ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

England & Wales · Charity number 1117159

Details

Status	Registered
Legal form	Charitable company
Company number	05794153
Registered	2006-12-07
Register	View on the Charity Commission register

Contact

Address	Sunbeams Music Centre Stoller House Redhills Lane Redhills Penrith CA11 0DT
Phone	01768892909
Email	mail@sunbeamsmusic.org
Website	www.sunbeamsmusic.org

Activities

Objects: TO RELIEVE SICKNESS AND ASSIST IN THE TREATMENT OF CHILDREN AND ADULTS WHO ARE SUFFERING PHYSICALLY, EMOTIONALLY, PSYCHOLOGICALLY AND MENTALLY BY THE PROVISION OF MUSIC THERAPY AND TO PROVIDE INTRODUCTORY MUSIC THERAPY TRAINING TO INDIVIDUALS WORKING WITH SUCH PERSONS.

Activities: To relieve sickness and assist in the remedial treatment of children and adults suffering from physical, emotional, psychological or other mental health problems by the provision of Community Music Therapy, and to provide introductory Music Therapy Training to individuals working with such persons.

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Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, Arts/culture/heritage/science
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** NATIONAL AND OVERSEAS
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£494,484	£383,624	-	-
2024-05-31	£467,899	£348,776	-	-
2023-05-31	£576,805	£329,207	£2,980,323	6
2022-05-31	£300,658	£345,139	-	-
2021-05-31	£293,842	£310,823	-	-

Trustees

Name	Role	Appointed
Ian Spencer Elson		2025-02-24
Ifeolu Omoniyi Akintunde		
KAREN ADDISON		2016-03-01
Linda Addison		2020-04-22
REBECCA SEAGER BSc HONS		
Theo Michael Lewthwaite		2024-12-05

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ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

England & Wales - Charity number 1117159

Accounts

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

UNAUDITED TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2025



CELEBRATING ITS 33rd ANNIVERSARY 1992-2025

Company registration number: 05794153

Charity number: 1117159

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

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Annie Mawson's Sunbeams Music Trust

'OUR MISSION'

'Sunbeams strives to improve the quality of life of children and adults of all ages with disabilities through the creative power of music'

www.sunbeamsmusic.org

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Reference and Administrative Details of the Charity, its Trustees and Advisers for the Year Ended 31 May 2025

Trustees and Directors

Dr I. O. Akintunde, Chair
Mrs L.C. Addison, Treasurer
Mrs I. Henderson
Mrs R. C. Seager
Mrs K. Addison
Mrs E.A Mawson (Resigned 06 November 2024)
Mr M.J Lawson-Johnson (Resigned 06 November 2024
Mr Ian Elson (Appointed 24 February 2025)
Mr Theo Lewthwaite (Appointed 05 December 2024)

Company Registered Number

05794153

Charity Registered Number

1117159

Registered Office

Sunbeams Music Centre, Stoller House, Redhills, Penrith, Cumbria, CA11 0DT

Company Secretary

M. J. Lawson-Johnson, MRSM

Chief Executive

Annie Mawson MBE, MRSM

Accountants

Saint and Co Chartered Accountants, Wavell Drive, Rosehill Industrial Estate, Carlisle, CA1 2SA

Musical Patrons

Liam Fray – The Courteeners
Philip Glass
Justin Pearson – Managing Director and Artistic Director of the National Symphony Orchestra

Supportive Patrons

Lord Archer of Weston-Super-Mare
Susan Bagot MBE
Lady Eileen Carey
The Rt. Rev. Richard Garrard
The Rt. Rev. Bishop Laurie Green
Ian Gregg CBE
Julia Linnette
Lord Melvyn Bragg
Hal Bagot
Sir James Cropper KCVO
Neville Howard
Vicki Green
Larry Sullivan

FOREWORD BY MICHAEL LAWSON-JOHNSON, DIRECTOR OF DEVELOPMENT AND EVALUATION

MUSIC AND OUR LIVING ENVIRONMENT:

Melody is based on harmonious proportions and mathematics is the descriptive key to understanding it.

This principle was first discovered by the Roman architect Marcus Pollio Vitruvius in c80 – 7bc. Vitruvius found that physical proportion when related to mathematical interpretation of sound – had a direct impact on architecture resulting in spaces being either sympathetic to inhabit or directly not.

This was, and still is the way of mankind, forgotten - until rediscovered by Andrea Palladio in 1529 and then ignored until the 1920s.

Music provides an enduring expression of life and life's drama that transcends memory and adheres to the unconscious – to be awakened by a musical prompt, evoking the emotion connected to its source. This awakening is strong enough to promote the senses of both taste and smell, along with near perfect recall of music and vocals, even in the case of Alzheimer's.

Music affects every aspect of our lives and possibly most affecting those who say they dislike music! Music has been used to aid the transition of venom through the body by South American tribes since before memory. There are endless examples of the power of music throughout many civilizations around the planet. It is only our homogenous Western life-style that has forgotten or perhaps lost touch, in our arrogance and pharmacological self – indulgence.

If music affects upon the foetus in the womb and the acoustic ear is fully developed by 5 months it follows that when some of us emerge the effects of music are already existing.

Music affects the foetus in the womb as the acoustic ear is fully developed at 5 months. A newborn child made no response to a dog barking. Why? because she/he had heard it all before. It follows that the embryonic foetus also recollects music and voice.

This is only a part of what Sunbeams strives to address.

We at Sunbeams believe our community is judged by the way they nurture and include people who are not able to ask for help. Through our Music For Life® and Music for Dignity® programmes, the mute will find a voice and the vocal a vocabulary with which to be heard. Our whole premise is based round the urgent need to provide a lasting, relevant and positive intervention to the lives of people with special needs. For the last 33 years, Sunbeams has proven itself time after time to be effective, cutting edge and viable.

As an organisation, Sunbeams innovates and thrives through challenge, and has adapted over the years to encompass all the strategic and dynamic changes inherent in the governance of a charity for the people we serve.

Michael Lawson-Johnson 26 January 2026

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

TRUSTEES' REPORT

Annie Mawson's Sunbeams Music Trust was founded by Annie 33 years ago in 1992 following her career as a Special Needs teacher and alongside her profession as an International Harpist and Singer. Annie was spurred on to found Sunbeams with the closure of Roundhills Special School in Kendal and being told at the following interview that she was "too outrageous and eccentric" to ever be employed again!
She has proven them wrong!
Not just for the success of the charity but also for being the instigator, alongside her husband, Michael, in raising over £2.5 million to build the **Sunbeams Music Centre,** from which the Sunbeams Team delivers their mission.

Sunbeams Music Centre has increased delivery of Community Music Therapy to children and adults with Special Needs in the North of England and beyond. The Centre is a single-storey 550m2 construction, comprising Workshop/Training/ Performance Hall, 5 Music Therapy Rooms, Recording Studio, Meeting Room, Kitchen, Administration facilities, Exhibition Space, Sensory Garden and woodland. On the fringe of the Lake District, on the A66/M6 axis Junction 40 at Penrith, overlooking Ullswater Valley, the green field site with transformational therapeutic qualities was generously donated, following which a lengthy fund-raising period began for the Centre. This included a number of sponsored "endurance challenges" by MawsonKerr Architects and friends of the charity such as a Forrest Gump style 24-hour coast to coast, climbing 21 mountains in 21 hours, and a 24-hour bicycle ride round 276 miles of Cumbria's circumference!

"Music has always been important to me. It always has been and always will be. Without Sunbeams Music, my life is not worth living."

This is why we have built our National Centre of Excellence for these people with profound and complex needs – as no other organisation was fulfilling their long-term needs and aspirations. Completion of this iconic and stunning Sunbeams Music Centre marked a significant milestone in an extraordinary journey for Annie Mawson's Sunbeams Music Trust as well as MawsonKerr Architects. From the outset this was no ordinary project. The journey began 20 years ago in 2005 as a university thesis project for MawsonKerr director Will Mawson who was studying the charity as part of his final year project at Newcastle University. In an unusual turn of events this became a live project following unanimous approval by the Board of Trustees. We say unusual, as very few University Final Year projects ever come to fruition.

The architecture is intended to reflect synthesis between the natural context, a contemporary vernacular and musical union; housing several unique functions it is also importantly an outward facing advert for the charity. The design team's resultant building is designed to embody musical qualities of rhythm, timbre and melody within the landscape; shaped along the curved natural contours it grows with a crescendo at the canopy to the eastern main entrance. Inserted along the rhythmical elevation are a series of playful introverted volumes housing key activities. Trying to be completely inclusive without appearing institutional was an important design driver. There are a number of specialist inclusive features that make the building unique in the county, and indeed the UK – as recognised when Will Mawson won the acclaimed "Architect of the Year in 2016. In order to fully understand what makes Sunbeams so special, it is crucial that you visit the Centre. If you do, you will meet an incredible group of people in Sunbeams Music Trust who are devoted to their mission. Some of the daily accolades received include:

"Thank you so much for putting so much love for people who honour you the most, and need you much-ly!"

"I came to see a building and left with so much more than I could ever have anticipated. You and your story are truly inspiring and the Sunbeams Centre beyond brilliant. The work of the Sunbeams Team is remarkable and clearly has a profound and positive meaning for your beneficiaries. To my mind, the Centre is the sheltered, nurturing, creative, outward-looking and quietly confident expression of Sunbeams – in a sublime and woody nutshell. A place full of delight"

"I came, I saw, I marvelled – this place is just amazing. Well done to everyone involved!"

"What a wonderful welcome and visit – by RIBA Architects. An inspiring building and very moving."



WHAT WE DO:

Community Music Therapy

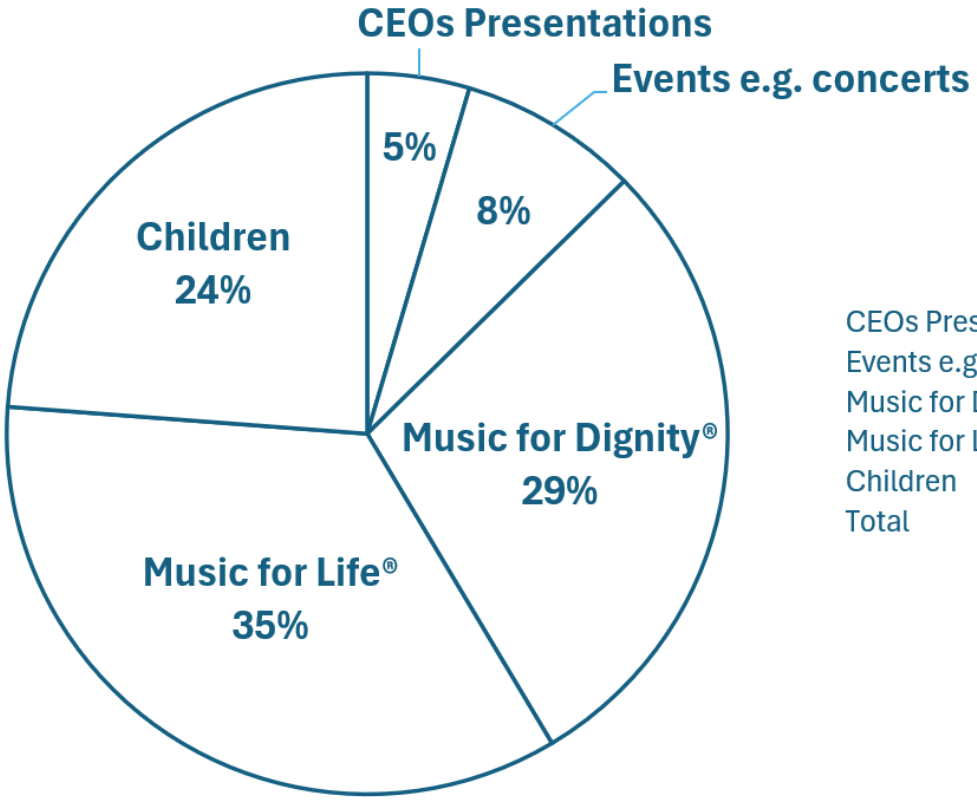
MISSION STATEMENT:
"Through Music for Life®, Sunbeams helps disadvantaged individuals improve their quality of life and self-esteem through the creative freedom of music."

OUR OVERALL AIM:
'To relieve sickness and assist in the remedial treatment of children and adults suffering from physical, emotional, psychological and other mental health problems by the provision of Community Music therapy".

Sunbeams Music Trust is now a flagship charity within Cumbria and the North of England. We feature regularly on Local and National Media when Annie describes the impact of the Sunbeams 'Music For Life® ' and 'Music For Dignity® ' programmes upon the Sunbeams beneficiaries.

8 Specialist Graduate Musicians now deliver our Music For Life® and Music For Dignity® programmes, every month, and many weekly, free of charge wherever possible to 2,000+ beneficiaries. We aim to improve the quality of life, the emotional and mental health and self-esteem of groups of children with complex medical needs, adults with disabilities and severe learning disabilities, elderly people with advanced dementia, adults with mental health problems in venues throughout Cumbria and in our award-winning iconic Sunbeams Music Centre, built in 2016.

BENEFICIARY VISITS JUNE 2024 - MAY 2025



CEOs Presentations	942
Events e.g. concerts	1657
Music for Dignity®	5923
Music for Life®	7148
Children	4896
Total	20,566

1.1 Sunbeams Music For Life® Programme including Family Days

Music for Life® is a specialist and innovative programme, pioneered by Sunbeams Founder, Annie Mawson in 1992. Through structured interactive workshops, specially trained professional musicians use music as a tool for therapeutic and developmental benefit for groups of disabled and disadvantaged children and adults.



Sunbeams Family Days

8 dedicated,well-qualified Sunbeams Musicians (Post-Graduates in Music Therapy, Community Music, Social Care, Counselling) deliver our Sunbeams Music For Life® programme to:
A) Over 400 children every month with Severe Learning and Physical Disabilities throughout Cumbria. Covid-19 is still a barrier to vulnerable children with life-limiting diseases, so for those 100+ still being shielded, some delivery still uses ZOOM as our digital platform. The children who want face-to-face Music For Life® sessions have a wide range of disabilities, mental health issues, childhood Alzheimer's, autism, Down's Syndrome, sensory impairments, emotional and behavioural difficulties and rare syndromes such as Cri du Chat, Ehlers Syndrome' and Metachromatic Leukodystrophy (MLD).



Sunbeams Music for Life® Sessions

A) Children with complex needs see Sunbeams as "their lifeline" as we have a proven track-record of engaging with severely disabled/disadvantaged children for **33 years**.

"Sunbeams to me is family. Without it, we would have no-one, we would have nothing."

"I have learnt so much about my daughter's ability – not her disability. It is amazing to see her grow in these sessions, despite her complex physical and learning difficulties. As a family we have already gained enormous interactions during the Sunbeams Music workshops. We do hope they will always continue…."

"Sunbeams gives us hope. Until your life is touched by a child with additional needs, you can't really appreciate the value of a charity like Sunbeams. Sunbeams workshops are truly life-changing."

B) Adults with severe Learning disabilities aged 21-60+

Examples of the aims:

- improve communication, self-expression, self-acceptance, motivation and self-esteem, reaffirming beneficiaries' identity and improving feelings of well-being
- promote positive behavioural changes in adults with profound multi-handicap and severe learning disabilities
- show disabled people and their family/carers that a better quality of life can be achieved

- break down barriers of perception of marginalised disabled people in the wider community

See Evidence in Sunbeams Office and website:**www.sunbeamsmusic.org**

1.2 Sunbeams Music For Dignity® programme

As with Music For Life®, Sunbeams Music For Dignity® is a specialist programme, using live music to improve health and well-being. The emphasis of the therapeutic delivery is tailored towards the physiological effects upon the individual. The programme is for beneficiaries with a wide range of physical and mental disabilities, including children with life-limiting illnesses. The programme is in particular response to demand from elderly frail patients due to the lack of participatory health and well-being activities for people with all degrees of Dementia.



Examples of the aims:

- create cerebral connections between the beneficiaries' short-term and long-term memory – connections which already exist but which have been deflected or suffered trauma and/or disability
- improve mental health by promoting feelings of well-being
- enhance the comfort of elderly clients in palliative care
- improve communication, self-esteem and empowerment
- improve physical health through improved posture and breathing, by encouraging gentle movement of limbs, improving flexibility and mobility through dancing
- provide dementia sufferers with a form of communication when verbal skills are lost
- promote meaningful reminiscence and promoting memory recall through familiar songs leading to improvements in personal recall
- Promote positive changes in emotional state and thus reduce loneliness

1.3 Sunbeams Concert Troupe

Although the Troupe have not been well enough to perform around the County since Covid, they have continued to receive weekly Music Sessions via Zoom – as they are still being sheltered following their fears of Covid. We hope to encourage them to come to the Centre and hopefully perform at intimate concerts in 2025-2026 when they will continue to delight audiences whilst challenging individual attitudes towards disability. This will break down barriers of prejudice and strengthen communities. The members of the Sunbeams Concert Troupe have themselves always been transformed by their self-improvement and development, which has led to their social inclusion within their communities.

We long for this to resume.

1.4. Presentations.

Our Chief Executive, Annie Mawson MBE, enjoys an international reputation as one of the finest ambassadors for Cumbria's economy and heritage and Sunbeams contribution to transforming lives through the power of music. Annie has continued to deliver an average of 3 presentations and lectures per month to groups e.g. Soroptimists, Rotary Clubs, Chamber of Commerce, corporate professionals, on the impact of Arts in Health with regard to the positive benefits of the work of Sunbeams. Presentations have also included private invitations from the Lord Lieutenant, the High Sheriff, and Cumbria Community Foundation.

Evaluations received include:

"Your performance was super and your traditional stories complemented the forward-looking elements of our event perfectly"

"An excellent presentation. Very thought provoking. I left feeling invigorated following a period of work here bureaucracy and politics made me feel like quitting. I may stick it out now".

"I thoroughly enjoyed the conference. Congratulations on your programme and organisation. I thought you succeeded in re-energising issues following such a difficult time for rural communities."

"Nice balance of information, stimulation and fun. One of the most relevant. Informative and useful events I've attended for some time."

1.5 World-Class Concerts.

Sunbeams has continued with its Concert Programme, bringing world class musicians to Cumbria thus developing its ethos to deliver concerts in rurally isolated areas thereby providing increased access and participation in the Arts for those previously excluded. All concerts have received high attendance as a result of the calibre of visiting musicians, world class artistes who want to support the work of the charity. such as The London Youth Singers, O Duo, Annette Wardell, Aquarelle Guitar Quartet, The Locrian Ensemble, musicians from The Royal Society of Musicians of which our Patron, Justin Pearson is a Governor.

1.6 Sunbeams Party Days!

The Sunbeams Music Party Day again took place in the Summer of 2024 and combined an eclectic mixture of International world-class musicians, Peppa Pig! and much acclaimed local talent, headlined by the inimitable Wrong Direction - Sunbeams Musicians, led by Annie.
This success – in dry weather when all around was raining - attracted over 250 people and is definitely going to be a regular Annual Event.



2. Specialist Venue Services

The Sunbeams Music Centre will provide event/conference/meeting space for business organisations and the opportunity for multiple self-employed community musicians, and/or therapists, allied professionals in Health, Education and Social Care to rent the therapy rooms, recording facilities and performance space.

In the leasing market, there is a growing demand especially not just from Multi-National Corporations, but also Cumbrian organisations whom we are starting to see include green buildings as a criteria when sourcing for office/conference/meeting/space. Companies also hope to enhance the productivity and well-being of their employees by taking up space in sustainable developments. The demand for green buildings and green architecture is growing as businesses now have corporate requirements that restrict them to taking up new space only in sustainable projects. We are thrilled that Sunbeams Music Centre fulfils these requirements – hence the demand has grown this year.
Our bespoke facilities, combined with our other services have set us apart from the competition. All previous Annual Reports and the Sunbeams Website have detailed all our green credentials and the passiv-haus architecture design by Will Mawson RIBA (www.mawsonkerr.co.uk) who won Architect of the Year in 2016 for this, our Sunbeams Music Centre.

2.1 Recording Studio Hire

Specialist recording facilities designed by Acoustician, Dr.Douglas Doherty, and with our experienced Sound Engineer Pete Ord can also serve budding Disadvantaged and Disabled People. This facility for regional and national artists has really picked-up post-Covid, even though there has to be a real juggling act between use of Yasmin's Room, the Performance Hall and Recording Studio!



2.2 Performance Hall Hire - Events

The Glassical Hall - named after our first musical patron, Philip Glass - offers a specialist acoustically designed facility with a sprung floor, a facility which is unique to Eden. Real opportunities providing access for all for disabled dance artistes, able-bodied dancers, and dance companies.
This Specialist service is also available as a unique facility in Cumbria for conferences used by both regional and national businesses as well as providing a perfect facility for our World-Class Concerts. **But the most successful use is by our own beneficiaries who come alive with such joy and profound excitement and exhilaration during the Music For Life® and Dignity® sessions.**

2.3 Therapy Room Hire
The therapy spaces were specially designed to be inward looking, solid volumes to ensure the clients focus is entirely on the musician. Surrounding spaces provide naturally lit, uplifting vistas for mental stimulation. The main workshop spaces are laid out to facilitate and monitor user development.

2.4 Meeting Room Hire (the Wolfson Room)
This facility at M6/A66 axis is available for hire from regional and national companies.
In this reported year, the Meeting Room has been utilized consistently throughout the year by 27 organisations, because of Sunbeams reputation for hospitality, green credentials and of course improved connectivity access on M6/A66 corridor.



3. Woodland and Sensory Garden

A requirement of the planning consent, the garden and woodland include a wide range of sensory experiences, providing a valuable resource for our users - educationally, recreationally and therapeutically. Sunbeams existing Sensory Garden consists of beautiful outdoor harps/tuba/xylophone interspersed with plum, pear and apple trees, Christmas and Chestnut trees, raised beds with sweet-smelling herbs and plants and even a monkey puzzle tree!

Thanks to a Grant from "Thriving Places: Westmorland and Furness", new paths are all interlinked and make for a wonderful therapeutic Cultural Eco-System which will enrich the lives of these beneficiaries. For the first time ever, because of this funding, the children and older people, including wheelchair users, can wander through the intertwining trees, plants and sensory instruments, enriching their spiritual, cognitive development and well-being as well as their reflection, and aesthetic experiences as described by the Millennium Ecosystem Assessment.





4. Volunteers

Sunbeams works with host organisations who provide volunteer support at each music session/workshop. In addition, we have 37 dedicated volunteers, all with enhanced DBS clearance, who assist in delivery of programmes. As media attention and holiday activities have grown, we have seen a vast increase in demand for our services and work-place training and experience in the unique delivery of our programmes.

As numbers are increasing in our projects, more volunteers are required in order for there to be a high level of support provided. Integration is vital to successful outcomes. Therefore, the role of a volunteer is both demanding and challenging. Our volunteers play a discreet but essential role in encouraging group cohesion and individual learning by providing 1-1 contact. They may also be required to assist in practical matters encountered by disabled people. Individuals are selected through interview process and provided with induction training, including Sunbeams policies and procedures for undertaking work with vulnerable children/adults.

Placements are offered to individuals showing the most aptitude and empathy towards the challenges our beneficiaries face. Lynn Rose ,our volunteer musician truly epitomises these attributes.

Lynn first came to Sunbeams when she performed with MUGs (Morland Ukulele Group). She had been looking for a volunteer opportunity that would enable her to make a positive difference. As a keen ukulele, guitar player and singer, she recognises the joy music can bring to the lives of others. Volunteering at Sunbeams proved to be the perfect fit.



Lynn regularly helps at the Music for Dignity® Sessions with attendees meeting every two weeks. The Community Music Therapy is delivered by Musicians, Will Harris on piano and Mark Stephenson on ukulele.

'There is always a lot of laughter in the room along with wonderful singing. It is the best feeling to see everyone leave with a big smile on their face and looking forward to getting together again' says Lynn.

In her family Lynn talks about her experience with her Dad, who has dementia. *"I have seen the powerful way in which music brings him to a place of joy and normality where he easily remembers words and sings along to familiar songs. When we sing together it is like a light has been turned on and he is in a happy place."*

These are the experiences Sunbeams bring at Music for Dignity®.

5. Trustees

We were thrilled and proud to welcome 2 new Trustees with very special qualities to the Sunbeams Board, in 2024.

IAN ELSON

- *"Most importantly as the parent of a child who gained so much, during her short life, from Sunbeams and having first-hand experience of the joy that the sessions gave her and us as a family, I am pleased to bring a parent's perspective to the Board.*
- *Currently I'm Chair for our local Scout Group. I deal with managing the governance for the Group".*

Ian acted for a number of years as a technical advisor to 'The Passage': a large charity in London that works to help homeless people get off the streets. He provided technical input and assisted with major refurbishment projects across of their buildings in Central London, sitting on a dedicated Project Board.

THEO LEWTHWAITE.

Theo is a young property solicitor working in Penrith. It was through this work that Theo first met Annie and Michael, and they quickly built a good rapport. Theo was struck by the warmth and kindness of all at Sunbeams, and was quickly enveloped into that fold by Annie! When asked to come aboard as a Trustee, he was happy to accept.

Theo contributes his knowledge and familiarity with legal queries to the board, not to mention reducing the average age somewhat! He particularly enjoys discussing future developments and funding streams for Sunbeams, as well as helping his fellow Trustees where he can.



L-R. Karen Addison, Theo Lewthwaite, Ife Akintunde. Ian Elson, Linda Addison, Becca Seager.

FRONT. Isa Henderson, Annie Mawson, Michael Lawson-Johnson

ANNUAL REPORT BY ANNIE MAWSON MBE, CHIEF EXECUTIVE

That is what we are doing at Sunbeams for Cumbria. We have built "something exciting" which has created new jobs, new growth, new optimism, new hope for people of all ages with disabilities. Our expertise and knowledge are endorsed by the Cumbrian MPs, our funders and communities – which have been crucial in our drive to build an iconic Centre of Excellence meeting demand from the disabled community of the whole of Cumbria.

Our achievements are an indication of the strong infrastructure of the charity, including Trustees/Directors, Staff, and Volunteers, as well as the remarkable professionalism, dedication and talent of the musicians which all contribute to the ongoing high standard and quality of Sunbeams services. Leadership and staff are outstanding, with experience, qualifications, skills – and empathy, to deliver Sunbeams' vision and mission. Award-winning Sunbeams is renowned for high-quality of service, outcomes/outputs delivery and quality of care.

"This is an extremely well-managed project with experienced, committed and incredibly well-trained staff, helpers and musicians involved in the delivery. The group are passionately committed to their work, concerned with the development of the families, particularly the disabled children they work with-many of whom are emotionally challenging with shortened life-expectancy and deeply debilitating illnesses. This, coupled with a project which is over-achieving against it's targets, results in a very strong project"

A National Funder

Sunbeams is committed to the people it serves. In transforming the lives of the disabled and severely disadvantaged people with whom we work, our overriding vision is for the improvement of their quality of life. Therefore, we endorse the Vision of the 2025 Cumbria Economic Strategy (CES) – as Sunbeams is one of the "innovative and sustainable projects which has secured a better quality of life for current and future generations."

Thus, the provision of our architectural unique and inspirational Sunbeams Centre has helped to promote the inclusion, the independence and empowerment, the self-determination and self-advocacy, though never forgetting the vulnerability of the beneficiaries. Sunbeams has helped to establish the equal access and opportunity to which all communities should aspire and which Sunbeams embodies.

I would like to thank the whole Sunbeams Team who deliver our Music for Life® and Music For Dignity® Programmes in 43 projects throughout the whole of Cumbria. THANKYOU also to the Cumbrian communities for their unswerving and loyal support since 1992, as we strive to make a real difference to peoples' lives through the power of music.

We are deeply grateful.

Our whole ethos is based round the urgent need to provide a lasting, relevant and positive intervention to the lives of people with special needs. For the last 33 years, Sunbeams has proven itself time after time to be effective, cutting edge and viable – as encapsulated in our Sunbeams National Music Centre – our building which will ensure that our disabled community will have equal access to services and make Cumbria a real and truly inclusive society.

As I said on the flagship BBC Radio 4 TODAY programme, and will keep ON saying...

"Sunbeams Music For Life® wants to reach the unreachables"

It is this mission that is the fundamental driving force for everyone involved with Sunbeams – especially the staff, who have worked tirelessly and passionately to raise funds and generate pledges not only for the Centre but also for all for the ongoing projects.

Our projects can best be described by quoting Debbie, mother of gorgeous Lucy:

ANNUAL REPORT BY ANNIE MAWSON MBE, CHIEF EXECUTIVE (Continued)

"Sunbeams is a place where there is time for Lucy and her friends to participate fully. If asked a question, there is time for her to process the question and find an answer. This is something not often possible in the wider community, when speed and quick thinking are the norm. Sunbeams is a place where our children get it right, where they can succeed. Out there in the world they are so often made to feel they get it wrong. Sunbeams is a lesson to all of society in inclusion. It only takes looking at people differently and seeing their potential and ability; then accommodating, supporting and celebrating difference, and suddenly it all works. Too often our children experience lip-service to inclusion, at Sunbeams it is real!"



DO PLEASE WATCH THIS WONDERFUL VIDEO

https://www.bbc.co.uk/teach/bring-the-noise/children-in-need-annie-mawsons-sunbeam-trust/zh78cqt

We will also never forget the words of a young man suffering from brain-damage following a car accident – Michael. He saw the Centre as being

"A sustainable legacy for people with disabilities – like me – but for long after my day".

It took Michael 10 minutes to say this in slow measured speech…. But this was his vision. And it remains ours.#



Anne Mawson

Feb.4th 2026

REPORT FROM THE ACTING TREASURER, LINDA ADDISON

It is a pleasure to report upon another year in which finances of the charity have strengthened.

In the year to 31 May 2025, total income increased from £467,899 in the previous year to £494,484. This was largely due to a very generous legacy left by a long term friend of Chief Executive, Annie Mawson for which we are incredibly grateful, and also to interest earned on investment income. In addition, we continued to be successful in securing grants and donations from a wide range of bodies and were most grateful to them for their support. This enabled us to extend the car park at the Centre for disabled users, install ecogrid paths and re-varnish the Centre's exterior.

Fundraising and our income from businesses who hire our rooms at the Centre for external meetings remained strong and hire of our recording studio secured a steady income. Fundraising events including concerts and events thrived and we would like to thank all those individuals for their fundraising efforts including all the volunteers through the various events held. The Family Day in the summer once again was a great success for beneficiaries, their family and friends and our supporters.

Expenditure rose modestly, given general inflation during the year, from £348,776 in the previous year to £383,624 but was tightly controlled and well under budget.

The net outcome, after depreciation of £57,519, shows a surplus of £53,340, a strong outcome which has strengthened Sunbeams cash reserves and balance sheet .

We continue to be very conscious of inflationary pressures, both upon costs themselves and what they mean for the ability of individuals to donate and also, that significant elements of our income are from one off events rather than regular sources, accepting this is likely to be the case for a charity of our size. However, with continued investment in our committed team and strong financial reserves we are in a positive position to deal with the challenging external environment and look forward to the future with full belief and confidence in our mission that "Sunbeams strives to improve the quality of life of children and adults of all ages with disabilities through the creative power of music".

Linda Addison

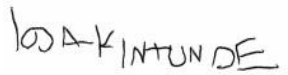
REPORT FROM THE CHAIRMAN, DR IFEOLU AKINTUNDE LLB

As I pondered this year's report, I was reminded of several things. First is how Annie Mawson's Sunbeams Music Trust has grown over the years, and particularly this past year. Since my last report, two new trustees have joined us, Ian Elson and Theo Lewthwaite. They bring to the Board some well needed skills as well as youthful vigour. We were sorry to lose our finance officer John Kidd, but fortunately, we now have an enthusiastic, highly motivated and excellent replacement in Tracy Scott. We've also taken the bold step of adding a fundraising officer, Jules Blundell. She is already laying the foundations and building the connections that should ensure increased funding for our projects.

Our accounts and reports catch the main headlines, the growth, the achievements over the years. However, to get the spirit, you have to be a part of what we do. You can only get that when you attend the events, see the lifechanging activities and experience the Sunbeams Vibe. In all the growth, members still retain the ethos of Sunbeams. Those who attend our events can testify to the family atmosphere, even in a large crowd. New staff and trustees have joyfully embraced the dynamism and enthusiasm of Sunbeams, as though they have always been a part of the family. And of course, we have the indefatigable Annie Mawson as CEO, along with Michael as Director of Evaluation and the other staff members, Liesl, Vanessa and Pete, still working hard, but making it look easy.

I'm struggling to capture the atmosphere of Annie Mawson's Sunbeams Music Trust in this short report. Sunbeams is so full of fun and joy. It's amazing how our beneficiaries react. They start by being people with disabilities, sometimes severe, sometimes life threatening. When they join us, they are excited and joyful, moving to the music, playing instruments, full of the joys of life. The reports are great, but I encourage you all to visit, attend events, enjoy the atmosphere, be a part of the family. Then you may understand the difference between written reports and atmosphere.

Thanks to all those who make this possible. Thanks to the musicians, whether professional or in the audience. Thanks also to the event organisers, volunteers, participants and donors. Thanks to those who attend the events for swaying to the music, beating shakers or doing anything else to bring the atmosphere. It would be so different without you. Thanks to the amazing staff and trustees for making it happen in such innovative and heartwarming ways. Thanks for making the difference in the lives of so many. This is why it's such a pleasure and honour being Chairman of the Board.



TRUSTEES' RESPONSIBILITIES STATEMENT

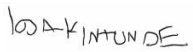
The Trustees (who are also directors of Annie Mawson's Sunbeams Music Trust for the purpose of company law) are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 26 January 2026 and signed on their behalf by:



Dr I. O. Akintunde, LLB

Chair of the Trustees

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Independent Examiner's Report to the Trustees of Annie Mawson's Sunbeams Music Trust

I report to the charity Trustees on my examination of the financial statements of Annie Mawson's Sunbeams Music Trust (the Company) for the year ended 31 May 2025.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's financial statements carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Stuart Farrer, FCA
Saint & Co, Chartered Accountants, Carlisle
Date: 26 January 2026

Statement of Financial Activities incorporating Income and Expenditure Account
For the Year Ended 31 May 2025

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	2	231,782	122,158	353,940	297,453
Charitable activities	3	33,631	-	33,631	32,248
Other trading activities	4,5	72,397	-	72,397	116,524
Investments	6	34,516	-	34,516	17,820
Profit on disposal of fixed assets	10	-	-	-	3,854
Total Income		372,326	122,158	494,484	467,899
Expenditure on:					
Raising funds	9	16,245	-	16,245	23,977
Charitable activities	7,8,9	266,198	101,181	367,379	324,799
		282,443	101,181	383,624	348,776
Net income/(expenditure) before depreciation		89,883	20,977	110,859	119,123
Depreciation and amortisation	7,8	4,983	52,537	57,519	59,621
Total expenditure		287,426	153,718	441,144	408,397
Net income/(expenditure) and net movement in funds		84,900	(31,560)	53,340	59,502
Reconciliation of funds:					
Total funds brought forward		954,151	2,085,674	3,039,825	2,980,323
Net income/(expenditure) in the year		84,900	(31,560)	53,340	59,502
Total funds carried forward		1,039,051	2,054,114	3,093,165	3,039,825

There were no other recognised gains or losses in the year, or in the prior year.

The notes on pages 22 to 34 form part of these financial statements.

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

Statement of Financial Position
as at 31 May 2025

	Note	£	**2025** **£**	£	2024 £
Fixed Assets					
Intangible assets	13		**548**		625
Fixed assets	14		**2,078,780**		2,106,221
			2,079,328		2,106,846
Current Assets					
Debtors	15	**19,436**		15,612	
Cash at bank and in hand		**1,008,890**		932,402	
		1,028,326		948,014	
Creditors					
Amounts falling due within one year	16	**14,489**		15,035	
Net Current Assets			**1,013,837**		932,979
Net Assets			**3,093,165**		3,039,825
Charity Funds					
Unrestricted funds - General	18		**67,563**		301,316
Unrestricted funds - Designated	18		**963,702**		652,835
Restricted funds - grant and donor funds	18		**-**		1,239
Restricted funds - other, including the Sunbeams Centre	18,20		**2,061,900**		2,084,435
Total Funds			**3,093,165**		3,039,825

The Charitable Company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 May 2025.

