**

Dr Catherine Warner (Chair)  
Mr Richard Ellis  
Ms Jennifer Wildblood  
Mrs Jocelyn Clay  
Mr Peter Watson  
Mrs Alison Harris  
Mr Oliver Kelham  
Mrs Victoria Berger (appointed 4.11.23)  
Mr Daniel Bateman (appointed 8.7.24)

**Co-Directors**

Emma Weatherup and Zoë Newing-Moore (permanently appointed 01.09.23)

**Independent Examiner**

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

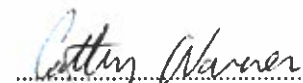
**Bankers**

CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

HSBC Bank plc  
46 Fore Street  
Trowbridge  
BA14 8EL

Triodos Bank  
Deanery Road  
Bristol  
BS1 5AS

Approved by order of the board of trustees on 8th Oct 2024 and signed on its behalf by:



Dr. C Warner - Trustee

Independent Examiner's Report to the Trustees of  
Soundwell Music Therapy Trust

**Independent examiner's report to the trustees of Soundwell Music Therapy Trust**

I report to the charity trustees on my examination of the accounts of Soundwell Music Therapy Trust (the Trust) for the year ended 31 March 2024.

**Responsibilities and basis of report**

As the charity trustees of the Trust 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



Mark Powell CA

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

Date: 29/10/2024

Sounowell Music Therapy Trust

Statement of Financial Activities  
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
<b>GOVERNMENT GRANTS FROM</b>					
Donations and legacies	2	65,301	76,825	142,126	204,064
Investment income	3	<u>1,023</u>	-	<u>1,023</u>	<u>322</u>
<b>Total</b>		<u>66,324</u>	<u>76,825</u>	<u>143,149</u>	<u>204,386</u>
<b>EXPENDITURE ON</b>					
Charitable activities	4				
Music Therapy		<u>79,292</u>	<u>104,616</u>	<u>183,908</u>	<u>181,961</u>
<b>NET INCOME/(EXPENDITURE)</b>		(12,968)	(27,791)	(40,759)	22,425
Transfers between funds	12	<u>2,383</u>	<u>(2,383)</u>	-	-
<b>Net movement in funds</b>		(10,585)	(30,174)	(40,759)	22,425
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		61,767	72,208	133,975	111,550
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>51,182</u>	<u>42,034</u>	<u>93,216</u>	<u>133,975</u>

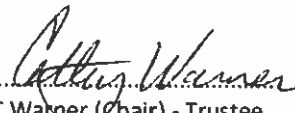
The notes form part of these financial statements

Soundwell Music Therapy Trust

Balance Sheet  
31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	9	6,942	-	6,942	5,813
<b>CURRENT ASSETS</b>					
Debtors	10	7,929	27,000	34,929	65,703
Cash at bank		<u>43,499</u>	<u>15,034</u>	<u>58,533</u>	<u>67,259</u>
		51,428	42,034	93,462	132,962
<b>CREDITORS</b>					
Amounts falling due within one year	11	(7,188)	-	(7,188)	(4,800)
<b>NET CURRENT ASSETS</b>					
		<u>44,240</u>	<u>42,034</u>	<u>86,274</u>	<u>128,162</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>51,182</u>	<u>42,034</u>	<u>93,216</u>	<u>133,975</u>
<b>NET ASSETS</b>					
		<u>51,182</u>	<u>42,034</u>	<u>93,216</u>	<u>133,975</u>
<b>FUNDS</b>					
Unrestricted funds	12			51,182	61,767
Restricted funds				<u>42,034</u>	<u>72,208</u>
<b>TOTAL FUNDS</b>					
				<u>93,216</u>	<u>133,975</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 8th Oct 2024 and were signed on its behalf by:

  
C Warner (Chair) - Trustee

  
A Harris - Trustee

The notes form part of these financial statements

Soundwell Music Therapy Trust

Notes to the Financial Statements  
for the Year Ended 31 March 2024

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% on reducing balance

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**1. ACCOUNTING POLICIES - continued**

**Incoming resources**

Voluntary income including donations and grants that provide core funding or are of a general nature are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

Income from Charitable Activities includes income recognised as earned (as the related goods or services are provided) under contract.

**2. DONATIONS AND LEGACIES**

	31.3.24	31.3.23
	£	£
Donations	42,301	24,505
Grants	<u>99,825</u>	<u>179,559</u>
	<u>142,126</u>	<u>204,064</u>

**3. INVESTMENT INCOME**

	31.3.24	31.3.23
	£	£
Deposit account interest	<u>1,023</u>	<u>322</u>

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs	Support costs (see note 5)	Totals
	£	£	£
Music Therapy	<u>166,505</u>	<u>17,403</u>	<u>183,908</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**5. SUPPORT COSTS**

	Finance £	Governance costs £	Totals £
Music Therapy	<u>182</u>	<u>17,221</u>	<u>17,403</u>

Fees paid to our independent examiner total £2,275 (2023: £2,196).

**6. TRUSTEES' REMUNERATION AND BENEFITS**

During the year no freelance fees or expenses were paid to Trustees (2023: £nil).

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

£11 of travel expenses were reimbursed to Trustees during the year (2023: £Nil).

**7. STAFF COSTS**

	31.3.24 £	31.3.23 £
Wages and salaries	123,183	126,896
Social security costs	9,206	10,067
Other pension costs	<u>4,762</u>	<u>5,343</u>
	<u>137,151</u>	<u>142,306</u>

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Administrative	2	3
Services	<u>3</u>	<u>4</u>
	<u>5</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

The above analysis has been prepared on a headcount basis. On a full-time equivalent basis, the average number of employees during the year was as follows:

	31.3.24
Administrative	1.2
Services	<u>1.8</u>
	<u>3.0</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES FROM THE PRIOR YEAR**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>GOVERNMENT GRANTS FROM</b>			
Donations and legacies	59,424	144,640	204,064
Investment income	<u>322</u>	<u>-</u>	<u>322</u>
<b>Total</b>	<u>59,746</u>	<u>144,640</u>	<u>204,386</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Music Therapy	<u>87,622</u>	<u>94,339</u>	<u>181,961</u>
<b>NET INCOME/(EXPENDITURE)</b>	(27,876)	50,301	22,425
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>89,639</u>	<u>21,911</u>	<u>111,550</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>61,763</u>	<u>72,212</u>	<u>133,975</u>

**9. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 April 2023	21,223
Additions	2,633
Disposals	<u>(233)</u>
At 31 March 2024	<u>23,623</u>
<b>DEPRECIATION</b>	
At 1 April 2023	15,410
Charge for year	1,299
Eliminated on disposal	<u>(28)</u>
At 31 March 2024	<u>16,681</u>
<b>NET BOOK VALUE</b>	
At 31 March 2024	<u>6,942</u>
At 31 March 2023	<u>5,813</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.24	31.3.23
	£	£
Trade debtors	2,670	2,500
Other debtors	-	416
Prepayments and accrued income	<u>32,259</u>	<u>62,787</u>
	<u>34,929</u>	<u>65,703</u>

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.24	31.3.23
	£	£
Trade creditors	3,612	1,226
Other creditors	845	934
Accruals and deferred income	<u>2,731</u>	<u>2,640</u>
	<u>7,188</u>	<u>4,800</u>

**12. MOVEMENT IN FUNDS**

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
<b>Unrestricted funds</b>				
General fund	61,767	(12,968)	2,383	51,182
<b>Restricted funds</b>				
National Lottery Community Fund	3,415	(3,415)	-	-
Quartet Community Foundation - Bristol City Health Fund	6,293	(6,286)	-	7
D'Oyly Carte Charitable Trust	3,000	(3,000)	-	-
Medlock Charitable Trust	-	2,751	-	2,751
Morrisons Foundation	-	2,994	(2,383)	611
Society of Merchant Venturer's Quartet Community Foundation - Express Grant	-	5,000	-	5,000
Denman Charitable Trust	-	1,000	-	1,000
Douglas Arter Foundation	500	(500)	-	-
Global Make Some Noise	57,000	(30,634)	-	26,366
People's Health Trust	-	1,399	-	1,399
Barchester	-	1,500	-	1,500
Asda Foundation	-	400	-	400
	<u>72,208</u>	<u>(27,791)</u>	<u>(2,383)</u>	<u>42,034</u>
<b>TOTAL FUNDS</b>	<u>133,975</u>	<u>(40,759)</u>	<u>-</u>	<u>93,216</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**12. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	66,324	(79,292)	(12,968)
<b>Restricted funds</b>			
Bath and North East Somerset Council	3,000	(3,000)	-
National Lottery Community Fund	-	(3,415)	(3,415)
Quartet Community Foundation - Bristol City Health Fund	-	(6,286)	(6,286)
D'Oyly Carte Charitable Trust	-	(3,000)	(3,000)
The Henry Smith Charity	35,000	(35,000)	-
Medlock Charitable Trust	5,000	(2,249)	2,751
Morrisons Foundation	3,136	(142)	2,994
Society of Merchant Venturer's Quartet Community Foundation - Express Grant	3,000	(2,000)	1,000
HCRG	5,000	-	5,000
Denman Charitable Trust	10,000	(10,000)	-
Douglas Arter Foundation	1,000	-	1,000
Global Make Some Noise	-	(500)	(500)
People's Health Trust	-	(30,634)	(30,634)
Schreier Foundation	4,789	(3,390)	1,399
Barchester	3,000	(3,000)	-
Simon Rivett Carnac	1,500	-	1,500
Asda Foundation	2,000	(2,000)	-
	400	-	400
	<u>76,825</u>	<u>(104,616)</u>	<u>(27,791)</u>
<b>TOTAL FUNDS</b>	<u>143,149</u>	<u>(183,908)</u>	<u>(40,759)</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	89,639	(27,872)	61,767
<b>Restricted funds</b>			
Bath and North East Somerset Council	641	(641)	-
National Lottery Community Fund	-	3,415	3,415
Quartet Community Foundation - Bristol City Health Fund	-	6,293	6,293
D'Oyly Carte Charitable Trust	-	3,000	3,000
Trusthouse Charitable Foundation	6,750	(6,750)	-
Society of Merchant Venturer's	-	2,000	2,000
The Lark Trust	3,500	(3,500)	-
Ashley Family Foundation	6,020	(6,020)	-
Thomas Wall Trust	5,000	(5,000)	-
Douglas Arter Foundation	-	500	500
Global Make Some Noise	-	57,000	57,000
	<u>21,911</u>	<u>50,297</u>	<u>72,208</u>
<b>TOTAL FUNDS</b>	<u>111,550</u>	<u>22,425</u>	<u>133,975</u>

## Soundwell Music Therapy Trust

### Notes to the Financial Statements - continued for the Year Ended 31 March 2024

#### **12. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	59,746	(87,618)	(27,872)
<b>Restricted funds</b>			
Bath and North East Somerset Council	-	(641)	(641)
National Lottery Community Fund	9,637	(6,222)	3,415
Quartet Community Foundation - Bristol City Health Fund	20,001	(13,708)	6,293
D'Oyly Carte Charitable Trust	3,000	-	3,000
St James's Place Charitable Foundation	2,500	(2,500)	-
Trusthouse Charitable Foundation	1	(6,751)	(6,750)
The Henry Smith Charity	35,000	(35,000)	-
Society of Merchant Venturer's	2,000	-	2,000
The Lark Trust	-	(3,500)	(3,500)
Quartet Community Foundation - Express Grant	5,000	(5,000)	-
Ashley Family Foundation	-	(6,020)	(6,020)
HCRG	10,000	(10,000)	-
Thomas Wall Trust	1	(5,001)	(5,000)
Douglas Arter Foundation	500	-	500
Global Make Some Noise	<u>57,000</u>	<u>-</u>	<u>57,000</u>
	<u>144,640</u>	<u>(94,343)</u>	<u>50,297</u>
<b>TOTAL FUNDS</b>	<u>204,386</u>	<u>(181,961)</u>	<u>22,425</u>

#### General Fund £51,182

The net operating result of unrestricted income and expenditure. This includes a designated operating reserve which represents 3mths turnover. This is reviewed annual.