The Directors / Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The Members have not required the Charitable Company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved and authorised for issue by the Directors / Trustees on 26 January 2026 and signed on their behalf by:

IO AKINTUNDE — Linda Addison

I.O. Akintunde, Chair — L.C. Addison, Treasurer

The notes on pages 22 to 34 form part of these financial statements.

(A company limited by guarantee)

Notes to the Financial Statements for the Year Ended 31 May 2025

1. Accounting Policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Annie Mawson's Sunbeams Music Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made the executor(s) to the Trust that distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised; please refer to the Trustees' Report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which hare not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the Centre. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.5 Intangible fixed assets and amortisation

Intangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably. Intangible assets are initially recognised at cost and are subsequently measured at cost net of amortisation and any provision for impairment. The charity has registered the trademarks of Music for Life® and Music for Dignity® and is amortising the cost over the estimated useful life of 20 years.

1.1 Tangible fixed assets and depreciation

All assets costing more than £200 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities Incorporating Income and Expenditure Account. Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is not charged on freehold land. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	-	Land is not depreciated
Long-term leasehold property	-	The Centre has been depreciated at 2% per annum, straight line, from 1 April 2019; other items are depreciated at 5% per annum, straight line.
Motor vehicles	-	25% reducing balance
Musical instruments	-	25% reducing balance
Fixtures and fittings	-	15% and 25% reducing balance

1.2 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.3 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.4 Cash at Bank and in hand

Cash at bank and in hand includes cash and highly liquid investments with a maturity of up to 24 months from the date of the opening of the deposit or similar account.

1.5 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.6 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.7 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.13 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

These include the Music for Life ® and Music for Dignity ® Fund, which has been classified by the Trustees with effect from 1 June 2019 as a Designated Fund, with its balance to be used solely for the provision of the Charity's objectives.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors.

1.15 Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

The charity has net current assets of £1,013,837 and net assets of £3,093,165 at the year end, following a surplus in the year of £53,340. The charity does not rely on creditors for financial support and has maintained strong cash reserves. The Trustees have prepared cash flow forecasts to show that this cash reserve will be sufficient to allow the charity to continue its service provision for a period of at least 12 months from signing the financial statements. As such, they believe the going concern basis to be appropriate for the year to 31 May 2026.

2. Income from Donations, Grants and Legacies

	Unrestricted funds 2025 £	**Restricted funds 2025 £**	**Total 2025 £**	Total 2024 £
Donations	**61,853**	**-**	**61,853**	146,831
Legacies	**169,929**	**-**	**169,929**	54,151
The National Lottery Community Fund - RC North East and Cumbria Region	**-**	**64,940**	**64,940**	61,740
The National Lottery Cost of Living Fund	**-**	**13,788**	**13,788**	13,788
Cumbria Music Hub	**-**	**-**	**-**	5,333
Hadfield Charitable Trust		**-**	**-**	5,000
Westmorland and Furness Council / Cumbria County Council Holiday Activities and Food Programme	**-**	**1,827**	**1,827**	10,610
Westmorland & Furness Council Access for All	**-**	**26,009**	**26,009**	-
Douglas Bader Foundation		**5,000**	**5,000**	-
Cumbria Chamber of Commerce - Website Work	**-**	**500**	**500**	-
Highways England - Social Value Application	**-**	**5,994**	**5,994**	-
Skipton BS Grant - Beanbags	**-**	**100**	**100**	-
The Decommissioning Alliance	**-**	**2,000**	**2,000**	-
Cumbria Community Foundation: The Laurence Fund	**-**	**2,000**	**2,000**	-
Total donations, grants and legacies	**231,782**	**122,158**	**353,940**	297,453
Total 2024	200,982	96,471	297,453	

Information on Restricted Funds with receipts in 2024-25

- The National Lottery Community Fund - RC North East and Cumbria Region - a grant towards "Digital Sunbeams" - to provide a digital platform to deliver our Music for Life® programme to young adults with severe learning and physical disabilities in South Lakes, Eden, Carlisle and Allerdale areas. They use Zoom as their platform and work with up to 29 organisations and 188 young adults.
- The National Lottery Community Fund: Grant towards elements related to Cost of Living
- Westmorland and Furness Council / Cumbria County Council Holiday Activities and Food Programme - to deliver Sunbeams Music For Life® Programme at our specialist Sunbeams Music Centre for 64 children/young people aged 4 – 21 years with severe disabilities and complex medical needs.
- To provide Community Music Therapy using Music in fun and exciting ways for therapeutic and educational benefit. Each activity day to include a nutritious and hearty lunch to enable the families to engage in food education and healthy eating agenda.
- Westmorland & Furness Council Access for All - For extension of car-park and eco-grid paths into the Centre improving accessibility to meet the constant demand from disabled people of all ages.
- Douglas Bader Foundation - To support the delivery of Sunbeams Music For Life® Project
- Cumbria Chamber of Commerce - grant re website work by Apple Designs.
- Highways England Social Value Application - To enhance the exterior of sensory garden and purchase of storage workshop to give added value to Sunbeams delivery to wheelchair users
- Skipton BS Grant - To purchase 2 large beanbags for the sensory room.
- The Decommissioning Alliance - To support the delivery of Sunbeams Music For Life® and Music For Dignity® projects in West Cumbria at COSC, Bethshan and Bethany Care Homes and Gregory House,Workington
- Cumbria Community Foundation: The Laurence Fund towards re-started Music for Dignity® project – "Songs and Scones"

3. Income from Charitable Activities

	Unrestricted funds 2025 £	**Restricted funds 2025 £**	**Total 2025 £**	Total 2024 £
Music for Life ® / Music for Dignity ®	**33,631**	**-**	**33,631**	32,248
Total 2024	32,248	-	32,248	

Notes to the Accounts (continued)

4. Fundraising Income

All fundraising income is received by unrestricted funds

	Total 2025 £	Total 2024 £
Fundraising	**17,836**	69,137

5. Trading Activities

All trading activities are in respect of unrestricted funds

	Total 2025 £	Total 2024 £
Charity Trading Income – gross	**54,561**	47,387
Trading Expenses (see note 9)	**(7,813)**	(6,465)
Net income from trading activities	**46,748**	40,922

6. Investment Income

All investment income is received by unrestricted funds

	Total 2025 £	Total 2024 £
Bank and building society interest received	**34,516**	17,820

Notes to the Accounts (continued)

7. Direct Costs

	2025	2024
	£	£
Musicians' Fees	**47,636**	48,703
Motor, travel and subsistence	**9,327**	9,640
Volunteers' expenses	**253**	1,052
Staff training and conferences	**1,344**	957
Premises hire	**-**	360
Wages and salaries	**197,678**	153,970
National insurance	**16,581**	11,559
Pension cost	**8,629**	6,851
Sensory Garden	**1,083**	3,197
Westmorland and Furness Council / Cumbria County Council Holidays and Activities Food Programme	**-**	2,257
Music sessions non-musicians' costs	**2,611**	1,674
Depreciation	**55,820**	57,405
Total	**340,961**	297,625

8. Support Costs

	2025	2024
	£	£
Insurance	**7,664**	7,213
Light and heat	**10,235**	10,947
Telephone/internet	**3,050**	3,189
General office expenses	**1,202**	707
Premises expenses	**21,304**	20,166
Centre support assistance	**1,083**	1,744
Repairs and renewals	**3,315**	5,719
Sundry	**830**	503
Computer and IT	**1,833**	1,022
Wages and salaries	**27,192**	29,826
Depreciation	**1,623**	2,139
Governance costs	**4,530**	3,543
Amortisation - intangible fixed assets	**77**	77
	83,937	86,795

Governance costs include accountancy, legal, professional and bank charges, and Trustees' expenses.

9. Analysis of Expenditure by Type

	Staff costs 2025 £	Depreciation and amortisation 2025 £	Other costs 2025 £	Total 2025 £	Total 2024 £
On raising voluntary income	-	-	**8,432**	**8,432**	17,512
On fundraising trading	-	-	**7,813**	**7,813**	6,465
Costs of raising funds			**16,245**	**16,245**	23,977
Music for Life ® / Music for Dignity ® (note 7 & 8)	**250,081**	**57,519**	**117,299**	**424,899**	384,420
	250,081	**57,519**	**133,544**	**441,144**	408,397
Total 2024	202,206	59,621	146,570	408,397	

10. Net income/expenditure

This is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets - owned by the charity	**57,442**	59,544
Profit on disposal of fixed assets	**-**	(3,854)
Amortisation of intangible fixed asset	**77**	77

Trustees' expenses paid were £588 (2024 - £208).

11. Independent Examiner's Remuneration

The Independent Examiner's Remuneration amounts to a fee of £1,225 (2024 - £1,085).

12. Staff Costs

Staff costs were as follows:

	2025 £	2024 £
Wages and Salaries	**222,212**	181,282
Social security costs	**19,064**	14,072
Pension costs	**8,805**	6,851
	250,081	202,205

	2025	2024
Average number of persons employed	**8**	6

The key management personnel of the charity comprise the Trustees, including the Chief Executive. No trustees, including the Chief Executive, received any remuneration in respect of their role as trustees in either the current or previous year.

The remuneration of the key management personnel in the year (including employer pension contributions and employer national insurance contributions), was £70,762 (2024 - £66,796).

The number of employees whose remuneration fell within the following bands was:

	2025	2024
£60,000 - £70,000	1	1

This measure excludes employer national insurance contributions, unlike that in the previous paragraph.

Important note

The majority of staff time is spent on the direct delivery of the charity's activities including musical activities. It is therefore appropriate to combine Musicians' Fees and approximately 85% of staff costs when comparing costs

13. Intangible fixed assets

	Trademarks £
Cost	
At 1 June 2024 and 31 May 2025	1,549
Amortisation	
At 1 June 2024	924
Charge for the year	77
At 31 May 2025	1,001
At 31 May 2025	548
At 31 May 2024	625

The charity has registered the following trademarks:

Music for Life ®

Music for Dignity ®

14. Tangible Fixed Assets

	Sunbeams Centre	Musical Instruments	Fixtures and fittings	Total
	£	£	£	£
Cost				
At 1 June 2024	2,277,330	30,022	182,793	2,490,145
Additions	29,505	146	350	30,001
Disposals	-	-	-	-
At 31 May 2025	2,306,835	30,168	183,143	2,520,146
Depreciation				
At 1 June 2024	227,609	24,249	132,066	383,924
Charge for year	46,323	1,480	9,639	57,442
Disposals	-	-	-	-
At 31 May 2025	273,932	25,729	141,705	441,366
Net book value				
At 31 May 2025	2,032,903	4,439	41,438	2,078,780
At 31 May 2024	2,049,721	5,773	50,727	2,106,221

The Sunbeams Centre is held on a 99 year lease.

15. Debtors

	2025	2024
	£	£
Trade debtors	**13,008**	10,651
Prepayments	**6,428**	4,961
	19,436	15,612

16. Creditors - amounts falling due within one year

	2025	2024
	£	£
Trade creditors	**6,403**	3,794
Other taxation and social security	**4,529**	4,367
Other creditors	**1,045**	569
Accruals	**1,392**	3,410
Deferred income	**1,120**	2,895

14,489	15,035

17. Pension commitments

The charity operates two defined contribution pension schemes.

The assets of the schemes are held separately from those of the charity in an independently administered fund.

The pension cost charge represents contributions payable by the charity of £8,805 (2024 - £6,851). £1,045 was payable to the funds at 31 May 2025 and is included within other creditors in note 16.

18. Statement of Funds

Statement of Funds - Current Year

	Balance at 31 May 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 May 2025 £
Unrestricted funds					
General funds	278,905	54,631	(98,339)	(185,062)	50,135
Tangible fixed assets	22,411	-	(4,983)	-	17,428
Non-designated unrestricted funds	301,316	54,631	(103,321)	(185,062)	67,563
Designated funds - Music for Life ®	652,835	501,897	(184,104)	(6,926)	963,702
Total unrestricted funds	954,151	556,528	(287,426)	(191,988)	1,031,265
Restricted funds					
Grant and donor funds	1,239	115,564	(101,181)	(15,622)	-
Tangible fixed assets	36,570	-	(6,136)	496	30,930
Intangible fixed assets	625	-	(77)	-	548
Sunbeams Music Centre	2,047,240	-	(46,323)	29,505	2,030,422
Total restricted funds	2,085,674	115,564	(153,718)	14,379	2,061,900
Total funds	3,039,825	672,092	(441,143)	(177,609)	3,093,165

The non-designated unrestricted funds as at 31 May 2025 amounted to £67,563 (2024 - £ 301,316).

Statement of Funds - Prior Year

	Balance at 31 May 2023 £	Income £	Expenditure £	Transfers	Balance at 31 May 2024 £
Unrestricted funds					
General funds	194,777	118,644	(34,516)	-	278,905
Tangible fixed assets	22,735	-	(6,643)	6,319	22,411
Non-designated unrestricted funds	217,512	118,644	(41,159)	6,319	301,316
Designated funds - Music for Life ®	602,134	252,784	(195,764)	(6,319)	652,835
Total unrestricted funds	819,646	371,428	(236,923)	0	954,151
Restricted funds					
Grant and donor funds	23,264	96,471	(118,496)	-	1,239
Tangible fixed assets	43,850	-	(7,280)	-	36,570
Intangible fixed assets	702	-	(77)	-	625
Sunbeams Music Centre	2,092,861	-	(45,621)	-	2,047,240
Total restricted funds	2,160,677	96,471	(171,474)	0	2,085,674
Total funds	2,980,323	467,899	(408,397)		3,039,825

19. Analysis of Net Assets between Funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Current assets	1,028,326	-	1,028,326
Creditors, accruals and deferred income	(14,489)	-	(14,489)
Tangible fixed assets, including the Sunbeams Music Centre	17,428	2,061,352	2,078,780
Intangible fixed assets	-	548	548
	1,031,265	2,061,900	3,093,165

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Current assets	946,775	1,239	948,014
Creditors, accruals and deferred income	(15,035)	-	(15,035)
Tangible fixed assets, including the Sunbeams Music Centre	22,411	2,083,810	2,106,221
Intangible fixed assets	-	625	625
	954,151	2,085,674	3,039,825

20. Restricted Funds Balances

	2025 £	2024 £
General Restricted Fund - including the Centre, Stoller House	**2,061,900**	2,084,436
National Lottery Community Fund	**(3,058)**	(7,275)
National Lottery Cost of Living Fund	**2,223**	2,847
Julia and Hans Rausing Trust	**-**	4,622
Hadfield Charitable Trust	**-**	692
Cumbria Music Hub	**(5,030)**	352
Douglas Bader	**2,878**	-
HAF	**838**	-
Access for All	**7**	-
TDA	**2,000**	-
CCF Laurence	**142**	-
Total	**2,061,900**	2,085,674

The National Lottery Community Fund received a further tranche of funding on 11 July 2025.

Cumbria Music Hub received a further tranche of funding on 4th June and 30th July 2025.

21. Related Party Transactions

Other than as disclosed in notes 10 and 12, there are no related party transactions which require disclosure.

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

England & Wales - Charity number 1117159

Accounts

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2024



MICHAEL & ANNIE, FOUNDERS OF SUNBEAMS, CELEBRATING ITS 32nd ANNIVERSARY.

1992-2024

Registered number: 05794153

Charity number: 1117159

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

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ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Reference and Administrative Details of the Charity, its Trustees and Advisers for the Year Ended 31 May 2024

Trustees and Directors

Dr I. O. Akintunde, Chair
Mrs L.C. Addison, Treasurer
Mrs I. Henderson
Mrs R. C. Seager
Mrs K. Addison
Mrs E.A Mawson
Mr M.J Lawson-Johnson
Dr A. F. R. Wolfe (retired, having been Treasurer, 13 October 2023)

Company Registered Number

05794153

Charity Registered Number

1117159

Registered Office

Sunbeams Music Centre, Stoller House, Redhills, Penrith, Cumbria, CA11 0DT

Company Secretary

M. J. Lawson-Johnson, MRSM

Chief Executive

Annie Mawson MBE, MRSM

Accountants

Saint and Co Chartered Accountants, Wavell Drive, Rosehill Industrial Estate, Carlisle, CA1 2SA

Musical Patrons

Liam Fray – The Courteeners
Philip Glass
Justin Pearson – Managing Director and Artistic Director of the National Symphony Orchestra

Supportive Patrons

Lord Archer of Weston-Super-Mare
Susan Bagot MBE
Lady Eileen Carey
The Rt. Rev. Richard Garrard
The Rt. Rev. Bishop Laurie Green
Ian Gregg CBE
Julia Linnette
Lord Melvyn Bragg
Hal Bagot
Sir James Cropper KCVO
Neville Howard
Vicki Green
Lara Rostron
Larry Sullivan

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

'OUR MISSION'

'Sunbeams strives to improve the quality of life of children and adults of all ages with disabilities through the creative power of music'

www.sunbeamsmusic.org

Trustees' Report for the Year Ended 31 May 2024

The Trustees present their Annual Report together with the financial statements for the year ended 31 May 2024. The Trustees confirm that the Annual Report and the financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 is not required.

Objectives and Activities

Policies and Objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.

THE PURPOSE OF OUR ORGANISATION

The Trust's key objectives:

"Sunbeams aims to relieve sickness and assist in the treatment of children and adults who are suffering physically, emotionally, psychologically and mentally by the provision of free music therapy and to provide introductory music therapy training to individuals working with such persons".

Our achievements have always been an indication of the strong infrastructure of the charity, including Trustees/Directors and Staff, as well as the remarkable professionalism, dedication and talent of the musicians who all contribute to the on-going high standard and quality of Sunbeams services. Leadership and staff are outstanding, with the experience, qualifications, skills and empathy, able to deliver Sunbeams' vision and mission. We aim to tackle the serious challenges raised by social exclusion, deprivation, ill-health and inequality, through the transformative power of our Community Music Therapy.

In fulfilling our Mission, 8 specialist Musicians deliver live inter-active music sessions to 2,400+ disadvantaged individuals every month, many of them weekly. We aim to improve the emotional and mental health and self-esteem of our beneficiaries through the creative freedom of music, in our unique Music For Life® and Music For Dignity® programmes. Most sessions in the 49 projects are free of charge to groups of up to 30 children or adults with disabilities in:-

a) Venues throughout Cumbria
b) Our bespoke award-winning Sunbeams Music Centre
c) Via ZOOM Technology.

All the Sunbeams beneficiaries suffer from varying disabilities, including physical and learning disabilities; mental health issues; Alzheimer's/senile dementia; autistic spectrum disorder; emotional and behavioural disturbance; complex medical needs.

ACTIVITIES FOR ACHIEVING OUR OBJECTIVES include:

1. SUNBEAMS MUSIC FOR LIFE® PROGRAMME including Family Learning in the holidays - a specialist and innovative programme, pioneered by Sunbeams Founder, Annie Mawson in 1992. Through structured interactive workshops, our 8 specially trained professional musicians use music as a tool for therapeutic and developmental benefit for groups of disabled and disadvantaged children and adults of all ages.

2. SUNBEAMS MUSIC FOR DIGNITY® PROGRAMME delivered to frail elderly people with severe Dementia/Alzheimer's with the aim of relieving suffering, and encouraging communication and social inclusion. The wishes of elderly people who have led amazing lives are often ignored. They want Sunbeams to restore their self-respect through participating in our music sessions - and give them back their dignity. For vulnerable adults who find verbal communication an inadequate form of self-expression, Music For Dignity® offers a safe, secure space for the release of feelings. The response from people with dementia can be direct and immediate, but nevertheless is very real and does overspill into general feelings of well-being for that day.

Our comprehensive monitoring and evaluation procedures serve to demonstrate the changes and lasting impact of Music For Dignity® - which we hope will lead to spreading the learning and best practice throughout England. We would be proud to replicate "Music For Dignity®" in other venues, to enable older people to find new ways to cope, manage life-changing events and continue to remain part of their communities.

Sunbeams Music For Dignity® acts as a catalyst in the process of adjustment and helps our beneficiaries build creative friendships within their new-found environments in Care Homes and the Sunbeams Music Centre.

Sunbeams Music For Dignity® provides a basis for meaningful reminiscence and discussions, prompted by familiar songs, and a safe emotional outlet for feelings/ memories (both happy and sad) that might arise.





Dear Annie Mawson,
I brought my dad who has Alzheimer's to your "Music for Dignity" session last Wednesday and wanted to write to you to express my sincere thanks and gratitude for this amazing opportunity that you are providing. It was a truly Magical experience to see my dad smiling, singing and dancing - having the time of his life. He loved every minute and for me it was like seeing the man he used to be back again. The confidence and joy it brought him has done wonders for his mental health. He knew all the words to the songs and loved having a little dance, it really made him feel good about himself. He enjoyed telling my mum and other extended family members all about the session and he can't wait to come again. You have given my dad a new zest for life that has transferred to other aspects of his life. He has regained his enthusiasm for his allotment. I cannot thank you enough for running these sessions, since Covid it has been very difficult to get my parents to go out and about to engage in social activities and meet new people. The impact of my dad attending "Music for Dignity" is far reaching and I just wanted you and your team to know the value of your work.
Yours sincerely,
Sharon Sanderson 13th February 2024

Do see our website www.sunbeamsmusic.org for a more detailed description of the aims and examples of how Sunbeams Community Music Programmes have transformed the lives of our beneficiaries, whatever their age.

3. SUNBEAMS CONCERT TROUPE consists of 20 adults with a wide range of disabilities. In the past, the Troupe have brought their show to theatres, village halls, and churches in rurally isolated areas. They have received wide acclaim, especially after they performed to a packed lunch-time concert at the prestigious venue of the Church of St Martin-in-the-Fields in Trafalgar Square in London. They were invited, not because of their disabilities but because of "their excellence". The Troupe delighted audiences whilst challenging individual attitudes towards disability, thus breaking down barriers of prejudice and strengthening communities. The members of the Sunbeams Concert Troupe were themselves transformed by their self-improvement and development, which led to their social inclusion within their communities.

Sadly, due to Covid-19, the Troupe are so vulnerable and frail that throughout this Reporting Year, from June 1st 2023 to May 31st 2024, they have **still** all been sheltered because of their complex needs and frailty. They receive weekly music sessions via Zoom which they enjoy, but we envisage it will be a long time before they will be able to perform in public again – if ever.

4. SENSORY GARDEN

A major feature of our work which was so important throughout the pandemic has continued to be the development of the Sensory Garden – and especially the installation of harp-like instruments which all our beneficiaries just love to play and listen to the magical, ethereal sounds. We continue to be grateful to the Trustees of the Cumbria Waste Management Environmental Trust (CWMET) for funding this exceptional garden and eco playground for wheel-chair dancing 5 years ago. And special thanks still to the National Lottery Awards for All whose funding for the 2 more amazing instruments continue to bring so much fun to our beneficiaries.

Special thanks also to the Highways England team for spending their Volunteer time weeding our 8 raised beds and varnishing the outdoor benches and seats!

We have provided a facility which is calming, and palliative not only for children with life-limiting conditions, (thus fulfilling the requests from the families.) but also for the elderly who LOVE to play these fantastic instruments and arrive for their Music Sessions early just so they can play them all!

5. SUNBEAMS MUSIC CENTRE

"Music has always been important to me. It always has been and always will be. Without Sunbeams Music, my life is not worth living." John

This is why we raised £2.7 million to build and run the Sunbeams Music Centre: a National Centre of Excellence for these people with profound and complex needs – as no other organisation is fulfilling their long-term needs and aspirations. Sunbeams Music Centre marked a significant milestone in an extraordinary journey for Annie Mawson's Sunbeams Music Trust as well as MawsonKerr Architects.

It is important for this to still be high-lighted in this year's Report, as all visitors and potential funders enquire about the amazing journey from sitting-room and 20 beneficiaries in 1992 to a university thesis by Will Mawson in 2005 to this iconic and stunning Sunbeams Music Centre and 2,400+ beneficiaries in 2024.

The Centre is a single-storey 550m2 construction, comprising Workshop/Training/ Performance Hall, 5 Music Therapy Rooms, Recording Studio, Meeting Room, Kitchen, Administration facilities, Exhibition Space, Sensory Garden and woodland. It is set in 1.16 hectares on the fringe of the Lake District National Park, in England on the A66/M6 axis, Junction 40, M6 at Penrith, in between Redhills and Rheged.

Funding included a number of sponsored "endurance challenges" by MawsonKerr and friends of the charity such as a Forrest Gump style 24 hour coast to coast run of over 200 miles in 24 hours, the round Cumbria Cycle ride – 270 miles in 24 hours, the exhausting climb of 21 Cumbrian fells (mountains!) in searing heat in 21 hours! This indomitable group of lads and lasses – used to play rugby, but no longer with tired-out knees! They raised over £70,000 towards **Tom's Room** – in memory of their dear friend, who died of Alzheimer's type disease at age of only 23 years. It is a special room kitted out with all types of drums – a huge attraction for our beneficiaries – young and old alike.

It was a massive achievement raising £2.7 million to build the Centre which I have described in every Annual Report since the Board approved its construction in 2012! But I have to reiterate that this most complex of buildings is so beautiful, that it is still receiving acclaim in International Architectural papers, and astonishes the hundreds of visitors, including National Architects, and over 30 organisations which now hire the Meeting Room, income which helps to pay for our Music Workshops. **See Section 7: New Awards in Chief Executive's Report.**

Our dream came true – to provide a bespoke Centre which will be a sustainable legacy for disabled people of all ages, whose lives will be transformed by the power of music.

Special thanks to our main philanthropist – Sir Norman Stoller, whose largesse we were thrilled to acknowledge when the Centre, officially known as Stoller House, was opened by Sophie, the Countess of Wessex on February 8th 2018.

AJ Architecture wrote:
"Young Newcastle practice MawsonKerr Architects has triumphed in the Health & Wellbeing category of the AJ Architecture Awards with its Sunbeams Music Centre."
And Will won the Architect of the Year 2017 For Structural Wood.

MAWSONKERR Architecture & Sustainability continue to win awards in 2024, 8 years since the Centre was opened!
Architects Journal Awards Winner Healthcare and Wellbeing Project of the Year
Buildings Awards:
Small Project of the Year finalist
Civic Trust 2018 Region Award Winner
Selwyn Goldsmith for Accessibility Shortlisted
Shortlisted Northern Best Public Service building
Shortlisted Northern Best Educational Building
Shortlisted Northern Best Inclusive Building
Northern Winner and National Finalist of Small Commercial project of the year
Offsite Awards Shortlisted Healthcare Project of the Year
Shortlisted Best Use of Timber Technology
Structural Timber 2017
Shortlisted Healthcare Project of the year
Shortlisted Contractor of the Year Winner
Winner International Green Apple Award for Beautiful Buildings 2024.
Winner of Hadrian's Award 2024

Trying to be completely inclusive without appearing institutional was an important design driver. Do see our website for the plans, photographs and how Sunbeams Music |Centre contributes to "Low Carbon Transition in Cumbria."

"Sunbeams gives us hope. Until your life is touched by a child with additional needs, you can't really appreciate the value of a charity like Sunbeams.
Sunbeams workshops are truly life-changing."
A grateful Mother

5. CHANGING DYNAMICS WITH ONLINE DELIVERY WITH ZOOM

Imagine our despondency in June 2021 when we realised that the COVID Pandemic would continue to ruin all our heart-felt plans, all our mission and hopes for the vulnerable beneficiaries who live for their music sessions in our beautiful building, delivered with such empathy and passion by the musicians.

To ignore the impact that Covid-19 has had on us since then would be to disregard the learning and the growth that comes from such adversity. As for our marginalised groups – their emotional needs had **still** to be paramount in our potential rush to get "back to normal". We needed to recognise and address the grief, loss and anger and bewilderment felt by everyone.
The words I wrote as long ago as March 2020 are still etched in our memories for ever……
"Coronavirus….Covid-19….Zoom….Online Delivery….Virtual Sessions….Catch it! Bin it! Kill it! ....Pandemic….Furlough….Flexi Furlough…. Social-Distancing……Shielding…..Sanitise"
Who would have thought these words would still be uttered with such heavy hearts 36 months later, and are still pertinent today, very sadly at the time of writing this Report for June 2003-May 2024.

And so we decided to use Zoom! Another word I hadn't come across and since then it has played an integral part of our delivery and without it, I doubt if we would have been able to keep in touch with all our

beneficiaries. **We still zoom over 180 beneficiaries every fortnight!** Zoom has been a wonderful tool for us to keep in touch with and offer support to our beneficiaries and their carers**,** especially those who reported high levels of loneliness during the pandemic. Some people lost social support from families, friends, and neighbours during this time especially those who live in rurally isolated villages in Eden and Allerdale. The value of communication technology for keeping in touch was clear. Many of the young adults with severe special needs were tremendous on ZOOM and told all their friends they "were on the telly!"

This Online project has reminded the beneficiaries that we are still here, and will be here for them. We were right to feel lockdown would be longer for these most vulnerable high-risk people, children with complex needs and elderly groups with dementia. We realised that COVID-19 would last well into 2022. **And indeed – right into 2024.** Grants from BBC Next Steps, COINS Foundation, D'Oyly Carte, YMCA Kendal Ltd., Charities Aid Foundation, Eden District and the Arts Council Culture Recovery Fund enabled us to devise and expand Online Virtual Delivery of Zoom Workshops which were all received with such excitement but we now face the prospect of increasing competition when applying for more funds.

We are SO grateful to the National Lottery Community Fund – Reaching Communities for their understanding and for funding our Digital Sunbeams this year which benefits over 180 Young Adults with severe learning disabilities every week. From Millom to Carlisle, Alston to Walney.

Many beneficiaries cannot express their mental-health issues verbally, but their faces were distraught with fear and bewilderment because of COVID-19. They didn't understand the complexities of the "virus". They did know why they felt lost and frightened. The impact of coronavirus was too profound for them to describe, apart from crying with distress.

"Sunbeams is the only activity/group we attend." "Without Sunbeams, we would be completely isolated".

In summary, the Zoom sessions are still met with wholehearted enthusiasm! The impact upon the beneficiaries was greater than we dared to expect as we aimed to bring the following differences to our beneficiaries, of all ages:

1. Improve their desperate situation by alleviating their loneliness when they see and hear the familiar Sunbeams Musicians.
2. Alleviate their marginalisation caused by their disability
3. Improve their self-esteem and well-being, reminding them to keep singing
4. Help them cope and improve their mental and emotional health
5. Relieve their profound feelings of isolation and social exclusion
6. Relieve their distress, giving them much-needed fun and escapism
7. Maintain communication with informal partnership organisations so THEY know they are not alone.

7. FUNDRAISING

On behalf of all our beneficiaries who are unable to speak for themselves, thank you to everyone for supporting us throughout the year. We could not continue our valuable Community Music Therapy work without the wonderful donations received from the community – whether local, regional or national. All gifts, legacies and donations received in the post have been gratefully received – and hugely importantly, over the years we have now received 4 amazing Pianos, 5 harps, numerous guitars, violins, drums and bass instruments which our beneficiaries love to play in Lily and Oli's rooms. We always welcome bequests, and still look forward to receiving our first Stradivarius!

We continue to strive towards keeping Sunbeams viable and as self-sustainable as possible – but impossible without the grants from our wonderful Funders who so believe in us.

Please see Financial Reports.

The beneficiaries want to have a voice – literally! A silent majority is now being heard! Pre-conceptions held by the general public are continually being challenged and older people, regardless of their disability now have the opportunity to share their experience, making a positive contribution to their care and position within their communities.



"Nervous? Nervous? Why should I be nervous? I'm a professional!" When Annie Spragg took the concert hall by storm!
SEE OUR FACEBOOK: @SunbeamsMusic

OUR X (TWITTER): @sunbeams_music

OUR WEBSITE: www.sunbeamsmusic.org

Our Chief Executive Annie makes no apologies for including her friend Annie in this year's Trustees Report – again! She has known this brave woman since she was a baby in an Assessment Unit 42 years ago. She is an inspiration to all who meet her, including many of the world-class musicians who now know her. They marvel at her passion for music and zest for life. Real "Music For Life®".

Annie and Michael, the Founders of Sunbeams in 1992, would like to extend their gratitude to the motivated and passionate staff, musicians and volunteers and thank the diverse Board for their continued engagement and support.

All driven to "Reach the Unreachables" through the power of music to heal.



SUNBEAMS MUSIC CENTRE

Investment Policy and Objectives

The Trustees operate in line with the Board-approved Investment Policy, having regard to the guidance provided by the Charity Commission, "Investing Charity Money; a guide for Trustees".

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal Risks and Uncertainties

The Trustees have assessed the major risks to the charity, especially those related to the operations and finances of the charity. The charity has systems in place to control and mitigate risks.

- Ensuring projects and any associated risks will be overseen by an active Board of 7 Trustees
- Comprises multi-disciplined team with strong representation of people we help and led by a Solicitor
- Experienced in Risk Management principles with proven robust systems, procedures and policies in place covering all aspects of the organisation and risk mitigation: Governance, Equal Opportunities, Safe-Guarding, Vulnerable Adults, Health and Safety
- Ensuring people have the right skills/knowledge/empathy/experience to deliver our programmes
- Enhanced Disclosure and Barring Service checks for all the Sunbeams team with ongoing support, advice and training opportunities available (e.g. handling techniques for disabled people) and reinforced at Sunbeams' Training Days.

Reserves Policy

The Board has approved a Reserves Policy, which states that the minimum level of unrestricted reserves should equate to six months of projected operating costs.

Structure, Governance and Management

Constitution

Annie Mawson's Sunbeams Music Trust (Sunbeams) is a company limited by guarantee, as defined by the Companies Act 2006. The Trust was originally created as an unincorporated charity on 17 January 2000; the limited company was incorporated on 25 April 2006 and registered as a charity with the Charity Commission on 7 December 2006 with all relevant assets then being transferred to the company. The company was established under its Memorandum and Articles of Association which comprise the governing document (as amended 18 August 2006).

Directors

Method of Appointment or Election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

Policies Adopted for the Induction and Training of Trustees

New Trustees, on appointment, have a formal induction meeting with the Chief Executive and are informed of methods of working, current issues, attendance at meetings etc. They are given an information pack comprising guidance on their responsibilities, the most recent Trustees' Report and Financial Statements and other documentation concerning current activities and projects. They also attend concerts and workshops run by the organisation to experience the work at first-hand. Ongoing training is provided annually for all Trustees, as well as for staff, musicians and volunteers, and one-off training is carried out as required.

Organisational Structure and Decision Making

"Sunbeams" is an independent charity. Annie Mawson's Sunbeams Music Trust has a very active Board of Trustees that meets quarterly. They are responsible for the overall management and control of the

charity. The Board is provided with monthly financial reports in addition to regular updates and reports from its Chief Executive. The Trustees maintain scrutiny of the major strategic, business and operational risks which the charity faces and confirm that regular reports are produced in order that necessary steps can be taken to manage these risks.

Retirement of Treasurer, Tony Wolfe, BSc (Hons) MSc Phd, Treasurer 2006-23

People who run a medium sized Charity will appreciate that losing a Board Member is always sad. I refer to Dr Tony Wolfe who offered his resignation some two years ago! Finally on September 11th 2023 he insisted he needed time for himself and his family. We gave in and accepted his resignation at the AGM on October 13th 2023.

And as they say "that is a very sad that! "

Tony was on the Board as Treasurer for almost 18 years. As an ex-employee of the Council when he was Local Government Leadership Support Officer, he always had "his finger on the ball" and would send us the "Grauniad ground-breaking initiatives" – often with **his** 'tongue in cheek!'

He was our Safeguarding Lead; he supported our events and concert; served scones at our Music For Dignity®Sessions – and was even a key holder for the Alarm system – a really thankless task at 3 o'clock in the morning!

He was ever loyal and supportive and understood how Sunbeams work was

"increasingly essential as its services grew exponentially in supporting disadvantaged people."

We have received advice and wisdom in quantity and he has our eternal thanks.

Wider Network

Sunbeams maintains relationships with other legal entities which include:

- ACT (Actions for Communities in England)
- BBC Media partnership
- Cumbria Arts and Culture Network
- Cumbria CVS (Cumbria Council for Voluntary Service)
- Live Music Now
- National Council for Voluntary Organisations (NCVO)
- 4Eden
- Cumbria Music Education Hub.

Trustees' Indemnities

The charity holds a standard insurance policy which includes a trustees' indemnity against any liability in connection with any negligence, default, breach of duty or breach of trust in relation to the charity.

Members' Liability

The members of the company guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up.

Public Benefit

The Trustees of Annie Mawson's Sunbeams Music Trust believe they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission.

ANNUAL REPORT BY ANNIE MAWSON MBE CHIEF EXECUTIVE

"TO EVERYTHING, TURN, TURN, TURN. THERE IS A SEASON, TURN TURN TURN - AND A TIME FOR EVERY PURPOSE UNDER HEAVEN."

In 1992 I wrote –

"At Sunbeams we have evidence to prove that music has the power to unlock the strongest of defence mechanisms, and help people of all ages realise their full potential. If children are prepared to sing and expose their vulnerability to others, then we should listen with respect and take them seriously. I believe Music is a powerful tool for a person's general development and self-transformation. It can open up channels of communication without the barriers of language. There is Music inside us all - it just requires the right key to unlock it, and thus provide a therapy for personal conflict."

Even more pertinent today in 2024, as I share our news with you all. In a nutshell we have built on the promise of last year's report - what a busy and dynamic year we have had.

Increased delivery to 2,489 beneficiaries of all ages in 49 projects every month….. Presentations by Chief Executive and our Chairman …. Legacies….Funerals….Increase in Volunteers….Genesis Ball….New Funders…. "At Home" with Sir James Cropper…. Garden Parties with new Lord Lieutenant and High Sheriff, Alex and Sam Scott....New Corporates….Pod casts e.g Helen Skelton…. Exciting Concert Programme....Visits by WIs, U3A, Rotary Clubs….Community Fund Raising e.g. Henry's Garden Party at Sockbridge…. Daffodil Project....Sale of Sunbeams Site One….New Awards for Sunbeams Centre…. Mentoring young students….Training of Musicians….Annie's Fellowship of Uni of Cumbria….Nurturing Relationships with Highways and Westmorland & Furness.

All are equally important but I must elaborate on the following:

1. Legacies

I am reminded of those cold wet dark November evenings in the '90's, reluctantly driving 200 mile return trips to give recitals – but to now realise the impact of our work had really registered with several people who have since left legacies to Sunbeams. There is also the wonderful lady who has left us 1/3 of her house value because her cleaner had a daughter with profound needs and who attended Sunbeams workshops in Tirril Village Hall in 1993!

2. Funerals

I attended several funerals of well-loved beneficiaries including our unique Jill Mant who was an amazing member of our Sunbeams Concert Troupe. We all have very fond memories of Jill's inimitable singing of her favourite songs – 'Summer Holiday' and 'Kumbaya', which some of her Troupe sang at her funeral. She inspired us all with her sense of fun and wicked enthusiasm and will be so missed by everyone.

Another sad funeral was for our dear friend and wonderful Sunbeams musician, David Foley whose untimely death shocked us all.

I make no apologies for including the valediction I gave at David's funeral last September, in the hope that many more people will read it and understand how much David meant to us all at Sunbeams.

In 1715, Johanne Sebastian Bach said -" Music washes away from the soul the dust of everyday life."

David, aw David - this is what you and your music did every time you bounded into Sunbeams. - with such joy and energy and enthusiasm and raring to go!

How will we ever forget your generous spirit, your zest for life and new musical adventures, your wonderful stories of life in California (not Chicago!!) your great love for Minette and all your family .

What an extraordinary man. And what a superb musician.

At Sunbeams our priority is always for the beneficiaries to whom we are delivering our Music For Life® to babies, children young adults with severe disabilities or Music For Dignity® for people with dementia.

Will was on my left side on piano and vocals: David on my right with his guitar

But every song – David would enhance every song with ethereal harmonies. I don't think he even knew he was singing them…… Will and I would look at each other. HOW BEAUTIFUL is that. And I would thank David at the end and I don't think he knew why I was thanking him.

And his amazing guitar riffs! Will and I just shook our heads.

I looked at David each time and said WOW!

And again he was so modest, it was almost second nature

How we shall miss him – a line-up of musicians is very very special – and there is now a HUGE gap which we will never fill.

And who is going to be our Father Christmas?

I would like to finish with an anecdote directly from a typical Sunbeams session - the only Summer Session David didn't attend as he was on holiday

A young girl with downs syndrome and autism, rarely, if ever, spoke spontaneously. Ran into the hall, looked for David and asked

"Where is David? Where are you? Annie, where is David? Where is he?"

Her mother's reaction was to cry with joy to hear her young daughter speak so impulsively, And she took David's place for the whole session singing and dancing waiting for him to come the next time.

What an impact on this young girl which brought her mother such incredible joy to hear her young daughter speak with such love and openness and spontaneity.

A song comes to mind from those sessions – George Ezra.
"Green green grass
Blue blue sky
You better throw a party on the day that I die"

So all come to Upfront Gallery for a party for David.

We all experienced this impact from this extraordinary man – I know we are not supposed to mourn, to grieve, to cry but not a day goes by when we don't do this at Sunbeams – because damn it David, we miss you. We miss your gregarious spirit, your technical riffs, your ethereal harmonies, your superb musicianship so freely given – but most of all your beautiful nature, your generosity of spirit. You touched the lives of everyone you met – look at everyone here today – and it was you who ….

"washed away from our souls, the dust of everyday life."

THANKYOU DAVID.

3. Genesis Partnership

GENESIS HOMES made us their Charity of the Year 2023. They write:

"We are extremely honoured to announce that we have raised an incredible amount for our 2023 Charity of the Year, over £42,000 – what an astonishing amount to support such an incredible cause. We have loved every moment of raising funds and spending time with Annie Mawson's Sunbeams Music Trust – Sunbeams, and are delighted to be able to donate such a significant amount. Please give their Facebook page a follow and if you're considering fundraising, they are the most wonderful charity doing the most wonderful work."

We write:
Their fundraising year ended with an amazing GENESIS HOMES CHARITY BALL 2023: A fabulous evening – held at the Low Wood Bay Resort & Spa, courtesy of Simon Berry. The West End to Broadway Charity Ball raised over £40,000 with all funds going to Sunbeams. We are so very grateful to each and every person involved in the Ball…arranging, helping, performing, hosting, serving, supporting, donating… whatever your role, THANK YOU!
Thank you for such kindness and generosity of all the Auction and Raffle Donors, VIP Tables and everyone who attended and supported the work of the Charity. Thank you to Low Wood Bay Resort & Spa, Involved Events and Explosive Productions Ltd.
Thank you so much to Adam, Laura and all the Soul Survivors Band.
Thank you so much to our wonderful friends at Genesis Homes!! They have gone above and beyond over their year of supporting Sunbeams and helped to make a difference to the lives of so many disabled people of all ages, across the County of Cumbria.







4. Musician Training: April 2024.

i. Bad and Good Practices.

I demonstrated which interventions are effective and which are not, for both Project Delivery and Office Administration. Particular points covered:

- Musical interactions and interventions are to be focussed on the therapeutic process and not 'entertainment' based.
- Musicians to follow and be led by the beneficiaries in the process.
- Structure to the opening and closing of the sessions in the use of the 'hello' and 'goodbye' song and the therapeutic value of this. Discussions arose regarding the difference of groups, needs and ages.
- In respect of Zoom and delays, let the beneficiaries follow you.
- Evaluations, purpose of and guidance on these. Aims and Outcomes.
- For Sunbeams to be sustainable, a minimum of £360k has to be raised per annum.
- Safeguarding, Social Media, Sharing, GDPR compliance, Encryption on all devices.

ii.Strategy & Inclusion

I built up a visual diagram to illustrate the ethos behind Sunbeams and then expounded on each of the following components:

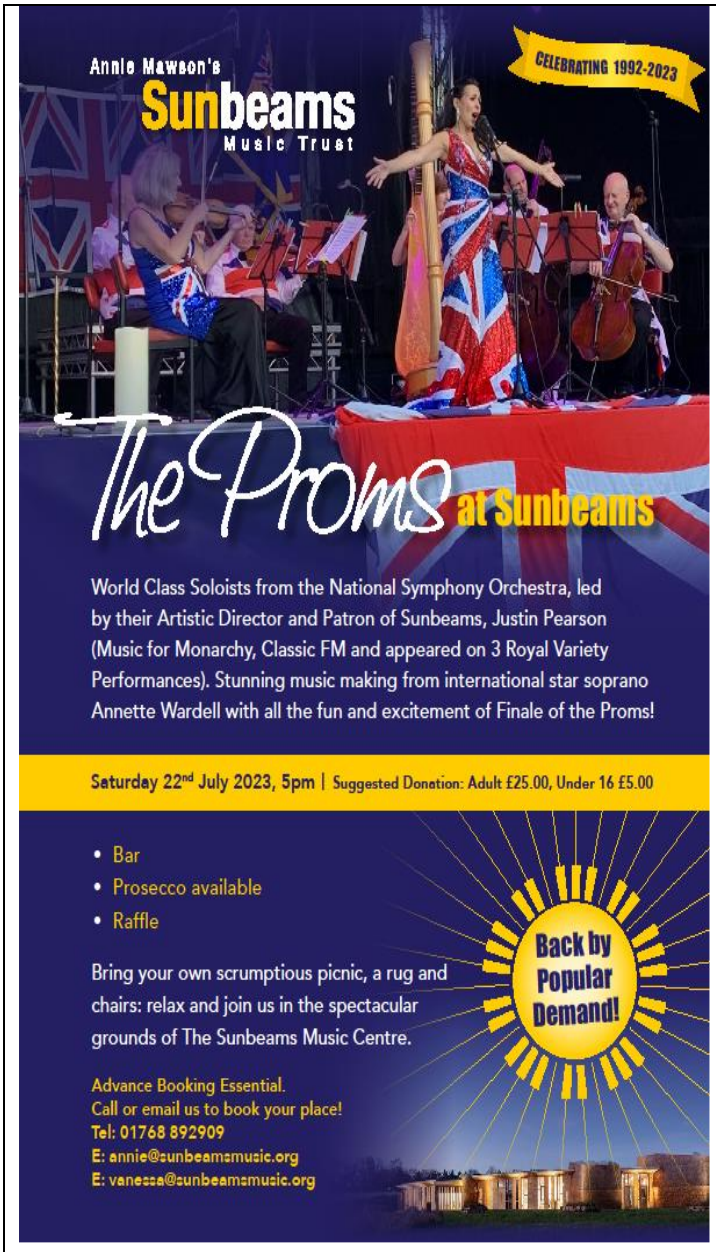
- Ethos & Mission of Sunbeams, Effective Leadership, Management, Budget, Fundraising and Policies & Procedures.
- Honesty, Accountability, Learning – willingness to learn and Communication.
- Collaboration-share capacity and knowledge, Ask Questions.
- Understanding without judgement, be caring, be kind.
- Adaptability, Compassion, Empathy, Professionalism and Patience.

iii.Repertoire

- Build-up of Repertoire, followed by a great jam session!
- Discussion regarding a Celebration Party Day on 2nd June 2024 at Sunbeams in Memory of David Foley, former Sunbeams Volunteer Musician.

5. Concerts

Our year started with a tremendous PROMS Concert when rain fell throughout the whole of Cumbria - apart from the Sunbeams field!
Sunbeams' 31st anniversary was celebrated with a Summer Proms on July 23rd. Led by artistic director and Sunbeams Musical Patron, Justin Pearson, world class soloists from the National Symphony Orchestra, performed popular classics and Proms favourites in a marquee at Sunbeams – just as they did at their four-day residency for the late Queen at Windsor Castle in 2022. The standard was as ever sublime – and sometimes riotous and Justin's enthusiastic empathy with the 300+ audience was at its zenith. Annette Wardell, the "Dinky Diva" was tremendous and brought the house (or the marquee roof!) down with her beautiful soaring voice, from Bizet's – Habanera from Carmen to poignant Sartori's "Time To Say Goodbye



There comes a time in the careers of Sunbeams Staff, Directors and Trustees, when frankly psychiatric help should really be sought. Who amongst us all thought that hosting an outside Proms Concert in Cumbria - was ever a good idea? An irresistible joint madness descended over us all.

As if our joint madness was not enough, we managed to inveigle the soloists and the leader of the National Symphony Orchestra Justin Pearson into acquiescing, or should I say, buying into the concept of a Proms Concert. Plans were made and printing of a programme brought reality to the actuality.

As a nod to the possibility of rain, a covered stage, marquee and gazebos were erected by an army of volunteers and a paying audience was found!

Yes, it rained a deluge only found in Cumbria – everywhere except Sunbeams! Music, Musical jokes, Jokes, Music and stunning Arias by the Dinky Diva – Annette Wardell. Justin with his iron fist in a fur glove style - produced a performance reminiscent of a summer's day without a hint of rain!

It is not for me to say, but, the event was an outrageous success, at least that's what 350 people said?

Michael Lawson-Johnson. MRSM.

Director

Comments included:
"Yesterday's concert was one of the most uplifting occasions I have ever had the privilege to attend."

"Thank you all at Sunbeams for a fabulous concert. It was the best night out ever! We sang all the way home!"

"Just a line to say what a very special evening it was yesterday. The atmosphere was all so easy and friendly right from the first note!"

"Some people said it was on their bucket list to "Go to the PROMS" and now they have done it and cannot believe it."

We were then thrilled to receive a Grant of £5000 from the Hadfield Trust which covered the fees of local and International Artistes to provide Music Workshops in the

holidays and Professional Concerts to enhance the Social Needs of our Sunbeams beneficiaries, both young or elderly.

Other Funders often seem to be reluctant to fund events and concerts. We were thrilled that the Hadfield Trust understood our reasons and that their grant would mean we could deliver an exciting Concert programme for which Sunbeams is now renowned, and which therefore raises money from which we can deliver our Music For Dignity® music workshops to even more elderly people. We have since started another fortnightly session for people with dementia in our Music For Dignity® programme. **This grant had a wonderful impact on our work.**

The professional concerts were all fun, creative, stimulating and exciting! They had a real impact on all the attendees – and indeed as word spread, our audiences increased – including very disabled people. In total over 930 people attended 7 concerts – including new faces to Sunbeams, which was really pleasing. They truly enhanced the social needs of our Sunbeams beneficiaries, whether young or elderly, by:

i.Alleviating their loneliness and social isolation

ii.Improving their personal development

iii.Increasing confidence, self-esteem and quality of life.

iv.Improving their physical, emotional and mental well-being

v.Increasing wellbeing and coordination especially for those with limited mobility

Our exciting Musical programme with artistes of such calibre really did encourage many of our beneficiaries to return safely to Sunbeams whether outside in a marquee with the outside stage around the Sunbeams Sensory Garden and Orchard, or inside the wonderful Sunbeams Concert Hall for the workshops and concerts if inclement weather. The eclectic programme we were able to deliver because of the Hadfield Trust Grant meant that it encouraged people of all ages to attend. The London Youth Brass Band were especially exciting for inter-generational collaboration between the Sunbeams children, our elderly beneficiaries with dementia, and the 40 youngsters in the Band! Equally the grant paid for the incredible band who played at the Genesis Ball in November and which attracted guests who had never supported Sunbeams before (see no.3:GENESIS)



6. Funders

In fulfilling our Mission, every month, 8 specialist Graduate Musicians help 2,400+ disabled beneficiaries in 49 Projects improve their quality of life, their emotional and mental health and self-esteem through the creative freedom of live music, in our unique Music For Life® and Music For Dignity® programmes. Delivery is free of charge where possible, to groups of children with complex medical needs, adults with disabilities, and elderly people with advanced dementia, throughout Cumbria.

Our Childrens' Projects involve 3 dedicated,well-qualified Sunbeams Musicians (Post-Graduates in Music Therapy, Community Music, Social Care, Counselling) delivering our Sunbeams Music For Life® programme to over 50 children, many with complex medical needs, every month, some weekly in Sunbeams Music Centre in Eden and in Sandgate School Kendal Outreach project for children from South Lakes.

All the children suffer from varying disabilities, including physical and learning disabilities; mental health issues; even Niemann Pick disease (Childhood Alzheimer's); autistic spectrum disorder; Down's syndrome; emotional and behavioural disturbance; complex medical needs and rare syndromes such as Cri du Chat, Ehlers Syndrome and Muscular Leuko Dystrophy (MLD).

At Sunbeams, we really do not see the disability – rather the ability.

"I used to think children like that should be locked away" – overheard by a heartbroken mother

This is what spurs us on

This is why we were thrilled to receive the donation from the Cumbria Music Hub which we have used for delivery of our Music For Life® programme to severely disabled children, aged 6 months – 18 years. Their donation was a real saviour for this project.

The grant was used for Workshop Delivery - sessional musician fees and travel expenses, support, supervision, mentoring and training from CEO and Centre Costs. The musicians are empathetic to the childrens' needs and delivered:-

-Warm-up songs to help their atrophic limbs
-Animal songs e.g. King of the Swingers to improve their language
-Rock songs to encourage the children to try and become mobile
-Pop songs for the children to try and singalong
-Relaxing beautiful harp music enabling the children to relax
-Build-up to group singing of exacting songs which were quite an adventure and difficult, but taught the children to listen.





Testimonies from the parents include the following:

"Sunbeams to me is family. Without it, we would have no-one, we would have nothing"

"Annie and the Sunbeams Team... thank you from the bottom of our hearts for all you do. You can bring a smile when all around seems hopeless".

"Sunbeams is the only activity/group we attend."

"Without Sunbeams, we would be completely isolated".

"There is very little access to anything in South Cumbria for children and young people that is fully inclusive and accessible to all but Sunbeams do it, and they do it so well. This space is just not big enough to explain what Sunbeams means to us."

We learnt that we must never under-estimate the children but endeavour to build up their feelings of ownership through their beneficiary-led journey.e.g.8yr old XXXXX with Downs scolding me.

"Now think on Annie! You need to practice the MACARENA".

She could lead a session! As long as everyone did as they were told!

We believe totally in putting our disabled community first. We listen to the phone calls from parents and carers, their emails, their anguished cries for help. They trust us; they know we listen; they believe in us and know we will always put their beloved family members first. For 32 years we have connected with this diverse, vulnerable community – and our Sunbeams Projects show how we have listened to what our beneficiaries need and want.

"For anyone who wants to know why Sunbeams is so special, I encourage you to join a session, to feel the power of the music and the skill with which the musicians make the songs accessible for all. As well as the benefit for the children and young people, Sunbeams also brings families

together, reducing the isolation that is so well documented amongst families with children with learning disabilities. We have friendships we would not have had if were not for Sunbeams."

We are also pleased we can continue our work throughout 2024 with marginalised adults with the donation from the Leo Lion Foundation. Thanks to everyone at Leo Lion – and especially to Larry for continuing to believe in us. We are pleased to announce that Larry Sullivan has now agreed to be a new Patron of Sunbeams. We are thrilled.



7. AWARDS

This section allows me opportunity to give a different perspective on our beautiful Sunbeams Music Centre as we were over-joyed to win 2 awards, 7 years after its completion!

i. The Hadrian Award from the Northern Architectural Association which advocates high quality of architectural projects which "have stood the test of time"

ii. International Green Apple Environment Awards for Beautiful Buildings. The latter was celebrated in South America – sadly our budget wouldn't stretch to attending the ceremony to collect the Award!

a) Hadrian Award asked several questions – here are the précised answers:

Why it is an enjoyable place?

The architecture is considered, creating a human environment, essential to the progress of people with severe developmental needs, including physical/learning disabilities/mental health issues/Alzheimer's/Dementia/autism/complex medical needs.

e.g.86yr old gentleman who enjoys our weekly Music For Dignity® sessions:

"I don't know my own name, but I love this building. It's my favourite place. I wish I could come every day".

The beautiful building inspires fun, enjoyment, creativity in a stimulating non-judgmental atmosphere.

"Sunbeams Centre is where my child shines and nobody stares at her."

How the design responds to user need

- Accessibility for our clients, acoustics seamlessly benefiting within an atmosphere of peace and respect.
- RIBA wrote:

"An unusual partnership between client and architect has resulted in an exceptional environment for health and wellbeing in rural Cumbria…….An ambitious design executed with great craftsmanship combines with a touch of homeliness to create a very welcoming environment."

- The building reaches a crescendo, like a piece of music, worthy of our wonderful beneficiaries. From the outset, this was no ordinary project, the architect seeking to design a building that was completely inclusive without appearing institutional.

The project in use

Pre–planning is never wasted: the slightest tweak pays long-term dividends e.g.hoist/adult changer. Our purpose-built building provokes interest, encouraging creativity. The finest accolade**?** People don't want to leave. The non-vocal vote with their feet, and wouldn't return if they didn't feel happy.

Project Use includes:
●Glassical Hall (named after Patron,Composer Philip Glass) for delivery of Music For Dignity® and Music For Life® Programmes to 29,868 beneficiary visits pa.(Year ended May2024) plus concerts/presentations
●Meeting Room: Hiring by 29 regular corporates provides **free** Community Music Therapy in Lily and Oli's Rooms.
●Recording-Studio for National Artistes…another income source towards sustainability.
●5 toilets with collages representing Challenge-24 who raised £70k towards……Tom's Room who died from dementia age 23yrs -favourite drumming room
●Sensory room for 1-1 profoundly disabled beneficiaries, named after Yasmin with Childhood Alzheimer's.
●Outside-Canopy area, invaluable after lockdown.

b) International Green Apple Environmental Award for Beautiful Buildings

The Green Organisation is dedicated to recognising, rewarding and promoting environmental best practice around the world. We were thrilled to be acknowledged and thus become a Green World Ambassador by having our winning paper published in The Green Book, the world's only

annual work of reference on environmental best practice. Thankyou Will - MawsonKerr Sustainable Architecture are true “Architects with Soul”

This was recognised by HRH, Sophie, the former Countess of Wessex who officially opened the Centre in 2018. She said *….“What a joy to be able to come to such a beautiful place and create beautiful music in such beautiful surroundings. It is a joy to come here. I don’t think I have had so much fun in an afternoon for a long time”.*

8. Fellowship

In November 2023, I received the following exciting news:

> **Annie Mawson MBE MRSM BA (Hons) has been awarded an Honorary Fellowship from the University of Cumbria in recognition of her lifelong and outstanding contribution to community music therapy in Cumbria.**

The ceremony took place at Carlisle Cathedral. I was accompanied by Michael, brother Mike, nephew William and niece Rebecca.

I was thrilled that the Chancellor who confers the honour is an old friend with whom I played the harp and sang at services in Essex when he was Bishop of Chelmsford, Stephen, the Archbishop of York, so he had a great surprise!

Annie with the Uni.of Cumbria Chancellor, the Most Rev’d and Rt Hon. Stephen Cottrell, and Vice-Chancellor, Prof Julie Mennell



My Honorary Fellow Response
Tuesday 21 November 2023 | 10.00am

Chair of Board, Chancellor, Vice-Chancellor, University Staff, Distinguished Guests, Graduates, Families, Friends, and Supporters, thank you so much for those kind words and indeed for this wonderful honour.

I am so grateful, not just for this invitation to be an Honorary Fellow, but to have the opportunity to share my vision which has always been to help disadvantaged and disabled people SHINE through music, through the creative freedom of music.

Labelled "too outrageous and eccentric to ever be employed again for delivering Music Therapy, I developed my mantra - "I'll show them, I'll blooming well show them!"

These setbacks SPUR you on – and look where Sunbeams is today.

But it was from 1971, when I graduated, that I want to share inspiring words from my wonderful Professor at Newcastle University – Professor Conzen, a gentle Gentleman, who told me I was like the granddaughter he had never had, and that I had been a little Sunbeam in the department.

"Never let people take advantage of your sunshine" Professor Conzen said. *"You have brought the greatest gift to university by sharing your music, your true self. Go out into the world and share it with everyone else. And surround yourself with BEAUTIFUL people, GOOD people, with integrity, emotional intelligence and who say to themselves when in discussion with anyone, especially if a rather heated one – "Is it true, is it kind, is it necessary?"*

My true INSPIRATION has been from my family, a strong god-fearing family, an extended family on the farm: Mam and Dad, Eleanor and Isaac, Dad's brother and sister, Uncle Jack and Auntie Annie - whom everyone called Nana. Nana wrote in everyone's autograph book *"To thine own self be true!"* Shakespeare's Hamlet, meaning, *"Be true to your principles and who you are."*

It has always stuck with me – and I have always striven to live my life in humility and truth, following my goal, my vision unflinchingly. This was inherited from our wonderful parent's philosophy, the wisest, most grounded people you could ever meet – and who gave us the most blessed, idyllic childhood on the farm setting a wonderful example of how to live and work so hard to fulfil one's dream with passion and integrity.

I say US – meaning my wonderful big brother, Mike, who has always believed in me and always been there to offer wisdom and advice. And his three children! – dear Becca, the little 8-year-old who saved up the £13.60, spurring me on to open that first Sunbeams bank account and who is now a most valued Trustee. Dear Rachel now living in Canada, but as a beautiful singer, accompanied me for 12 months singing in Cathedrals and Churches throughout the UK raising money for Sunbeams as well as awareness of our work.

And their big brother, Will, my lovely godson, of whom we are all SO proud. WE all knew he would be an architect when we saw his drawings when only 5 years old! Now he has a flourishing Architecture Firm employing 12 others in Newcastle.

Our Sunbeams Music Centre is just about 1/20th of his university thesis – and what a beautiful iconic purpose-built building it is, emitting a wonderful calm, in contrast to the verbal saturation of the 21st Century.

Will is far too modest to tell you he was awarded the highest accolade of National Architect of the Year for Structural Wood, beating even Sir Norman Foster. We cannot thank you enough, Will.

And the WE – the infamous WE – does of course refer to Michael, my wonderful husband, and fellow founder of Sunbeams. He really is my rock and protector, has driven thousands of miles for presentations accompanying me on over 3,000 recitals since 1992, is always there, never taking any praise but who deserves the accolades bestowed upon me, especially for being the Clerk of Works for the Sunbeams Centre construction. His writing of pre-Level One Music modules for the Open College, for severely disabled students earned him an MRSM - and a standing ovation from his Fellows at the Royal Society of Music in London.

It is Michael who was spurred on, when he overheard 3 ladies coming out of hall after a concert by our beneficiaries and who said, “I used to think people like that should be locked away”.

Thankyou is too small a word for all you do for me Michael

And it is Michael, along with our amazing Managers, Liesl and Vanessa who all share our love and empathy for those other inspiring people in our lives – our wonderful beneficiaries.

- Joanie, an elective mute for 19 years but who SANG at concerts with me including the Royal Festival Hall and one magic day she asked me “when is my next gig?”

- The elderly folk who throw down their zimmer frames, run into the hall and even though they don’t know their own names, sing all the words to Chuck Berry, Bill Haley and Frank Sinatra songs - word-perfect.

- Mary – with cri-du chat syndrome. All we hear is the “cry of the cat” until the harp music calms her down.

- Sarah, with Downs Syndrome on learning to play the harp, I asked her to play the blue and red colour coded harp strings, and with all her worldly wisdom said – “do you mean CFC Annie?”

They are the real teachers – who deserve more than a bullet point. Please take a moment to look at our online presence for stories and images of some of the most amazing children and elderly people you could ever meet.

My final wish for you all is never to demean or to dumb-down – and treat with respect all the Joanies, the Marys, the Sarahs, the elderly with dementia whom YOU will meet along your own journeys. So please do remember – if nothing else – however outrageous and eccentric you might be – “To thine own self be true.”

These seem fitting words with which to conclude the Annual Report - words which come full circle from the introduction to an incredible year at Sunbeams when all staff, musicians, volunteers, trustees have worked SO hard in true harmony to bring out the best in each beneficiary recognising their full potential. For 32 years we have striven to help people thrive, to give them hope, and make a real difference to their lives. With such a wonderful team, we feel inspired to tackle the serious challenges raised by social exclusion, deprivation, ill-health and inequality, through the transformative power of our Community Music Therapy.

Thankyou everyone…. “You are Simply the Best!”

Annie Mawson MBE MRSM

Chief Executive and Founder of Annie Mawson’s Sunbeams Music Trust

February 24th 2025.



A message from our Treasurer, Linda Addison

It was a great honour to succeed Anthony Wolfe as the Treasurer of Sunbeams in October last year and it is a pleasure to report upon another year in which the finances of the charity have strengthened.

In the year to 31 May 2024, total income fell to £467,899 from £576,805 in the previous year, which had been significantly boosted by a very generous legacy left by a dear friend of Sunbeams. Nevertheless, fundraising and our income from the supporting businesses of the hire of rooms at the Centre for external meetings and our recording studio, remained strong, and we continued to be successful in securing grants and donations from a wide range of bodies, and are hugely grateful to them for their support. As well as our series of fundraising concerts at the Centre, including "The Proms at Sunbeams' featuring members of the National Symphony Orchestra in July 2023, we are very grateful to the support of Genesis Homes, who kindly made Sunbeams their charity of the year and held a superb ball in November which raised a very considerable sum. We also received another considerable legacy from one of our long term supporters, and are also very grateful to several people for their fundraising efforts through various events held, plus those who participated in the Great North Run on our behalf.

Expenditure rose modestly, given general inflation during the year, from £329,207 in the previous year to £348,766, but was tightly controlled and slightly below budget.

The net outcome, after depreciation of £59,621, shows a surplus for the year of £59,502, a strong outcome which has strengthened Sunbeams cash reserves and balance sheet.

We are very conscious of inflationary pressures, both upon costs themselves and what they mean for the ability of individuals to donate, and also, that significant elements of our income are from one off events rather than from steady, regular sources, albeit that is very likely to be the case for a charity of our size. However, with a committed team and strong financial reserves we are in a good position however difficult the operating environment may be, and we look forward to the future with full belief and confidence in our mission of reaching those children and adults to whom Sunbeams makes such a huge difference, by bringing the joy of listening to and making music into their lives.

Linda Addison.

A message from our Chair, Dr Ifeolu Omoniyi Akintunde LLB.

Every year, we have to report on the many activities of Annie Mawson's Sunbeams Music Trust. The report is full of events, training sessions, concerts and music. It chronicles our achievements during the year, the number of venues we visit every week, the number of legacies we receive and even the grants we applied for. However, as Chair of the Board, the report is also full of individual stories of strength, determination, courage and progress.

As a dynamic organisation, Sunbeams doesn't leave you where it met you. That's why we describe the activities as very moving. All participants at a Sunbeams event – performers, audience, clients and bystanders – experience an emotional transformation. It's a journey into the deepest, sometimes untouched areas of the heart.

We are all participants in the experience, whether as experienced musicians or people with dementia or downs syndrome. We are all part of this family of musicians, whether playing the piano or inventing our own rhythm on the shakers.

So thanks to all the dynamic people who made this amazing year possible. Thanks to the staff, musicians, dancers and singers. Our events are interactive, so that means all of you. Thanks to the funders who made it all possible. Some of our friends and family started the year with us but finished their task on earth and left to continue the music in heaven. We remember you fondly, miss you all the time and carry on the music here on earth.

For everyone else, as you read, remember the background stories. I hope this report fills you with hope and that the stories fill you with inspiration. Even by reading, you're a part of our story. Please continue to move to the rhythm and we will change our world.

Trustees' Responsibilities Statement

The Trustees (who are also directors of Annie Mawson's Sunbeams Music Trust for the purpose of company law) are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 24 February 2025 and signed on their behalf by:

Dr I. O. Akintunde, LLB

Chair of the Trustees

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Independent Examiner's Report to the Trustees of Annie Mawson's Sunbeams Music Trust

I report to the charity Trustees on my examination of the financial statements of Annie Mawson's Sunbeams Music Trust (the Company) for the year ended 31 May 2024.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's financial statements carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

Stuart Farrer, FCA
Saint & Co, Chartered Accountants, Carlisle
Date: 24 February 2025

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST
(A company limited by guarantee)

Statement of Financial Activities incorporating Income and Expenditure Account
For the Year Ended 31 May 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total Funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	2	200,982	96,471	297,453	433,104
Charitable activities	3	32,248	-	32,248	24,508
Other trading activities	4,5	116,524	-	116,524	81,468
Investments	6	17,820	-	17,820	5,341
Profit on disposal of fixed assets	10	3,854	-	3,854	32,384
Total Income		371,428	96,471	467,899	576,805
Expenditure on:					
Raising funds	9	23,977	-	23,977	15,576
Charitable activities	7,8,9	206,303	118,496	324,799	313,631
		230,280	118,496	348,776	329,207
Net income/(expenditure) before depreciation		141,148	(22,025)	119,123	247,598
Depreciation and amortisation	7,8	6,643	52,978	59,621	62,757
Total expenditure		236,923	171,474	408,397	391,964
Net income/(expenditure) and net movement in funds		134,505	(75,003)	59,502	184,841
Reconciliation of funds:					
Total funds brought forward		819,646	2,160,677	2,980,323	2,795,482
Net income/(expenditure) in the year		134,505	(75,003)	59,502	184,841
Total funds carried forward		954,151	2,085,674	3,039,825	2,980,323

There were no other recognised gains or losses in the year, or in the prior year.

The notes on pages 33 to 45 form part of these financial statements

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee – registration number 05794153)

Balance Sheet as at 31 May 2024

	Note	£	**2024** **£**	£	2023 £
Fixed Assets					
Intangible assets	13		**625**		702
Fixed assets	14		**2,106,221**		2,159,446
			2,106,846		2,160,148
Current Assets					
Debtors	15	**15,612**		10,945	
Cash at bank and in hand		**932,402**		820,315	
		948,014		831,260	
Creditors					
Amounts falling due within one year	16	**15,035**		11,085	
Net Current Assets			**932,979**		820,175
Net Assets			**3,039,825**		2,980,323
Charity Funds					
Unrestricted funds - General	18		**301,316**		217,512
Unrestricted funds - Designated	18		**652,835**		602,134
Restricted funds - grant and donor funds	18		**1,239**		23,264
Restricted funds - other, including the Sunbeams Centre	18		**2,084,435**		2,137,413
Total Funds			**3,039,825**		2,980,323

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 447 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the Trustees on 24 February 2025 and signed on their behalf by:

I.O. Akintunde, Chair L.C. Addison, Treasurer

The notes on pages 33 to 45 form part of these financial statements

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

1. Accounting Policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Annie Mawson's Sunbeams Music Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made the executor(s) to the Trust that distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised; please refer to the Trustees' Report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which hare not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the Centre. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.5 Intangible fixed assets and amortisation

Intangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably. Intangible assets are initially recognised at cost and are subsequently measured at cost net of amortisation and any provision for impairment. The charity has registered the trademarks of Music for Life® and Music for Dignity® and is amortising the cost over the estimated useful life of 20 years.

1.6 Tangible fixed assets and depreciation

All assets costing more than £200 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities Incorporating Income and Expenditure Account. Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is not charged on freehold land. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	-	Land is not depreciated
Long-term leasehold property	-	The Centre has been depreciated at 2% per annum, straight line, from 1 April 2019; other items are depreciated at 5% per annum, straight line.
Motor vehicles	-	25% reducing balance
Musical instruments	-	25% reducing balance
Fixtures and fittings	-	15% and 25% reducing balance

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at Bank and in hand

Cash at bank and in hand includes cash and highly liquid investments with a maturity of up to 24 months from the date of the opening of the deposit or similar account.

1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.11 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.12 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.13 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. These include the Music for Life ® and Music for Dignity ® Fund, which has been classified by the Trustees with effect from 1 June 2019 as a Designated Fund, with its balance to be used solely for the provision of the Charity's objectives.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors.