#### National Lottery Community Fund £0

This fund is restricted to expenditure on delivering Bath and Bristol open groups and outreach work. The funded period of this grant is August 2022 to July 2023. Fully spent during the year.

#### Bristol City Health Fund £7

This grant was awarded to cover the 2 year period July 2021 to June 2023. The grant supports our work in Bristol to enable Soundwell to build resilience by diversifying our participation and income streams. This will be fully spent in the coming financial year.

#### D'Oyly Carte Charitable Trust £0

This grant was awarded for the 2023/24 financial year to support our open and singing groups in Bath. Fully spent during the year.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**12. MOVEMENT IN FUNDS - continued**

**Medlock Charitable Trust £2,751**

This grant was awarded to support all of our service delivery in B&NES between January and December 2024. This grant will be fully spent in the coming year.

**Morrison's Foundation £611**

This grant was awarded to purchase 2 new electric pianos, other small instrument stocks and a storage cupboard. The pianos were purchased during the year, the storage cupboard and other small items will be purchased in the coming year.

**Society of Merchant Venture's £3,000**

This grant was awarded for the 2023/24 financial year to support our work in Bristol to develop a flexible approach to allowing people to access our services in a post covid context.

**Quartet Express Grant £5,000**

This grant was awarded to support one set of our 20 week group in Bristol between February and July 2024. This will be fully spent in the coming year.

**Denman Charitable Trust £1,000**

This grant was awarded to support our 20 week group in Bristol during 2024/25. This will be fully spent in the coming year.

**Douglas Arter Foundation £0**

This grant was awarded for the 2023/24 financial year to contribute towards general costs of delivering Soundwell's Therapy services. This grant was fully spent during the year.

**Global Make Some Noise £26,366**

This grant was awarded to support the cost of providing our 20 week groups across both service areas from April 2023 through to March 2025.

**People's Health Trust £1,399**

This grant was awarded to support the cost of our open and singing groups in Bristol. The funded period is September 2023 to August 2025.

**Barchester £1,500**

This grant was awarded to support our open music sessions and outreach work in Bath between January and June 2024. This grant will be fully spent in the coming year.

**Simon Rivett Carnac £0**

This grant was awarded to contribute towards the costs of our singing groups in 2023/24, it was fully spent during the year.

**Asda £400**

This grant was awarded to cover the room hire costs for our singing sessions in Bristol during 2024/25. This grant will be fully spent in the coming year.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**13. RELATED PARTY DISCLOSURES**

There are no related party transactions to disclose during the year.



**SOUNDWELL MUSIC THERAPY TRUST**

England & Wales - Charity number 1093992

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# Accounts

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# **Soundwell** music therapy trust

Report of the Trustees and  
Financial Statements for the Year Ended 31 March 2023  
for  
Soundwell Music Therapy Trust

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

**Soundwell Music Therapy Trust**

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for the Year Ended 31 March 2023**

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Statement of Financial Activities	10
Balance Sheet	11
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Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **INTRODUCTION**

The Trustees have pleasure in recording that the Charity has had another successful and productive year, despite continued external turbulence. Key service points include:

- Continuation and expansion of face-to-face sessions with one on-line group continuing
- 93 people attended regular Soundwell sessions; a further 91 attended at least one outreach session
- 285 Soundwell sessions run this year
- Training on diversity, intersectionality and inclusion practices have enhanced quality of service

We are delighted to report that following a slow start in 2021/22, post pandemic; this year the outreach programme was much revitalised. Soundwell were particularly pleased to reignite collaborations with Mind and forge new contact with Borderlands and Families also Matter (at DHI). This has meant that we have been able to reach and support more people with mental health needs, more unpaid carers, and also meet with refugees and asylum seekers. Closer working relationships with community mental health teams, various teams across the Integrated Care Systems and social prescribers during this period has resulted in a recent, unprecedented level of referrals and more planned outreaches.

This year marked Soundwell's 20<sup>th</sup> anniversary: an opportunity to further promote and celebrate Soundwell's services in the following ways:

- Creation of a new Soundwell film showcasing ex-client journeys and describing the work.
- Highly successful celebration at Bristol Beacon, including premier of the film, speeches, musical performances, group improvisations and options to become a friend/donate.
- A lively busking event in Bedminster, Bristol. This was brilliant for local exposure, attracted crowds of appreciative people, some new self-referrals and much needed donations.

We are grateful to our friends at the Bedminster Quaker Meeting House, Bristol, and the Scout HQ Bath, who provide stable, calm space for the work to continue. Also to Bristol Beacon, Willbee Films, Bristol Community Big Band and Saturday Brass, who provided pro bono space for the anniversary event, film creation and on-street busking.

New funding sources were found through a targeted trusts and foundations programme, leading to yet another well-managed financial year. For the first time, Soundwell were recipients of Globals' Make Some Noise campaign to support our work in 2023/24 and 2024/25. This released much needed funding and an unprecedented level of exposure on local and national radio through interviews about music therapy and Soundwell, on Radio Bristol, Gold, Classic FM and Heart FM.

We have had a very successful year in the face of an external environment that continues to put pressure on people's mental health. We will continue to monitor our finances closely as we enter a year of higher inflation and significant rises in the cost of living – recognising the impact on staff, the charity and our clients.

## **ACHIEVEMENT AND PERFORMANCE 2022-23**

### **1. SERVICES**

#### **Activity**

Impact from the pandemic has lasted longer than we could have anticipated. Soundwell offered face to face services long before many other organisations could, which was appreciated particularly by clients who had been extremely isolated and anxious. We have also retained a popular online 'music listening' group option that serves those who find it difficult to leave their home for a variety of mental or physical health issues.

#### **Regular music therapy sessions**

- Monthly Carers Support Group, face to face in Bath. For unpaid carers who are isolated and might be low in mood.
- Singing for Wellbeing groups in Bristol and Bath. For people who have mild/moderate mental health issues, fortnightly)
- Open Music Group, in Bristol and Bath. Face to face. For people with a range of mental health issues, monthly
- Online music listening group. For people with a range of mental health issues, monthly
- 20-week group for adults with moderate- high/complex mental health needs in Bath x 2
- 20-week group for adults with moderate-high/complex mental health needs in Bristol x 2
- One-to-one sessions for 6 people who couldn't access groups because of their individual needs.

#### **Outreaches**

- Borderlands x 9 (Bristol) (50 attendees)
- Party in the City, (Bath) (16 attendees)
- Stratton House, (Bath) (9 attendees)
- Mind- Midsomer Norton, (B&NES) (5 attendees)
- Mind- (Bath) (9 attendees)
- Families Also Matter- DHI, (Bath) (2 attendees)

#### **Overall Summary: Snapshot of sessions**

Number of Soundwell participants: 93 through regular groups + 91 at Outreaches

Number of sessions run: 285

Number of session attendances: 1,773

#### **Reaching diverse groups**

Soundwell is committed to reaching marginalised communities and removing barriers to music therapy. This includes individuals who might slip through the net, who have experienced prejudice and discrimination, and lack of specialist support. Networking and refreshing connections has included working with Borderlands, Mind, Bristol Autistic Spectrum Service, Developing Health Initiative (DHI) and Rethink.

#### **Consultation Group for ex-clients**

Two ex-clients sit on a paid consultation panel to advise on services. Consultants help with a huge range of work, e.g. ideas for increasing access, planning new services, ideas for re-brand, promotion and fundraising and interviewing potential staff as part of recruitment. Recruitment for this consultation panel is ongoing.

**Trainee placement**

A trainee for the MA course in Music Therapy, from the University of the West of England (UWE) has been on placement this year. Other trainees have come for contextual visits. Soundwell are pleased to support trainee music therapists in their development, contributing to and benefitting from the next generation of music therapists.

**Sample feedback from clients, April 2022-March 2023**

"It's good knowing that we are all aiming for helping us to sing as a community. It raises my mood, which contributes to my wellbeing. The therapists are very good and friendly; they make you feel included. It gives me motivation for the rest of my day"

"I feel the singing therapy session gives me a sense of relief by letting go of all my negative energy at the same time, learning different songs, harmonies and melodies makes it all fun. I feel much better after a session, more inspired, happier and it's an outlet for me; self-care. Thank you"

"Soundwell is somewhere to learn and work together as a team on songs. It's a nice change for someone who is used to being alone and tends towards being silent. It supports my goals of learning to speak in public spaces"

"Thank you for giving me a lift in my week and a boost to my confidence"

"Very helpful, very friendly atmosphere. Felt nervous attending but make to feel relaxed. Playing has put me in a good mood"

"Take my mind off compulsive thinking. Being more present"

"More peaceful and in tune"

"Very relaxing. Interesting to explore the effect of different sounds on feelings"

"Absolutely brilliant. The guys created a safe, non-judgement space really quickly, which enabled us to engage, communicate and share"

"After just a short session, I can feel a lovely 'glow' in my body and my emotions"

"Beautiful and so very calming! Really enjoyed it! Felt very calm"

"Began the session very fraught and anxious. After session I am uplifted and happy!"

"Loved it! Found it very therapeutic and was very good mindfulness practice. Found I was very much in present"

"Thank you, it's helping my recovery"

"it's a place where I can talk open and honestly, let out my feelings"

"I've really enjoyed experimenting with different instruments during the music therapy sessions. I've felt more connected with people and felt supported by the music therapists. I've found the routine important and looked forward to going to the sessions"

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2023

"Routine, relaxation, support from other members of the group and therapists, somewhere to say how I've been feeling"

"It has helped me to understand others"

"Playing music made me feel very relaxed and made me feel more connected to the other people in the group and the music therapist"

"Relaxing, freeing, fun, playful, experimental, escapism"

#### Carers

"Initially, I came to explore music and try some new instruments. I am amazed by how therapeutic I find the sounds that we make together. Music is magical; you never know what you will be playing every time. Sharing each other's problems is a good thing I find"

"It definitely improves my mental health. It reminds me just how important I am finding music right now. (I have bought two new instruments)"

"Music has changed my life, helps me to sleep better after going to the session after the group feel like I can cope with the modern world better"

'Loved it, loved it, LOVED IT'

"A chance to unwind in a safe, relaxed place"

"Everyone is very supportive. You do go away feeling that you are not the only one having a difficult time - and sharing your own problems seems to make the burden lighter"

"I am very grateful for being able to play music every month and meeting people in a group"

## **2. FUNDING**

We are extremely grateful for the ongoing support from the following trusts and foundations which enable us to continue to deliver such important work within our community.

- Allen Lane Foundation
- Ashford Foundation
- Ashley Family Foundation
- Bath and North East Somerset Council (Virgin Care Services / HCRG)
- Co-op Local Community Foundation
- Denman Charitable Trust
- D'Oyly Carte Charitable Trust
- Douglas Arter Foundation
- Global Make Some Noise
- Henry Smith Charity
- Joyce Fletcher Charitable Trust
- Medlock Charitable Trust
- National Lottery Local Community Fund
- Postcode Local Trust
- Quartet Community Foundation – Bristol City Funds
- Society of Merchant Venturers

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2023

- St James Place
- Thomas Wall Trust
- Trusthouse Charitable Foundation
  
- WNC Scott Will Trust

Additionally we would like to thank all the generous individual and anonymous donors who support us regularly, or have contributed to one of our fundraising campaigns. Your support has enable us to make a real difference to the lives of the people we support.