1.15 Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

The charity has net current assets of £932,979 and net assets of £3,039,825 at the year end, following a surplus in the year of £59,502. The charity does not rely on creditors for financial support and has maintained strong cash reserves. The Trustees have prepared cash flow forecasts to show that this cash reserve will be sufficient to allow the charity to continue its service provision for a period of at least 12 months from signing the financial statements. As such, they believe the going concern basis to be appropriate for the year to 31 May 2025.

2. Income from Donations, Grants and Legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Donations	**146,831**	**-**	**146,831**	55,097
Legacies	**54,151**	**-**	**54,151**	213,050
The National Lottery Community Fund - RC North East and Cumbria Region	**-**	**61,740**	**61,740**	29,939
The National Lottery Cost of Living Fund	**-**	**13,788**	**13,788**	13,788
Cumbria Music Hub	**-**	**5,333**	**5,333**	4,000
Hadfield Charitable Trust		**5,000**	**5,000**	
Westmorland and Furness Council / Cumbria County Council Holiday Activities and Food Programme	**-**	**10,610**	**10,610**	23,675
BBC Cost of Living Grant	**-**	**-**	**-**	500
BBC Children in Need	**-**	**-**	**-**	32,055
Julia and Hans Rausing Trust	**-**	**-**	**-**	25,000
Sellafield Ltd. Social Impact Fund	**-**	**-**	**-**	25,000
The Light Fund	**-**	**-**	**-**	5,000
The Muckle Fund	**-**	**-**	**-**	3,000
Cumbria Community Foundation:				
Winter Warmth Grant	-	-	**-**	1,000
The Laurence Fund	-	-	**-**	2,000
Total donations, grants and legacies	**200,982**	**96,471**	**297,453**	433,104
Total 2023	268,647	164,457	433,104	

Information on Restricted Funds with receipts in 2023-24

The National Lottery Community Fund - RC North East and Cumbria Region - a grant towards “Digital Sunbeams” - to provide a digital platform to deliver our Music for Life® programme to young adults with severe learning and physical disabilities in South Lakes, Eden, Carlisle and Allerdale areas. They use Zoom as their platform and work with up to 29 organisations and 188 young adults.

The National Lottery Community Fund: Grant towards elements related to Cost of Living

Westmorland and Furness Council / Cumbria County Council Holiday Activities and Food Programme - to deliver Sunbeams Music For Life® Programme at our specialist Sunbeams Music Centre for 64 children/young people aged 4 – 21 years with severe disabilities and complex medical needs. To provide Community Music Therapy using Music in fun and exciting ways for therapeutic and educational benefit. Each activity day to include a nutritious and hearty lunch to enable the families to engage in food education and healthy eating agenda.

Cumbria Music Hub - funding towards Sunbeams being a delivery partner for children with disabilities throughout Eden and the South Lakes.

Hadfield Charitable Trust - to cover the fees of local and international artistes to provide fun, creative, stimulating music workshops in the holidays and the professional concerts which will enhance the social needs of our Sunbeams beneficiaries, both young or elderly.

3. Income from Charitable Activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Music for Life ® / Music for Dignity ®	**32,248**	**-**	**32,248**	24,508
Total 2023	24,508	-	24,508	

4. Fundraising Income

All fundraising income is received by unrestricted funds

	Total 2024 £	Total 2023 £
Fundraising	**69,137**	38,496

5. Trading Activities

All trading activities are in respect of unrestricted funds

	Total 2024 £	Total 2023 £
Charity Trading Income	**47,387**	42,972
Trading Expenses	**(6,465)**	(5,172)
Net income from trading activities	**40,922**	37,800

6. Investment Income

All investment income is received by unrestricted funds

	Total 2024 £	Total 2023 £
Bank and building society interest received	**17,820**	5,341

7. Direct Costs

	2024	2023
	£	£
Musicians' Fees	**48,703**	38,707
Motor, travel and subsistence	**9,640**	9,736
Volunteers' expenses	**1,052**	1,154
Staff training and conferences	**957**	897
Premises hire	**360**	360
Wages and salaries	**153,970**	162,220
National insurance	**11,559**	13,206
Pension cost	**6,851**	7,336
Sensory Garden	**3,197**	2,571
Westmorland and Furness Council / Cumbria County Council Holidays and Activities Food Programme	**2,257**	5,278
Music sessions non-musicians' costs	**1,674**	-
Depreciation	**57,405**	60,343
Total	**297,625**	301,808

8. Support Costs

	2024	2023
	£	£
Insurance	**7,213**	6,879
Light and heat	**10,947**	7,118
Telephone/internet	**3,189**	3,421
General office expenses	**707**	563
Premises expenses	**20,166**	18,908
Centre support assistance	**1,744**	-
Repairs and renewals	**5,719**	1,102
Sundry	**503**	1,185
Computer and IT	**1,022**	1,003
Wages and salaries	**29,826**	29,560
Depreciation	**2,139**	2,337
Governance costs	**3,543**	2,427
Amortisation - intangible fixed assets	**77**	77
	86,795	74,580

Governance costs include accountancy, legal, professional and bank charges, and Trustees' expenses.

9. Analysis of Expenditure by Type

	Staff costs 2024 £	Depreciation and amortisation 2024 £	Other costs 2024 £	Total 2024 £	Total 2023 £
On raising voluntary income	**-**	**-**	**17,512**	**17,512**	10,404
On fundraising trading	**-**	**-**	**6,465**	**6,465**	5,172
Costs of raising funds			**23,977**	**23,977**	15,576
Music for Life ® / Music for Dignity ®	**202,206**	**59,621**	**122,593**	**384,420**	376,388
	202,206	**59,621**	**146,570**	**408,397**	391,964
Total 2023	212,322	62,757	116,885	391,964	

10. Net income/expenditure

This is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets		
- owned by the charity	**59,544**	62,680
Profit on disposal of fixed assets	**(3,854)**	(32,384)
Amortisation of intangible fixed asset	**77**	77

Trustees' expenses paid were £208 (2023 - £146).

11. Independent Examiner's Remuneration

The Independent Examiner's Remuneration amounts to a fee of £1,085 (2023 - £1,085).

12. Staff Costs

Staff costs were as follows:

	2024 £	2023 £
Wages and Salaries	**181,282**	189,216
Social security costs	**14,072**	15,770
Pension costs	**6,851**	7,336
	202,205	212,322

	2024	2023
Average number of persons employed	**6**	6

The key management personnel of the charity comprise the Trustees, including the Chief Executive. No trustees, including the Chief Executive, received any remuneration in respect of their role as trustees in either the current or previous year.

The remuneration of the key management personnel in the year (including employer pension contributions and employer national insurance

contributions), was £66,796 (2023 - £66,477).

The number of employees whose remuneration fell within the following bands was:

	2024	2023
£60,000 - £70,000	1	-

This measure excludes employer national insurance contributions, unlike that in the previous paragraph.

Important note
The majority of staff time is spent on the direct delivery of the charity's activities including musical activities. It is therefore appropriate to combine Musicians' Fees and approximately 85% of staff costs when comparing costs.

13. Intangible fixed assets

	Trademarks £
Cost	
At 1 June 2023 and 31 May 2024	1,549
Amortisation	
At 1 June 2023	847
Charge for the year	77
At 31 May 2024	924
At 31 May 2024	625
At 31 May 2023	*702*

The charity has registered the following trademarks:

Music for Life ®

Music for Dignity ®

14. Tangible Fixed Assets

	Sunbeams Centre	Musical Instruments	Fixtures and fittings	Total
	£	£	£	£
Cost				
At 1 June 2023	2,274,849	30,022	184,440	2,489,311
Additions	2,481	-	4,683	7,164
Disposals	-	-	(6,330)	(6,330)
At 31 May 2024	2,277,330	30,022	182,793	2,490,145
Depreciation				
At 1 June 2023	181,988	22,325	125,552	329,865
Charge for year	45,621	1,924	11,999	59,544
Disposals	-	-	(5,485)	(5,485)
At 31 May 2024	227,609	24,249	132,066	383,924
Net book value				
At 31 May 2024	2,049,721	5,773	50,727	2,106,221
At 31 May 2023	2,092,861	7,697	58,888	2,159,446

The Sunbeams Centre is held on a 99 year lease.

15. Debtors

	2024	2023
	£	£
Trade debtors	**10,651**	7,363
Prepayments	**4,961**	3,582
	15,612	10,945

16. Creditors - amounts falling due within one year

	2024	2023
	£	£
Trade creditors	**3,794**	1,475
Other taxation and social security	**4,367**	3,377
Other creditors	**569**	582
Accruals	**3,410**	5,561
Deferred income	**2,895**	90
	15,035	11,085

17. Pension commitments

The charity operates two defined contribution pension schemes.

The assets of the schemes are held separately from those of the charity in an independently administered fund.

The pension cost charge represents contributions payable by the charity of £6,851 (2023 - £7,336). £569 was payable to the funds at 31 May 2024 and is included within other creditors in note 16.

18. Statement of Funds

Statement of Funds - Current Year

	Balance at 31 May 2023	Income	Expenditure	Transfers	Balance at 31 May 2024
	£	£	£	£	£
Unrestricted funds					
General funds	194,777	118,644	(34,516)	-	278,905
Tangible fixed assets	22,735	-	(6,643)	6,319	22,411
Non-designated unrestricted funds	217,512	118,644	(41,159)	6,319	301,316
Designated funds - Music for Life ®	602,134	252,784	(195,764)	(6,319)	652,835
Total unrestricted funds	819,646	371,428	(236,923)	-	954,151
Restricted funds					
Grant and donor funds	23,264	96,471	(118,496)	-	1,239
Tangible fixed assets	43,850	-	(7,280)	-	36,570
Intangible fixed assets	702	-	(77)	-	625
Sunbeams Music Centre	2,092,861	-	(45,621)	-	2,047,240
Total restricted funds	2,160,677	96,471	(171,474)	-	2,085,674
Total funds	2,980,323	467,899	(408,397)	-	3,039,825

N.B. Please note that the non-designated , unrestricted funds as at 31 May 2024 amounted to £301,316

(2023 - £ 217,512

Statement of Funds - Prior Year

	Balance at 31 May 2022 £	Income £	Expenditure £	Transfers	Balance at 31 May 2023 £
Unrestricted funds					
General funds	197,746	21,753	(24,722)	-	194,777
Tangible fixed assets	25,263	-	(8,343)	5,815	22,735
Non-designated unrestricted funds	223,009	21,753	(33,065)	5,815	217,512
Designated funds - Music for Life ®	308,805	390,595	(137,893)	40,627	602,134
Total unrestricted funds	531,814	412,348	(170,958)	46,442	819,646
Restricted funds					
Grant and donor funds	34,564	164,457	(166,592)	(9,165)	23,264
Tangible fixed assets	89,967	-	(8,840)	(37,277)	43,850
Intangible fixed assets	779	-	(77)	-	702
Sunbeams Music Centre	2,138,358	-	(45,497)	-	2,092,861
Total restricted funds	2,263,668	164,457	(221,006)	(46,442)	2,160,677
Total funds	2,795,482	576,805	(391,964)		2,980,323

19. Analysis of Net Assets between Funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Current assets	946,775	1,239	948,014
Creditors, accruals and deferred income	(15,035)	-	(15,035)
Tangible fixed assets, including the Sunbeams Music Centre	22,411	2,083,810	2,106,221
Intangible fixed assets	-	625	625
	954,151	2,085,674	3,039,825

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Current assets	807,996	23,264	831,260
Creditors, accruals and deferred income	(11,085)	-	(11,085)
Tangible fixed assets, including the Sunbeams Music Centre	22,735	2,136,711	2,159,446
Intangible fixed assets	-	702	702
	819,646	2,160,677	2,980,323

20. Restricted Funds Balances

	2024	2023
	£	£
General Restricted Fund - including the Centre, Stoller House	**2,084,435**	2,137,413
National Lottery Community Fund	**(7,275)**	(13,503)
National Lottery Cost of Living Fund	**2,847**	9,211
Julia and Hans Rausing Trust	**4,622**	23,995
Hadfield Charitable Trust	**692**	-
Cumbria Music Hub	**352**	-
The Light Fund	**-**	267
Cumbria Community Foundation	**-**	1,750
The Muckle Fund	**-**	1,544
Total	**2,085,673**	2,160,677

The National Lottery Community Fund received a further tranche of funding on 5 July 2024.

21. Related Party Transactions

Other than as disclosed in notes 10 and 12, there are no related party transactions which require disclosure.

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

England & Wales - Charity number 1117159

Accounts

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2023



MICHAEL & ANNIE, FOUNDERS OF SUNBEAMS, CELEBRATING ITS 31st ANNIVERSARY.

1992-2023

Registered number: 05794153

Charity number: 1117159

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

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ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Reference and Administrative Details of the Charity, its Trustees and Advisers for the Year Ended 31 May 2023

Trustees and Directors

Dr I. O. Akintunde, Chair
Dr A. F. R. Wolfe, Treasurer
Mrs I. Henderson
Mrs R. C. Seager
Mrs K. Addison
Mrs L. Addison
Mr M.J. Lawson-Johnson MRSM
Mrs E.A. Mawson MBE

Company Registered Number

05794153

Charity Registered Number

1117159

Registered Office

Sunbeams Music Centre, Stoller House, Redhills, Penrith, Cumbria, CA11 0DT

Company Secretary

M. J. Lawson-Johnson, MRSM

Chief Executive

Annie Mawson MBE, MRSM

Accountants

Saint and Co Chartered Accountants, Wavell Drive, Rosehill Industrial Estate, Carlisle, CA1 2SA

Musical Patrons

Liam Fray – The Courteeners
Philip Glass
Justin Pearson – Managing Director and Artistic Director of the National Symphony Orchestra

Supportive Patrons

Lord Archer of Weston-Super-Mare
Susan Bagot MBE
Lady Eileen Carey
The Rt. Rev. Richard Garrard
The Rt. Rev. Bishop Laurie Green
Ian Gregg CBE
Julia Linnette
Lord Melvyn Bragg
Hal Bagot
Sir James Cropper KCVO
Neville Howard
Vicki Green
Lara Rostron

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Annie Mawson's Sunbeams Music Trust

'OUR MISSION'

'Sunbeams strives to improve the quality of life of children and adults of all ages with disabilities through the creative power of music'

www.sunbeamsmusic.org

Trustees' Report for the Year Ended 31 May 2023.

The Trustees present their Annual Report together with the financial statements for the year ended 31 May 2023. The Trustees confirm that the Annual Report and the financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2015) as amended by Update Bulletin 1 (effective 1 January 2015).

Since the charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 is not required.

Objectives and Activities

Policies and Objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.

THE PURPOSE OF OUR ORGANISATION

The Trust's key objectives:

"Sunbeams aims to relieve sickness and assist in the treatment of children and adults who are suffering physically, emotionally, psychologically and mentally by the provision of free music therapy and to provide introductory music therapy training to individuals working with such persons".

Our achievements have always been an indication of the strong infrastructure of the charity, including Trustees/Directors and Staff, as well as the remarkable professionalism, dedication and talent of the musicians who all contribute to the on-going high standard and quality of Sunbeams services. Leadership and staff are outstanding, with the experience, qualifications, skills and empathy, able to deliver Sunbeams' vision and mission. We aim to tackle the serious challenges raised by social exclusion, deprivation, ill-health and inequality, through the transformative power of our Community Music Therapy.

In fulfilling our Mission, **every month,** 8 specialist Musicians help 2,500+ disadvantaged individuals improve their quality of life, their emotional and mental health and self-esteem through the creative freedom of music, in our unique Music For Life® and Music For Dignity® programmes. Most sessions are free of charge to groups of up to 30 children or adults with disabilities every week in venues throughout Cumbria and in our bespoke

award-winning Sunbeams Music Centre and via ZOOM Technology. All the Sunbeams beneficiaries suffer from varying disabilities, including physical and learning disabilities; mental health issues; Alzheimer's/senile dementia; autistic spectrum disorder; Down's syndrome; emotional and behavioural disturbance; complex medical needs.

ACTIVITIES FOR ACHIEVING OUR OBJECTIVES include:

1.SUNBEAMS MUSIC FOR LIFE® PROGRAMME including Family Learning - a specialist and innovative programme, pioneered by Sunbeams Founder, Annie Mawson in 1992. Through structured interactive workshops, our 8 specially trained professional musicians use music as a tool for therapeutic and developmental benefit for groups of disabled and disadvantaged children and adults of all ages.

From young children to the elderly – who all thrive on our Music For Life® sessions.





2.SUNBEAMS MUSIC FOR DIGNITY® PROGRAMME delivered to frail elderly people with severe Dementia/Alzheimer's with the aim of relieving suffering, and encouraging communication and social inclusion. The wishes of elderly people who have led amazing lives are often ignored. They want Sunbeams to restore their self-respect through participating in our music sessions - and give them back their dignity. **Do see our website www.sunbeamsmusic.org** for a more detailed description of the aims and examples of how Sunbeams Community Music Programmes have transformed the lives of our beneficiaries, whatever their age. **See also pages 14-16 of this Report for a detailed explanation of our Music for Dignity® aims and outcomes**

3. SUNBEAMS CONCERT TROUPE consists of 20 adults with a wide range of disabilities. In the past, the Troupe have brought their show to theatres, village halls, and churches in rurally isolated areas. They have received wide acclaim, especially after they performed to a packed lunch-time concert at the prestigious venue of the Church of St Martin-in-the-Field in Trafalgar Square in London. They were invited, not because of their disabilities but because of "their excellence". The Troupe delighted audiences whilst challenging individual attitudes towards disability, thus breaking down barriers of prejudice and strengthening communities. The members of the Sunbeams Concert Troupe were themselves transformed by their self-improvement and development, which led to their social inclusion within their communities.



Sunbeams uses music in a therapeutic way to encourage communication and social inclusion, build up self-esteem and self-confidence and improve quality of life – making a real difference to peoples' lives.

Sadly, due to Covid-19, the Troupe are so vulnerable that throughout this Reporting Year, they have still all been sheltered because of their complex needs. They receive weekly music sessions via Zoom, which they enjoy but we envisage it will be a long time before they will be able to perform in public again – if ever.

4. SENSORY GARDEN

A major feature of our work which was so important throughout the pandemic has been the development of the Sensory Garden – and especially the installation of harp-like instruments which all our beneficiaries just love to play and listen to the magical, ethereal sounds. Thank you SO much to the Trustees of the Cumbria Waste Management Environmental Trust (CWMET) for funding this exceptional garden, along with special eco paths, and eco playground for wheel-chair dancing. And special thanks to National Lottery Awards for All for funding 2 more amazing instruments which bring so much fun to our beneficiaries.





FIVE Octave pentatonic Aluminium sounding tubes. Suspended inside bright galvanised tube construction with tube clamps. Sound ranges from soprano and tenor and bass - with beautiful timbre and sustain.

We have provided a facility which is calming, and palliative not only for children with life-limiting conditions, (thus fulfilling the requests from the families.) but also for the elderly who LOVE to play these fantastic instruments!

We wanted to enhance their physical and mental health. Sunbeams had won the 2018 RICS Award for the North-West for a Centre providing health and well-being. This project really expanded our facilities, increasing accessibility to even more disadvantaged people of all ages.

5.SUNBEAMS MUSIC CENTRE

"Music has always been important to me. It always has been and always will be. Without Sunbeams Music, my life is not worth living." John

This is why we raised £2.7 million to build and run the Sunbeams Music Centre: a National Centre of Excellence for these people with profound and complex needs – as no other organisation is fulfilling their long-term needs and aspirations. Building this iconic and stunning Sunbeams Music Centre marked a significant milestone in an extraordinary journey for Annie Mawson's Sunbeams Music Trust as well as MawsonKerr Architects.

The Centre is increasing delivery of Community Music Therapy to children and adults with Special Needs in the North of England and beyond. The Centre is a single-storey 550m2 construction, comprising Workshop/Training/ Performance Hall, 5 Music Therapy Rooms, Recording Studio, Meeting Room, Kitchen, Administration facilities, Exhibition Space, Sensory Garden and woodland. It is set in 1.16 hectares on the fringe of the Lake District National Park, in England on the A66/M6 axis, Junction 40, M6 at Penrith, in between Redhills and Rheged.





Glassical Performance Hall named after Sunbeams Musical Patron, Philip Glass

From the outset this was no ordinary project. The journey began 18 years ago in 2005 as a university thesis project for MawsonKerr Director, Will Mawson who was studying the charity as part of his final year project at Newcastle University. In an unusual turn of events this became a live project following unanimous approval by the Board of Trustees. The green field site with transformational therapeutic qualities was generously donated overlooking Ullswater Valley near Penrith following which a lengthy fund raising period began for the Centre.

This included a number of sponsored “endurance challenges” by MawsonKerr and friends of the charity such as a Forrest Gump style 24 hour coast to coast run of over 200 miles in 24 hours, the round Cumbria Cycle ride – 275 miles in 24 hours, the exhausting climb of 21 Cumbrian fells (mountains!) in searing heat in 21 hours! This indomitable group of lads and lasses – used to play rugby, but no longer with tired-out knees!

They raised over £70,000 towards Tom's Room – in memory of their dear friend, who died of Alzheimer's type disease at the age of only 23 years.

It was a huge achievement raising £2.7 million to build the Centre which I have described in every Annual Report since the Board approved its construction in 2012! But I have to reiterate that this most complex of buildings is so beautiful, that it is still receiving acclaim in International Architectural papers, and astonishes the hundreds of visitors, including National Architects, and over 30 organisations which now hire the Meeting Room, income which helps to pay for our Community Music Therapy.

Our dream has come true – to provide a bespoke Centre which will be a sustainable legacy for disabled people of all ages, whose lives will be transformed by the power of music. Special thanks to our main philanthropist – Sir Norman Stoller, whose largesse we were thrilled to acknowledge when the Centre, officially known as Stoller House, was opened by Sophie, Countess of Wessex on February 8th 2018.

The futuristic building follows the natural contours of the land as it slopes upwards from west to east, appearing to gradually emerge from the landscape. The building almost reaches a crescendo, as would a piece of music – the Centre really is cutting-edge design. It is true testament to Will Mawson ARB RIBA, our architect – and worthy of our wonderful beneficiaries who no longer have to tolerate inferior resources.

WWW.SUNBEAMSMUSIC.ORG





AJ Architecture wrote:
"Young Newcastle practice MawsonKerr Architects has triumphed in the Health & Wellbeing category of the AJ Architecture Awards with its Sunbeams Music Centre."

RIBA wrote:
"An unusual partnership between client and architect has resulted in an exceptional environment for health and wellbeing in rural Cumbria. The building houses the Sunbeams Music Trust, which offers music therapy to people with disabilities. An ambitious design executed with great craftsmanship combines with a touch of homeliness to create a very welcoming environment throughout."

MAWSONKERR Architecture & Sustainability
Architects Journal Awards Winner Healthcare and Wellbeing Project of the Year

Buildings Awards:
Small Project of the Year finalist

Civic Trust 2018 Region Award Winner

Selwyn Goldsmith for Accessibility Shortlisted

Civic Trust Commendation

LABC 2017
Shortlisted Northern Best Public Service building
Shortlisted Northern Best Educational Building
Shortlisted Northern Best Inclusive Building
Northern Winner Small Commercial project of the year
National Finalist
Small Commercial project of the year

Offsite Awards Shortlisted Healthcare Project of the Year
Shortlisted Best Use of Timber Technology

Structural Timber 2017
Shortlisted Healthcare Project of the year Shortlisted Contractor of the Year Winner



Will Mawson ARB RIBA

Trying to be completely inclusive without appearing institutional was an important design driver. There are a number of specialist inclusive features that make the building unique in the county such as the hoists and change facilities before we consider the impact of the architecture.

The architecture is intended to reflect synthesis between the natural context, a contemporary vernacular and musical union; housing several unique functions it is also importantly an outward facing advert for the charity. The design team's resultant building is designed to embody musical qualities of rhythm, timbre and melody within the landscape; shaped along the curved natural contours it grows with a crescendo at the canopy to the eastern main entrance. Inserted along the rhythmical elevation are a series of playful introverted volumes housing key activities.

Do see our website for the plans and more photographs.

"Sunbeams gives us hope. Until your life is touched by a child with additional needs, you can't really appreciate the value of a charity like Sunbeams.
Sunbeams workshops are truly life-changing."
A grateful Mother

HOW SUNBEAMS CONTRIBUTES TO LOW CARBON TRANSITION IN CUMBRIA

Following the Climate Summit in Glasgow, the Conference of the Parties (COP), I thought it was pertinent to embrace how, from the very outset of architectural design and construction of Sunbeams Music Centre, our unique action plan was committed towards net zero greenhouse gas emissions by 2050. Hence Sunbeams was Highly Commended by Civic Awards and Holcim Foundation for Sustainability. We are committed to a greener future with:

●Ground Source Heat pump, registered with Ofgem RHI system (Renewable Heat Incentive)

●Two areas of photovoltaic panels generate electricity for the Centre (not visible from the ground, reducing the visual impact). Five 30 metre long trenches carry the closed system ground loops which use the energy within the ground to generate heat required for the underfloor heating and hot water supply. In summer, parts of the system can run in reverse providing energy efficient cooling to the building

●Thermal mass of the hill within which the Centre is buried tempers the climatic peaks, providing zero air leakage to 50% of the envelope area

●Green roof (home to oyster catchers!) increases the biodiversity of the built area reducing the ecological impact. Absorbent layer reduces storm water run-off. Vegetation, including herbs, absorbs heat, reducing contribution to the greenhouse effect

●The lozenge shaped volumes have innovative acoustically treated natural ventilation system within the depth of the wall, driven by the cross wind over the fins.

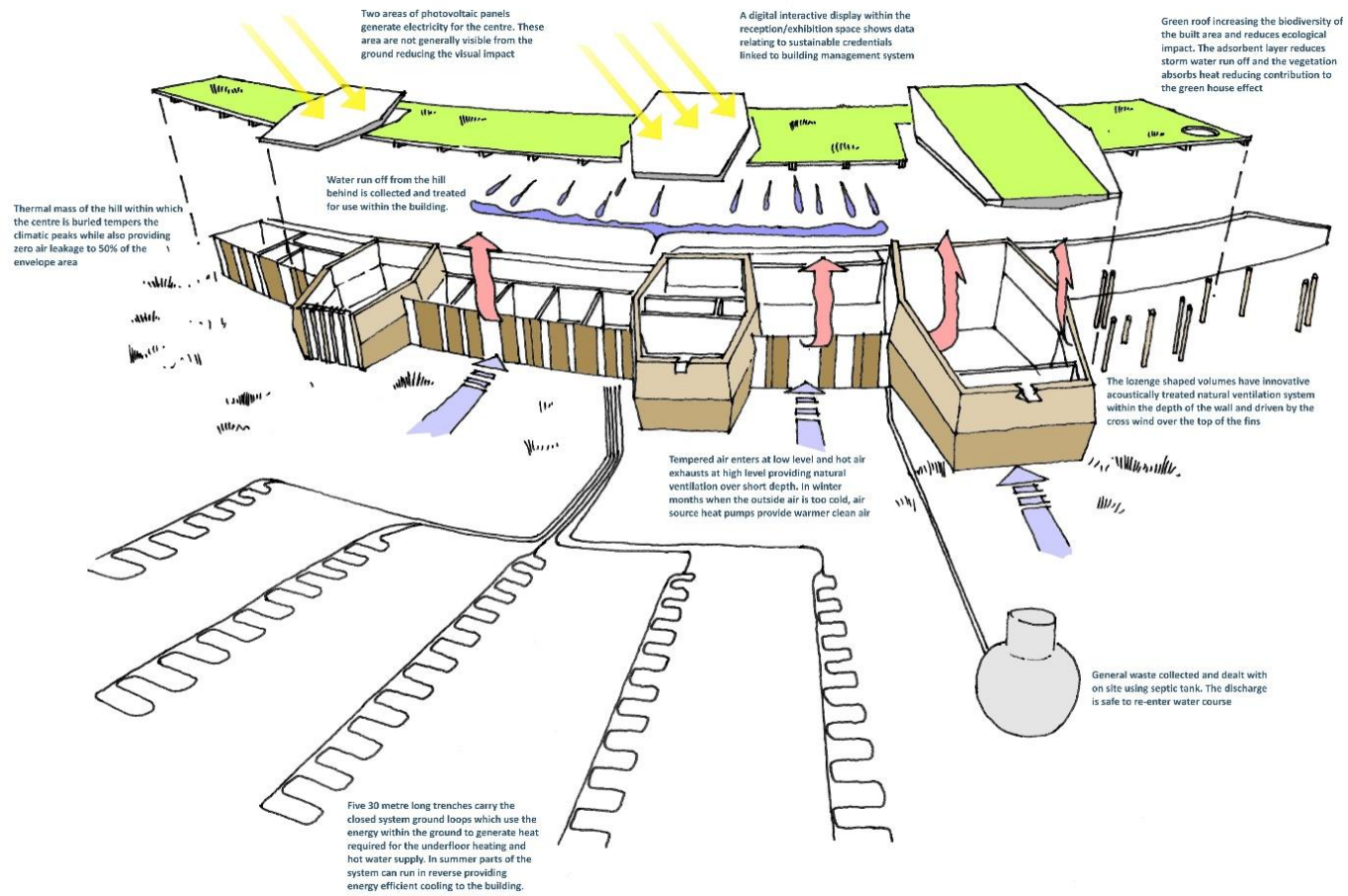
●Efficient sewage plant returns pure water to the ground

●Living Wall on entrance to Centre Reception – one of the few in Cumbria.

●Planting of 400 boundary trees ●LED Lighting throughout

PLEASE SEE DIAGRAM below.

Energy Reporting is by secure Ambiflex IT BMS (Building Management System) which measures daily, monthly electric, heat, CO2, natural ventilation, temperatures, U/F pumps, in each individual room to gauge our progress towards Net Zero GHG emissions. We submit heat output and fuel measurement data to RHI Register and thus receive Ofgem periodic support payments.



Imagine our despondency in June 2021 when we realised that the COVID Pandemic would continue to ruin all our heart-felt plans, all our mission and hopes for the vulnerable beneficiaries who live for their music sessions in our beautiful building, delivered with such empathy and passion by the musicians.

To ignore the impact that Covid-19 has had on us as a team would be to disregard the learning and the growth that comes from such adversity. As for our marginalised groups – their emotional needs must be paramount in our potential rush to get "back to normal". We needed to recognise and address the grief, loss and anger and bewilderment felt by everyone.

The words I wrote as long ago as March 2020 are still etched in our memories for ever……
"Coronavirus….Covid-19….Zoom….Online Delivery….Virtual Sessions….Catch it! Bin it! Kill it!
....Pandemic….Furlough….Flexi Furlough…. Social-Distancing……Shielding…..Sanitise"

Who would have thought these words would still be uttered with such heavy hearts 24 months later, and are still pertinent today, very sadly at the time of writing this Report (October 2023)

6.CHANGING DYNAMICS WITH ONLINE DELIVERY WITH ZOOM

And so we decided to use Zoom! Another word I hadn't come across and since then it has played an integral part of our delivery and without it, I doubt if we would have been able to keep in touch with all our beneficiaries. We still zoom over 150 beneficiaries every month! Zoom has been a wonderful tool for us to keep in touch with and offer support to our beneficiaries and their carers**,** especially those who reported high

levels of loneliness during the pandemic. Some people lost social support from families, friends, and neighbours during this time especially those who live in rurally isolated villages in Eden and Allerdale. The value of communication technology for keeping in touch was clear. Many of the young adults with severe special needs were tremendous on ZOOM and told all their friends they "were on the telly!"



This new Online project has reminded the beneficiaries that we are still here, and will be here for them when the COVID-19 Virus is over, however long it takes. We were right to feel lockdown would be longer for these most vulnerable high-risk people, children with complex needs and elderly groups with dementia. We realised that COVID-19 would last well into 2022. Grants from BBC Next Steps, COINS Foundation, D'Oyly Carte, YMCA Kendal Ltd., Charities Aid Foundation, Eden District and the Arts Council Culture Recovery Fund enabled us to devise and expand Online Virtual Delivery of Zoom Workshops which are all received with such excitement but we now face the prospect of increasing competition when applying for more funds

In summary, the Zoom sessions are still met with wholehearted enthusiasm! The impact upon the beneficiaries was greater than we dared to expect as we aimed to bring the following differences to our beneficiaries, of all ages:

1. Improve their desperate situation by alleviating their loneliness when they see and hear the familiar Sunbeams Musicians.
2. Alleviate their marginalisation caused by their disability
3. Improve their self-esteem and well-being, reminding them to keep singing
4. Help them cope and improve their mental and emotional health
5. Relieve their profound feelings of isolation and social exclusion
6. Relieve their distress, giving them much-needed fun and escapism
7. Maintain communication with informal partnership organisations so THEY know they are not alone.

"Sunbeams is a lifeline. My Son has been going to Sunbeams for 11 of his 12 years. He has very complex disabilities, including the severest form of Cerebral Palsy, Lennox-Gastaut Syndrome, Crohn's Disease and very severe Kypho-scoliosis. He has little awareness of his world, and communicates on a sensory level. Even on his bad days, when the pain is too much, and the seizures have taken over, Sunbeams seems to find the glimmer of light he needs for a couple of hours. Sometimes the gentle music relaxes his body enough for him to sleep. The louder songs vibrate through the floor and his wheelchair. He can really feel the music, and you can see it in his eyes. As a family, we've made so many friends through Sunbeams. The Musicians and Staff welcome us all with a warm smile, emotional support, time to be just Mother and Son, and a valued, unique opportunity to be part of something so very special. There is very little access to anything in South Cumbria for children and young people that is fully inclusive and accessible to all...but Sunbeams do it, and they do it so well.

This page is just not big enough to explain what Sunbeams means to us."

Mother Mags talking about her son Zak

Again and again parents said how their children asked "When are we going to Sunbeams – why can't we have music?" The children do not understand what Covid is and how dangerous it is to their already frail bodies.

We have avoided contraction of Covid by continuing to follow comprehensive procedures, including spacing, double vaccination, temperature and lateral flow testing, hand gel and sanitising all tables, chairs and instruments.

7. END OF FURLOUGH AND RESUMPTION OF WORK INSIDE SUNBEAMS

The Coronavirus Job Retention Scheme ended on 30 September 2021. We needed to plan the future. We needed to establish what the future would look like, and with all staff returning – how to develop everyone's roles and work patterns, especially with demand growing exponentially. We needed to outline the route out of lockdown – setting out objectives together and develop the client-base for "power of music to heal" and ask ourselves – apart from our Music Therapy Delivery to over **2,500** beneficiaries **every month**, what WERE we doing before Covid?"

It occurred to us after we had so kindly been asked so many times, that an update was essential – health check - on the finances and future of Sunbeams after what can only be described as an emotional and testing time. This included coping with the loss of over 20 of our beneficiaries from Covid – of all ages, and also resulting in initially180 people being shielded because of the already delicate nature of their conditions.

Shielding led to Sunbeams music sessions on-line, and a whole new learning curve, in sound production and vision. This project is still running with 150 people – thanks to funding for our Digital Sunbeams from the National Lottery Community Fund, for which we are SO grateful for their continued belief in us.

We spent lockdown analyzing Sunbeams projects and adapting new ways to present music to people in a fresh and more beneficial way. That is also fundraising speak, essential during lockdown with staff to pay but unemployed through furlough I wonder if this situation has happened before and for such a long time?

At last the all clear was announced and with the support of our friends and colleagues, Sunbeams was open. The question much banded about was "How do you know all Sunbeams beneficiaries will come back." At the end of the first month there were 2,000 people coming through our doors and others whom we could not help immediately. As Michael says, "I think that is landing on your feet. Plus after 30 years of therapeutic music we really should know how to do it."



8.FUNDRAISING.

On behalf of all our beneficiaries who are unable to speak for themselves, thank you to everyone for supporting us throughout this strange period. We could not continue our valuable Music Therapy work without the wonderful donations received from the community – whether local, regional or national. All gifts, legacies and donations received in the post have been gratefully received – and hugely importantly, over the years we have received 3 amazing 3/4 Grand Pianos, 5 harps, numerous guitars, violins, drums and bass instruments

which our beneficiaries love to play now that the face-to-face music workshops have resumed. We always welcome bequests, and look forward to receiving our first Stradivarius!

We continue to strive towards keeping Sunbeams viable and as self-sustainable as possible – but impossible without the grants from our wonderful Funders who so believe in us: please see Financial Reports.



There comes a time in the careers of Sunbeams Staff, Directors and Trustees, when frankly psychiatric help should really be sought. Who amongst us all thought that hosting an outside Proms Concert in Cumbria - was ever a good idea? An irresistible joint madness descended over us all.

As if our joint madness was not enough, we managed to inveigle the soloists and the leader of the National Symphony Orchestra Justin Pearson into acquiescing, or should I say, buying into the concept of a Proms Concert. Plans were made and printing of a programme brought reality to the actuality.

As a nod to the possibility of rain, a covered stage, marquee and gazebos were erected by an army of volunteers and a paying audience was found!

Yes, it rained a deluge only found in Cumbria, but the show must go on! Music, Musical jokes, Jokes, Music and stunning Arias by the Dinky Diva – Annette Wardell. Justin with his iron fist in a fur glove style - produced a performance reminiscent of a summer's day without a hint of rain!

It is not for me to say, but, the event was an outrageous success, at least that's what 350 people said?

Michael Lawson-Johnson. MRSM. Director

With all programmes, whether for the Recording Studio, the Wolfson Meeting Room, Music for Life® or Music For Dignity® Programmes – we need to be pro-active rather than re-active and talk to carers/organisations to establish facts and figures; explore venues – old and new e.g. Dementia Ward Carlisle Hospital; link with formal care packages - personal payments, our Music For Life® Programme and especially kick-start our Music For Dignity® programme.

"I cannot remember my own name but this is the best place in the world. I love coming here."

Many beneficiaries cannot express their mental-health issues verbally, but their faces were distraught with fear and bewilderment because of COVID-19. They didn't understand the complexities of the "virus". They did know why they felt lost and frightened. The impact of coronavirus was too profound for them to describe, apart from crying with distress.

"Sunbeams is the only activity/group we attend." "Without Sunbeams, we would be completely isolated".

9.SUNBEAMS' MUSIC FOR DIGNITY®

We had difficulty keeping in touch with people with dementia especially those who are in hospital or care homes. The impact of the pandemic on their quality of life has been particularly challenging. For many people with dementia and their carers, the sudden loss of formal support services including our Community Music Therapy had a negative impact on their life quality. We are proud to share the wonderful news that thanks to a Grant from the Rausing Trust, we have been able to resume our Music for Dignity® in the Care Homes/Hospices/Hospital Wards where we delivered our programmes to such great benefit and tangible impact pre-Covid. We are so proud of our programme that we would like to share our belief why it is so important.

We believe music distracts people with dementia. keeping their minds off their pain, whilst engaging in music/dancing/singing rather than wandering, caught up in their own anxious worlds.
They have led amazing lives and should not be ignored. The interactive music sessions give them back their quality of life, their self-belief ……..
And their dignity.
For vulnerable adults who find verbal communication An inadequate form of self-expression, Music For Dignity® offers a safe and secure space for the release of feelings.
The response from people with dementia can be direct and immediate, but nevertheless is very real and does overspill into general feelings of well-being for that day.



9.a.THE NEED THAT SUNBEAMS IS ADDRESSING

These older people are trying to cope with life-changing events:
●transition from independence to almost total dependence on carers and nurses
●health-deterioration. *"Singing helps Peter's breathing and general health"*
●social exclusion in this isolated rural area, Everyone needs to work together to break down the prejudice which still abounds against disabled people, as expressed by so many of the parents and carers of our beneficiaries *"…I used to think people like that should be locked away".*
●bereavement, loss of a partner/spouse. Older people are forgotten about at this difficult, heart-breaking time.

Music For Dignity® provides a cathartic, emotional outlet for their feelings. Dementia is a terrible disease, with associated care problems. Memory loss, subsequent confusion, distress, anxiety, "wandering", all mean the older frail people are unable to access facilities outside their homes. Unable to articulate their needs to family and carers, they become socially excluded and isolated, withdrawn from society**.** Through our research and consultation Sunbeams has identified the older, disabled and vulnerable people who need encouragement to remain active within their communities despite the onset of these changes. 31 years experience working with disadvantaged and disabled people, has seen Sunbeams' reputation and community presence grow.

Managing better with life-changing events is the underlying theme of our programme. What is needed is an intervention to interrupt a cycle of grief. Music For Dignity® acts as a catalyst in the process of adjustment and help older people build creative friendships within their new-found environments in the Homes and at the Sunbeams Music Centre. Of course, symptoms overlap and are compounded by the mental and physical decline seen with 'normal' aging such as arthritic limbs, circulatory and respiratory problems and deterioration of sight and hearing. Research shows that people with severe physical disabilities experience the changes associated with aging that occur for other people, but these changes tend to occur earlier, and be more debilitating.

New, exciting challenges through music and showcasing of long-forgotten skills and experiences takes the older people "out-of-themselves" as they realise life IS worth living, helping them to be calmer and more accepting of this key transition in their lives. They cope better with the often heart-breaking change from independent living to long-term care because they now have something to look forward to, even after bereavement which can trigger dementia.

Sunbeams Music For Dignity® acts as a catalyst in the process of adjustment and helps our beneficiaries build creative friendships within their new-found environments in Care Homes and the Sunbeams Music Centre.



Sunbeams Music For Dignity® provides a basis for meaningful reminiscence and discussions, prompted by familiar songs, and a safe emotional outlet for feelings/ memories (both happy and sad) that might arise.



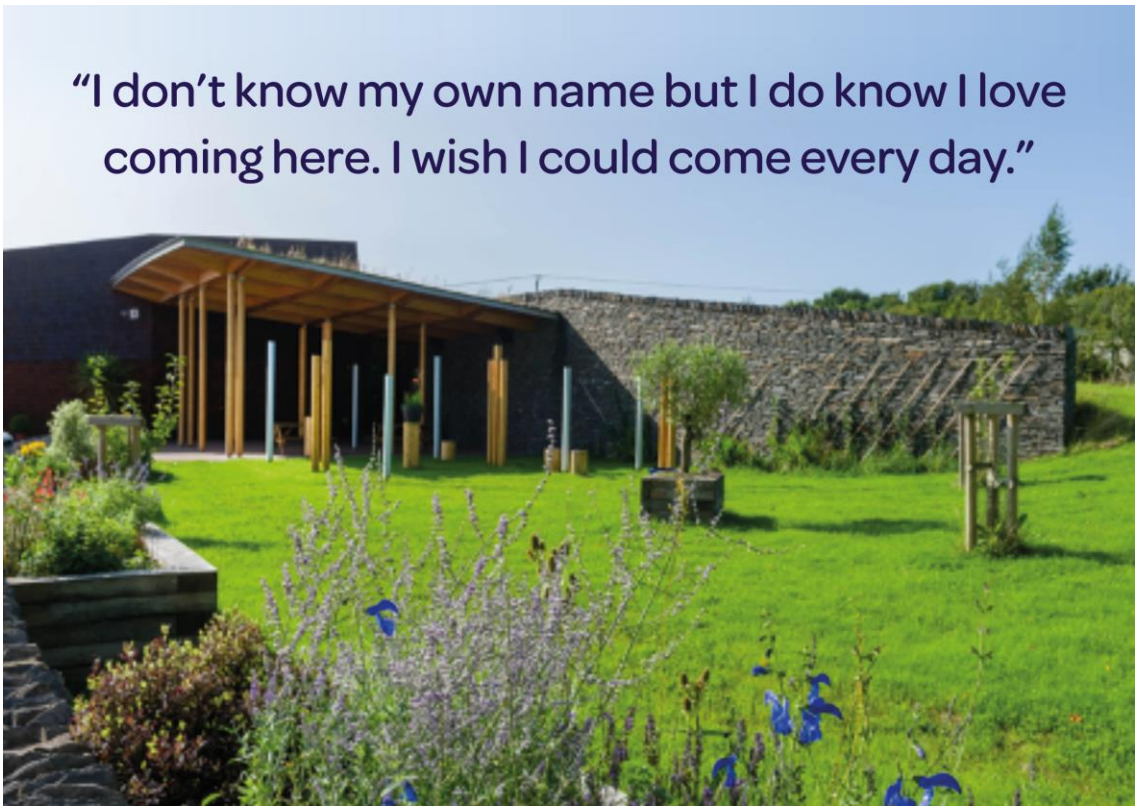


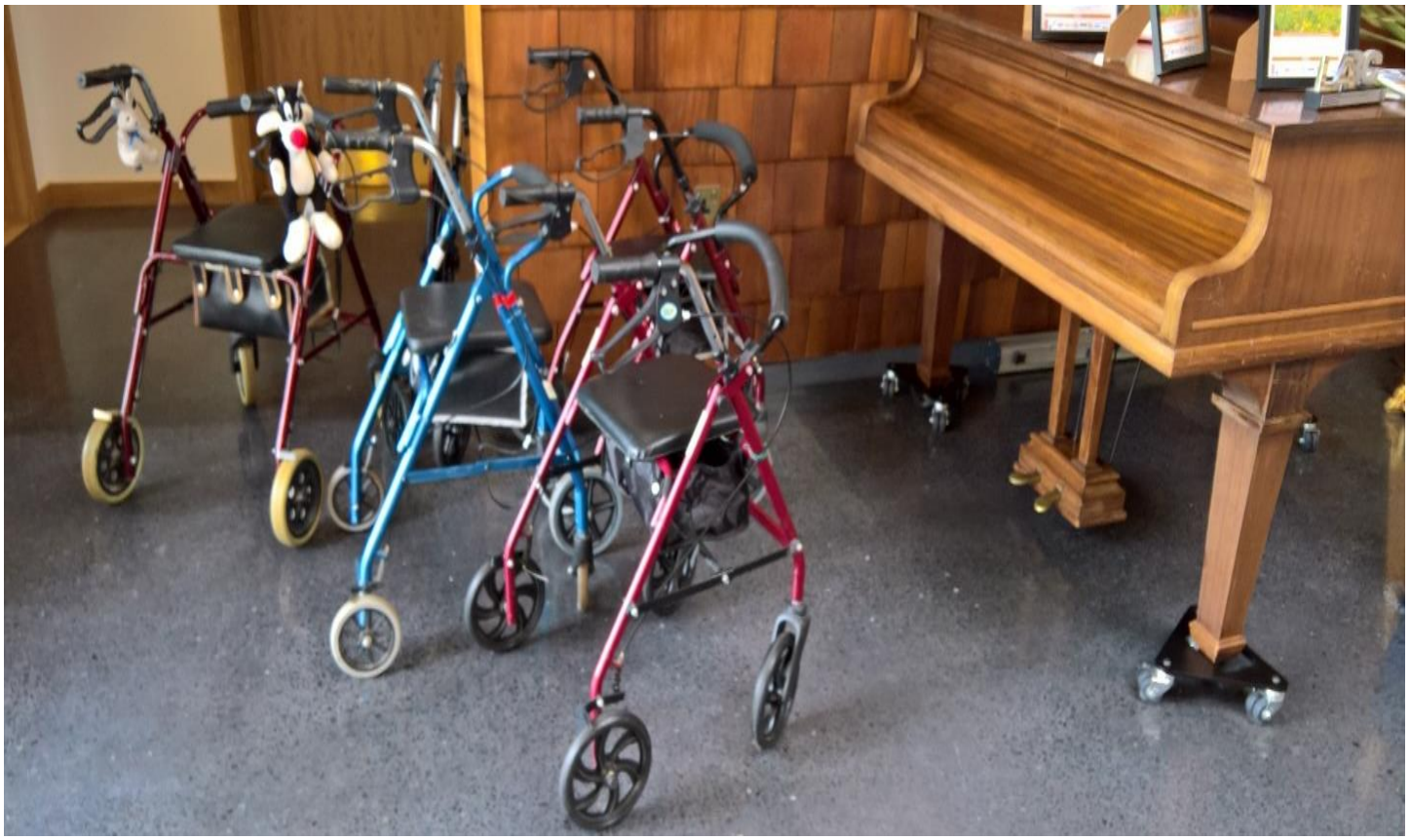
9.b.THE SERVICE WE DELIVER

In a "Music for Dignity®" session the power of music in all its forms has been harnessed to bring about real and meaningful improvements in the overall quality of life of vulnerable elderly people. Live music by our specialist and empathetic musicians will:

●Provide a non-verbal form of communication, if all other forms of communication are lost
●Bring about greater awareness of surroundings – bringing them into the present
●Stimulate and engage people who feel they are 'on the slag heap' (their phrase). Show them they are still capable
●Decrease the frequency of agitated behaviours of dementia suffers, and reduce aggression and frustration
●Bring a group/care home/day centre together and bond them, strengthening bonds between beneficiaries, as well as between them and their carers/support workers, improving relationships and support networks
●Provide an enjoyable, accessible activity, which allows them to achieve something, develop new skills and thereby increase confidence and self-esteem
●Encourage gentle movement of limbs, improving flexibility and mobility
●Encourage the use of the voice, strengthening lung and breathing capacity
●Promote positive changes in emotion state and reduce loneliness
● Act as a non-pharmaceutical form of pain management

Our comprehensive monitoring and evaluation procedures serve to demonstrate the changes and lasting impact of Music For Dignity® - which we hope will lead to spreading the learning and best practice throughout England. We would be proud to replicate "Music For Dignity®" in other venues, to enable older people to find new ways to cope, manage life-changing events and continue to remain part of their communities.





"I FEEL SO GOOD THAT I DON'T NEED MY WALKING FRAME – I WANT TO ROCK 'n ROLL"

CONCLUSION

Protecting the health and safety of employees, beneficiaries and third parties on our premises was at the forefront of our minds when we re-opened the Sunbeams Music Centre. Even throughout 2022- 2023, strict COVID precautions continued to be in place, as Covid sadly was still rife throughout Cumbria.
In order to fully understand what makes Sunbeams such a special project it is crucial that you visit the Centre if you can and when you feel safe to do so. If you do, you will meet an incredible group of people in Sunbeams Music Trust who will be more than happy to impress delight in their exciting "home" with all the planned celebrations for the 30th Anniversary which took place from June 2022, increasing awareness of our work by the general public and changing their perception of people of all ages with special needs.

This year has been a time for renewal and we looked to the future with increasing hope as the Centre has come alive again with a real buzz. We are thrilled to welcome back all the corporate groups who hire our Meeting Room which helps to pay towards our delivery of Community Music Therapy. All the Corporate companies are returning for their meetings, their AGMs, their Conferences – acknowledging the beauty of the Centre and its Sensory Garden and Orchard and indeed, the safety of the clever design incorporating all the Breathing Building Principles described previously. They all report how much they have missed Sunbeams – and especially the wonderful staff - a sentiment echoed by the beneficiaries and carers who enjoy the infectious enthusiasm of the Sunbeams Musicians.

We know that many of you who read this Report are already great friends of Sunbeams – and we thank you for your friendship. We and our dedicated team are all so humbled and inspired by your unfailing support – especially during this pandemic, in the knowledge that your donations and friendship enable us to fulfil our mission with passion, commitment and enterprise, of "reaching the unreachables" - the fundamental driving force for everyone at Sunbeams through 'the power of music to heal.'

The beneficiaries want to have a voice – literally! A silent majority is now being heard! Pre-conceptions held by the general public are continually being challenged and older people, regardless of their disability now have the opportunity to share their experience, making a positive contribution to their care and position within their communities.



"Nervous? Nervous? Why should I be nervous?
I'm a professional!"
When Annie Spragg took the concert hall by storm!

SEE OUR FACEBOOK: @SunbeamsMusic

OUR TWITTER: @sunbeams_music

OUR WEBSITE: www.sunbeamsmusic.org

E. Annie Mawson MBE & Michael Lawson-Johnson MRSM October 2nd 2023

Investment Policy and Performance

Investment policy and objectives

The Trustees operate within the governing document, the Memorandum and Articles of Association having regard to the guidance provided by the Charities Commission and act in accordance with the Trustees Act 2000.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal Risks and Uncertainties

The Trustees have assessed the major risks to the charity, especially those related to the operations and finances of the charity. The charity has systems in place to control and mitigate risks.

- Ensuring projects and any associated risks will be overseen by an active Board of 8 Trustees
- Comprises multi-disciplined team with strong representation of people we help and led by a Solicitor
- Experienced in Risk Management principles with proven robust systems, procedures and policies in place covering all aspects of the organisation and risk mitigation: Governance, Equal Opportunities, Safe-Guarding, Vulnerable Adults, Health and Safety
- Ensuring people have the right skills/knowledge/empathy/experience to deliver our programmes
- Enhanced Disclosure and Barring Service checks for all the Sunbeams team with ongoing support, advice and training opportunities available (e.g. handling techniques for disabled people) and reinforced at Sunbeams' Training Days.

Reserves Policy

Trustees agreed a policy of maintaining a minimum of three months' value of operational costs as a reserve. This has been reviewed during the year and is still seen as an appropriate balance between the financial probity of the charity without simply keeping money in the bank.

The charity continues to deliver an amazingly valuable service to a wide audience across Cumbria and the North. Frequent comments from beneficiaries, carers and family members about the beneficial impact that music therapy has, reinforces the drive to build and improve the work that we do.

Structure, Governance and Management

Constitution

Annie Mawson's Sunbeams Music Trust (Sunbeams) is a company limited by guarantee, as defined by the Companies Act 2006. The Trust was originally created as an unincorporated charity on 17 January 2000; the limited company was incorporated on 25 April 2006 and registered as a charity with the Charity Commission on 7 December 2006 with all relevant assets then being transferred to the company. The company was established under its Memorandum and Articles of Association which comprise the governing document (as amended 18 August 2006).

Method of Appointment or Election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

Policies Adopted for the Induction and Training of Trustees

New Trustees, on appointment, have a formal induction meeting with the Chief Executive and are informed of methods of working, current issues, attendance at meetings etc. They are given an information pack comprising guidance on their responsibilities, the most recent Trustees' Report and Financial Statements and other documentation concerning current activities and projects. They also attend concerts and workshops run by the organisation to experience the work at first-hand. Ongoing training is provided annually for all Trustees, as well as for staff, musicians and volunteers, and one-off training is carried out as required.

Organisational Structure and Decision Making

"Sunbeams" is an independent charity. Annie Mawson's Sunbeams Music Trust has a very active Board of Trustees that meets quarterly. They are responsible for the overall management and control of the charity. The Board is provided with monthly financial reports in addition to regular updates and reports from its Chief Executive. The Trustees maintain scrutiny of the major strategic, business and operational risks which the charity faces and confirm that regular reports are produced in order that necessary steps can be taken to manage these risks.

Wider Network

Sunbeams maintains relationships with other legal entities which include:

- ACT (Actions for Communities in England)
- BBC Media partnership
- Cumbria Arts and Culture Network
- Cumbria CVS (Cumbria Council for Voluntary Service)
- Live Music Now
- National Council for Voluntary Organisations (NCVO)
- 4Eden

Trustees' Indemnities

The charity holds a standard insurance policy which includes a trustees' indemnity against any liability in connection with any negligence, default, breach of duty or breach of trust in relation to the charity.

Members' Liability

The members of the company guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up.

Public Benefit

The Trustees of Annie Mawson's Sunbeams Music Trust believe they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission.

From our Treasurer

A message from our Treasurer, Dr A. F. R. Wolfe BSc (Hons), MSc, PhD.

As outlined in the Chief Executive's report above, Sunbeams' operations, the delivery of which was so affected by the Covid pandemic, were largely able to return to 'normal' in the year to 31 May 2023, in our beautiful Sunbeams Centre with its Performance Hall and Meeting Rooms. We have though, continued with the additional element of our online, digital music sessions, which were developed as a response to the pandemic, for those children who have still needed to shield, and also for those for whom transport may be tiring or inconvenient. In addition, in this latest year, we have been able to resume many sessions in care homes for the elderly.

In the year to 31 May 2023, total income rose strongly to £576,805 from £300,658 in the previous year, with a significant element of this increase being thanks to an incredibly generous legacy left by a very longstanding and dear friend of Sunbeams. In addition however, our trading income from the Trust's supporting businesses of the hire of rooms at the Centre for external meetings, and our recording studio, strengthened. We continued to be successful in securing grants from a wide range of bodies, and are hugely grateful to them for their support. We were also able to resume fundraising concerts at the Centre, most notably "The Proms at Sunbeams' featuring members of the National Symphony Orchestra in July 2022, and again in July 2023, after the financial year end, but also evening concerts featuring local musicians which have been very well supported and much enjoyed.

Expenditure rose from £283,492 in the previous year to £329,207, as a result of the ending of the HMRC Coronavirus Job Retention Scheme in September 2021, the increase in general activity compared with the previous year, and of course, inflation, but was tightly controlled and slightly below budget.

The net outcome, after depreciation of £62,757, shows a surplus for the year of £184,841, which we consider represents a strong result and strengthens Sunbeams cash reserves and balance sheet.

Clearly, inflationary pressures significantly affect any charity's operating costs, but also have a double effect, in that a 'cost of living' crisis inevitably impacts upon fundraising as people generally have lower disposable income for donations and attending events. Competition for funding therefore, both for donations and grants, will only become more difficult in these circumstances, but the Sunbeams team has huge experience, skill and energy in securing the best possible outcomes.

On a personal note, I have thoroughly enjoyed the great honour of being the Treasurer of Sunbeams since 2000, but have decided to step down at the AGM this year. I wish everyone involved the very best for the future and have no doubt that with its strong financial position and committed team, Sunbeams will continue its wonderful work of reaching those children and adults for whom listening to and making music is not just a vital therapy, but brings such fun into their lives.

From our Chair

A message from our Chair, Dr Ifeolu Omoniyi Akintunde LLB.

Every year, Sunbeams continues to grow in reach, influence, membership and participation. Thanks to the excellent staff who are responsible for this, despite several personal difficulties and cost of living challenges.

In March, I had cause to reflect on how Sunbeams has remained dynamic despite these challenges. The word 'dynamic' has the same roots as 'dynamite'. It comes from the Greek 'dunamis'. Dynamite is an explosive substance, so is our dynamism. It's disruptive, transformational, simply fabulous. I became chairman just before Covid. Asking me to be chair is in itself a demonstration of a different kind of thinking, one which does not limit people on the basis of their disability. It is this thinking which has characterized our activities since I first joined the board in 2002. From the smallest fundraising event in the village hall to the high profile events at Kensington Palace, Sunbeams has always been different.

This year, we had a great time at the Ball, but we also lost some dear friends. We are so grateful for their contributions to our vibrant activities. They will be sorely missed, not only by their immediate families, but by the Sunbeams family as well. We are indeed a family, united in purpose, giving joy to each other and above all, loving.

It has been a real honour to serve as Chair this year. Looking forward to more dynamism.

Trustees' Responsibilities Statement

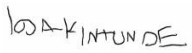
The Trustees (who are also directors of Annie Mawson's Sunbeams Music Trust for the purpose of company law) are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 13 October 2023 and signed on their behalf by:



Dr I. O. Akintunde, LLB

Chair of the Trustees

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Independent Examiner's Report to the Trustees of Annie Mawson's Sunbeams Music Trust

I report to the charity Trustees on my examination of the financial statements of Annie Mawson's Sunbeams Music Trust (the Company) for the year ended 31 May 2023.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's financial statements carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

S. Farrer

Stuart Farrer, FCA
Saint & Co, Chartered Accountants, Carlisle
Date: 13 October 2023

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST
(A company limited by guarantee)

Statement of Financial Activities incorporating Income and Expenditure Account
For the Year Ended 31 May 2023

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	2	268,647	164,457	433,104	240,213
Charitable activities	3	24,508	-	24,508	4,096
Other trading activities	4,5	81,468	-	81,468	38,965
Investments	6	5,341	-	5,341	2,036
Profit on disposal of fixed assets	10	32,384	-	32,384	-
HMRC Coronavirus Job Retention Scheme receipts		-	-	-	15,348
Total Income		412,348	164,457	576,805	300,658
Expenditure on:					
Raising funds	9	15,576	-	15,576	7,443
Charitable activities	7,8,9	147,039	166,592	313,631	275,989
		162,615	166,592	329,207	283,432
Net income/(expenditure) before depreciation		249,733	(2,135)	247,598	17,226
Depreciation and amortisation	7,8	8,343	54,414	62,757	61,707
Total expenditure		170,958	221,006	391,964	345,139
Transfers between funds		46,442	(46,442)	-	-
Net income/(expenditure) and net movement in funds		287,832	(102,991)	184,841	(44,481)
Reconciliation of funds:					
Total funds brought forward		531,814	2,263,668	2,795,482	2,839,963
Net income/(expenditure) in the year		287,832	(102,991)	184,841	(44,481)
Total funds carried forward		819,646	2,160,677	2,980,323	2,795,482

There were no other recognised gains or losses in the year, or in the prior year.

The notes on pages 25 to 36 form part of these financial statements

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee – registration number 05794153)

Balance Sheet as at 31 May 2023

	Note	£	**2023** **£**	£	2022 £
Fixed Assets					
Intangible assets	13		**702**		779
Fixed assets	14		**2,159,446**		2,253,588
			2,160,148		2,254,367
Current Assets					
Debtors	15	**10,945**		9,540	
Cash at bank and in hand		**820,315**		578,066	
		831,260		587,606	
Creditors					
Amounts falling due within one year	16	**11,085**		46,491	
Net Current Assets			**820,175**		541,115
Net Assets			**2,980,323**		2,795,482
Charity Funds					
Unrestricted funds - General	18		**217,512**		223,009
Unrestricted funds - Designated	18		**602,134**		308,805
Restricted funds - grant and donor funds	18		**23,264**		34,564
Restricted funds - other, including the Sunbeams Centre	18		**2,137,413**		2,229,104
Total Funds			**2,980,323**		2,795,482

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 447 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the Trustees on 13 October 2023 and signed on their behalf by:

I.O. Akintunde, Chair

Dr. A.F.R Wolfe, Treasurer

The notes on pages 25 to 36 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 May 2023

1. Accounting Policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Annie Mawson's Sunbeams Music Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made the executor(s) to the Trust that distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised; please refer to the Trustees' Report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which hare not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the Centre. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.5 Intangible fixed assets and amortisation

Intangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably. Intangible assets are initially recognised at cost and are subsequently measured at cost net of amortisation and any provision for impairment. The charity has registered the trademarks of Music for Life® and Music for Dignity® and is amortising the cost over the estimated useful life of 20 years.

1.6 Tangible fixed assets and depreciation

All assets costing more than £200 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities Incorporating Income and Expenditure Account. Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is not charged on freehold land. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	-	Land is not depreciated
Long-term leasehold property	-	The Centre has been depreciated at 2% per annum, straight line, from 1 April 2019.
Motor vehicles	-	25% reducing balance
Musical instruments	-	25% reducing balance
Fixtures and fittings	-	15% and 25% reducing balance

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at Bank and in hand

Cash at bank and in hand includes cash and highly liquid investments with a maturity of up to 24 months from the date of the opening of the deposit or similar account.

1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.11 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.12 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.13 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. These include the Music for Life ® and Music for Dignity ® Fund, which has been classified by the Trustees with effect from 1 June 2019 as a Designated Fund, with its balance to be used solely for the provision of the Charity's objectives.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors.

1.15 Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

The charity has net current assets of £820,175 and net assets of £2,980,323 at the year end, following a surplus in the year of £184,841. The charity does not rely on creditors for financial support and has maintained strong cash reserves. The Trustees have prepared cash flow forecasts to show that this cash reserve will be sufficient to allow the charity to continue its service provision for a period of at least 12 months from signing the financial statements. As such, they believe the going concern basis to be appropriate for the year to 31 May 2023.

2. Income from Donations, Grants and Legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Donations	**55,097**	**-**	**55,097**	45,467
Legacies	**213,050**	**-**	**213,050**	12,390
BBC Cost of Living Grant	**500**	**-**	**500**	
BBC Children in Need	**-**	**32,055**	**32,055**	52,181
The National Lottery Community Fund	**-**	**29,939**	**29,939**	35,000
The National Lottery Cost of Living Fund	**-**	**13,788**	**13,788**	-
Cumbria County Council Holiday Activities and Food Programme	**-**	**23,675**	**23,675**	9,669
Julia and Hans Rausing Trust	**-**	**25,000**	**25,000**	
Sellafield Ltd. Social Impact Fund	**-**	**25,000**	**25,000**	25,000
The Light Fund	**-**	**5,000**	**5,000**	-
Cumbria Music Hub	**-**	**4,000**	**4,000**	-
The Muckle Fund	**-**	**3,000**	**3,000**	-
Cumbria Community Foundation:				
Winter Warmth Grant	-	**1,000**	**1,000**	-
The Laurence Fund	-	**2,000**	**2,000**	-
Arts Council Culture Recovery Fund	**-**	**-**	**-**	16,447
National Lottery Awards 4 All	**-**	**-**	**-**	9,800
BBC Next Steps	**-**	**-**	**-**	28,884
Frieda Scott Charitable Trust	**-**	**-**	**-**	3,236
The Cooperative Charity Fund	**-**	**-**	**-**	2,139
Total donations, grants and legacies	**268,647**	**164,457**	**433,104**	240,213
Total 2022	57,857	182,356	240,213	

Information on Restricted Funds with receipts in 2022-23

BBC Children in Need - a grant towards Sunbeams Music For Life® Programme for children with a wide range of disabilities (ended December 2022).

The National Lottery Community Fund - a grant towards “Digital Sunbeams” - to provide a digital platform to deliver our Music for Life® programme to young adults with severe learning and physical disabilities in South Lakes, Eden, Carlisle and Allerdale areas. They use Zoom as their platform and work with up to 29 organisations and 188 young adults.

The National Lottery Community Fund: Grant towards elements related to Cost of Living

Cumbria County Council Holiday Activities and Food Programme - to deliver Sunbeams Music For Life® Programme at our specialist Sunbeams Music Centre for 64 children/young people aged 4 – 21 years with severe disabilities and complex medical needs. To provide Community Music Therapy using Music in fun and exciting ways for therapeutic and educational benefit. Each activity day to include a nutritious and hearty lunch to enable the families to engage in food education and healthy eating agenda.

Julia and Hans Rausing Trust - to support our Music for Dignity® programme, which delivers weekly music sessions to elderly people with dementia, both at the Sunbeams Centre and in Day Centres and Care Homes throughout Cumbria.

Sellafield Ltd. Social Impact Fund - a grant towards the Sunbeams Music For Dignity® programme

The Light Fund - towards Digital delivery for children who are still being shielded post-Covid.

Cumbria Music Hub - funding towards Sunbeams being a Delivery Partner for children

with disabilities throughout Eden and the South Lakes.

The Muckle Fund - for general charitable objects but used for delivery of our Sunbeams Music For Life® programme to 120 disadvantaged children throughout Cumbria

Cumbria Community Foundation - Winter Warmth Grant towards providing a Sunbeams Warm Spot and Music For Dignity® for residents in Penrith and environs to alleviate their loneliness and depression.

Cumbria Community Foundation: The Laurence Fund towards re-started Music for Dignity® project – "Songs and Scones"

3. Income from Charitable Activities

	Unrestricted funds 2023 £	**Restricted funds 2023 £**	**Total 2023 £**	Total 2022 £
Music for Life ® / Music for Dignity ®	**24,508**	**-**	**24,508**	4,096
Total 2021	4,096	-	4,096	

4. Fundraising Income

All fundraising income is received by unrestricted funds

	Total 2023 £	Total 2022 £
Fundraising	**38,496**	7,805

5. Trading Activities

All trading activities are in respect of unrestricted funds

	Total 2023 £	Total 2022 £
Charity Trading Income	**42,972**	31,160
Trading Expenses	**(5,172)**	-3,559
Net income from trading activities	**37,800**	27,601

6. Investment Income

All investment income is received by unrestricted funds

	Total 2023 £	Total 2022 £
Bank and building society interest received	**5,341**	2,036

7. Direct Costs

	2023	2022

	£	£
Musicians' Fees	**38,707**	33,199
Motor, travel and subsistence	**9,736**	6,028
Volunteers' expenses	**1,154**	436
Staff training and conferences	**897**	1,390
Advertising	**-**	187
Premises expenses	**360**	2,427
Wages and salaries	**162,220**	144,393
National insurance	**13,206**	11,718
Pension cost	**7,336**	6,799
Sensory Garden	**2,571**	1,164
Cumbria County Council Holidays and Activities Food Programme	**5,278**	1,968
Depreciation	**60,343**	58,723
Total	**301,808**	268,432

8. Support Costs

	2023	2022
	£	£
Advertising	**-**	856
Insurance	**6,879**	6,178
Light and heat	**7,118**	4,418
Telephone/internet	**3,421**	2,447
General office expenses	**563**	1,480
Premises expenses	**18,908**	12,757
Repairs and renewals	**1,102**	3,684
Sundry	**1,185**	1,123
Computer and IT	**1,003**	1,207
Wages and salaries	**29,560**	28,832
Depreciation	**2,337**	2,907
Governance costs	**2,427**	3,298
Amortisation - intangible fixed assets	**77**	77
	74,580	69,264

Governance costs include accountancy, legal, professional and bank charges, and Trustees' expenses.

9. Analysis of Expenditure by Type

	Staff costs 2023 £	Depreciation and amortisation 2023 £	Other costs 2023 £	Total 2023 £	Total 2022 £
On raising voluntary income	**-**	**-**	**10,404**	**10,404**	3,884
On fundraising trading	**-**	**-**	**5,172**	**5,172**	3,559
Costs of raising funds			**15,576**	**15,576**	7,443
Music for Life ® / Music for Dignity ®	**212,322**	**62,757**	**101,309**	**376,388**	337,696
	212,322	**62,757**	**116,885**	**391,964**	345,139
Total 2022	191,742	61,707	91,690	345,139	

10. Net income/expenditure

This is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets		
- owned by the charity	**62,680**	61,630
Profit on disposal of fixed assets	**(32,384)**	-
Amortisation of intangible fixed asset	**77**	77

Trustees' expenses paid were £146 (2022 - £122).

11. Independent Examiner's Remuneration

The Independent Examiner's Remuneration amounts to a fee of £1,085 (2022 - £1,895).

12. Staff Costs

Staff costs were as follows:

	2023 £	2022 £
Wages and Salaries	**189,216**	170,774
Social security costs	**15,770**	14,169
Pension costs	**7,336**	6,799
	212,322	191,742

	2023	2022
Average number of persons employed	**6**	6

The key management personnel of the charity comprise the Trustees, including the Chief Executive. No trustees, including the Chief Executive, received any remuneration in respect of their role as trustees in either the current or previous year.

The remuneration of the key management personnel in the year (including employer pension contributions and employer national insurance contributions), was £66,477 (2022 - £64,864).

No employee received remuneration of £60,000 or more during the year (2022 - same). This measure excludes employer national insurance contributions, unlike that in the previous sentence.

Important note
The majority of staff time is spent on the direct delivery of the charity's activities including musical activities. It is therefore appropriate to combine Musicians' Fees and approximately 85% of staff costs when comparing costs.

13. Intangible fixed assets

	Trademarks £
Cost	
At 1 June 2022 and 31 May 2023	1,549
Amortisation	
At 1 June 2022	770
Charge for the year	77
At 31 May 2023	847
At 31 May 2023	702
At 31 May 2022	*779*

The charity has registered the following trademarks:

Music for Life ®

Music for Dignity ®

14. Tangible Fixed Assets

	Freehold Property	Sunbeams Centre	Musical Instruments	Motor Vehicles	Fixtures and fittings	Total
	£	£	£	£	£	£
Cost						
At 1 June 2022	46,442	2,274,849	22,587	17,190	174,601	2,535,669
Additions	-	-	7,435	-	9,839	17,274
Disposals	(46,442)	-	-	(17,190)	-	(63,632)
At 31 May 2023	-	2,274,849	30,022	-	184,440	2,489,311
Depreciation						
At 1 June 2022	-	136,491	19,759	14,131	111,700	282,081
Charge for year	-	45,497	2,566	765	13,852	62,680
Disposals	-	-	-	(14,896)	-	(14,896)
At 31 May 2023	-	181,988	22,325	-	125,552	329,865
Net book value						
At 31 May 2023	-	2,092,861	7,697	-	58,888	2,159,446
At 31 May 2022	46,442	2,138,358	2,828	3,059	62,901	2,253,588

The Sunbeams Centre is held on a 99 year lease.