### **3. FINANCE**

Income for the period amounted to £214,433 (2022: £152,894). Expenditure amounted to £192,009 (2022: £172,986).

The net result was a surplus of £22,424 for the period (2022: £20,092 deficit); when added to balances brought forward, the Trust had net funds at the year-end of £61,767 unrestricted funds (2022: £89,640) and £72,208 restricted funds (2022: £21,911).

Soundwell continues to monitor its financial position carefully as the impact of inflation and the cost of living increases are felt. The Senior Staff Team produce regular financial reports and detailed cashflow projections for the Treasurer, Trustees and Senior Staff Team to enable them to monitor the financial position throughout the year. This information is used to measure the performance of the charity, foresee potential problems, and make informed decisions across the organisation.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing document**

Soundwell Music Therapy Trust is constituted under a trust deed dated 15 July 2002 and is a registered charity. The principal objective is to preserve and protect mental health and assist in relieving and rehabilitating people experiencing emotional or mental distress ("the beneficiaries") living in the South West of England, and in Wiltshire and Bath & N.E Somerset in particular, through the practice of music therapy.

The charity is governed by a board of Trustees who are detailed on page 8. The Board makes decisions on the annual budget, formulates policy and considers strategic issues which affect the organisation. The Director/s and management team are responsible for the day to day running and management of the charity. A Scheme of Delegation was approved in January 2017, setting out the roles and responsibilities of Trustees and those matters delegated to the Director/s.

#### **Appointment of Trustees**

The Board of Trustees appoints new Trustees as follows: potential Trustees are identified with attention paid to relevant skills and experience. Trustee skills audits are regularly completed to inform the recruitment process. They are shown copies of the constitution, annual report and literature relating to responsibilities of charitable Trustees. Once identified, potential Trustees are invited to attend 2 Trustees meetings as an observer prior to a mutual decision being made as to their suitability.

#### **Public Benefit**

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Risk management**

The Board of Trustees regularly reviews and identifies the key risks to the Charity and its operations. The Board continue to consider two of the most significant risks to be financial sustainability and Safeguarding. In relation to Finance, the Board reviews the financial position and performance of the Charity at each meeting, and actively considers the long-term cash position on a 12-month rolling basis. This enables the Board to identify any potential financial uncertainties well in advance and put in place any measures should they be required. The Board are also taking an active role in the strategic plans for other sources of voluntary income.

The Board places great emphasis and importance in relation to Safeguarding. All staff and trustees have just had their safeguarding training updated, at level 2 or 3 as appropriate for the role. We have also been mindful that there are different safeguarding issues when providing remote services than face to face. The Trustee Safeguarding Lead continues to help monitor both policy and practice in this area.

### **Reserves policy and future plans**

Soundwell has deemed a reserve figures of £59,500 to be appropriate, calculated as;

- An average of 3 months of previous year's total expenditure.
- Plus additional closure costs of staff redundancy and statutory accounts and filing.

The Reserves Policy is reviewed annually as part of Soundwell's financial planning. The trustees will consider current costs of and examine the level of reserves when setting the following year's budget.

The current level of reserves stands at £133,975, of which £61,767 are free reserves.

The Charity continues to work towards its 5 year strategy, 2020-2025, which was updated in 2022. The main objectives were identified as;

- Consolidating and renewing the service, focusing on the main hubs in South Bristol and Bath.
- Seeking a wider variety of funding sources, including trusts and foundations, commissioned income and additional fundraising from individuals and events.
- Building the charities profile to enable meaningful relationships to be developed with current and potential stakeholders.

The trustees and senior management team have set the current medium term objectives for the coming year 2023/24;

1. Establish and consolidate the senior leadership team; appoint a new Director by December 2023 and set clear roles and responsibilities for all team members by March 2024.
2. Build the charity profile; complete rebranding work to include new logo, to be updated across the organisation and website by September 2023.
3. Respond to service demand through the use of a regular system of evaluation; introduce and establish quarterly service reviews and action plans by March 2023.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

1093992

### **Principal address**

Quaker Meeting House  
Wedmore Vale  
Bristol  
BS3 5HX

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2023

**Trustees**

Dr C Warner (Chair)

R Ellis

Ms J Wildblood

Mrs J Clay

P Watson

Mrs A Harris

O Kelham (appointed 27.4.22)

**CEO**

A Phipps (resigned 30.04.23)

**Inter Co-Directors**

Emma Weatherup and Zoë Newing-Moore (01.05.2023-31.10.2023)

**Independent Examiner**

Moore

Chartered Accountants

30 Gay Street

Bath

BA1 2PA

**Bankers**

CAF Bank Ltd

25 Kings Hill Avenue

Kings Hill

West Malling

Kent

ME19 4JQ

HSBC Bank plc

46 Fore Street

Trowbridge

BA14 8EL

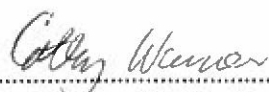
Triodos Bank

Deanery Road

Bristol

BS1 5AS

Approved by order of the board of trustees on 14th November 2023 and signed on its behalf by:



.....  
Dr C Warner (Chair) - Trustee

Independent Examiner's Report to the Trustees of  
Soundwell Music Therapy Trust

**Independent examiner's report to the trustees of Soundwell Music Therapy Trust**

I report to the charity trustees on my examination of the accounts of Soundwell Music Therapy Trust (the Trust) for the year ended 31 March 2023.

**Responsibilities and basis of report**

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



Mark Powell CA  
Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

Date: ..... 23/11/2023 .....

Soundwell Music Therapy Trust

Statement of Financial Activities  
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	69,474	144,637	214,111	152,730
Investment income	3	322	-	322	33
Government grants		-	-	-	131
<b>Total</b>		<b>69,796</b>	<b>144,637</b>	<b>214,433</b>	<b>152,894</b>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	4				
Music Therapy		97,669	94,340	192,009	172,986
<b>NET INCOME/(EXPENDITURE)</b>		<b>(27,873)</b>	<b>50,297</b>	<b>22,424</b>	<b>(20,092)</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>89,640</b>	<b>21,911</b>	<b>111,551</b>	<b>131,643</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>61,767</b>	<b>72,208</b>	<b>133,975</b>	<b>111,551</b>

The notes form part of these financial statements


Soundwell Music Therapy Trust

Balance Sheet

31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	9	5,813	-	5,813	7,016
<b>CURRENT ASSETS</b>					
Debtors	10	8,703	57,000	65,703	893
Cash at bank		<u>52,051</u>	<u>15,208</u>	<u>67,259</u>	<u>107,183</u>
		60,754	72,208	132,962	108,076
<b>CREDITORS</b>					
Amounts falling due within one year	11	(4,800)	-	(4,800)	(3,541)
		<u>55,954</u>	<u>72,208</u>	<u>128,162</u>	<u>104,535</u>
<b>NET CURRENT ASSETS</b>					
		<u>55,954</u>	<u>72,208</u>	<u>128,162</u>	<u>104,535</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>61,767</u>	<u>72,208</u>	<u>133,975</u>	<u>111,551</u>
<b>NET ASSETS</b>					
		<u>61,767</u>	<u>72,208</u>	<u>133,975</u>	<u>111,551</u>
<b>FUNDS</b>					
	12				
Unrestricted funds				61,767	89,640
Restricted funds				<u>72,208</u>	<u>21,911</u>
<b>TOTAL FUNDS</b>					
				<u>133,975</u>	<u>111,551</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 4th November 2023 and were signed on its behalf by:

  
 .....  
 C Warner (Chair) - Trustee

  
 .....  
 A Harris - Trustee

The notes form part of these financial statements

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% on reducing balance

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**1. ACCOUNTING POLICIES - continued**

**Incoming resources**

Voluntary income including donations and grants that provide core funding or are of a general nature are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

Income from Charitable Activities includes income recognised as earned (as the related goods or services are provided) under contract.

**2. DONATIONS AND LEGACIES**

	31.3.23	31.3.22
	£	£
Donations	34,552	21,411
Grants	179,559	123,641
Other Income	-	7,678
	<u>214,111</u>	<u>152,730</u>

Included within grant income is an amount of £Nil (2022 : £131) received from the Government in relation to their Covid Job Retention Scheme.

**3. INVESTMENT INCOME**

	31.3.23	31.3.22
	£	£
Deposit account interest	<u>322</u>	<u>33</u>

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs	Support costs (see note 5)	Totals
	£	£	£
Music Therapy	<u>168,461</u>	<u>23,548</u>	<u>192,009</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**5. SUPPORT COSTS**

	Finance	Governance	Totals
	£	costs	£
	£	£	£
Music Therapy	<u>10,156</u>	<u>13,392</u>	<u>23,548</u>

Fees paid to our independent examiner total £2,196 (2022: £2,100).

**6. TRUSTEES' REMUNERATION AND BENEFITS**

During the year no freelance fees or expenses were paid to Trustees (2022: £nil).

**Trustees' expenses**

	31.3.23	31.3.22
	£	£
Trustees' benefits in kind not paid	<u>47</u>	<u>1,619</u>

No expenses were reimbursed to Trustees during the year (2022: £Nil).

**7. STAFF COSTS**

	31.3.23	31.3.22
	£	£
Wages and salaries	126,896	128,432
Social security costs	10,067	9,257
Other pension costs	<u>5,343</u>	<u>6,008</u>
	<u>142,306</u>	<u>143,697</u>

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Administrative	3	3
Services	<u>4</u>	<u>4</u>
	<u>7</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

The above analysis has been prepared on a headcount basis. On a full-time equivalent basis, the average number of employees during the year was as follows:

	31.3.23
Administrative	1.49
Services	<u>1.76</u>
	<u>3.25</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES FROM THE PRIOR YEAR**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	48,088	104,642	152,730
Investment income	33	-	33
Government grants	<u>131</u>	<u>-</u>	<u>131</u>
<b>Total</b>	<b>48,252</b>	<b>104,642</b>	<b>152,894</b>
 <b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Music Therapy	86,755	86,231	172,986
	<u>          </u>	<u>          </u>	<u>          </u>
<b>NET INCOME/(EXPENDITURE)</b>	<b>(38,503)</b>	<b>18,411</b>	<b>(20,092)</b>
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	<b>128,143</b>	<b>3,500</b>	<b>131,643</b>
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b><u>89,640</u></b>	<b><u>21,911</u></b>	<b><u>111,551</u></b>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**9. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 April 2022	21,585
Additions	233
Disposals	<u>(595)</u>
At 31 March 2023	<u>21,223</u>
<b>DEPRECIATION</b>	
At 1 April 2022	14,569
Charge for year	1,304
Eliminated on disposal	<u>(463)</u>
At 31 March 2023	<u>15,410</u>
<b>NET BOOK VALUE</b>	
At 31 March 2023	<u>5,813</u>
At 31 March 2022	<u>7,016</u>

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.23 £	31.3.22 £
Trade debtors	2,500	-
Other debtors	416	-
Prepayments and accrued income	<u>62,787</u>	<u>893</u>
	<u>65,703</u>	<u>893</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.23	31.3.22
	£	£
Trade creditors	1,226	409
Other creditors	934	931
Accruals and deferred income	<u>2,640</u>	<u>2,201</u>
	<u>4,800</u>	<u>3,541</u>