15. Debtors

	2023	2022
	£	£
Trade debtors	**7,363**	6,157
Prepayments	**3,582**	3,383
	10,945	9,540

16. Creditors - amounts falling due within one year

	2023	2022
	£	£
Trade creditors	**1,475**	3,763
Other taxation and social security	**3,377**	3,546
Other creditors	**582**	513
Accruals	**5,561**	4,834
Deferred income	**90**	33,835
	11,085	46,491

£25,000 of the deferred income balance at 31 May 2022 related to the third year of year of a grant from Sellafield Ltd. Social Impact Fund, which was released to income during the year.

17. Pension commitments

The charity operates two defined contribution pension schemes.

The assets of the schemes are held separately from those of the charity in an independently administered fund.

The pension cost charge represents contributions payable by the charity of £7,336 (2022 - £6,799). £582 was payable to the funds at 31 May 2023 and is included within other creditors in note 16.

18. Statement of Funds

Statement of Funds - Current Year

	Balance at 31 May 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 May 2023 £
Unrestricted funds					
General funds	197,746	21,753	(24,722)	-	194,777
Tangible fixed assets	25,263	-	(8,343)	5,815	22,735
Non-designated unrestricted funds	223,009	21,753	(33,065)	5,815	217,512
Designated funds - Music for Life ®	308,805	390,595	(137,893)	40,627	602,134
Total unrestricted funds	531,814	412,348	(170,958)	46,442	819,646
Restricted funds					
Grant and donor funds	34,564	164,457	(166,592)	(9,165)	23,264
Tangible fixed assets	89,967	-	(8,840)	(37,277)	43,850
Intangible fixed assets	779	-	(77)	-	702
Sunbeams Music Centre	2,138,358	-	(45,497)	-	2,092,861
Total restricted funds	2,263,668	164,457	(221,006)	(46,442)	2,160,677
Total funds	2,795,482	576,805	(391,964)	-	2,980,323

Statement of Funds - Prior Year

	Balance at 31 May 2021	Income	Expenditure	Balance at 31 May 2022
	£	£	£	£
Unrestricted funds				
General funds	180,442	32,778	(15,474)	197,746
Tangible fixed assets	21,266	-	3,997	25,263
Non-designated unrestricted funds	201,708	32,778	(11,477)	223,009
Designated funds - Music for Life ®	260,258	85,524	(36,977)	308,805
Total unrestricted funds	461,966	118,302	(48,454)	531,814
Restricted funds				
Grant and donor funds	95,607	182,356	(243,399)	34,564
Tangible fixed assets	97,679	-	(7,712)	89,967
Intangible fixed assets	856	-	(77)	779
Sunbeams Music Centre	2,183,855	-	(45,497)	2,138,358
Total restricted funds	2,377,997	182,356	(296,685)	2,263,668
Total funds	2,839,963	300,658	(345,139)	2,795,482

19. Analysis of Net Assets between Funds

	Unrestricted funds 2023	Restricted funds 2023	Total funds 2023
	£	£	£
Current assets	807,996	23,264	831,260
Creditors, accruals and deferred income	(11,085)	-	(11,085)
Tangible fixed assets, including the Sunbeams Music Centre	22,735	2,136,711	2,159,446
Intangible fixed assets	-	702	702
	819,646	2,160,677	2,980,323

	Unrestricted funds 2022	Restricted funds 2022	Total funds 2022
	£	£	£
Current assets	528,042	59,564	587,606
Creditors due within one year	(21,491)	(25,000)	(49,491)
Tangible fixed assets, including the Sunbeams Music Centre	25,263	2,228,325	2,253,588
Intangible fixed assets	-	779	779
	531,814	2,263,668	2,795,482

20. Restricted Funds Balances

	2023	2022
	£	£
General Restricted Fund - including the Centre, Stoller House	**2,137,413**	2,229,104
National Lottery Community Fund	**(13,503)**	-
National Lottery Cost of Living Fund	**9,211**	-
Julia and Hans Rausing Trust	**23,995**	-
The Light Fund	**267**	-
Cumbria Community Foundation	**1,750**	-
The Muckle Fund	**1,544**	-
BBC Children in Need	**-**	(6,816)
Frieda Scott Charitable Trust	**-**	2,655
Sellafield Ltd. Social Impact Fund	**-**	21,467
YMCA Kendal Ltd. Charity	**-**	7,232
National Lottery Awards 4 All	**-**	7,412
The Cooperative Charitable Fund	**-**	2,139
Eden District Council	**-**	475
Total	**2,160,677**	2,263,668

The National Lottery Community Fund received a further tranche of funding on 7 July 2023.

21. Related Party Transactions

Other than as disclosed in notes 10 and 12, there are no related party transactions which require disclosure.

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

England & Wales - Charity number 1117159

Accounts



Annie Mawson's

Sunbeams

Music Trust

ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED MAY 2022

CELEBRATING 30 Years

1992-2022



Welcome from Annie & Michael Founders Of Sunbeams



SUNBEAMS JOURNEY 1992-2022

For a Musical Charity/Organisation, we are not very good at "blowing our own trumpets!" But we DO know that the impact of our work HAS had, and IS having, a profound effect on over **2,000 Cumbrian children and adults with disabilities**. They benefit from our specialist Community Music Therapy workshops throughout Cumbria, from Warcop to St Bees, from Carlisle to Barrow, Ulverston to Cleator Moor.

Sunbeams is an organisation which has had significant influence in Cumbria since its foundation in 1992 to bring "the power of music" to people of all ages who are disadvantaged or disabled. In a nutshell – Sunbeams has grown from a small Arts organisation with £13.60 in its bank account, and run from our sitting room, to one of the most innovative, high-achieving, "hands-on" organisations in the country. Raising an annual budget of almost £400,000, and now running from its own world-class £2.7 million National Sunbeams Music Centre, Sunbeams is by Cumbrians FOR Cumbrians – all this money has been re-invested into the Cumbrian economy. But the most important investment has been the annual tangible increase in the quality of life of the Sunbeams beneficiaries as we strive to make a real difference to peoples' lives through the power of music.

"At Music For Life® there are never any wrong notes, only the person's notes: notes aren't moral."

music for life®
At Sunbeams we always look for the **ABILITY** and not the disability.

8 specialist musicians are matched to community groups of disabled and disadvantaged people of all ages, throughout Cumbria, to deliver interactive workshops in our unique Music For Life® and Music For Dignity® programmes, whether face-to-face or on zoom. Projects are delivered mostly free of charge to groups of up to 30 children or adults with disabilities. All on a monthly basis, and many of them weekly. At Sunbeams we have evidence to prove that music has the power to unlock the strongest of defence mechanisms, and help people of all ages realise their full potential.

As our mission states:

"Sunbeams helps disadvantaged individuals improve their quality of life and self-esteem through the creative freedom of music."

WORDS WHICH ARE AS TRUE TODAY, 30 YEARS ON. To celebrate our Anniversary, we are proud to take you on a musical journey. Please enjoy the time-table of photographs! There are too many words for 30 years!



'If children are prepared to sing and expose their vulnerability to others, then we should listen with respect and take them seriously. I believe Music is a powerful tool for a person's general development and self-transformation. It can open up channels of communication without the barriers of language. There is Music inside us all - it just requires the right key to unlock it, and thus provide a therapy for personal conflict.'

Annie Mawson
Chief Executive of Sunbeams

- **1992.** Sunbeams founded by Harpist/Singer Annie Mawson MBE, when Special School closed where she taught elective-mute children who communicated by singing. They inspired Annie to found Sunbeams, ensuring their transformative progress, through music therapy.

- Bank Account opened with £13.60 donated by Annie's 8yr old niece who sold 'conkers' from family farm!

- **1992.** Concert by Northern Sinfonia Orchestra in a field in Consiton! marked founding of Annual Fund-Raising Programme

- **1995.** Annie and a group of 8 girls with Learning Disabilities played their Celtic Harps at the Royal Festival Hall at the National Mencap Festival, representing Sunbeams and the North of England. The girls called themselves "The Dancing Drum" - a pun on Downs Syndrome (their own choice!)

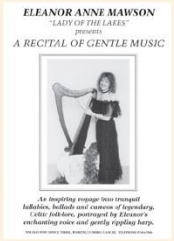




- **1995** Channel 4 made a documentary, "The Secret Heart", featuring Sunbeams and the Dancing Drum and American Composer Philip Glass



- **Since 1992**, Annie and Michael averaged 100 Harp/Song Recitals/ Presentations every year, for 27 years to raise income for Sunbeams (until the pandemic) *"Sadly no photograph of Michael!"*



- Sunbeams has grown steadily to deliver FREE Community Music Therapy to over 2,000 different disadvantaged, vulnerable, disabled people, of all ages, 1 mth-107 years young!



- **Since 1992** Sunbeams has run successful Music For Life® projects partly funded by Community Fund/ Big Lottery grants in 2001-06. Won N.West Regional Charity and BIG National Childrens' Finalist 2006-10, affirming efficacy of our work and proven strong track record.

- Attracted high-profile Patrons such as Sir James and Lady Cropper, Lord Melvyn Bragg, Lady Eileen Carey, Hal and Susie Bagot MBE, Philip Glass (USA composer).

- **1997** Annie and Michael presented seminars at the World Conference of 700+ Bishops at Canterbury and attended Garden Party at Buckingham Palace

- **1999** Sunbeams received their 1st National Lottery Grant and within 2 weeks had moved into a small office at Brougham Hall (and later at Greystoke Castle) and had delivered Community Music Therapy to 72 venues throughout Cumbria.

- **2000** Annie plays Celtic Harp and sings for HH Dalai Lama at the World Conference for Peace in Belfast Cathedral and the City Hall, drawing International awareness to the work of Sunbeams


Cumbria Women of the Year
The Chairman and Committee request the pleasure of the company of
Annie Mawson
to be an honoured guest at the
10th Anniversary Presentation Luncheon at
The Wordsworth Hotel, Grasmere
Thursday 2nd December 1999



- **2000** Annie voted "Cumbria Woman of the Millennium Year" – by the Cumbria communities.

- **2006** Sunbeams Tour of Care Homes and churches throughout Pennsylvania and hospitals in Philadelphia, by Annie, Michael, Justin and our Chairman at the time, Jim Stafford MBBS. MRCS. LRCP. FRCOG.



"Annie – tell all the world about my brave, beautiful, Amber"..... Amber's Mum at Mcmanus Hospital in Ontario – a promise I have always kept.

- **2007** Michael invited by Prime Minister's Office to contribute to "The Sir Robert Balchin Report" on disability and inclusion. Michael then wrote 16 specialist Sunbeams Music Training modules. Pre-level 1 NVQs in Music For Life® for Adults with profound learning disabilities, applauded by Open Awards (then College), as....."the best seen for this type of learner".


Cleator Moor Troupe with Tony Cunningham MP, Annie & Justin

- Therefore Sunbeams recognised by Skills for Care NMDSC(No.F126227) for accountability. Complies with Ofsted/Adult Learning Inspectorate Framework as an Accredited Centre (No. 54076) for beneficiaries with profound disabilities.

- **2008** LIESL APPOINTED AS PROJECT MANAGER





- **2009-13** Sunbeams received funding of £464,498, the largest BIG Lottery Family Learning Grant in the country. For innovative work with disadvantaged families with children with complex medical needs. Extended to 2014 by the Big Lottery for being exemplary project. We still work with many of these families – co-ordinated by Liesl.

The National Lottery Community Fund Grants Officer wrote: *"This is an extremely well-managed project with experienced, committed, incredibly well-trained staff, helpers and musicians involved in delivery, passionately committed to their work with disabled children, many of whom are emotionally challenging with deeply debilitating illnesses and shortened life-expectancy. Coupled with a project which is over-achieving against its' targets, this results in a very strong project"*

- **2011** The Sunbeams Concert Troupe took London by storm, when they gave a Lunch-time Concert at the prestigious St-Martin-In-The-Field Church, to a packed audience. Featured on keyboards Ife, Dr Ifeolu Akintunde our present chairman, an international lawyer who is also blind and of African descent.



Sunbeams uses music in a therapeutic way to encourage communication and social inclusion, build up self-esteem and self-confidence and improve quality of life – making a real difference to peoples' lives.

- **2012** Intellectually copyrighted Music For Life® and Music For Dignity® programmes with the Patent Office.

- **2013**. External Evaluation of Social Return On Investment (SROI).Delivered £8 of social value for every £1 investment in Music For Dignity® Programme for 379 people with dementia; applauded by Rt.Hon Jeremy Hunt when Secretary of State for Health.

- **2014** Annie awarded MBE in the Queen's Honours List ....."in recognition for her exemplary services to Community Music Therapy in Cumbria". Annie firmly believes Music is inside us all - it just requires the right key to unlock it.



- Media partners with the BBC. Annie has made frequent appearances on e.g. BBC Breakfast News, ITV Songs of Praise, GMTV, Radio Cumbria and BBC Children in Need to promote awareness of Sunbeams including the stories of individual children with complex medical needs who attend Sunbeams Sessions regularly.


Harrison with Matt Baker


Helen Skelton at BBC Children in Need Session

- **2014** Sunbeams Children are NO. 1 in the Charts! – with Gareth Malone's All Star Choir singing "Wake Me Up!"



- Annie stated on **BBC. Radio 4's TODAY** programme that our pioneering Music For Life® and Music For Dignity® programmes are renowned for 'reaching the unreachables', fulfilling the gaps in service provision for people with disabilities in Cumbria.

- **2016** Michael Lawson-Johnson MRSM elected as a Member of Royal Society of Musicians, and awarded Honorary professorship for services to Community Music. He received a standing ovation from the members.

- **2004–2016. Huge achievement raising £2.7 million to build Sunbeams Music Centre, Penrith, designed as University thesis by Will Mawson, Annie's nephew and Godson of whom we are all very proud.**

We are SO grateful to Sir Norman Stoller who donated the last £1.3million. Hence Stoller House!



Michael as Clerk of Works



Annie with Rory Stewart on Sunbeams Centre Building Site



Annie with Sir Norman Stoller and his Project Manager, Stephen Lowe F.C.I.B.

This most complex of buildings is so beautiful, that it is still receiving acclaim in RIBA news, International Architectural papers, and astonishes the hundreds of visitors who applaud our iconic award-winning Centre.

AJ Architecture wrote: *"Young Newcastle practice MawsonKerr Architects has triumphed in the Health & Wellbeing category of the AJ Architecture Awards with its Sunbeams Music Centre."*

RIBA wrote: *"An unusual partnership between client and architect has resulted in an exceptional environment for health and wellbeing in rural Cumbria. The building houses the Sunbeams Music Trust, which offers music therapy to people with disabilities. An ambitious design executed with great craftsmanship combines with a touch of homeliness to create a very welcoming environment throughout."*

AWARDS FOR SUNBEAMS MUSIC CENTRE

MAWSONKERR
Architecture & Sustainability

LABC 2018
Shortlisted Northern Best Public Service building
Shortlisted Northern Best Educational Building
Shortlisted Northern Best Inclusive Building
Northern Winner Small Commercial Project of the Yr.
National Finalist Small Commercial Project of the Yr.

Offsite Awards
Shortlisted Healthcare Project of the Year
Shortlisted Best Use of Timber Technology

Structural Timber 2018
Shortlisted Healthcare Project of the year
Shortlisted Contractor of the Year

Architects Journal Awards
Winner Healthcare and Wellbeing Project of the Year



Buildings Awards
Small Project of the Year finalist

Civic Trust 2018
Region Award Winner
Selwyn Goldsmith for Accessibility Shortlisted
Civic Trust Commendation

Winner Architect of the Year (beating Sir Norman Foster!)





- **2016** VANESSA APPOINTED AS CENTRE MANAGER. From the Centre, we now serve disadvantaged communities throughout Cumbria, raising £400,000+ every year to fulfil our aims. Over 50 organisations now hire the Meeting Room, income which helps to pay for our Community Music Therapy

Annie says *"Every organisation should have "a Vanessa".*

Just SOME of the accolades from the 53 organisations who use our "inspirational" and "moving" building for their meetings and conferences...

"Thank you Vanessa. I would be ashamed if I didn't sing your praises. It makes me very emotional to think of the difference you and Sunbeams make. I simply walk in the shadow of giants."

"I just wanted to say a heartfelt thank you Vanessa, for making us feel so welcome earlier this month. We thoroughly enjoyed our time at your venue and it definitely aided creative thinking. Thank you too for sorting out such lovely food. I hope our paths cross again someday."

"To my mind, the Centre and its wonderful Staff are the sheltered, nurturing, creative, outward-looking and quietly confident expression of Sunbeams – in a sublime and woody nutshell. A place full of delight."

- **FEB.2018** Sunbeams Music Centre officially opened by Sophie, Countess of Wessex.

"What a joy to be able to come to such a beautiful place and create music in such beautiful surroundings. I don't think I have had so much fun in an afternoon for a long time. To all the children - you are a complete joy. Annie you have worked so hard to make this happen, with the support of others, but you have been the inspiration."

We at Sunbeams believe our community is judged by the way it nurtures and includes people who are not able to ask for help. We are determined that our bespoke Centre will serve our beneficiaries with profound and complex needs so that they will no longer feel marginalised, but can find a niche in which to thrive.

"Sunbeams gives us hope. Until your life is touched by a child with additional needs, you can't really appreciate the value of a charity like Sunbeams. Sunbeams workshops are truly life-changing."
- A grateful Mother

"I don't know my own name, but I know I love coming here and feeling so happy when I sing with you."

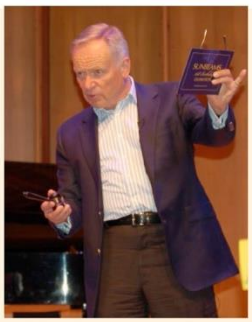




"We feel so good, we don't need our walking frames!"



Annie with HRH Countess of Wessex who officially opened our Music Centre



In the past 10 years we have held amazing events in London's **LSO building** (2013), **the House of Lords**, (2015), **Kensington Palace** (2017) and **Auctioneer Lord Archer** has helped us raise over £250,000 in his inimitable style.

The momentum created by these prestigious events enabled us to feel confident that Posh Frocks and Jeans would be a fun evening in 2019 at the Sunbeams Centre and here we are again planning a spectacular 30th Celebration , **"The PROMS at Sunbeams"**, featuring soloists from the National Symphony Orchestra. We have already received donations from nearly 300 attendees so we feel sure we will have a wonderful evening!

This year has been one of great significance to Sunbeams. Not only are we celebrating our 30th Anniversary, but we are now consolidating our projects after the Covid pandemic, even extending the number of venues where we deliver our programmes. This would be impossible if we did not have the finest of musicians. Most of them have their own bands or ensembles but they give their time and expertise so willingly and without hesitation – so fervent are they to deliver our Mission – a Mission shared by our loyal and dedicated staff, Liesl, Vanessa, John and Pete. And with our wise and committed Board of Trustees and a bespoke award-winning Centre, Sunbeams Music Trust is well-placed to consolidate its core aims and mission, but always bearing in mind our sustainability.

As an International Centre of Excellence, the Sunbeams Music Centre embodies all that Cumbria and The Lake District exemplifies – as a place of great natural beauty, and associated cultural excellence, creativity – and well-being.The Centre has created a sustainable legacy for community music therapy for disadvantaged people of all ages across the UK.



As Michael says...

"You cannot open a door to show a glimpse of possibility and slam it shut. It has now become our moral obligation to provide a pathway beyond".

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2022

Registered number: 05794153

Charity number: 1117159

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

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ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Reference and Administrative Details of the Charity, its Trustees and Advisers for the Year Ended 31 May 2022

Trustees and Directors

Dr I. O. Akintunde, Chair
Dr A. F. R. Wolfe, Treasurer
Mrs I. Henderson
Mrs R. C. Seager
Mrs K. Addison
Mrs L. Addison
Mr M.J. Lawson-Johnson
Mrs E.A. Mawson

Company Registered Number

05794153

Charity Registered Number

1117159

Registered Office

Sunbeams Music Centre, Stoller House, Redhills, Penrith, Cumbria, CA11 0DT

Company Secretary

M. J. Lawson-Johnson, MRSM

Chief Executive

Annie Mawson MBE, MRSM

Accountants

Armstrong Watson Audit Limited, Fairview House, Victoria Place, Carlisle, CA1 1HP

Musical Patrons

Liam Fray – The Courteeners
Philip Glass
Justin Pearson – Managing Director and Artistic Director of the National Symphony Orchestra

Supportive Patrons

Lord Archer of Weston-Super-Mare
Susan Bagot MBE
Lady Eileen Carey
The Rt. Rev. Richard Garrard
The Rt. Rev. Bishop Laurie Green
Ian Gregg CBE
Lara Rostron
Lord Melvyn Bragg
Hal Bagot
Sir James Cropper KCVO
Neville Howard
Vicki Green
Julia Linnette

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Trustees' Report for the Year Ended 31 May 2022, to be read in conjunction with 30th Anniversary Report by Founders Annie Mawson MBE & Michael Lawson-Johnson MRSM

The Trustees present their Annual Report together with the financial statements for the year ended 31 May 2022. The Trustees confirm that the Annual Report and the financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 is not required.

Objectives and Activities

Policies and Objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.





THE PURPOSE OF OUR ORGANISATION

The Trust's key objectives:

"Sunbeams aims to relieve sickness and assist in the treatment of children and adults who are suffering physically, emotionally, psychologically and mentally by the provision of free music therapy and to provide introductory music therapy training to individuals working with such persons".

Our achievements have always been an indication of the strong infrastructure of the charity, including Trustees/Directors and Staff, as well as the remarkable professionalism, dedication and talent of the musicians who all contribute to the on-going high standard and quality of Sunbeams services. Leadership and staff are outstanding, with the experience, qualifications, skills and empathy, able to deliver Sunbeams' vision and mission. We aim to tackle the serious challenges raised by social

exclusion, deprivation, ill-health and inequality, through the transformative power of our Community Music Therapy.

In fulfilling our Mission, 8 specialist Musicians help 2,500+ disadvantaged individuals improve their quality of life, their emotional and mental health and self-esteem through the creative freedom of music, in our unique Music For Life® and Music For Dignity® programmes. Most sessions are free of charge to groups of up to 30 children or adults with disabilities every week in venues throughout Cumbria and in our bespoke award-winning Sunbeams Music Centre and via ZOOM Technology. All the Sunbeams beneficiaries suffer from varying disabilities, including physical and learning disabilities; mental health issues; Alzheimer's/senile dementia; autistic spectrum disorder; Down's syndrome; emotional and behavioural disturbance; complex medical needs.

ACTIVITIES FOR ACHIEVING OUR OBJECTIVES include:

1. SUNBEAMS MUSIC FOR LIFE® PROGRAMME including Family Learning - a specialist and innovative programme, pioneered by Sunbeams Founder, Annie Mawson in 1992. Through structured interactive workshops, our 8 specially trained professional musicians use music as a tool for therapeutic and developmental benefit for groups of disabled and disadvantaged children and adults of all ages.

2. SUNBEAMS MUSIC FOR DIGNITY® PROGRAMME delivered to elderly people with severe Dementia/Alzheimer's with the aim of relieving suffering, and encouraging communication and social inclusion. The wishes of elderly people who have led amazing lives are often ignored. They want Sunbeams to restore their self-respect through participating in our music sessions - and give them back their dignity. **Do see our website www.sunbeamsmusic.org** for a more detailed description of the aims and examples of how Sunbeams Community Music Programmes have transformed the lives of our beneficiaries, whatever their age.





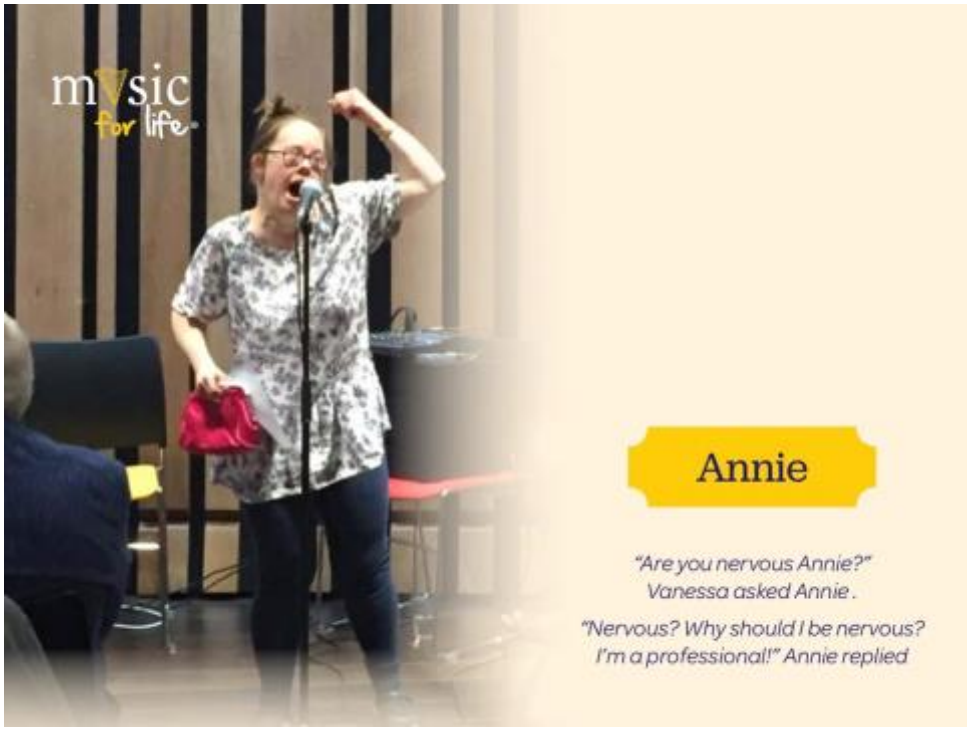
"We feel so good, we don't need our walking frames!"

3. SUNBEAMS CONCERT TROUPE consists of 20 adults with a wide range of disabilities. In the past, the Troupe have brought their show to theatres, village halls, and churches in rurally isolated areas. They have received wide acclaim, especially after they performed to a packed lunch-time concert at the prestigious venue of the Church of St Martin-in-the-Fields in Trafalgar Square in London. They were invited, not because of their disabilities but because of "their excellence". The Troupe delighted audiences whilst challenging individual attitudes towards disability, thus breaking down barriers of prejudice and strengthening communities. The members of the Sunbeams Concert Troupe were themselves transformed by their self-improvement and development, which led to their social inclusion within their communities.



Sunbeams uses music in a therapeutic way to encourage communication and social inclusion, build up self-esteem and self-confidence and improve quality of life – making a real difference to peoples' lives.

Sadly, due to Covid-19, the Troupe are so vulnerable that throughout this Reporting Year, they have all been sheltered because of their complex needs. They receive music sessions via Zoom, but we envisage it will be a long time before they will be able to perform in public again.



4. SENSORY GARDEN

A major feature of our work which has continued throughout the pandemic has been the development of the Sensory Garden – and especially the installation of harp-like instruments which all our beneficiaries just love to play and listen to the magical, ethereal sounds. Thank you SO much to the Trustees of the Cumbria Waste Management Environmental Trust (CWMET) for funding this exceptional garden, along with special eco paths, and eco playground for wheel-chair dancing.



Three Octave pentatonic Aluminium sounding tubes. Suspended inside bright galvanised tube construction with tube clamps.

Sound range between soprano and tenor and bass - with beautiful timbre and sustain, which the children LOVE to play.

We have provided a facility which is calming, and palliative for children with life-limiting conditions, thus fulfilling the requests from the families.

We wanted to enhance their physical and mental health. Sunbeams had just won the 2018 RICS Award for the North-West for a Centre providing health and well-being. This project really expanded our facilities, increasing accessibility to even more disadvantaged people of all ages.

5. SUNBEAMS MUSIC CENTRE

"Music has always been important to me. It always has been and always will be. Without Sunbeams Music, my life is not worth living." John

This is why we raised £2.5 million to build and run the Sunbeams Music Centre: a National Centre of Excellence for these people with profound and complex needs – as no other organisation is fulfilling their long-term needs and aspirations. Building this iconic and stunning Sunbeams Music Centre marked a significant milestone in an extraordinary journey for Annie Mawson's Sunbeams Music Trust as well as MawsonKerr Architects.

The Centre is increasing delivery of Community Music Therapy to children and adults with Special Needs in the North of England and beyond. The Centre is a single-storey 550m2 construction, comprising Workshop/Training/ Performance Hall, 5 Music Therapy Rooms, Recording Studio, Meeting Room, Kitchen, Administration facilities, Exhibition Space, Sensory Garden and woodland. It is set in 1.16 hectares on the fringe of the Lake District National Park, in England on the A66/M6 axis, Junction 40 M6 at Penrith, in between Redhills and Rheged.



From the outset this was no ordinary project. The journey began 17 years ago in 2005 as a university thesis project for MawsonKerr Director Will Mawson who was studying the charity as part of his final year project at Newcastle University; in an unusual turn of events this became a live project following unanimous approval by the Board of Trustees. The green field site with transformational therapeutic qualities was generously donated overlooking Ullswater Valley near Penrith following which a lengthy fund raising period began for the Centre.

This included a number of sponsored “endurance challenges” by MawsonKerr and friends of the charity such as a Forrest Gump style 24 hour coast to coast run of over 200 miles in 24 hours, the round Cumbria Cycle ride – 270 miles in 24 hours, the exhausting climb of 21 Cumbrian fells (mountains!) in searing heat in 21 hours! This indomitable group of lads and lasses – used to play rugby, but no longer with tired-out knees! They raised over £70,000 towards Tom’s Room – in memory of their dear friend, who died of Alzheimer’s type disease at age of only 23 years.

It was a huge achievement raising £2.5 million to build the Centre which I have described in every Annual Report since the Board approved its construction in 2012! But I have to reiterate that this most complex of buildings is so beautiful, that it is still receiving acclaim in International Architectural papers, and astonishes the hundreds of visitors, including National Architects, and over 60 organisations which now hire the Meeting Room, income which helps to pay for our Community Music Therapy.

Our dream has come true – to provide a bespoke Centre which will be a sustainable legacy for disabled people of all ages, whose lives will be transformed by the power of music. Special thanks to our main philanthropist – Sir Norman Stoller, whose largesse we were thrilled to acknowledge when the Centre, officially known as Stoller House, was opened by Sophie, the Countess of Wessex on February 8th 2018.

The futuristic building follows the natural contours of the land as it slopes upwards from west to east, appearing to gradually emerge from the landscape. The building almost reaches a crescendo, as would a piece of music – the Centre really is cutting-edge design. It is true testament to Will Mawson ARB RIBA, our architect – and worthy of our wonderful beneficiaries who no longer have to tolerate inferior resources

WWW.SUNBEAMSMUSIC.ORG





AJ Architecture wrote:
"Young Newcastle practice MawsonKerr Architects has triumphed in the Health & Wellbeing category of the AJ Architecture Awards with its Sunbeams Music Centre."

RIBA wrote:
"An unusual partnership between client and architect has resulted in an exceptional environment for health and wellbeing in rural Cumbria. The building houses the Sunbeams Music Trust, which offers music therapy to people with disabilities. An ambitious design executed with great craftsmanship combines with a touch of homeliness to create a very welcoming environment throughout."

MAWSONKERR Architecture & Sustainability Architects Journal Awards Winner Healthcare and Wellbeing Project of the Year

Buildings Awards:
Small Project of the Year finalist

Civic Trust 2018 Region Award Winner

Selwyn Goldsmith for Accessibility Shortlisted

Civic Trust Commendation

LABC 2017
Shortlisted Northern Best Public Service building
Shortlisted Northern Best Educational Building
Shortlisted Northern Best Inclusive Building
Northern Winner Small Commercial project of the year
National Finalist
Small Commercial project of the year

Offsite Awards Shortlisted Healthcare Project of the Year
Shortlisted Best Use of Timber Technology

Structural Timber 2017
Shortlisted Healthcare Project of the year
Shortlisted Contractor of the Year Winner



Will Mawson ARB RIBA

Sunbeams Music Trust is now a flagship charity within Cumbria and the North of England. We feature regularly within Children in Need appeals on BBC due to the work we deliver to children with complex medical needs. Established in 1992, Sunbeams Music Trust deliver our 'Music For Life® ' and 'Music For Dignity®' programmes to disabled people of all ages throughout Cumbria. We were eager and deserving of a more appropriate home. It really is this group of people and providing for them that make the project so special.

Trying to be completely inclusive without appearing institutional was an important design driver. There are a number of specialist inclusive features that make the building unique in the county such as the hoists and change facilities before we consider the impact of the architecture.

The architecture is intended to reflect synthesis between the natural context, a contemporary vernacular and musical union; housing several unique functions it is also importantly an outward facing advert for the charity. The design team's resultant building is designed to embody musical qualities of rhythm, timbre and melody within the landscape; shaped along the curved natural contours it grows with a crescendo at the canopy to the eastern main entrance. Inserted along the rhythmical elevation are a series of playful introverted volumes housing key activities. Do see our website for the plans and more photographs.

"Sunbeams gives us hope. Until your life is touched by a child with additional needs, you can't really appreciate the value of a charity like Sunbeams. Sunbeams workshops are truly life-changing."
A grateful Mother

HOW SUNBEAMS CONTRIBUTES TO LOW CARBON TRANSITION IN CUMBRIA

Following the Climate Summit in Glasgow, the Conference of the Parties (COP), we thought it was pertinent to embrace how, from the very outset of architectural design and construction of Sunbeams Music Centre, our unique action plan was committed towards net zero greenhouse gas emissions by 2050. Hence Sunbeams was Highly Commended by Civic Awards and Holcim Foundation for Sustainability.

We are committed to a greener future with:

●Ground Source Heat pump, registered with Ofgem RHI system (Renewable Heat Incentive)

● Five 30 metre long trenches carry the closed system ground loops which use the energy within the ground to generate heat required for the underfloor heating and hot water supply. In summer, parts of the system can run in reverse providing energy efficient cooling to the building

●Thermal mass of the hill within which the Centre is buried tempers the climatic peaks, providing zero air leakage to 50% of the envelope area

●Green roof (home to oyster catchers!) increases the biodiversity of the built area reducing the ecological impact. Absorbent layer reduces storm water run-off. Vegetation, including herbs, absorbs heat, reducing contribution to the greenhouse effect

●The lozenge shaped volumes have innovative acoustically treated natural ventilation system within the depth of the wall, driven by the cross wind over the fins.