**12. MOVEMENT IN FUNDS**

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
<b>Unrestricted funds</b>			
General fund	89,640	(27,873)	61,767
<b>Restricted funds</b>			
Bath and North East Somerset Council	641	(641)	-
National Lottery Community Fund	-	3,415	3,415
Quartet Community Foundation - Bristol City Health Fund	-	6,293	6,293
D'Oyly Carte Charitable Trust	-	3,000	3,000
Trusthouse Charitable Foundation	6,750	(6,750)	-
Society of Merchant Venturer's	-	2,000	2,000
The Lark Trust	3,500	(3,500)	-
Ashley Family Foundation	6,020	(6,020)	-
Thomas Wall Trust	5,000	(5,000)	-
Douglas Arter Foundation	-	500	500
Global Make Some Noise	-	57,000	57,000
	<u>21,911</u>	<u>50,297</u>	<u>72,208</u>
<b>TOTAL FUNDS</b>	<u>111,551</u>	<u>22,424</u>	<u>133,975</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**12. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	69,796	(97,669)	(27,873)
<b>Restricted funds</b>			
Bath and North East Somerset Council	-	(641)	(641)
National Lottery Community Fund	9,637	(6,222)	3,415
Quartet Community Foundation -			
Bristol City Health Fund	20,000	(13,707)	6,293
D'Oyly Carte Charitable Trust	3,000	-	3,000
St James's Place Charitable Foundation	2,500	(2,500)	-
Trusthouse Charitable Foundation	-	(6,750)	(6,750)
The Henry Smith Charity	35,000	(35,000)	-
Society of Merchant Venturer's	2,000	-	2,000
The Lark Trust	-	(3,500)	(3,500)
Quartet Community Foundation -			
Express Grant	5,000	(5,000)	-
Ashley Family Foundation	-	(6,020)	(6,020)
HCRG	10,000	(10,000)	-
Thomas Wall Trust	-	(5,000)	(5,000)
Douglas Arter Foundation	500	-	500
Global Make Some Noise	57,000	-	57,000
	<u>144,637</u>	<u>(94,340)</u>	<u>50,297</u>
<b>TOTAL FUNDS</b>	<u>214,433</u>	<u>(192,009)</u>	<u>22,424</u>

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	128,143	(38,503)	89,640
<b>Restricted funds</b>			
Bath and North East Somerset Council	-	641	641
Trusthouse Charitable Foundation	-	6,750	6,750
The Lark Trust	3,500	-	3,500
Ashley Family Foundation	-	6,020	6,020
Thomas Wall Trust	-	5,000	5,000
	<u>3,500</u>	<u>18,411</u>	<u>21,911</u>
<b>TOTAL FUNDS</b>	<u>131,643</u>	<u>(20,092)</u>	<u>111,551</u>

12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	48,251	(86,754)	(38,503)
<b>Restricted funds</b>			
Bath and North East Somerset Council	13,912	(13,271)	641
Quartet Community Foundation - Bristol City Health Fund	20,000	(20,000)	-
D'Oyly Carte Charitable Trust	3,000	(3,000)	-
Trusthouse Charitable Foundation	9,000	(2,250)	6,750
The Henry Smith Charity	17,500	(17,500)	-
Medlock Charitable Trust	5,000	(5,000)	-
The Ashford's Foundation	4,000	(4,000)	-
The Lark Trust	3,500	(3,500)	-
The Sir Bernard & Lady Schreier Foundation	3,000	(3,000)	-
Quartet Community Foundation - Express Grant	4,730	(4,730)	-
Ashley Family Foundation	8,001	(1,981)	6,020
Joyce Fletcher Charitable Trust	3,000	(3,000)	-
Thomas Wall Trust	5,000	-	5,000
Denman Charitable Trust	5,000	(5,000)	-
	<u>104,643</u>	<u>(86,232)</u>	<u>18,411</u>
<b>TOTAL FUNDS</b>	<u>152,894</u>	<u>(172,986)</u>	<u>(20,092)</u>

General Fund £61,767

The net operating result of unrestricted income and expenditure. This includes a designated operating reserve which represents 3 months turnover. This is reviewed annual.

National Lottery Community Fund £3,415

This fund is restricted to expenditure on delivering Bath and Bristol open groups and outreach work. The funded period of this grant is Aug 2022 to July 2023.

Bristol City Health Fund £6,293

This grant was awarded to cover the 2 year period July'21 to June'23. The grant supports our work in Bristol to enable Soundwell to build resilience by diversifying our participation and income streams. This will be fully spent in the coming financial year.

**12. MOVEMENT IN FUNDS - continued**

D'Oyly Carte Charitable Trust £3,000

This grant was awarded for the 2023/24 financial year to support our open and singing groups in Bath.

Society of Merchant Venturer's £2,000

This grant was awarded for the 2023/24 financial year to support our work in Bristol to develop a flexible approach to allowing people to access our services in a post covid context.

Douglas Arter Foundation £500

This grant was awarded for the 2023/24 financial year to contribute towards general costs of delivering Soundwell's Therapy services.

Global Make Some Noise £57,000

This grant was awarded for the 2023/24 and 2024/25 financial years to fund a structured music therapy programme through a series of 20 week therapy groups with follow on transition support.

**13. RELATED PARTY DISCLOSURES**

There are no related party transactions to disclose during the year.

**SOUNDWELL MUSIC THERAPY TRUST**

England & Wales - Charity number 1093992

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# Accounts

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REGISTERED CHARITY NUMBER: 1093992

# **soundwell**

music therapy trust

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2022

for

Soundwell Music Therapy Trust

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

**Soundwell Music Therapy Trust**

**Contents of the Financial Statements  
for the Year Ended 31 March 2022**

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<b>Balance Sheet</b>	<b>11</b>
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**Soundwell Music Therapy Trust**

**Report of the Trustees**  
**for the Year Ended 31 March 2022**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2022

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Introduction**

The Trustees have pleasure in recording that the Charity has had a successful and productive year, despite ongoing external turbulence. Key points include:

- The continuation of zoom sessions and restarting of face-to-face sessions, in the midst of significant ongoing restrictions
- 7 clients reached through a total of 49 individual sessions with positive outcomes reported
- 79 clients reached through a total of 372 group session attendances across 156 offered sessions, when restrictions allowed
- New client consultation group established, to help ensure we are driven by our clients' voices and needs
- New funding sources found through a targeted trusts and foundations programme, leading to a well-managed financial year
- Making Music Therapy more known and visible in the local area with significant effort put into networking, making and deepening connections with stakeholders and the wider public.

One of the key challenges has been encouraging people in need of support to return to services, whilst the impact of the pandemic continued to be felt both practically and in terms of people's mental health. Social-distancing meant that groups numbers were considerably smaller, and there were a much higher number of 'no-shows' and drop outs, as well as issues of people lacking confidence to return. This is beginning to change as we move into the next financial year.

The 20th Anniversary events programme is now established, and inroads have been made into individual fundraising, continuing to grow the resilience of our funding streams.

We remain committed to hearing from people with lived experience of mental health issues, and have restarted our client consultation group to better inform the charity's work. We have also undertaken a board recruitment programme to bring a greater diversity of voices to the work, and new trustees are in the process of being appointed.

The after-effects of the Covid-19 pandemic were felt throughout this period, but two successful outreaches were held and much groundwork done for future collaboration.

We are grateful to our friends at the Bedminster Quaker Meeting House, Bristol, and the Central United Reformed Church in Bath, who continue to provide stable, calm space for the work to continue without disruption.

Our financial report shows excellent financial management and monitoring, with year-end results within 3% of projections.

We have had a very successful year in the face of an external environment that continues to put pressure on people's mental health. We will continue to monitor our finances closely as we enter a year of higher inflation and significant rises in the cost of living - recognising the impact on staff, the charity and our clients.

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2022

#### **ACHIEVEMENT AND PERFORMANCE**

##### **1. SERVICES**

###### **Activity**

This period featured the re-start of face to face sessions. Sessions were made as covid-safe as possible. In response to client requests, we also offered a range of online options for Carers and Open groups. For clients who had been out of contact, but who were returning to Face to Face services, we gathered updates on their wellbeing and safety from them and their worker involved.

###### **Regular music therapy sessions**

- Monthly Carers Support Group, face to face in Bath and zoom options for those in Bristol and Bath. For unpaid carers who are isolated and might be low in mood.
- Singing for Wellbeing groups in Bristol and Bath. For people who have mild/moderate mental health issues, fortnightly)
- Open Music Group, in Bristol and Bath. Face to face and zoom options. For people with a range of mental health issues, monthly
- 20-week group for adults with a dual diagnosis of mental health need and Autistic Spectrum traits- in Bath
- 20-week group for adults with moderate-high/complex mental health needs in Bristol- Ended October 2021
- 20-week group for adults with moderate-high/complex mental health needs in Bristol- started January 2022
- One-to-one sessions for 1 person who couldn't access groups because of their individual needs.

###### **Outreaches**

- Off the Record
- 16-25 Independent People

###### **Overall Summary: Snapshot of sessions**

Number of Soundwell participants: 86

Number of sessions run: 207

Number of session attendances: 421

###### **Reaching diverse groups**

Soundwell is committed to reaching marginalised communities and removing barriers to music therapy. This includes individuals who might slip through the net, who have experienced prejudice and discrimination, and lack of specialist support. Networking and refreshing connections after lockdowns has been key this year. This included working with Off the Record, Mind (Greenspace for refugees and asylum seekers), 16-25 independent people (working with youth homelessness), Bristol Autistic Spectrum Service and Developing Health Initiative (DHI).

###### **Service Review- August 2021**

Soundwell conducted a service review, including trustees, all Soundwell staff and freelancers. Outcomes from this were as follows:

- The overall service model works well, allowing a flow through different types of groups as their recovery allows
- Stand-out areas for improvement are to offer some 1-1 sessions and to reach more diverse communities

###### **Consultation Group for ex-clients**

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2022

#### **ACHIEVEMENT AND PERFORMANCE**

Two ex-clients were recruited to sit on a paid consultation panel to advise on services. Consultants help with a huge range of work, from ideas for increasing access, to planning new services, from promotion and fundraising to interviewing potential staff as part of recruitment. Recruitment for this consultation panel is ongoing.

#### **Trainee placement**

A trainee for the MA course in Music Therapy, from the University of the West of England (UWE) finished their placement in October 2021. A new trainee began in December, 2021.

#### **Feedback from clients April 2021-March 2022**

##### **From an outreach session**

"I loved playing the music, especially exploring an improvised approach. I found the session friendly and welcome... I felt very curious - especially in terms of exploring myself and others.... Being [able] to learn more about myself and others through music.."

##### **From 20-week group clients**

"I want to thank you Soundwell team so much for everything they have done!

Before I started my journey with you, I felt like I was at the end of the road on a downward spiral and had nowhere to go! I felt abandoned, very scared, completely isolated, frustrated and not in a very good place in my life.

Since I started with working with Soundwell, they welcomed me with open arms, they always listened, they have been extremely supportive, and they picked me up from the floor and taken great care of me. As a client, the Soundwell team have provided the best help and support with my mental health and wellbeing tremendously. As a result, their care, their hard work and positive dedication has enabled me to take back control of my life! This includes my mental, emotional and physical wellbeing! I feel like a brand-new person again!

Once you've done a course of music therapy, if you're like me the benefits with having further sessions are brilliant. The benefits of music therapy are a positive way to integrate back into my everyday life. Soundwell always endeavours to offer alternative programmes such as open music group therapy sessions as such as fortnightly singing group or drop-in open sessions with instruments. To me and so many other clients this has been a life changing experience to both my life and to the lives of so many other people who suffer from long term mental or emotional conditions. These services not only support the mental wellbeing of my life but supporting my physical wellbeing.

I am completely grateful and so lucky to have been referred to the most amazing service ever and so I cannot thank you enough for everything you have done! Thank you Soundwell!"

"I have been able to channel my anxiety, paranoia through a positive active and physical activity, rather than channel it through behaviours that are damaging to my mental and physical health. It has been a life saver, as for some of the weeks I struggled badly"

"Playing really allowed me to release the excess adrenaline which if isn't released in a secure and structured setting, it comes out in impulsive and irrational behaviours."

"I can't find words to express how happy and life changing it made me feel being part of this group."

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2022

#### **ACHIEVEMENT AND PERFORMANCE**

##### **From open groups**

"Music is a great tonic, especially at these times. Leaving the group very relax and calm. Can't wait til October (next session)"

##### **From carers**

"I wish I could adequately explain how good it is to come to the Soundwell music therapy sessions for carers. It helps release emotions, still my mind and give peace in me in the way that only music making can. And I'm not a musician. Anyone can do it."

"Music is an escape, you feel you are in a different world. I really look forward to the group every month, my life would become more empty without it. I would be very sad if the group finished. The last 2 years have been very different for everyone with Covid. I feel very safe coming every time, I am very happy we can play music again - long may it continue. Music is a great therapy for a happy mind, music is magical, you never know what you are going to play any time, music makes me feel less anxious and very calm and relaxed, better for sleep as well."

#### **2. FUNDING**

We continue to be very grateful for the efforts of many people who raise money for Soundwell - without your support, we simply would not exist. On behalf of all our beneficiaries, we wish to acknowledge:

- Albert Hunt Trust
- Allen Lane Foundation
- Ashfords Foundation
- Ashley Family Foundation
- Bath and North East Somerset Council (Virgin Care Services / HCRG)
- Denman Charitable Trust
- D'Oyly Carte Charitable Trust
- Henry Smith Charity
- Joyce Fletcher Charitable Trust
- Lark Trust
- Medlock Charitable Trust
- Postcode Local Trust
- Quartet Community Foundation
- Sir Bernard and Lady Schreier Foundation
- Sir Jules Thorn Charitable Trust
- Strachan Trust
- Thomas Wall Trust
- Trusthouse Charitable Foundation
- WNC Scott Will Trust

And to all those who sent many generous individual and anonymous donations - a sincere thank you.

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2022

#### **FINANCIAL REVIEW**

##### **3. Finance**

Income for the period amounted to £152,894 (2021: £166,043). Expenditure amounted to £172,986 (2021: £160,361).

The net result was a deficit of £20,092 for the period (2021: £5,682 surplus); when added to balances brought forward, the Trust had net funds at the year-end of £89,640 unrestricted funds (2021: £128,143) and £21,911 restricted funds (2021: £3,500).

Soundwell will continue to monitor its financial position carefully in the year ahead as the impact of inflation and the cost of living increases are felt. The senior staff team produce regular financial reports and detailed cashflow projections for the Treasurer and Trustees to enable them to monitor financial achievement against plan and make adjustments if necessary.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

Soundwell Music Therapy Trust is constituted under a trust deed dated 15 July 2002 and is a registered charity. The principal objective is to preserve and protect mental health and assist in relieving and rehabilitating people experiencing emotional or mental distress ("the beneficiaries") living in the South West of England, and in Wiltshire and Bath & N.E Somerset in particular, through the practice of music therapy.

The charity is governed by a board of Trustees who are detailed on page 9. The Board makes decisions on the annual budget, formulates policy and considers strategic issues which affect the organisation. The CEO and management team are responsible for the day to day running and management of the charity. A Scheme of Delegation was approved in January 2017, setting out the roles and responsibilities of Trustees and those matters delegated to the CEO.

##### **Appointment of Trustees**

The Board of Trustees appoints new Trustees as follows: potential Trustees are identified with attention paid to relevant skills and experience. Trustee skills audits are regularly completed to inform the recruitment process. They are shown copies of the constitution, annual report and literature relating to responsibilities of charitable Trustees. Once identified, potential Trustees are invited to attend 2 Trustees meetings as an observer prior to a mutual decision being made as to their suitability.

##### **Public Benefit**

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2022

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Risk management**

The Board of Trustees regularly reviews and identifies the key risks to the Charity and its operations. The Board continue to consider two of the most significant risks to be financial sustainability and Safeguarding. In relation to Finance, the Board reviews the financial position and performance of the Charity at each meeting, and actively considers the long-term cash position on a 12-month rolling basis. This enables the Board to identify any potential financial uncertainties well in advance and put in place any measures should they be required. The Board are also taking an active role in the strategic plans for other sources of voluntary income.

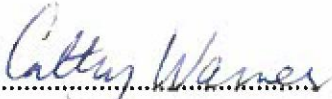
The Board places great emphasis and importance in relation to Safeguarding. All staff and trustees have just had their safeguarding training updated, at level 2 or 3 as appropriate for the role. We have also been mindful that there are different safeguarding issues when providing remote services than face to face. The Trustee Safeguarding Lead continues to help monitor both policy and practice in this area.

**Reserves policy and future plans**

As part of our overall risk assessment and general plans, the Trustees review their financial arrangements and reserves policy. The current level of reserves stands at £111,551, of which £84,640 are free reserves. The Trustees have previously determined that the Trust should maintain a level of free reserves equivalent to not less than three months' expenditure.

The Charity continues to seek a wider variety of funding sources, including trusts and foundations, commissioned income and additional fundraising from individuals and events.

Approved by order of the board of trustees on 20th October '22 and signed on its behalf by:

  
.....  
Dr. C Warner - Trustee

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1093992

**Principal address**

Quaker Meeting House

Wedmore Vale

Bristol

BS3 5HX

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2022

**Trustees**

R Ellis  
Mrs C Ward-Bailey  
Ms J Wildblood  
Mrs J Clay  
Dr C Warner (Chair)  
P Watson  
Mrs A Harris  
O Kelham (appointed 27.4.22)

**CEO**

A Phipps

**Independent Examiner**

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

**Bankers**

CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

HSBC Bank plc  
46 Fore Street  
Trowbridge  
BA14 8EL

Triodos Bank  
Deanery Road  
Bristol  
BS1 5AS

Approved by order of the board of trustees on 20th October '22 and signed on its behalf by:

  
.....  
Dr C Warner (Chair) - Trustee

Independent Examiner's Report to the Trustees of  
Soundwell Music Therapy Trust

**Independent examiner's report to the trustees of Soundwell Music Therapy Trust**

I report to the charity trustees on my examination of the accounts of Soundwell Music Therapy Trust (the Trust) for the year ended 31 March 2022.

**Responsibilities and basis of report**

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



Mark Powell CA  
Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

Date: .....10/11/2022.....

Soundwell Music Therapy Trust

Statement of Financial Activities  
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>GOVERNMENT GRANTS FROM</b>					
Donations and legacies	2	48,088	104,642	152,730	146,069
Investment income	3	33	-	33	32
Government grants		<u>131</u>	<u>-</u>	<u>131</u>	<u>19,942</u>
<b>Total</b>		<u>48,252</u>	<u>104,642</u>	<u>152,894</u>	<u>166,043</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	4				
Music Therapy		<u>86,755</u>	<u>86,231</u>	<u>172,986</u>	<u>160,361</u>
<b>NET INCOME/(EXPENDITURE)</b>		(38,503)	18,411	(20,092)	5,682
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>128,143</u>	<u>3,500</u>	<u>131,643</u>	<u>125,961</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>89,640</u>	<u>21,911</u>	<u>111,551</u>	<u>131,643</u>

The notes form part of these financial statements

Soundwell Music Therapy Trust

Balance Sheet  
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	9	7,016	-	7,016	8,711
<b>CURRENT ASSETS</b>					
Debtors	10	893	-	893	4,371
Cash at bank		<u>85,272</u>	<u>21,911</u>	<u>107,183</u>	<u>121,006</u>
		86,165	21,911	108,076	125,377
<b>CREDITORS</b>					
Amounts falling due within one year	11	(3,541)	-	(3,541)	(2,445)
		<u>82,624</u>	<u>21,911</u>	<u>104,535</u>	<u>122,932</u>
<b>NET CURRENT ASSETS</b>					
		89,640	21,911	111,551	131,643
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>89,640</u>	<u>21,911</u>	<u>111,551</u>	<u>131,643</u>
<b>NET ASSETS</b>					
		<u>89,640</u>	<u>21,911</u>	<u>111,551</u>	<u>131,643</u>
<b>FUNDS</b>	12				
Unrestricted funds				89,640	128,143
Restricted funds				<u>21,911</u>	<u>3,500</u>
<b>TOTAL FUNDS</b>				<u>111,551</u>	<u>131,643</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20th October 2022 and were signed on its behalf by:

  
C Warner (Chair) - Trustee

  
A Harris - Trustee

The notes form part of these financial statements

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% on reducing balance

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**1. ACCOUNTING POLICIES - continued**

**Incoming resources**

Voluntary income including donations and grants that provide core funding or are of a general nature are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

Income from Charitable Activities includes income recognised as earned (as the related goods or services are provided) under contract.

**2. DONATIONS AND LEGACIES**

	31.3.22	31.3.21
	£	£
Donations	21,411	21,847
Grants	123,641	124,222
Other Income	<u>7,678</u>	<u>-</u>
	<u>152,730</u>	<u>146,069</u>

Included within grant income is an amount of £131 (2021 : £19,924) received from the Government in relation to their Covid Job Retention Scheme.

**3. INVESTMENT INCOME**

	31.3.22	31.3.21
	£	£
Deposit account interest	<u>33</u>	<u>32</u>

**4. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 5) £	Totals £
Music Therapy	<u>169,067</u>	<u>3,919</u>	<u>172,986</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**5. SUPPORT COSTS**

	Finance	Governance	Totals
	£	costs	£
Music Therapy	<u>202</u>	<u>3,717</u>	<u>3,919</u>

Fees paid to our independent examiner total £2,100 (2021: £2,100).

**6. TRUSTEES' REMUNERATION AND BENEFITS**

During the year no freelance fees or expenses were paid to Trustees (2021: £nil).

**Trustees' expenses**

	31.3.22	31.3.21
	£	£
Trustees' expenses	<u>1,619</u>	<u>-</u>

No expenses were reimbursed to Trustees during the year (2021: £Nil). The £1,619 noted above was incurred by Trustees but given as gifts in kind and not paid.

**7. STAFF COSTS**

	31.3.22	31.3.21
	£	£
Wages and salaries	128,432	123,309
Social security costs	9,257	4,198
Other pension costs	<u>6,008</u>	<u>4,126</u>
	<u>143,697</u>	<u>131,633</u>

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Administrative	3	3
Services	<u>4</u>	<u>4</u>
	<u>7</u>	<u>7</u>

No employees received emoluments in excess of £60,000.