●Efficient sewage plant returns pure water to the ground

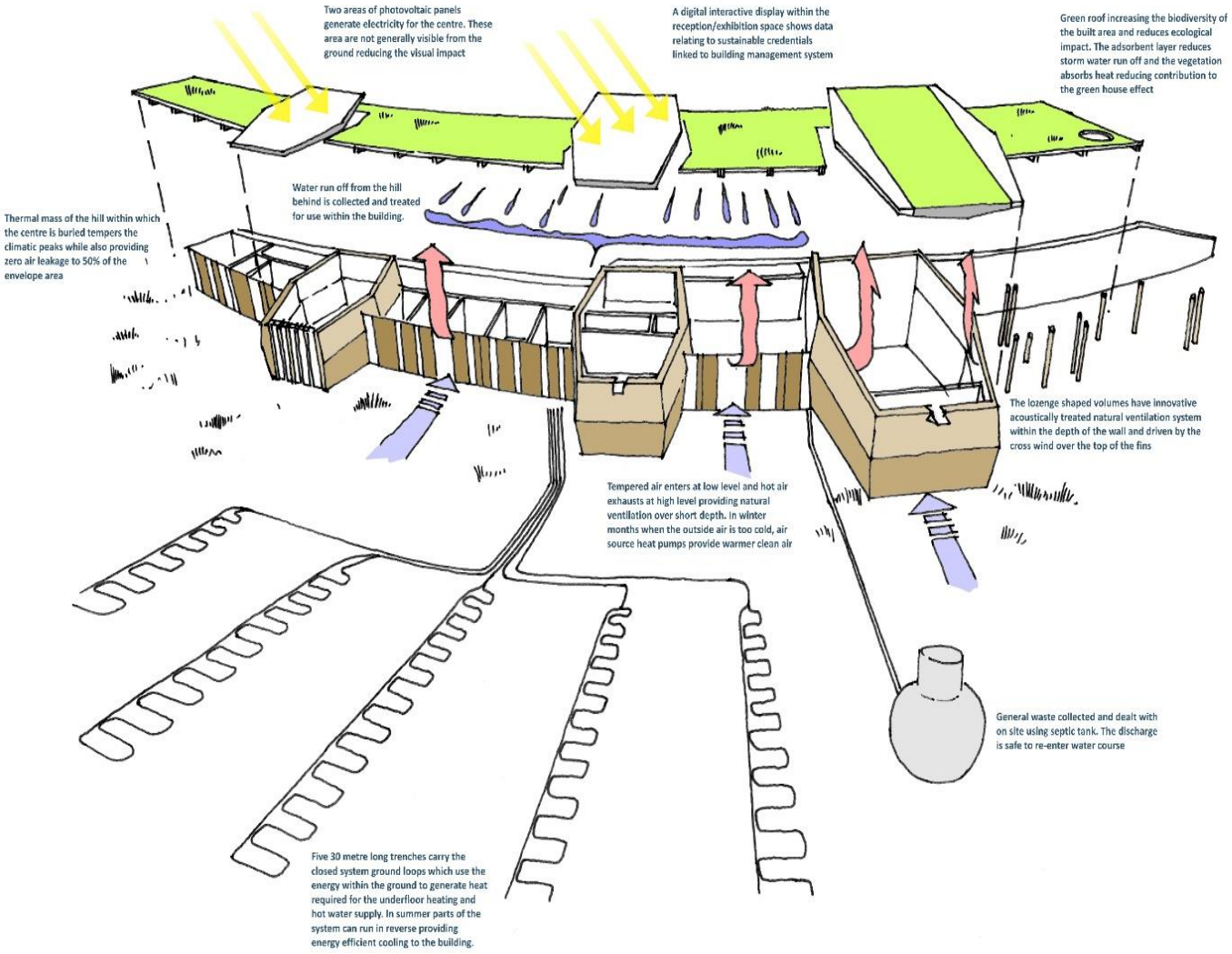
●Living Wall on entrance to Centre Reception – one of the few in Cumbria.

●Planting of 400 boundary trees

●LED Lighting throughout

PLEASE SEE DIAGRAM below.

Energy Reporting is by secure Ambiflex IT BMS (Building Management System) which measures daily, monthly electric, heat, CO2, natural ventilation, temperatures, U/F pumps, in each individual room to gauge our progress towards Net Zero GHG emissions. We submit heat output and fuel measurement data to RHI Register and thus receive Ofgem periodic support payments.



<u>Imagine our despondency in June 2021 when we realised that the COVID Pandemic would continue to ruin all our heart-felt plans, all our mission and hopes for the vulnerable beneficiaries who live for their music sessions in our beautiful building, delivered with such empathy and passion by the musicians.</u>

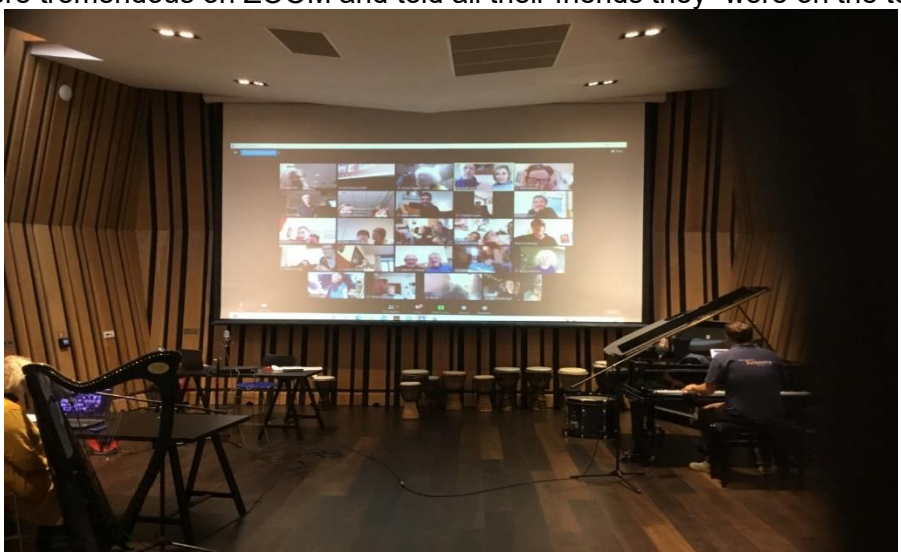
To ignore the impact that Covid-19 has had on us as a team would be to disregard the learning and the growth that comes from such adversity. As for our marginalised groups – their emotional needs must be paramount in our potential rush to get “back to normal”. We needed to recognise and address the grief, loss and anger and bewilderment felt by everyone.

The words I wrote as long ago as March 2020 are still etched in our memories for ever……
“Coronavirus….Covid-19….Zoom….Online Delivery….Virtual Sessions….Catch it! Bin it! Kill it!
…....Pandemic….Furlough….Flexi Furlough…. Social-Distancing……Shielding”

Who would have thought these words would still be uttered with such heavy hearts 24 months later.

6. CHANGING DYNAMICS WITH ONLINE DELIVERY WITH ZOOM

And so we decided to use Zoom! Another word I hadn't come across and since then it has played an integral part of our delivery and without it, I doubt if we would have been able to keep in touch with all our beneficiaries. We still zoom over 1,000 beneficiaries every month! Zoom has been a wonderful tool for us to keep in touch with and offer support to our beneficiaries and their carers**,** especially those who reported high levels of loneliness during the pandemic. Some people lost social support from families, friends, and neighbours during this time especially those who live in rurally isolated villages in Eden and Allerdale where the Coronavirus is still so rife. The value of communication technology for keeping in touch was clear. Many of the young adults with severe special needs were tremendous on ZOOM and told all their friends they "were on the telly!"



This new Online project has reminded the beneficiaries that we are still here, and will be here for them when the COVID-19 Virus is over, however long it takes. We were right to feel lockdown would be longer for these most vulnerable high-risk people, children with complex needs and elderly groups with dementia. We realised that COVID-19 would last well into 2022. Grants from BBC Next Steps, COINS Foundation, D'Oyly Carte, YMCA Kendal Ltd., Charities Aid Foundation, Eden District and the Arts Council Culture Recovery Fund enabled us to devise and expand Online Virtual Delivery of Zoom Workshops which are all received with such excitement but we now face the prospect of increasing competition when applying for more funds.

In summary, the Zoom sessions were met with wholehearted enthusiasm! The impact upon the beneficiaries was greater than we dared to expect as we aimed to bring the following differences to our beneficiaries, of all ages:

1. Improve their desperate situation by alleviating their loneliness when they see and hear the familiar Sunbeams Musicians.
2. Alleviate their marginalisation caused by their disability
3. Improve their self-esteem and well-being, reminding them to keep singing
4. Help them cope and improve their mental and emotional health
5. Relieve their profound feelings of isolation and social exclusion
6. Relieve their distress, giving them much-needed fun and escapism
7. Maintain communication with informal partnership organisations so THEY know they are not alone.

"Annie and the team... thank you from the bottom of our hearts for all you do. You can bring a smile when all around seems hopeless. I really hope that Sunbeams is able to continue as our daughter gets so much enjoyment from it".



7. OUTSIDE SESSIONS

However, the use of this technology was not suitable for all and for some people it was no replacement for face to face contact. After considerable pressure from our clients, in August 2021, we decided to offer open air music sessions underneath the large canopy by the front door of our Centre. We consulted with care staff and arrived at a plan and a risk assessment that was safe and adaptable for all, using our picnic tables for various "bubbles". The first session started with the numbers lower than expected. Interestingly, as the result of having contracted Covid, some of the musicians found that the words and music that we have taken for granted, did not just return and they needed prompting by the beneficiaries to trip their memory. Lucky there weren't more there! After that very amusing but rather poignant session, numbers returned as ever and there was an enthusiasm that has lasted until the present. All the people taking part were so emotional that the music and the fun were back!



Again and again parents said how their children asked "When are we going to Sunbeams – why can't we have music?" The children do not understand what Covid is and how dangerous it is to their already frail bodies. We have avoided contraction of Covid by following comprehensive procedures,

including spacing, double vaccination, temperature and lateral flow testing, hand gel and sanitising all tables, chairs and instruments. The photographs speak for themselves!



8. END OF FURLOUGH AND RESUMPTION OF WORK INSIDE SUNBEAMS

The Coronavirus Job Retention Scheme ended on 30 September 2021. We needed to plan the future. We needed to establish what the future will look like, and with all staff returning – how to develop everyone's roles and work patterns, especially with demand growing exponentially. We need to outline the route out of lockdown – setting out objectives together and develop the client-base for "power of music to heal" and ask ourselves – apart from our Music Therapy Delivery to over 2,500 beneficiaries every month, what WERE we doing before Covid?"

FUNDRAISING of course! We continue to strive towards keeping Sunbeams viable and as self-sustainable as possible – but impossible without the grants from our wonderful Funders who so believe in us: please see Financial Reports.

On behalf of all our beneficiaries who are unable to speak for themselves, thank you to everyone for supporting us throughout this strange period. We could not continue our valuable Music Therapy work without the wonderful donations received from the community – whether local, regional or national. All gifts, legacies and donations received in the post have been gratefully received – and hugely importantly, over the years we have received 3 amazing 3/4 Grand Pianos, 2 harps, numerous guitars, violins, drums and bass instruments which our beneficiaries love to play now that the face-to-face music workshops have resumed. We always welcome bequests, and look forward to receiving our first Stradivarius!

With all programmes, whether for the Recording Studio, the Wolfson Meeting Room, Music for Life® or Music For Dignity® Programmes – we need to be pro-active rather than re-active and talk to carers/organisations to establish facts and figures; explore venues – old and new e.g. Dementia Ward Carlisle Hospital; link with formal care packages - personal payments, our Music For Life® Programme and especially kick-start our Music For Dignity® programme.

"I cannot remember my own name but this is the best place in the world. I love coming here."

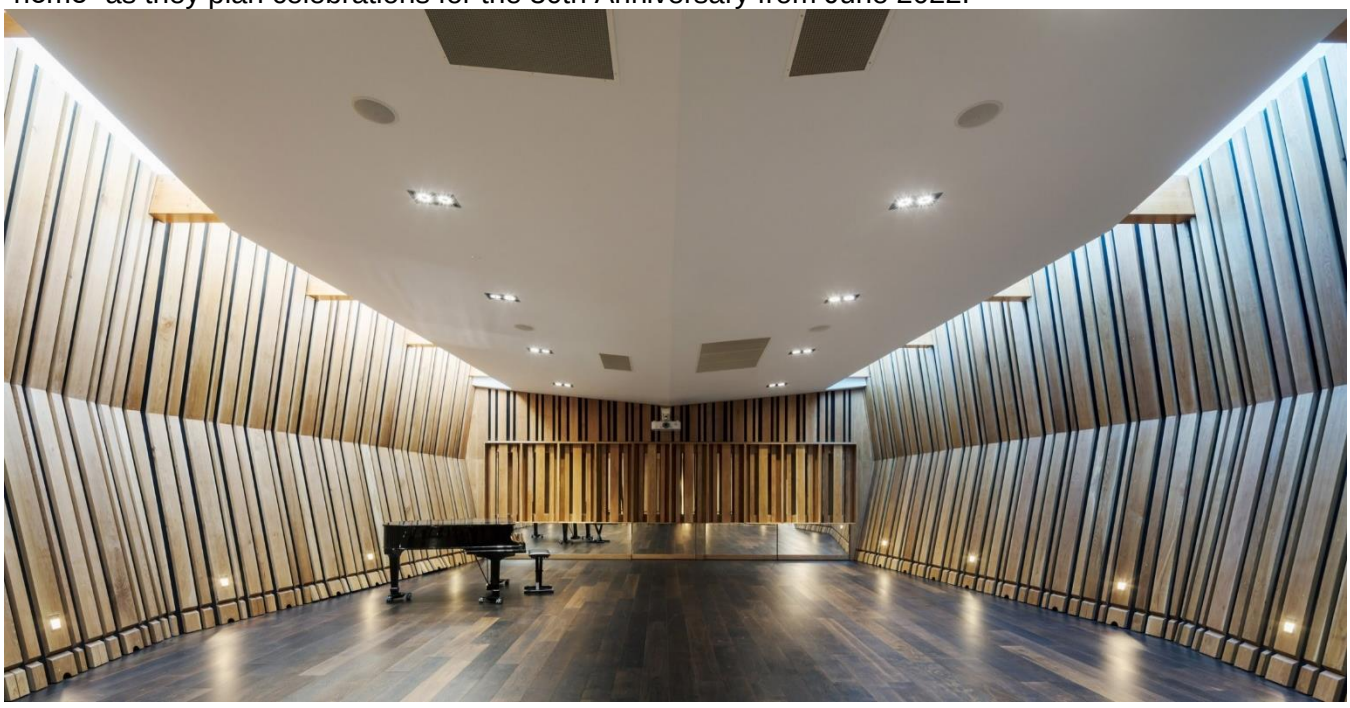
Many beneficiaries cannot express their mental-health issues verbally, but their faces were distraught with fear and bewilderment because of COVID-19. They didn't understand the complexities of the "virus". They did know why they felt lost and frightened. The impact of coronavirus was too profound for them to describe, apart from crying with distress.

"Sunbeams is the only activity/group we attend." "Without Sunbeams, we would be completely isolated".

We have had difficulty keeping in touch with people with dementia especially those who are in hospital or care homes. The impact of the pandemic on their quality of life has been particularly challenging. For many people with dementia and their carers, the sudden loss of formal support services including our Community Music Therapy has had a negative impact on their life quality. We sincerely hope that we will soon be able to resume our Music for Dignity® in the 27 Care Homes/Hospices/Hospital Wards where we delivered our programmes to such great benefit and tangible impact.

Protecting the health and safety of employees, beneficiaries and third parties on our premises was at the forefront of our minds when re-opening the Sunbeams Music Centre. Strict COVID precautions continue to be in place, with enhanced deep cleaning of the premises, and even all the instruments – which the beneficiaries are so enjoying in the outside sessions. All the Corporate companies are returning for their meetings, their AGMs, their Conferences – acknowledging the beauty of the Centre and its Sensory Garden and Orchard and indeed, the safety of the clever design incorporating all the Breathing Building Principles described previously. They all report how much they have missed Sunbeams – and especially the wonderful staff - a sentiment echoed by the beneficiaries and carers who are starting to enjoy the infectious enthusiasm of the Sunbeams Musicians.

In order to fully understand what makes Sunbeams such a special project it is crucial that you visit the Centre if you can and when you feel safe to do so. If you do, you will meet an incredible group of people in Sunbeams Music Trust who will be more than happy to impress delight in their exciting "home" as they plan celebrations for the 30th Anniversary from June 2022.



Glassical Performance Hall named after Sunbeams Musical Patron, Philip Glass.

I am so proud of the Sunbeams Staff and Musicians who have showed quiet dignity and wonderful emotional resilience during the last 18 months. It is a time for renewal as we look to the future with increasing hope as the Centre has come alive again with a real buzz.

What better way to conclude than to tell everyone of our exciting news:

"HOT OFF THE PRESS" that in November 2021 Sunbeams was represented on Matt Baker's Rickshaw Challenge for BBC CinNeed by Harrison, a Sunbeams beneficiary for the last 14 years!

'I am the greatest showman in the whole wide world' - The show must go on for Harrison



To read these words from Harrison, one might think that he was the most egotistical, arrogant young man! But Harrison doesn't have a conceited or big-headed bone in his body. He has been coming to Sunbeams Music Trust for over 14 years – supported by BBC CinN and intermittently by his own fundraising – part of "Harrison's Fun Fund". He does have a massive self-belief, and I believe that he doesn't see his disabilities as putting him at a disadvantage to ANYTHING he tackles. Indeed, in my opinion, I don't even think Harrison sees himself AS disabled. He is a gregarious member of the Sunbeams Team – so much so that over the 14 years of weekly music sessions, he has become a volunteer, encouraging the younger ones and more reluctant older more reticent youngsters to sing. He sings solos, and includes even his trademark opera singing: he brings joy to all who hear him. He is a born performer, and IS desperate to be famous! But in a lovely way, whereby he can bring joy to others whom he sees as less fortunate than himself, or even to huge audiences – having sung at several Festivals! He loves to be on the stage, singing his heart out with his beautiful tremolo voice which is SO enchanting and evocative. He does have a very strong story, but his strong personality has helped him overcome severe medical problems. We told Matt and the BBC production managers that the Rickshaw Challenge would not be the same without Harrison! We were there to cheer him on as he sang a song of celebration to Matt and the BBC and the Rickshaw Challenge Team when we Staff met him at each Pit-Stop, culminating in a magnificent finale at Ulverston!

HARRISON – THE GREATEST SHOWMAN AT SUNBEAMS!

WELL DONE HARRISON – WE ARE SO PROUD OF YOU! YOU EPITOMISE THE TRUE SPIRIT OF SUNBEAMS!

I know that many of you who read this Report are already great friends of Sunbeams – and I thank you for your friendship. My dedicated team and I are all so humbled and inspired by your unfailing support – especially during this pandemic, in the knowledge that your donations and friendship enable us to fulfil our mission with passion, commitment and enterprise, of "reaching the unreachables" - the fundamental driving force for everyone at Sunbeams through 'the power of music to heal.'

WHO CAN RESIST OUR BEAUTIFUL BUDDING MUSICIANS, LUCY AND ESME!





SEE OUR FACEBOOK @SunbeamsMusic

E. Annie Mawson MBE

15 September 2022

Investment Policy and Performance

Investment policy and objectives

The Trustees operate within the governing document, the Memorandum and Articles of Association having regard to the guidance provided by the Charities Commission and act in accordance with the Trustees Act 2000.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal Risks and Uncertainties

The Trustees have assessed the major risks to the charity, especially those related to the operations and finances of the charity. The charity has systems in place to control and mitigate risks.

- Ensuring projects and any associated risks will be overseen by an active Board of 8 Trustees
- Comprises multi-disciplined team with strong representation of people we help and led by a Solicitor

- Experienced in Risk Management principles with proven robust systems, procedures and policies in place covering all aspects of the organisation and risk mitigation: Governance, Equal Opportunities, Safe-Guarding, Vulnerable Adults, Health and Safety
- Ensuring people have the right skills/knowledge/empathy/experience to deliver our programmes
- Enhanced Disclosure and Barring Service checks for all the Sunbeams team with ongoing support, advice and training opportunities available (e.g. handling techniques for disabled people) and reinforced at Sunbeams' Training Days.

Reserves Policy

Trustees agreed a policy of maintaining a minimum of three months' value of operational costs as a reserve. This has been reviewed during the year and is still seen as an appropriate balance between the financial probity of the charity without simply keeping money in the bank.

The charity continues to deliver an amazingly valuable service to a wide audience across Cumbria and the North. Frequent comments from beneficiaries, carers and family members about the beneficial impact that music therapy has, reinforces the drive to build and improve the work that we do.

Structure, Governance and Management

Constitution

Annie Mawson's Sunbeams Music Trust (Sunbeams) is a company limited by guarantee, as defined by the Companies Act 2006. The Trust was originally created as an unincorporated charity on 17 January 2000; the limited company was incorporated on 25 April 2006 and registered as a charity with the Charity Commission on 7 December 2006 with all relevant assets then being transferred to the company. The company was established under its Memorandum and Articles of Association which comprise the governing document (as amended 18 August 2006).

Method of Appointment or Election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

Policies Adopted for the Induction and Training of Trustees

New Trustees, on appointment, have a formal induction meeting with the Chief Executive and are informed of methods of working, current issues, attendance at meetings etc. They are given an information pack comprising guidance on their responsibilities, the most recent Trustees' Report and Financial Statements and other documentation concerning current activities and projects. They also attend concerts and workshops run by the organisation to experience the work at first-hand. Ongoing training is provided annually for all Trustees, as well as for staff, musicians and volunteers, and one-off training is carried out as required.

Organisational Structure and Decision Making

"Sunbeams" is an independent charity. Annie Mawson's Sunbeams Music Trust has a very active Board of Trustees that meets bi-monthly. They are responsible for the overall management and control of the charity. The Board is provided with monthly financial reports in addition to regular updates and reports from its Chief Executive. The Trustees maintain scrutiny of the major strategic, business and operational risks which the charity faces and confirm that regular reports are produced in order that necessary steps can be taken to manage these risks.

Wider Network

Sunbeams maintains relationships with other legal entities which include:

- ACT (Actions for Communities in England)
- BBC Media partnership
- Cumbria Arts and Culture Network
- Cumbria CVS (Cumbria Council for Voluntary Service)
- Live Music Now

- National Council for Voluntary Organisations (NCVO)
- 4Eden

Trustees' Indemnities

The charity holds a standard insurance policy which includes a trustees' indemnity against any liability in connection with any negligence, default, breach of duty or breach of trust in relation to the charity.

Members' Liability

The members of the company guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up.

Public Benefit

The Trustees of Annie Mawson's Sunbeams Music Trust believe they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission.

From our Treasurer

A message from our Treasurer, Dr A. F. R. Wolfe BSc (Hons), MSc, PhD.

As outlined in the Chief Executive's report above, the impact of the Covid pandemic upon Sunbeams' operations and finances continued during the year to 31 May 2022 but the gradual opening up of society thanks to the vaccination programme during 2021 has enabled us to progress from lockdown to what are now, more recognisably 'normal' conditions.

Our online music sessions have continued to be vital in enabling us to reach those who love participating in them so much, and derive huge therapeutic benefit from doing so. We very much expect that for many (particularly those that still need to shield, but also those for whom transport may be tiring or inconvenient), this will continue to be the case. However, whereas in the summer of 2021 we were able to welcome many back to outdoor music sessions at the Sunbeams Centre, over the course of the financial year it became possible again (while still maintaining rigorous protocols) to hold these indoors in our beautiful Performance Hall. More recently, there has been the resumption of many sessions in which our musicians travel to where our beneficiaries are, whether it be in schools or care homes.

In the year to 31 May 2022, total income rose slightly to £300,658 from £293,842 in the previous year. This was in spite of receipts from the Coronavirus Job Retention Scheme falling by £53,989 following its cessation in September 2021. We were again successful in securing grants from a range of bodies, and individual donations and legacies were slightly increased, even though public events such as fundraising concerts and external presentations have continued to be somewhat limited. Moreover, our trading income from the Trust's supporting businesses of the hire of rooms at the Centre for external meetings, and our recording studio, revived over the course of the year.

Expenditure has continued to be tightly monitored throughout the year, although inevitably it rose as more normal operations resumed, from £249,077 to £283,432.

The net outcome, after depreciation of £61,707, shows a deficit for the year of £44,481, which we consider entirely acceptable given the conditions of the last couple of years; however, we have continued to maintain strong levels of bank balances and reserves.

In common with the rest of society, we are hopeful that the worst of the pandemic is now behind us, although we are very much aware that there may still be issues from any new variants that may arise, especially as we move towards winter. We have learnt a great deal from the last couple of years and are fully committed to delivering our music in whichever ways, whether online or face to face, that work best for our customers, young and old. In addition however, the pandemic, and its aftermath, have brought into sharp focus the need for continued professionalism in securing funding. Many charities are finding that the potential funding opportunities that used to exist are not available. This means that competition for funding is rapidly becoming fierce. Although Sunbeams is fortunate to have skilled people with years of experience in this field, this will be a vital area in the coming years. In addition,

and as applicable to the entire charitable sector, the ‘cost of living’ crisis will logically make fundraising more difficult, while adding to our costs.

In conclusion though, we are in a good position, with a committed team and a strong financial base, to meet the coming challenges, and look forward to the future with full belief and confidence in our mission of reaching those who to whom Sunbeams makes such a huge difference.

From our Chair

A message from our Chair, Dr Ifeolu Omoniyi Akintunde LLB.

One day, as I sat enjoying one of the many Sunbeams Music concerts, I found myself wondering what I would find if I could suddenly invade the mind of one of those joyful performers. Many of them face daily isolation and have to live with profound disabilities for most of the time. However, for a few minutes, even an hour, they seem to throw off all their worldly worries. Their freedom in performance is instinctive, infectious and joyful to watch.

This is however just the result of all the hard work and love that is involved throughout the year. Every day, staff and musicians are delivering sessions in different venues, planning new events, being there for people, raising funds and doing so much more. This year’s report will contain figures and lists of activities; but there are less tangible but equally important measures of our success, in the smiles, increased confidence and overall growth of our members. Sunbeams Music Trust works with the most vulnerable people, many with profound disabilities of all kinds. Our success is evident in the numbers of clients who enjoy our services, and the many professionals who invite us. Our activities are designed to be as inclusive as possible, providing for people with various access needs. We use trained and experienced musicians, skilled in ensuring that everyone can participate in our activities. The beneficiaries are encouraged to take part, as little or as much as possible; we find that their participation increases their enjoyment of the session. Some can even take the confidence they have acquired into other aspects of their lives. At Sunbeams Music Trust, we believe in removing all barriers to active participation in our events and sessions. We know our many beneficiaries and plan our activities around their needs. There is nobody who has ever been turned down when attempting to access our sessions.

This year, we have continued to use our award-winning Sunbeams Music Centre, both as an accessible venue for our events and a place where the public can visit, record music and even participate in our activities. As we have gradually learnt to live with COVID, we recognise that our members are highly vulnerable. We have continued to ensure the highest standards of safety, including ensuring that our building is properly ventilated and provided with strict Covid procedures in place. All the visitors and corporates who hire our facilities totally embrace these measures.

We look forward to the coming year, with anticipation of the tangible and less tangible proofs that our beneficiaries are shaking off their inhibitions and being the best they can be. Our thanks goes to our staff and musicians, who remain committed to ensuring groundbreaking programmes for both beneficiaries and the general public. The Sunbeams team is a fantastic mix of talent and expertise: we are all united by the desire to bring out the best in our beneficiaries. We share their joys, perform with them and can’t really imagine life without them.

Dr Ifeolu Omoniyi Akintunde LLB

Chairman



Trustees' Responsibilities Statement

The Trustees (who are also directors of Annie Mawson's Sunbeams Music Trust for the purpose of company law) are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 15 September 2022 and signed on their behalf by:

Dr I. O. Akintunde, LLB

Chair of the Trustees

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Independent Examiner's Report to the Trustees of Annie Mawson's Sunbeams Music Trust ('the Company') for the Year Ended 31 May 2022

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 May 2022.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Karen Rae FCCA
Armstrong Watson Audit Limited, Chartered Accountants, Carlisle
Date: 15 September 2022

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST
(A company limited by guarantee)

Statement of Financial Activities incorporating Income and Expenditure Account
For the Year Ended 31 May 2022

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	2	57,857	182,356	240,213	211,052
Charitable activities	3	4,096	-	4,096	1,030
Other trading activities	4,5	38,965	-	38,965	11,111
Investments	6	2,036	-	2,036	1,312
HMRC Coronavirus Job Retention Scheme receipts		15,348	-	15,348	69,337
Total Income		118,302	182,356	300,658	293,842
Expenditure on:					
Raising funds	10	7,443	-	7,443	398
Charitable activities	7,8,9	32,590	243,399	275,989	248,679
		40,033	243,399	283,432	249,077
Net income/(expenditure) before depreciation		78,269	(61,043)	17,226	44,765
Depreciation and amortisation	7,8	8,421	53,286	61,707	61,746
Total expenditure		48,454	296,685	345,139	310,823
Net income/(expenditure) and net movement in funds		69,848	(114,329)	(44,481)	(16,981)
Reconciliation of funds:					
Total funds brought forward		461,966	2,377,997	2,839,963	2,856,944
Net income/(expenditure) in the year		69,848	(114,329)	(44,481)	(16,981)
Total funds carried forward		531,814	2,263,668	2,795,482	2,839,963

There were no other recognised gains or losses in the year, or in the prior year.

The notes on pages 31 to 43 form part of these financial statements

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee – registration number 05794153)

Balance Sheet as at 31 May 2022

	Note	£	2022 £	£	2021 £
Fixed Assets					
Intangible assets	13		**779**		856
Fixed assets	14		**2,253,588**		2,302,800
			2,254,367		2,303,656
Current Assets					
Debtors	15	**9,540**		8,006	
Cash at bank and in hand		**578,066**		587,598	
		587,606		595,604	
Creditors					
Amounts falling due within one year	16	**46,491**		34,297	
Net Current Assets			**541,115**		561,307
Creditors					
Amounts falling due after more than one year	17		**-**		25,000
Net Assets			**2,795,482**		2,839,963
Charity Funds					
Unrestricted funds - General	19		**223,009**		201,708
Unrestricted funds - Designated	19		**308,805**		260,258
Restricted funds - grant and donor funds	19		**34,564**		95,607
Restricted funds - other, including the Sunbeams Centre	19		**2,229,104**		2,282,390
Total Funds			**2,795,482**		2,839,963

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the Trustees on 15 September 2022 and signed on their behalf by:

I.O. Akintunde, Chair

Dr. A.F.R Wolfe, Treasurer

The notes on pages 31 to 43 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 May 2022

1. Accounting Policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Annie Mawson's Sunbeams Music Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made the executor(s) to the Trust that distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised; please refer to the Trustees' Report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which hare not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the Centre. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.5 Intangible fixed assets and amortisation

Intangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably. Intangible assets are initially recognised at cost and are subsequently measured at cost net of amortisation and any provision for impairment. The charity has registered the trademarks of Music for Life® and Music for Dignity® and is amortising the cost over the estimated useful life of 20 years.

1.6 Tangible fixed assets and depreciation

All assets costing more than £200 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities Incorporating Income and Expenditure Account. Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is not charged on freehold land. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	-	Land is not depreciated
Long-term leasehold property	-	The Centre has been depreciated at 2% per annum, straight line, from 1 April 2019.
Motor vehicles	-	25% reducing balance
Musical instruments	-	25% reducing balance
Fixtures and fittings	-	15% and 25% reducing balance

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at Bank and in hand

Cash at bank and in hand includes cash and highly liquid investments with a maturity of up to 24 months from the date of the opening of the deposit or similar account.

1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.11 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.12 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.13 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. These include the Music for Life ® and Music for Dignity ® Fund, which has been classified by the Trustees with effect from 1 June 2019 as a Designated Fund, with its balance to be used solely for the provision of the Charity's objectives.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors.

1.15 Going Concern

On 11 March 2020 the World Health Organisation declared Covid-19, a strain of coronavirus, a world pandemic. Subsequently the UK Government introduced a series of restrictions on social interactions and non-essential trade, and although the extent of these varied between then and their withdrawal on 24 March 2022, they had a significant effect upon the operations and finances of the charity.

This resulted in both reduced income, particularly as a result of the Centre not being available for external hire, and costs, both in terms of reduced trading activity to support the generation of income, and efforts by the Trustees to reduce non-essential costs, while continuing to provide the best possible service to beneficiaries as the circumstances have allowed, as described in the Trustees' Report. The charity also utilised the Coronavirus Job Retention Scheme put in place by the UK Government. However, additional grant income was secured from several sources to replace the lost trade and fundraising revenue.

Since 24 March 2022 however, the charity has largely been able to operate financially in the same manner as it did prior to the pandemic.

The charity has net current assets of £541,115 and net assets of £2,795,482 at the year end, following a deficit in the year of £44,481. The charity does not rely on creditors for financial support and has maintained strong cash reserves. The Trustees have prepared cash flow forecasts to show that this cash reserve will be sufficient to allow the charity to continue its service provision for a period of at least 12 months from signing the financial statements. As such, they believe the going concern basis to be appropriate for the year to 31 May 2022.

2. Income from Donations, Grants and Legacies

	Unrestricted funds 2022	Restricted funds 2022	Total 2022	Total 2021
	£	£	£	£
Donations	**45,467**	**-**	**45,467**	30,709
Legacies	**12,390**	**-**	**12,390**	8,063
BBC Children in Need	**-**	**52,181**	**52,181**	8,057
The National Lottery Community Fund	**-**	**35,000**	**35,000**	70,000
BBC Next Steps	**-**	**28,884**	**28,884**	28,885
Sellafield Ltd. Social Impact Fund	**-**	**25,000**	**25,000**	-
Arts Council Culture Recovery Fund	**-**	**16,447**	**16,447**	38,378
National Lottery Awards 4 All	**-**	**9,800**	**9,800**	-
Cumbria County Council Holiday Activities and Food Programme	**-**	**9,669**	**9,669**	-
Frieda Scott Charitable Trust	**-**	**3,236**	**3,236**	-
The Cooperative Charity Fund	**-**	**2,139**	**2,139**	-
Cumbria Community Foundation	**-**	**-**	**-**	4,721
YMCA Kendal Ltd. Charity	**-**	**-**	**-**	10,425
Charities Aid Foundation	**-**	**-**	**-**	6,000
D'Oyly Carte	**-**	**-**	**-**	3,000
Eden District Council	**-**	**-**	**-**	2,814
Total donations, grants and legacies	**57,857**	**182,356**	**240,213**	211,052
Total 2021	38,772	172,280	211,052	

Information on Restricted Funds with receipts in 2021-22

BBC Children in Need - a grant towards Sunbeams Music For Life® Programme for children with a wide range of disabilities.

The National Lottery Community Fund - a grant towards “Sound Gazing at Sunbeams” - using eye-gaze technology for non-verbal children.

BBC Next Steps - this programme supports Sunbeams longer-term service adaptation to respond to the Covid-19 crisis, to meet the needs of children and young people who have been disproportionately affected by the pandemic, and thus to deliver 144 Virtual Workshops to 40 severely disabled children over 18 months.

Sellafield Ltd. Social Impact Fund - a grant towards the Sunbeams Music For Dignity® programme

Arts Council Culture Recovery Fund - a grant towards supporting Sunbeams as we transitioned back to a viable and sustainable operating model during April-June 2021.

National Lottery Awards 4 All - To install Musical Sculptures/Instruments in the Sunbeams Sensory Garden as well as outdoor benches so that the Young People who have suffered from isolation and being shielded during the pandemic can return to Sunbeams OUTSIDE MUSIC without feeling scared about attending indoor sessions.

Cumbria County Council Holiday Activities and Food Programme - To deliver the Sunbeams Music For Life® Programme at our specialist Sunbeams Music Centre for 64 children/young people aged 4 – 21 years with severe disabilities and complex medical needs. To provide Community Music Therapy using Music in fun and exciting ways for therapeutic and educational benefit. Each activity day to include a nutritious and hearty lunch to enable the families to engage in food education and healthy eating agenda.

Frieda Scott Charitable Trust - To deliver Music For Dignity® Programme in Kendal Care Homes for people with dementia.

The Cooperative Charity Fund - To pay Musicians for recording Sunbeams Repertoire for the Sunbeams You Tube Channel for our severely disabled children and adults to enjoy whilst being shielded.