The above analysis has been prepared on a headcount basis. On a full-time equivalent basis, the average number of employees during the year was as follows:

	31.3.22
Administrative	1.35
Services	<u>1.8</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

7. STAFF COSTS - continued

3.15

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES FROM THE PRIOR YEAR

	Unrestricted funds £	Restricted funds £	Total funds £
<b>GOVERNMENT GRANTS FROM</b>			
Donations and legacies	32,346	113,723	146,069
Investment income	32	-	32
Government grants	<u>19,942</u>	<u>-</u>	<u>19,942</u>
<b>Total</b>	<u>52,320</u>	<u>113,723</u>	<u>166,043</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Music Therapy	4,628	155,733	160,361
	<u>          </u>	<u>          </u>	<u>          </u>
<b>NET INCOME/(EXPENDITURE)</b>	47,692	(42,010)	5,682
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	80,451	45,510	125,961
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>128,143</u>	<u>3,500</u>	<u>131,643</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**9. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 April 2021	21,526
Additions	<u>59</u>
At 31 March 2022	<u>21,585</u>
<b>DEPRECIATION</b>	
At 1 April 2021	12,815
Charge for year	<u>1,754</u>
At 31 March 2022	<u>14,569</u>
<b>NET BOOK VALUE</b>	
At 31 March 2022	<u>7,016</u>
At 31 March 2021	<u>8,711</u>

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22 £	31.3.21 £
Trade debtors	-	143
Prepayments and accrued income	<u>893</u>	<u>4,228</u>
	<u>893</u>	<u>4,371</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22	31.3.21
	£	£
Trade creditors	409	380
Other creditors	931	-
Accruals and deferred income	<u>2,201</u>	<u>2,065</u>
	<u>3,541</u>	<u>2,445</u>

**12. MOVEMENT IN FUNDS**

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	128,143	(38,503)	89,640
<b>Restricted funds</b>			
Bath and North East Somerset Council	-	641	641
Trusthouse Charitable Foundation	-	6,750	6,750
The Lark Trust	3,500	-	3,500
Ashley Family Foundation	-	6,020	6,020
Thomas Wall Trust	-	5,000	5,000
	<u>3,500</u>	<u>18,411</u>	<u>21,911</u>
<b>TOTAL FUNDS</b>	<u>131,643</u>	<u>(20,092)</u>	<u>111,551</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**12. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	48,251	(86,754)	(38,503)
<b>Restricted funds</b>			
Bath and North East Somerset Council	13,912	(13,271)	641
Quartet Community Foundation - Bristol City Health Fund	20,000	(20,000)	-
D'Oyly Carte Charitable Trust	3,000	(3,000)	-
Trusthouse Charitable Foundation	9,000	(2,250)	6,750
The Henry Smith Charity	17,500	(17,500)	-
Medlock Charitable Trust	5,000	(5,000)	-
The Ashford's Foundation	4,000	(4,000)	-
The Lark Trust	3,500	(3,500)	-
The Sir Bernard & Lady Schreier Foundation	3,000	(3,000)	-
Quartet Community Foundation - Express Grant	4,730	(4,730)	-
Ashley Family Foundation	8,001	(1,981)	6,020
Joyce Fletcher Charitable Trust	3,000	(3,000)	-
Thomas Wall Trust	5,000	-	5,000
Denman Charitable Trust	5,000	(5,000)	-
	<u>104,643</u>	<u>(86,232)</u>	<u>18,411</u>
<b>TOTAL FUNDS</b>	<u>152,894</u>	<u>(172,986)</u>	<u>(20,092)</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	80,451	47,692	128,143
<b>Restricted funds</b>			
National Lottery Community Fund	9,187	(9,187)	-
The Henry Smith Charity	30,000	(30,000)	-
Lloyds Bank Foundation	6,323	(6,323)	-
The Lark Trust	-	3,500	3,500
	<u>45,510</u>	<u>(42,010)</u>	<u>3,500</u>
<b>TOTAL FUNDS</b>	<u>125,961</u>	<u>5,682</u>	<u>131,643</u>

## Soundwell Music Therapy Trust

### Notes to the Financial Statements - continued for the Year Ended 31 March 2022

#### 12. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	52,320	(4,628)	47,692
<b>Restricted funds</b>			
Bath and North East Somerset Council	10,000	(10,000)	-
National Lottery Community Fund	49,885	(59,072)	(9,187)
The Henry Smith Charity	-	(30,000)	(30,000)
St John's Foundation	32,000	(32,000)	-
Lloyds Bank Foundation	-	(6,323)	(6,323)
Tesco Bags of Help	500	(500)	-
The Ashford's Foundation	4,500	(4,500)	-
The Lark Trust	7,500	(4,000)	3,500
Albert Hunt Trust	1,000	(1,000)	-
Austin Hope Pilkington Trust	1,000	(1,000)	-
Sir Jules Thorn Charitable Trust	1,000	(1,000)	-
The Sir Bernard & Lady Schreier Foundation	3,000	(3,000)	-
Truemark Trust	2,000	(2,000)	-
Virgin Care (IPC Funding)	1,338	(1,338)	-
	<u>113,723</u>	<u>(155,733)</u>	<u>(42,010)</u>
<b>TOTAL FUNDS</b>	<u>166,043</u>	<u>(160,361)</u>	<u>5,682</u>

#### General Fund £89,640

The net operating result of unrestricted income and expenditure. This includes a designated operating reserve which represents 3mths turnover. This is reviewed annual.

#### Bath and North East Somerset Council £641

This fund is restricted to expenditure on delivering Bath groups and outreach work. This will be fully spent by June 2022.

#### Trusthouse Charitable Foundation £6,750

This grant was awarded to cover the period Nov'21 to Oct'22 and supports our work in Bristol, including our 20-wk group, our singing group and our open groups. This will be fully spent in the coming financial year.

#### The Lark Trust £3,500

This grant will support all our regular groups in Bristol, including the online and outreach work. This grant will be fully spent by June 2022.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**12. MOVEMENT IN FUNDS - continued**

**Ashley Family Trust £6,020**

This grant will fund activity at both our Bristol and Bath hubs, including work on our open and singing groups. The grant funding period is January to December 2022, and will be fully spent in the coming financial year.

**Thomas Wall Trust £5,000**

This grant will support out Bristol recovery groups in the coming financial year, April 2022 - March 2023.

**13. RELATED PARTY DISCLOSURES**

There are no related party transactions to disclose during the year.



**SOUNDWELL MUSIC THERAPY TRUST**

England & Wales - Charity number 1093992

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# Accounts

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**soundwell**  
music therapy trust

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2021

for

Soundwell Music Therapy Trust

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

Soundwell Music Therapy Trust

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for the Year Ended 31 March 2021

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Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## Soundwell Music Therapy Trust

### Report of the Trustees for the Year Ended 31 March 2021

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Introduction**

The Trustees have pleasure in recording that the Charity has successfully come through a turbulent and challenging year. Key points include:

- The necessary suspension of services and the majority of staff being furloughed for between 13 and 22 weeks due to Coronavirus restrictions
- The successful establishment of telephone support and subsequently Zoom sessions when face-to-face services were not possible
- 28 clients reached through a total of 316 individual sessions with positive outcomes reported (mainly via zoom and telephone, 3 clients seen in-person when restrictions allowed, due to their specific needs)
- 23 clients reached through a total of 111 group session attendances across 43 offered sessions, when restrictions allowed
- Careful management ensuring a good financial performance, despite significant challenges, with a necessary surplus generated
- CEO, Glyn Berwick, leaving Soundwell and a successful recruitment process taking place for his successor

The trustees are pleased to report that although we were required to pause services in March 2020, Soundwell was swiftly able to put in place an emergency phone support service for 10 particularly vulnerable clients. Following the return of staff from furlough in July 2020, new projects and creative methods of service delivery were developed to address the gaps in provision and need. These sessions proved invaluable, especially when additional lockdown was announced in late December 2021, with many services continuing online, and no further furlough of clinical staff needed.

Throughout this crisis, which enveloped the whole year, the Trustees' priority was to ensure that Soundwell remained on a firm longer-term financial footing. In addressing this need, in August 2020, we took the prudent step to revise the Charities Reserve Policy by increasing the target level of reserves from 3 to 4 month's operating costs.

During this time of national emergency, all funders were contacted to request that grant-funds could be used more flexibly during this period, and most graciously agreed that we could flex our approach to therapy in the light of restrictions. Additionally, although our lottery grant has now ended, we were given additional funds from the National Lottery Community Fund as part of their Coronavirus emergency grants programme.

When therapeutic services have been possible, Soundwell continues to achieve well against targets set. The numbers are caveated this year: partly due to the significant periods of time where staff were furloughed; partly due to the time needed to ensure restarting face-to-face services could be done safely, with appropriate measures in place; and partly due to the reality that social-distancing has meant fewer clients can come together at once. This has led to some reduced numbers and a small surplus in expenditure.

Since April 2021 we have welcomed a new CEO, Anne Phipps, and we said goodbye with huge thanks to Glyn Berwick who has led the charity so successfully over the last five years.

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2021

We have also continued to run Zoom sessions for many of our services, whilst also restarting face-to-face services in both Bath and Bristol. This has taken considerable work to ensure that staff and clients are safe, and that the frequently-changing rules in social distancing and Covid-mitigation are followed, with our clients' needs also in mind.

We are grateful to our friends at the Bedminster Quaker Meeting House, Bristol, and the Central United Reformed Church in Bath, that we have been able to work together to make the restarting of services as safe and smooth as possible.

Our financial report shows that we have generated some additional reserves, which will be of help to us as we navigate the post-Covid funding environment in 2021-22. We monitor our financial position, with long-term cash flows produced regularly so we can continue to plan in a live and flexible way throughout the year.

Plans are underway for our 20th anniversary celebration in 2022, and significant work is being undertaken to ensure our income streams are diversified for future resilience. We are in the early stages of seeking to recruit new trustees to bring new and diverse thinking to our work. We are keen to ensure that our services are diverse and inclusive, and this thinking begins with us as trustees. We continue to seek additional sources of funding following the end of the National Lottery Community Fund grant, and have already been successful in grant applications to several significant funders.

This has been an extraordinary year, and its legacy will undoubtedly be felt throughout the next financial year in terms of the services we provide, and the challenges in the funding environment. The Trustees wish to place on record their thanks to all the staff and music therapists who have worked through very difficult circumstances to ensure that the charity continues to run effectively and that clients have been supported, despite significant restrictions. Their flexibility and resilience has impressed us all.

## **ACHIEVEMENT AND PERFORMANCE**

### **1. SERVICES**

#### **Activity**

Over the last 12 months, Soundwell, and the entire music therapy profession, had to re-evaluate how music therapy could be facilitated and meet the needs of clients, under the circumstances and restrictions of the pandemic. This required quick, collaborative, reflective thinking, and action. Risk assessments were drawn up and implemented to protect clients and staff around Covid, lone working and their mental health.

Music therapists used Spotify to listen to music with clients, discussing personal significance of songs and lyrics. This emerged as a time for holding and gentle reflection/processing of past events. Sometimes therapist and client sang together over the phone/zoom, with or without accompaniment. There were check-ins and discussion of how to use music at home to support wellbeing. Groups created Spotify play-lists together, to listen to at home, thus supporting their growth as a group and easing isolation. Most sessions included some instrument playing, which felt connecting, despite occasional technical issues. For some, this was sadly the only support they were able to access during this time. There were many lessons learnt about the capabilities of zoom/phone work and its place in a holding and supportive form of therapy.

#### **Individual sessions - remote**

- One-to-one sessions were provided for 25 people who couldn't access groups because of their individual needs. These took place on zoom, or on the phone if the person didn't have access to a computer. Some couldn't use zoom because of the nature of their concerns around the internet. (April 2020-April 2021. Weekly, fortnightly, and monthly, depending on need)

#### **Individual sessions - face to face in an outdoor space**

- Where there was a specific need to meet face to face, this happened in parks, with a small selection of instruments, with safety precautions in place. 3 individuals. (October-December 2020)

#### **Regular group music therapy sessions**

- Carers Support Group, on zoom. For unpaid carers who are isolated and might be low in mood. (September 2020-April 2021, fortnightly)

- A Singing for Wellbeing group, on zoom. For people who have mild/moderate mental health issues. (September 2020-April 2021, fortnightly)

- Open Music Group, on zoom. For people with a range of mental health issues. (September 2020-April 2021)

#### **One-off Outreach sessions**

- In collaboration with the 'hearing voices group' in Trowbridge, Wiltshire. Clients made a play-list on Spotify, of songs that were meaningful or supported wellbeing, then listened to these songs and discussed them together. (On Zoom)

#### **Overall Summary: Snapshot of sessions**

Number of Soundwell participants: 56

Number of sessions run: 360

Number of session attendances: 427

## **ACHIEVEMENT AND PERFORMANCE**

### **Reaching diverse groups**

Soundwell are committed to reaching marginalised communities and removing barriers to music therapy. This includes individuals who might slip through the net, who have experienced prejudice and discrimination, and lack of specialist support. Coming out of the pandemic, Soundwell will proactively prioritise reaching various communities that might not be currently accessing services, and who might have suffered disproportionately because of the effects of Covid.

### **Trainee placement**

Soundwell now provides a trainee placement, in partnership with University of the West of England (UWE). This has meant that Soundwell have been able to offer more individual phone sessions to clients during the pandemic. The trainee has since gone on to offer volunteering support to Soundwell.

### **Evaluation**

An independent evaluation, written by Dr Helen Seers and Dr Marie Polley, has been circulated. We are delighted with the input from our evaluators, which has improved client referral and feedback processes. The document is invaluable in demonstrating what Soundwell does, showcasing our unique, quality service, extremely good feedback from clients, and value for money. Areas for development are being acted upon, including:

- The aim to be "commissioned to be a local provider of high-quality support that meets the required governance needs to work with people with complex and enduring mental health needs"
- Ensuring that diverse communities can access Soundwell's services
- Learning from the experience of developing remote services and therefore broadening the range and scope of intervention and service to those who need it.

### **Outcomes**

Following internal review across the board and staff team, Soundwell has now moved to a new set of outcomes that better reflect the impact that engagement with our services can have for our clients. Crucially, this includes space for clients to identify and track their own personal goals or outcomes, which is significant in acknowledging their agency within the therapeutic process.

Our new outcomes for the year ahead are:

- Positive personal change (e.g. reduced stress, increased relaxation, improved mood, increased confidence and self-esteem, maintenance of mental health)
- Improved social connections (e.g. more effective communication, better quality of relationships, empowerment and increased social connection)
- Improved resource and resilience (e.g. increased levels of attendance, planning for the future, increased engagement in other activities, volunteering/work)
- Additional individual client goal, self-identified

As part of our commitment to improving our services, and thanks to a grant from the Lloyds Bank Foundation, in 2020 we introduced a new database to hold our client, supporter and contact data. This has improved our client experience and enabled us to monitor and evaluate our services more effectively.

**ACHIEVEMENT AND PERFORMANCE**

**Feedback from clients**

**From singing groups:**

"I am disabled and live alone, so joining the group on Zoom really helped me. I look forward to it. Was a little nervous before my first time but that soon wore off. I enjoy singing."

**From carers:**

"Attending the sessions makes me happy; it increases my sense of wellbeing and is a distraction from normal life especially in lockdown. There is a sense of community and shared purpose which is quite unique. Even though I do not know how to play instruments, I am always surprised by how much I can contribute."

"It was a fantastic decision. Zoom joins us and have some friendly quality time. Before I was feeling depressed, isolated (more than normal), distant from friends and I didn't know about zoom! Learning about [it] gave me purpose and confidence. Playing music with my friends is very promising and gives a note of happiness in my life. The therapist is fantastic, encouraging, patient, what I need during these unhappy times... I feel very happy with the services and their efforts not to let us dive in misery.  
THANK YOU."

**From an outreach session:**

"It reinforced how important music is to me and how it can feed the soul and relieve stress" (attendee)

"Clients chose music that was significant to them, and used it to express thoughts/feelings that they wouldn't usually be able to. It also stimulated useful discussions." (Staff from host organisation)

**From open groups:**

"I feel uplifted after playing some music in a session, as good to be able to express myself with music. It's good to be able to have a talk with the therapists, I live alone and do not see many people."

**From individual sessions:**

"A reason to get ready in the morning. A change of daily routine. Having a friendly voice in the room. Feeling less shut in during lockdown. Music cheers me up when I feel very sad. Nice to chat about everyday things as well as the music. A time to have a break from stressful things."

"The twice monthly calls have helped me in my daily life. They provide a space to share what is going on for me (cuts through isolation and stuckness, reduces anxiety and hopelessness), an opportunity to discuss possible groups/activities As a result I have joined a walking group suggested by the Soundwell worker. Listening to music is calming and connects me to myself and draws me towards wellness and pleasure."

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2021

**ACHIEVEMENT AND PERFORMANCE**

**2. FUNDING**

We continue to be very grateful for the efforts of many people who raise money for Soundwell - without your support, we simply would not exist. On behalf of all our beneficiaries, we wish to acknowledge:

- Albert Hunt Trust
- Ashfords Foundation
- Austin and Hope Pilkington Trust
- Henry Smith Charity
- Lark Trust
- Lloyds Bank Foundation for England and Wales
- National Lottery Community Fund
- St John's Foundation
- Sir Bernard and Lady Schreier Foundation
- Sir Jules Thorn Charitable Trust
- Strachan Trust
- Tesco Bags of Help
- Truemark Trust
- Trusthouse Charitable Foundation
- Virgin Care Services Ltd
- WNC Scott Will Trust

And to all those who sent many generous individual and anonymous donations - a sincere thank you.

**FINANCIAL REVIEW**

**3. Finance**

Income for the period amounted to £166,043 (2020: £233,306). Expenditure amounted to £160,361 (2020: £182,371).

The net result was a small surplus of £5,682 for the period (2019/20 £50,935 surplus); when added to balances brought forward, the Trust had net funds at the year-end of £128,143 unrestricted funds (2020: £80,451) and £3,500 restricted funds (2020: £45,510).

Soundwell will monitor its financial position particularly carefully in the year ahead; the consequences of the pandemic both in terms of global economic trends and the domestic funding environment are both potentially significant, and unknowable. The senior staff team produce regular financial reports and detailed cashflow projections for the Treasurer and Trustees to enable them to monitor financial achievement against plan and make adjustments if necessary.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Soundwell Music Therapy Trust is constituted under a trust deed dated 15 July 2002 and is a registered charity. The principal objective is to preserve and protect mental health and assist in relieving and rehabilitating people experiencing emotional or mental distress ("the beneficiaries") living in the South West of England, and in Wiltshire and Bath & N.E Somerset in particular, through the practice of music therapy.

The charity is governed by a board of Trustees who are detailed on page 1. The Board makes decisions on the annual budget, formulates policy and considers strategic issues which affect the organisation. The CEO and management team are responsible for the day to day running and management of the charity. A Scheme of Delegation was approved in January 2017, setting out the roles and responsibilities of Trustees and those matters delegated to the CEO.

### **Appointment of Trustees**

The Board of Trustees appoints new Trustees as follows: potential Trustees are identified with attention paid to relevant skills and experience. Trustee skills audits are regularly completed to inform the recruitment process. They are shown copies of the constitution, annual report and literature relating to responsibilities of charitable Trustees. Once identified, potential Trustees are invited to attend 2 Trustees meetings as an observer prior to a mutual decision being made as to their suitability.

### **Public Benefit**

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

### **Risk management**

The Board of Trustees regularly reviews and identifies the key risks to the Charity and its operations. The Board continue to consider two of the most significant risks to be financial sustainability and Safeguarding. In relation to Finance, the Board reviews the financial position and performance of the Charity at each meeting, and actively considers the long-term cash position on a 12-month rolling basis. This enables the Board to identify any potential financial uncertainties well in advance and put in place any measures should they be required. The Board are also taking an active role in the strategic plans for other sources of voluntary income.

The Board places great emphasis and importance in relation to Safeguarding. All staff and trustees have just had their safeguarding training updated, at level 2 or 3 as appropriate for the role. We have also been mindful that there are different safeguarding issues when providing remote services than face to face. The Trustee Safeguarding Lead continues to help monitor both policy and practice in this area.

Soundwell Music Therapy Trust

Report of the Trustees  
for the Year Ended 31 March 2021

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Reserves policy and future plans**

As part of our overall risk assessment and general plans, the Trustees review their financial arrangements and reserves policy. The current level of reserves stands at £131,643, of which £128,143 are free reserves. The Trustees have previously determined that the Trust should maintain a level of free reserves equivalent to not less than three months' expenditure.

As reported earlier, as a result of the Covid-19 emergency and the financial uncertainty this crisis has brought, the Board have determined it would be prudent to increase the target level of unrestricted reserves from three to four months equivalent expenditure, (currently £60,000) to ensure that, in the event of a significant drop in funding, the Trust would be able to continue its current activities while the Trustees try to obtain additional funding. The unprecedented external situation means year-end unrestricted reserves are closer to 9 months running costs; this will reduce over the coming year as we develop new long-term funding partnerships.

The Charity continues to seek a wider variety of funding sources, particularly as we end the 20-21 year without any multi-year grants ongoing. This will be the priority for the year ahead - continuing to enhance our Trusts and Foundations portfolio, whilst beginning additional fundraising from individuals and events.

Approved by order of the board of trustees on 26<sup>th</sup> January 2022 and signed on its behalf by:

  
.....  
Dr. C Warner - Trustee

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**  
1093992

**Principal address**  
PO Box 3313  
Bristol  
BS5 5NG

**Soundwell Music Therapy Trust**

**Report of the Trustees**  
**for the Year Ended 31 March 2021**

**Trustees**

R Ellis  
Mrs C Ward-Bailey  
Ms J Wildblood  
Mrs J Clay  
Dr C Warner  
P Watson  
Mrs A Harris

**CEO**

A Phipps

**Independent Examiner**

Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

**Bankers**

CAF Bank Ltd  
25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent  
ME19 4JQ

HSBC Bank plc  
46 Fore Street  
Trowbridge  
BA14 8EL

Triodos Bank  
Deanery Road  
Bristol  
BS1 5AS

Independent Examiner's Report to the Trustees of  
Soundwell Music Therapy Trust

**Independent examiner's report to the trustees of Soundwell Music Therapy Trust**

I report to the charity trustees on my examination of the accounts of Soundwell Music Therapy Trust (the Trust) for the year ended 31 March 2021.

**Responsibilities and basis of report**

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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.



Mark Powell CA  
Moore  
Chartered Accountants  
30 Gay Street  
Bath  
BA1 2PA

Date: .....28/1/2022.....

Soundwell Music Therapy Trust

Statement of Financial Activities  
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	32,346	113,723	146,069	230,970
Other trading activities	3	-	-	-	530
Investment income	4	32	-	32	86
Government grants		<u>19,942</u>	<u>-</u>	<u>19,942</u>	<u>1,720</u>
<b>Total</b>		<b>52,320</b>	<b>113,723</b>	<b>166,043</b>	<b>233,306</b>
<b>EXPENDITURE ON</b>					
Raising funds		-	-	-	879
<b>Charitable activities</b>	5				
Music Therapy		<u>4,628</u>	<u>155,733</u>	<u>160,361</u>	<u>181,492</u>
<b>Total</b>		<b>4,628</b>	<b>155,733</b>	<b>160,361</b>	<b>182,371</b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>47,692</b>	<b>(42,010)</b>	<b>5,682</b>	<b>50,935</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>80,451</b>	<b>45,510</b>	<b>125,961</b>	<b>75,026</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>128,143</u></b>	<b><u>3,500</u></b>	<b><u>131,643</u></b>	<b><u>125,961</u></b>

The notes form part of these financial statements

Soundwell Music Therapy Trust

Balance Sheet

31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	10	8,711	-	8,711	8,423
<b>CURRENT ASSETS</b>					
Debtors	11	871	3,500	4,371	2,406
Cash at bank		<u>121,006</u>	<u>-</u>	<u>121,006</u>	<u>126,143</u>
		121,877	3,500	125,377	128,549
<b>CREDITORS</b>					
Amounts falling due within one year	12	(2,445)	-	(2,445)	(11,011)
<b>NET CURRENT ASSETS</b>		<u>119,432</u>	<u>3,500</u>	<u>122,932</u>	<u>117,538</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>128,143</u>	<u>3,500</u>	<u>131,643</u>	<u>125,961</u>
<b>NET ASSETS</b>		<u>128,143</u>	<u>3,500</u>	<u>131,643</u>	<u>125,961</u>

The notes form part of these financial statements

Soundwell Music Therapy Trust

Balance Sheet - continued

31 March 2021

<b>FUNDS</b>	<b>13</b>		
Unrestricted funds		128,143	80,451
Restricted funds		<u>3,500</u>	<u>45,510</u>
<b>TOTAL FUNDS</b>		<u>131,643</u>	<u>125,961</u>

The financial statements were approved by the Board of Trustees and authorised for issue on ~~26<sup>th</sup> January 2022~~ and were signed on its behalf by:

  
C Warner - Trustee

  
A Harris - Trustee

The notes form part of these financial statements

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% on reducing balance

**Taxation**

The charity is exempt from tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**1. ACCOUNTING POLICIES - continued**

**Incoming resources**

Voluntary income including donations and grants that provide core funding or are of a general nature are recognised when there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Investment income is recognised on a receivable basis.

Income from Charitable Activities includes income recognised as earned (as the related goods or services are provided) under contract.

**2. DONATIONS AND LEGACIES**

	31.3.21	31.3.20
	£	£
Donations	21,847	31,462
Grants	<u>124,222</u>	<u>199,508</u>
	<u>146,069</u>	<u>230,970</u>

Included within grant income is an amount of £19,924 received from the Government in relation to their Covid Job Retention Scheme.

**3. OTHER TRADING ACTIVITIES**

	31.3.21	31.3.20
	£	£
Fees and supplies	<u>-</u>	<u>530</u>

**4. INVESTMENT INCOME**

	31.3.21	31.3.20
	£	£
Deposit account interest	<u>32</u>	<u>86</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**5. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £	Support costs (see note 6) £	Totals £
Music Therapy	<u>155,816</u>	<u>4,545</u>	<u>160,361</u>

**6. SUPPORT COSTS**

	Finance £	Governance costs £	Totals £
Music Therapy	<u>134</u>	<u>4,411</u>	<u>4,545</u>

Fees paid to our independent examiner total £2,100 (2020: £2,040).

**7. TRUSTEES' REMUNERATION AND BENEFITS**

During the year no freelance fees or expenses were paid to Trustees (2020: £nil).

**Trustees' expenses**

	31.3.21 £	31.3.20 £
Trustees' expenses	<u>-</u>	<u>1,619</u>

**8. STAFF COSTS**

	31.3.21 £	31.3.20 £
Wages and salaries	123,309	124,133
Social security costs	4,198	5,398
Other pension costs	<u>4,126</u>	<u>4,322</u>
	<u>131,633</u>	<u>133,853</u>

Included within staff costs is an amount of £16,181 specifically related to fundraising activity. This is the first year that fundraising salary costs have been separated out.

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**8. STAFF COSTS - continued**

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Administrative	3	3
Services	<u>4</u>	<u>6</u>
	<u>7</u>	<u>9</u>

No employees received emoluments in excess of £60,000.

The above analysis has been prepared on a headcount basis. On a full-time equivalent basis, the average number of employees during the year was as follows:

	31.3.21
Administrative	1.35
Services	<u>2.1</u>
	<u>3.45</u>

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES FROM THE PRIOR YEAR**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	41,962	189,008	230,970
Other trading activities	530	-	530
Investment income	86	-	86
Government grants	<u>1,720</u>	<u>-</u>	<u>1,720</u>
<b>Total</b>	<b>44,298</b>	<b>189,008</b>	<b>233,306</b>
<b>EXPENDITURE ON</b>			
Raising funds	-	879	879
<b>Charitable activities</b>			
Music Therapy	<u>7,919</u>	<u>173,573</u>	<u>181,492</u>
<b>Total</b>	<b>7,919</b>	<b>174,452</b>	<b>182,371</b>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES FROM THE PRIOR YEAR - continued**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>NET INCOME</b>	36,379	14,556	50,935
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	44,073	30,953	75,026
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>80,452</u>	<u>45,509</u>	<u>125,961</u>

**10. TANGIBLE FIXED ASSETS**

	Plant and machinery £
<b>COST</b>	
At 1 April 2020	19,060
Additions	<u>2,466</u>
At 31 March 2021	<u>21,526</u>
<b>DEPRECIATION</b>	
At 1 April 2020	10,637
Charge for year	<u>2,178</u>
At 31 March 2021	<u>12,815</u>
<b>NET BOOK VALUE</b>	
At 31 March 2021	<u>8,711</u>
At 31 March 2020	<u>8,423</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.21	31.3.20
	£	£
Trade debtors	143	1,678
Prepayments and accrued income	<u>4,228</u>	<u>728</u>
	<u>4,371</u>	<u>2,406</u>

**12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.21	31.3.20
	£	£
Trade creditors	380	190
Accruals and deferred income	<u>2,065</u>	<u>10,821</u>
	<u>2,445</u>	<u>11,011</u>

**13. MOVEMENT IN FUNDS**

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
<b>Unrestricted funds</b>			
General fund	80,451	47,692	128,143
<b>Restricted funds</b>			
National Lottery Community Fund	9,187	(9,187)	-
The Henry Smith Charity	30,000	(30,000)	-
Lloyds Bank Foundation	6,323	(6,323)	-
The Lark Trust	-	3,500	3,500
	<u>45,510</u>	<u>(42,010)</u>	<u>3,500</u>
<b>TOTAL FUNDS</b>	<u>125,961</u>	<u>5,682</u>	<u>131,643</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**13. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	52,320	(4,628)	47,692
<b>Restricted funds</b>			
Bath and North East Somerset Council	10,000	(10,000)	-
National Lottery Community Fund	49,885	(59,072)	(9,187)
The Henry Smith Charity	-	(30,000)	(30,000)
St John's Foundation	32,000	(32,000)	-
Lloyds Bank Foundation	-	(6,323)	(6,323)
Tesco Bags of Help	500	(500)	-
The Ashford's Foundation	4,500	(4,500)	-
The Lark Trust	7,500	(4,000)	3,500
Albert Hunt Trust	1,000	(1,000)	-
Austin Hope Pilkington Trust	1,000	(1,000)	-
Sir Jules Thorn Charitable Trust	1,000	(1,000)	-
The Sir Bernard & Lady Schreier Foundation	3,000	(3,000)	-
Truemark Trust	2,000	(2,000)	-
Virgin Care (IPC Funding)	1,338	(1,338)	-
	<u>113,723</u>	<u>(155,733)</u>	<u>(42,010)</u>
<b>TOTAL FUNDS</b>	<u>166,043</u>	<u>(160,361)</u>	<u>5,682</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**13. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
<b>Unrestricted funds</b>			
General fund	44,073	36,378	80,451
<b>Restricted funds</b>			
National Lottery Community Fund	-	9,187	9,187
The Henry Smith Charity	30,000	-	30,000
Morrisons Foundation	953	(953)	-
Lloyds Bank Foundation	-	6,323	6,323
	<u>30,953</u>	<u>14,557</u>	<u>45,510</u>
<b>TOTAL FUNDS</b>	<u>75,026</u>	<u>50,935</u>	<u>125,961</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**13. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	44,298	(7,920)	36,378
<b>Restricted funds</b>			
Bath and North East Somerset Council	10,000	(10,000)	-
National Lottery Community Fund	69,563	(60,376)	9,187
NHS Wiltshire	18,325	(18,325)	-
Quartet Community Foundation	837	(837)	-
The Henry Smith Charity	30,000	(30,000)	-
St John's Foundation	32,000	(32,000)	-
Morrisons Foundation	-	(953)	(953)
St James Trust	2,000	(2,000)	-
Lloyds Bank Foundation	13,195	(6,872)	6,323
Society of Merchant Venturer's	2,000	(2,000)	-
Ernest Hecht Charitable Foundation	3,895	(3,895)	-
Tesco Bags of Help	993	(993)	-
The Ashford's Foundation	5,000	(5,000)	-
The Novia Foundation	1,200	(1,200)	-
	<u>189,008</u>	<u>(174,451)</u>	<u>14,557</u>
<b>TOTAL FUNDS</b>	<u>233,306</u>	<u>(182,371)</u>	<u>50,935</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**13. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	44,073	84,070	128,143
<b>Restricted funds</b>			
The Henry Smith Charity	30,000	(30,000)	-
Morrisons Foundation	953	(953)	-
The Lark Trust	-	3,500	3,500
	<u>30,953</u>	<u>(27,453)</u>	<u>3,500</u>
<b>TOTAL FUNDS</b>	<u>75,026</u>	<u>56,617</u>	<u>131,643</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**13. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	96,618	(12,548)	84,070
<b>Restricted funds</b>			
Bath and North East Somerset Council	20,000	(20,000)	-
National Lottery Community Fund	119,448	(119,448)	-
NHS Wiltshire	18,325	(18,325)	-
Quartet Community Foundation	837	(837)	-
The Henry Smith Charity	30,000	(60,000)	(30,000)
St John's Foundation	64,000	(64,000)	-
Morrisons Foundation	-	(953)	(953)
St James Trust	2,000	(2,000)	-
Lloyds Bank Foundation	13,195	(13,195)	-
Society of Merchant Venturer's	2,000	(2,000)	-
Ernest Hecht Charitable Foundation	3,895	(3,895)	-
Tesco Bags of Help	1,493	(1,493)	-
The Ashford's Foundation	9,500	(9,500)	-
The Novia Foundation	1,200	(1,200)	-
The Lark Trust	7,500	(4,000)	3,500
Albert Hunt Trust	1,000	(1,000)	-
Austin Hope Pilkington Trust	1,000	(1,000)	-
Sir Jules Thorn Charitable Trust	1,000	(1,000)	-
The Sir Bernard & Lady Schreier Foundation	3,000	(3,000)	-
Truemark Trust	2,000	(2,000)	-
Virgin Care (IPC Funding)	1,338	(1,338)	-
	<u>302,731</u>	<u>(330,184)</u>	<u>(27,453)</u>
<b>TOTAL FUNDS</b>	<u>399,349</u>	<u>(342,732)</u>	<u>56,617</u>

Soundwell Music Therapy Trust

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**14. RELATED PARTY DISCLOSURES**

There are no related party transactions to disclose during the year.