3. Income from Charitable Activities

	Unrestricted funds 2022 £	**Restricted funds 2022 £**	**Total 2022 £**	Total 2021 £
Music for Life ® / Music for Dignity ®	**4,096**	**-**	**4,096**	1,030
Total 2021	1,030	-	1,030	

4. Fundraising Income

All fundraising income is received by unrestricted funds

	Total 2022 £	Total 2021 £
Fundraising	**7,805**	3,008

5. Trading Activities

All trading activities are in respect of unrestricted funds

	Total 2022 £	Total 2021 £
Charity Trading Income	**31,160**	8,103
Trading Expenses	**(3,559)**	(398)
Net income from trading activities	**27,601**	7,705

6. Investment Income

All investment income is received by unrestricted funds

	Total 2022 £	Total 2021 £
Bank and building society interest received	**2,036**	1,312

7. Direct Costs

	2022	2021
	£	£
Musicians' Fees	**33,199**	23,860
Motor, travel and subsistence	**6,028**	2,456
Volunteers' expenses	**436**	47
Staff training and conferences	**1,390**	-
Advertising	**187**	-
Premises expenses	**2,427**	1,773
Wages and salaries	**144,393**	139,680
National insurance	**11,718**	9,708
Pension cost	**6,799**	6,896
Sensory Garden	**1,164**	1,131
Cumbria County Council Holidays and Activities Food Programme	**1,968**	-
Depreciation	**58,723**	57,935
Total	**268,432**	243,486

8. Support Costs

	2022	2021
	£	£
Advertising	**856**	1,850
Insurance	**6,178**	4,023
Light and heat	**4,418**	4,168
Telephone/internet	**2,447**	2,449
General office expenses	**1,480**	759
Premises expenses	**12,757**	3,322
Repairs and renewals	**3,684**	18,042
Sundry	**1,123**	545
Computer and IT	**1,207**	828
Wages and salaries	**28,832**	23,134
Depreciation	**2,907**	3,734
Governance costs	**3,298**	4,008
Amortisation - intangible fixed assets	**77**	77
	69,264	66,939

Governance costs include accountancy, legal, professional and bank charges, and Trustees' expenses.

9. Analysis of Expenditure by Type

	Staff costs 2022 £	Depreciation and amortisation 2022 £	Other costs 2022 £	Total 2022 £	Total 2021 £
On raising voluntary income	**-**	**-**	**3,884**	**3,884**	-
On fundraising trading	**-**	**-**	**3,559**	**3,559**	398
Costs of raising funds			**7,443**	**7,443**	398
Music for Life ® / Music for Dignity ®	**191,742**	**61,707**	**84,247**	**337,696**	310,425
	191,742	**61,707**	**91,690**	**345,139**	310,823
Total 2021	179,418	61,746	69,659	310,823	

10. Net income/expenditure

This is stated after charging:

	2022 £	2021 £
Depreciation of tangible fixed assets - owned by the charity	**61,630**	61,669
Amortisation of intangible fixed asset	**77**	77

Trustees' expenses paid were £122 (2021 - £nil).

11. Independent Examiner's Remuneration

The Independent Examiner's Remuneration amounts to a fee of £1,895 (2021 - £1,895).

12. Staff Costs

Staff costs were as follows:

	2022 £	2021 £
Wages and Salaries	**170,774**	161,072
Social security costs	**14,169**	11,450
Pension costs	**6,799**	6,896
	191,742	179,418

	2022	2021
Average number of persons employed	**6**	6

The key management personnel of the charity comprise the Trustees, including the Chief Executive. No trustees, including the Chief Executive, received any remuneration in respect of their role as trustees in either the current or previous year.

The remuneration of the key management personnel in the year (including employer pension contributions and employer national insurance contributions), was £64,864 (2021 - £64,823).

No employee received remuneration of £60,000 or more during the year (2021 same). This measure excludes employer national insurance contributions, unlike that in the previous sentence.

Important note
The majority of staff time is spent on the direct delivery of the charity's activities including musical activities. It is therefore appropriate to combine Musicians' Fees and approximately 85% of staff costs when comparing costs.

13. Intangible fixed assets

	Trademarks £
Cost	
At 1 June 2021 and 31 May 2022	1,549
Amortisation	
At 1 June 2021	693
Charge for the year	77
At 31 May 2022	770
At 31 May 2022	779
At 31 May 2021	*856*

The charity has registered the following trademarks:

Music for Life ®

Music for Dignity ®

14. Tangible Fixed Assets

	Freehold Property	Sunbeams Centre	Musical Instruments	Motor Vehicles	Fixtures and fittings	Total
	£	£	£	£	£	£
Cost						
At 1 June 2021	46,442	2,274,849	22,587	17,190	162,183	2,523,251
Additions	-		-	-	12,418	12,418
At 31 May 2022	46,442	2,274,849	22,587	17,190	174,601	2,535,669
Depreciation						
At 1 June 2021	-	90,994	18,817	13,111	97,529	220,451
Charge for year	-	45,497	942	1,020	14,171	61,630
At 31 May 2022	-	136,491	19,759	14,131	111,700	282,081
Net book value						
At 31 May 2022	46,442	2,138,358	2,828	3,059	62,901	2,253,588
At 31 May 2021	46,442	2,183,855	3,770	4,079	64,654	2,302,800

Included in freehold property is land held in connection with the Sunbeams Centre. The land is not depreciated. The Sunbeams Centre is held on a 99 year lease.

The charity had a capital commitment of £6,890 at 31 May 2022 in respect of new staging.

15. Debtors

	2022	2021
	£	£
Trade debtors	**6,157**	125
Prepayments	**3,383**	7,881
	9,540	8,006

16. Creditors - amounts falling due within one year

	2022	2021
	£	£
Trade creditors	**3,763**	2,284
Other taxation and social security	**3,546**	2,848
Other creditors	**513**	476
Accruals	**4,834**	3,690
Deferred income	**33,835**	25,000
	46,491	34,297

£25,000 of the deferred income balance at 31 May 2022 relates to the third year of year of a grant from Sellafield Ltd. Social Impact Fund, with the remainder being. receipts relating to the 'Proms' concert event which took place on 23 July 2022, therefore after the financial year end.

17. Creditors - amounts falling due after one year

	2022	2021
	£	£
Deferred income	**-**	25,000
	-	25,000

The deferred income balance at 31 May 2021 related to the third year of a grant from Sellafield Ltd. Social Impact Fund.

18. Pension commitments

The charity operates two defined contribution pension schemes.

The assets of the schemes are held separately from those of the charity in an independently administered fund.

The pension cost charge represents contributions payable by the charity of £6,799 (2021 - £6,896). £513 was payable to the funds at 31 May 2022 and is included within other creditors in note 16.

19. Statement of Funds

Statement of Funds - Current Year

	Balance at 31 May 2021	Income	Expenditure	Balance at 31 May 2022
	£	£	£	£
Unrestricted funds				
General funds	180,442	32,778	(15,474)	197,746
Tangible fixed assets	21,266	-	3,997	25,263
Non-designated unrestricted funds	201,708	32,778	(11,477)	223,009
Designated funds - Music for Life ®	260,258	85,524	(36,977)	308,805
Total unrestricted funds	461,966	118,302	(48,454)	531,814
Restricted funds				
Grant and donor funds	95,607	182,356	(243,399)	34,564
Tangible fixed assets	97,679	-	(7,712)	89,967
Intangible fixed assets	856	-	(77)	779
Sunbeams Music Centre	2,183,855	-	(45,497)	2,138,358
Total restricted funds	2,377,997	182,356	(296,685)	2,263,668
Total funds	2,839,963	300,658	(345,139)	2,795,482

With respect to tangible fixed assets within unrestricted funds, the expenditure of £3,997 includes a transfer value of assets capitalised in the year of £12,418 as well as depreciation charged on unrestricted assets.

Statement of Funds - Prior Year

	Balance at 31 May 2020	Income	Transfer	Expenditure	Balance at 31 May 2021
	£	£	£	£	£
Unrestricted funds					
General funds	171,973	69,517	14,507	(75,555)	180,442
Tangible fixed assets	22,281	-	-	(1,015)	21,266
Non-designated unrestricted funds	194,254	69,517	14,507	(76,570)	201,708
Designated funds - Music for Life ®	228,556	52,045	(4,524)	(15,819)	260,258
Total unrestricted funds	422,810	121,562	9,983	(92,389)	461,966
Restricted funds					
Grant and donor funds	97,087	172,280	(9,983)	(163,777)	95,607
Tangible fixed assets	106,762	-	-	(9,083)	97,679
Intangible fixed assets	933	-	-	(77)	856
Sunbeams Music Centre	2,229,352	-	-	(45,497)	2,183,855
Total restricted funds	2,434,134	172,280	(9,983)	(218,434)	2,377,997
Total funds	2,856,944	293,842	-	(310,823)	2,839,963

20. Analysis of Net Assets between Funds

	Unrestricted funds 2022	Restricted funds 2022	Total funds 2022
	£	£	£
Current assets	557,876	59,564	617,440
Creditors, accruals and deferred income	(51,325)	(25,000)	(76,325)
Tangible fixed assets, including the Sunbeams Music Centre	25,263	2,228,325	2,253,588
Intangible fixed assets	-	779	779
	531,814	2,263,668	2,795,482

	Unrestricted funds 2021	Restricted funds 2021	Total funds 2021
	£	£	£
Current assets	478,687	145,607	624,294
Creditors due within one year	(37,987)	(50,000)	(87,987)
Tangible fixed assets, including the Sunbeams Music Centre	21,266	2,281,534	2,302,800
Intangible fixed assets	-	856	856
	461,966	2,377,997	2,839,963

21. Restricted Funds Balances

	2022	2021
	£	£
General Restricted Fund - including the Centre, Stoller House	**2,229,104**	2,282,390
BBC Children in Need	**(6,816)**	(1,663)
Frieda Scott Charitable Trust	**2,655**	1,844
Sellafield Ltd. Social Impact Fund	**21,467**	24,164
YMCA Kendal Ltd. Charity	**7,232**	10,863
National Lottery Awards 4 All	**7,412**	-
The Cooperative Charitable Fund	**2,139**	-
Eden District Council	**475**	2,244
BBC Next Steps	**-**	9,503
National Lottery Community Fund	**-**	30,458
Cumbria Community Foundation	**-**	3,888
D'Oyly Carte	**-**	3,000
Arts Council Culture Recovery Fund	**-**	11,306
Total	**2,263,668**	2,377,997

The BBC Children in Need Fund received further funding on 5 July 2022.


Annie Mawson's
Sunbeams
Music Trust
CELEBRATING
29
Years
1992-2021
Annie with HRH Countess of Wessex
who officially opened our Music Centre

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

England & Wales - Charity number 1117159

Accounts



TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2021

Registered number: 05794153

Charity number: 1117159

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

UNAUDITED

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MAY 2021

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

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ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Reference and Administrative Details of the Charity, its Trustees and Advisers for the Year Ended 31 May 2021

Trustees and Directors

Dr I. O. Akintunde, Chair
Dr A. F. R. Wolfe, Treasurer
Mrs I. Henderson
Mrs R. C. Seager
Mrs K. Addison
Mrs L. Addison
Mr M.J. Lawson-Johnson
Mrs E.A. Mawson

Company Registered Number

05794153

Charity Registered Number

1117159

Registered Office

Sunbeams Music Centre, Stoller House, Redhills, Penrith, Cumbria, CA11 0DT

Company Secretary

M. J. Lawson-Johnson, MRSM

Chief Executive

Annie Mawson MBE, MRSM

Accountants

Armstrong Watson Audit Limited, Fairview House, Victoria Place, Carlisle, CA1 1HP

Musical Patrons

Liam Fray – The Courteeners
Philip Glass
Justin Pearson – Managing Director and Artistic Director of the National Symphony Orchestra

Supportive Patrons

Lord Archer of Weston-Super-Mare
Susan Bagot MBE
Lady Eileen Carey
The Rt. Rev. Richard Garrard
The Rt. Rev. Bishop Laurie Green
Ian Gregg CBE
Julia Linnette
Lord Melvyn Bragg
Hal Bagot
Sir James Cropper KCVO
Neville Howard
Vicki Green
Jane Gregg
Lara Rostron

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Trustees' Report for the Year Ended 31 May 2021

The Trustees present their annual report together with the financial statements for the year ended 31 May 2021. The Trustees confirm that the Annual Report and the financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the charity qualifies as small under section 383, the strategic report required of medium and large companies under The Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 is not required.

Objectives and Activities

Policies and Objectives

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit.





THE PURPOSE OF OUR ORGANISATION

The Trust's key objectives:

"Sunbeams aims to relieve sickness and assist in the treatment of children and adults who are suffering physically, emotionally, psychologically and mentally by the provision of free music therapy and to provide introductory music therapy training to individuals working with such persons".

Our achievements have always been an indication of the strong infrastructure of the charity, including Trustees/Directors and Staff, as well as the remarkable professionalism, dedication and talent of the musicians who all contribute to the on-going high standard and quality of Sunbeams services. Leadership and staff are outstanding, with the experience, qualifications, skills and empathy, able to deliver Sunbeams' vision and mission. We aim to tackle the serious challenges raised by social exclusion, deprivation, ill-health and inequality, through the transformative power of our Community Music Therapy.

In fulfilling our Mission, 11 specialist Musicians help 2,500+ disadvantaged individuals improve their quality of life, their emotional and mental health and self-esteem through the creative freedom of music, in our unique Music For Life® and Music For Dignity® programmes. Most sessions are free of charge to groups of up to 30 children or adults with disabilities every week in venues throughout Cumbria and in our bespoke award-winning Sunbeams Music Centre. All the Sunbeams beneficiaries suffer from varying disabilities, including physical and learning disabilities; mental health issues; Alzheimer's/senile dementia; autistic spectrum disorder; Down's syndrome; emotional and behavioural disturbance; complex medical needs.

ACTIVITIES FOR ACHIEVING OUR OBJECTIVES include:

1. **Sunbeams Music For Life® Programme** including Family Learning - a specialist and innovative programme, pioneered by Sunbeams Founder, Annie Mawson in 1992. Through structured interactive workshops, our 11 specially trained professional musicians use music as a tool for therapeutic and developmental benefit for groups of disabled and disadvantaged children and adults of all ages.

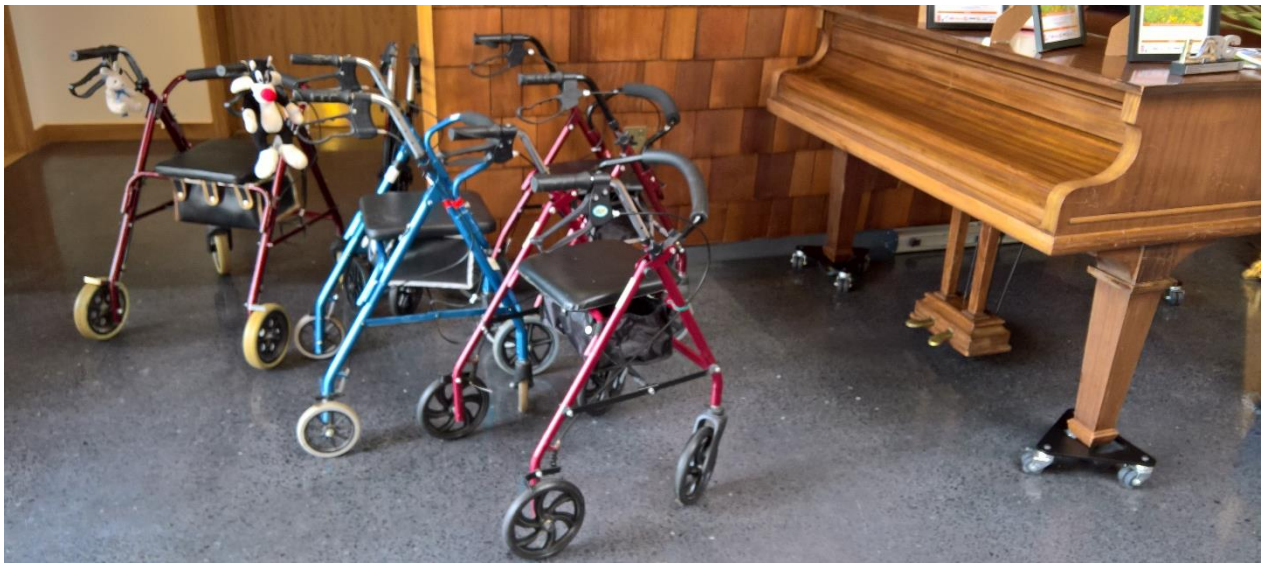


"Annie – tell all the world about my brave, beautiful, Amber"…… Amber's Mum

2. **Sunbeams Music For Dignity®**

This programme is delivered to elderly people with severe Dementia/Alzheimer's with the aim of relieving suffering, and encouraging communication and social inclusion. The wishes of elderly people who have led amazing lives are often ignored. They want Sunbeams to restore their self-respect through participating in our music sessions - and give them back their dignity. **Do see our website www.sunbeamsmusic.org** for a more detailed description of the aims and examples of how Sunbeams Community Music Programmes have transformed the lives of our beneficiaries, whatever their age.





"We feel so good, we don't need our walking frames!"

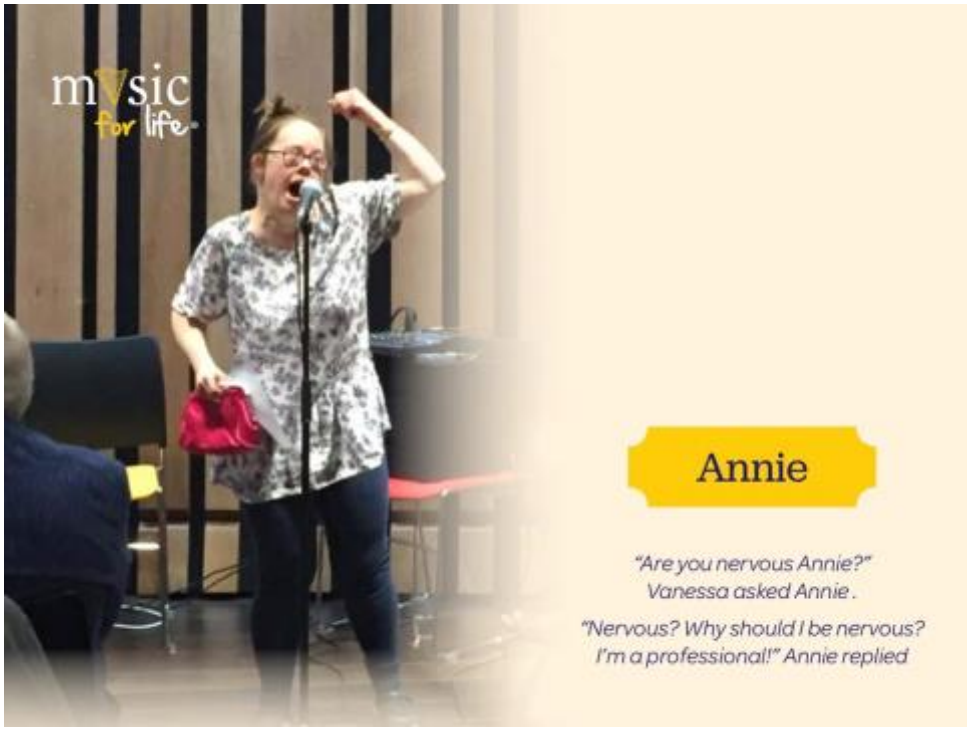
3. Sunbeams Concert Troupe

The Sunbeams Concert Troupe consists of 20 adults with a wide range of disabilities. The Troupe bring their show to theatres, village halls, and churches in rurally isolated areas. They have received wide acclaim, especially after they performed to a packed lunch-time concert at the prestigious venue of the Church of St Martin-in-the-Fields in Trafalgar Square in London. They were invited, not because of their disabilities but because of "their excellence". The Troupe continues to delight audiences whilst challenging individual attitudes towards disability, thus breaking down barriers of prejudice and strengthening communities. The members of the Sunbeams Concert Troupe have themselves been transformed by their self-improvement and development, which has led to their social inclusion within their communities.



Sunbeams uses music in a therapeutic way to encourage communication and social inclusion, build up self-esteem and self-confidence and improve quality of life – making a real difference to peoples' lives.

Sunbeams is now one of the leading Arts in Health organisations in the UK. Sunbeams has grown from a small Arts organisation with £13.40 in its bank account, and run from Annie and Michael's sitting room, to one of the most innovative, high-achieving, "hands-on" organisations in the country with an annual budget of £400,000+ and now running from its own world-class National Sunbeams Music Centre, just outside Penrith.



4. Sensory Garden

A major feature of our work which has continued throughout the pandemic has been the development of the Sensory Garden – and especially the installation of harp-like instruments which all our beneficiaries just love to play and listen to the magical, ethereal sounds. Thank you SO much to the Trustees of the Cumbria Waste Management Environmental Trust (CWMET) for funding this exceptional garden, along with special eco paths, and eco playground for wheel-chair dancing.



Three Octave pentatonic Aluminium sounding tubes. Suspended inside bright galvanised tube construction with tube clamps.

Sound range between soprano and tenor and bass - with beautiful timbre and sustain, which the children LOVE to play.

We have provided a facility which is calming, and palliative for children with life-limiting conditions, thus fulfilling the requests from the families.

We wanted to enhance their physical and mental health. Sunbeams had just won the 2018 RICS Award for the North-West for a Centre providing health and well-being. This project really expanded our facilities, increasing accessibility to even more disadvantaged people of all ages.

REPORT BY FOUNDER and CHIEF EXECUTIVE

ANNIE MAWSON MBE MRSM BA Hons. Dip.Ed – Music Therapy

"Music has always been important to me. It always has been and always will be. Without Sunbeams Music, my life is not worth living." John

This is why we raised £2.5 million to build and run the Sunbeams Music Centre: a National Centre of Excellence for these people with profound and complex needs – as no other organisation is fulfilling their long-term needs and aspirations. Building this iconic and stunning Sunbeams Music Centre marked a significant milestone in an extraordinary journey for Annie Mawson's Sunbeams Music Trust as well as MawsonKerr Architects.

The Centre is increasing delivery of Community Music Therapy to children and adults with Special Needs in the North of England and beyond. The Centre is a single-storey 550m2 construction, comprising Workshop/Training/ Performance Hall, 5 Music Therapy Rooms, Recording Studio, Meeting Room, Kitchen, Administration facilities, Exhibition Space, Sensory Garden and woodland. It is set in 1.16 hectares on the fringe of the Lake District National Park, in England on the A66/M6 axis, Junction 40 M6 at Penrith, in between Redhills and Rheged.



From the outset this was no ordinary project. The journey began 16 years ago in 2005 as a university thesis project for MawsonKerr Director Will Mawson who was studying the charity as part of his final year project at Newcastle University; in an unusual turn of events this became a live project following unanimous approval by the Board of Trustees. The green field site with transformational therapeutic qualities was generously donated overlooking Ullswater Valley near Penrith following which a lengthy fund raising period began for the Centre.

This included a number of sponsored “endurance challenges” by MawsonKerr and friends of the charity such as a Forrest Gump style 24 hour coast to coast run of over 200 miles in 24 hours, the round Cumbria Cycle ride – 270 miles in 24 hours, the exhausting climb of 21 Cumbrian fells (mountains!) in searing heat in 21 hours! This indomitable group of lads and lasses – used to play rugby, but no longer with tired-out knees! They raised over £70,000 towards Tom’s Room – in memory of their dear friend, who died of Alzheimer’s type disease at age of only 23 years.

It was a huge achievement raising £2.5 million to build the Centre which I have described in every Annual Report since the Board approved its construction in 2012! But I have to reiterate that this most complex of buildings is so beautiful, that it is still receiving acclaim in International Architectural papers, and astonishes the hundreds of visitors, including National Architects, and over 60 organisations which now hire the Meeting Room, income which helps to pay for our Community Music Therapy.



WWW.SUNBEAMSMUSIC.ORG





AJ Architecture wrote:
"Young Newcastle practice MawsonKerr Architects has triumphed in the Health & Wellbeing category of the AJ Architecture Awards with its Sunbeams Music Centre."

RIBA wrote:
"An unusual partnership between client and architect has resulted in an exceptional environment for health and wellbeing in rural Cumbria. The building houses the Sunbeams Music Trust, which offers music therapy to people with disabilities. An ambitious design executed with great craftsmanship combines with a touch of homeliness to create a very welcoming environment throughout."

MAWSONKERR Architecture & Sustainability Architects Journal Awards Winner Healthcare and Wellbeing Project of the Year

Buildgs Awards:
Small Project of the Year finalist

Civic Trust 2018 Region Award Winner

Selwyn Goldsmith for Accessibility Shortlisted

Civic Trust Commendation

LABC 2017
Shortlisted Northern Best Public Service building
Shortlisted Northern Best Educational Building
Shortlisted Northern Best Inclusive Building
Northern Winner Small Commercial project of the year
National Finalist
Small Commercial project of the year

Offsite Awards Shortlisted Healthcare Project of the Year
Shortlisted Best Use of Timber Technology

Structural Timber 2017
Shortlisted Healthcare Project of the year
Shortlisted Contractor of the Year Winner

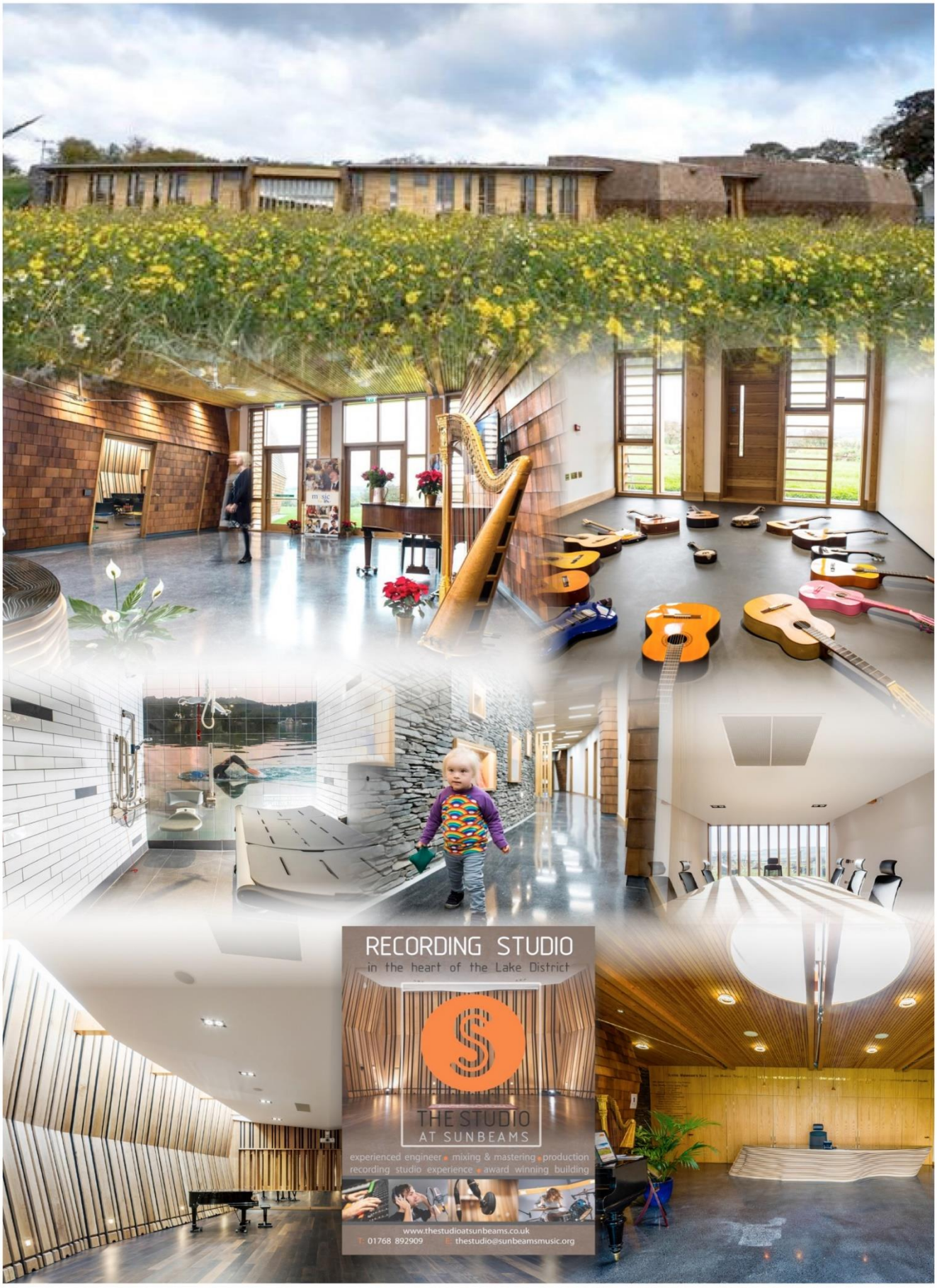


Will Mawson ARB RIBA

Sunbeams Music Trust is now a flagship charity within Cumbria and the North of England. We feature regularly within Children in Need appeals on BBC due to the work we deliver to children with complex medical needs. Established in 1992, Sunbeams Music Trust deliver our 'Music For Life® ' and 'Music For Dignity®' programmes to disabled people of all ages throughout Cumbria. We were eager and deserving of a more appropriate home. It really is this group of people and providing for them that make the project so special.

Trying to be completely inclusive without appearing institutional was an important design driver. There are a number of specialist inclusive features that make the building unique in the county such as the hoists and change facilities before we consider the impact of the architecture.

The architecture is intended to reflect synthesis between the natural context, a contemporary vernacular and musical union; housing several unique functions it is also importantly an outward facing advert for the charity. The design team's resultant building is designed to embody musical qualities of rhythm, timbre and melody within the landscape; shaped along the curved natural contours it grows with a crescendo at the canopy to the eastern main entrance. Inserted along the rhythmical elevation are a series of playful introverted volumes housing key activities.


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T: 01768 892909
E: thestudio@sunbeamsmusic.org

HOW SUNBEAMS CONTRIBUTES TO LOW CARBON TRANSITION IN CUMBRIA

As time draws near to the Climate Summit in Glasgow, the Conference of the Parties (COP), I thought it was pertinent to embrace how, from the very outset of architectural design and construction of Sunbeams Music Centre, our unique action plan was committed towards net zero greenhouse gas emissions by 2050. Hence Sunbeams was Highly Commended by Civic Awards and Holcim Foundation for Sustainability.

We are committed to a greener future with:

●Ground Source Heat pump, registered with Ofgem RHI system (Renewable Heat Incentive)

●Two areas of photovoltaic panels generate electricity for the Centre (not visible from the ground, reducing the visual impact). Five 30 metre long trenches carry the closed system ground loops which use the energy within the ground to generate heat required for the underfloor heating and hot water supply. In summer, parts of the system can run in reverse providing energy efficient cooling to the building

●Thermal mass of the hill within which the Centre is buried tempers the climatic peaks, providing zero air leakage to 50% of the envelope area

●Green roof (home to oyster catchers!) increases the biodiversity of the built area reducing the ecological impact. Absorbent layer reduces storm water run-off. Vegetation, including herbs, absorbs heat, reducing contribution to the greenhouse effect

●The lozenge shaped volumes have innovative acoustically treated natural ventilation system within the depth of the wall, driven by the cross wind over the fins.

●Efficient sewage plant returns pure water to the ground

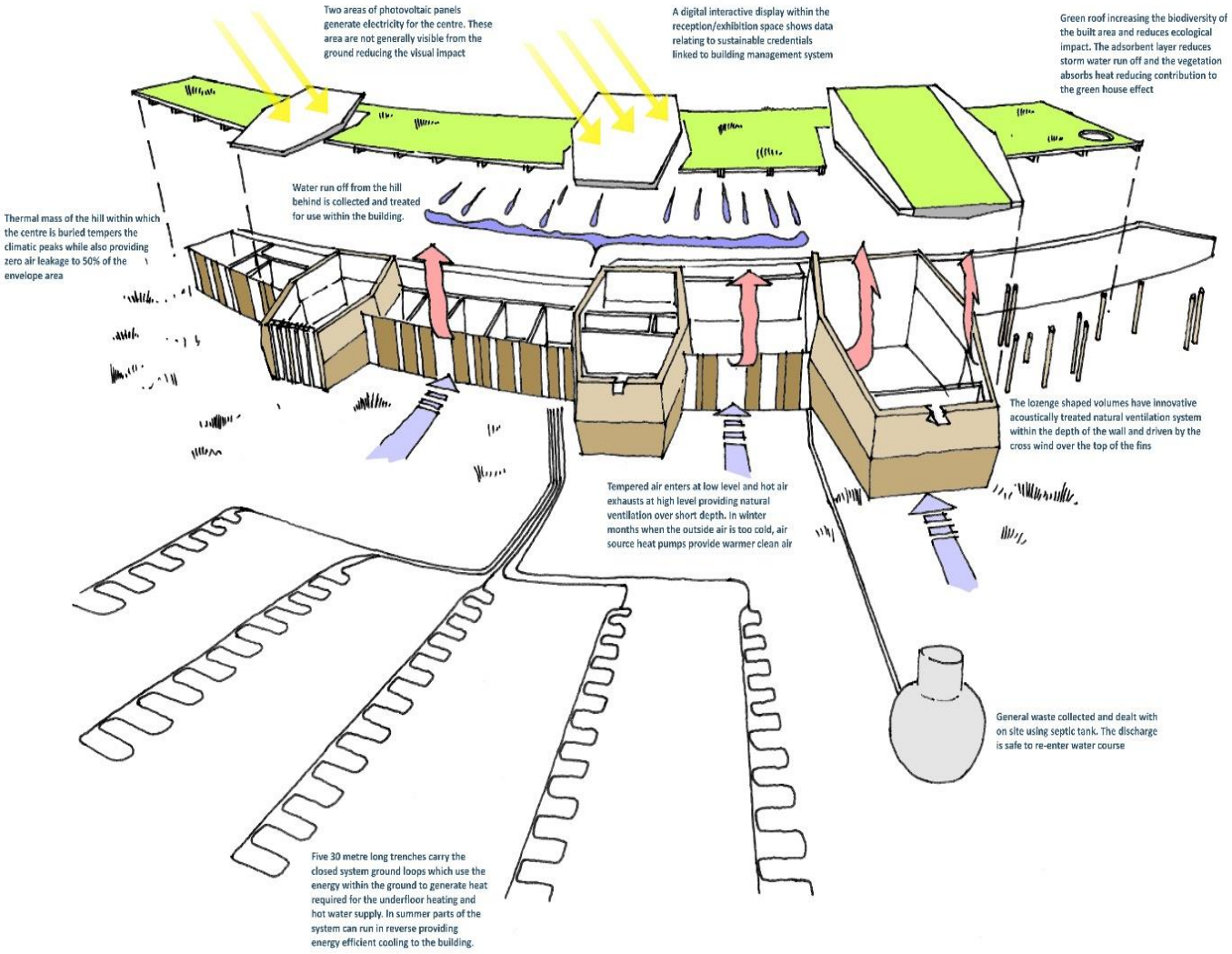
●Living Wall on entrance to Centre Reception – one of the few in Cumbria.

●Planting of 400 boundary trees

●LED Lighting throughout

PLEASE SEE DIAGRAM overleaf.

Energy Reporting is by secure Ambiflex IT BMS (Building Management System) which measures daily, monthly electric, heat, CO2, natural ventilation, temperatures, U/F pumps, in each individual room to gauge our progress towards Net Zero GHG emissions. We submit heat output and fuel measurement data to RHI Register and thus receive Ofgem periodic support payments.



Our dream has come true – to provide a bespoke Centre which will be a sustainable legacy for disabled people of all ages, whose lives will be transformed by the power of music. Special thanks to our main philanthropist – Sir Norman Stoller, whose largesse we were thrilled to acknowledge when the Centre, officially known as Stoller House, was opened by Sophie, the Countess of Wessex on February 8th 2018. The futuristic building follows the natural contours of the land as it slopes upwards from west to east, appearing to gradually emerge from the landscape. The building almost reaches a crescendo, as would a piece of music – the Centre really is cutting-edge design. It is true testament to Will Mawson ARB RIBA, our architect – and worthy of our wonderful beneficiaries who no longer have to tolerate inferior resources

"Sunbeams gives us hope. Until your life is touched by a child with additional needs, you can't really appreciate the value of a charity like Sunbeams.
Sunbeams workshops are truly life-changing."
A grateful Mother

Imagine our despondency when we realised that the COVID Pandemic would continue to ruin all our heart-felt plans, all our mission and hopes for the vulnerable beneficiaries who live for their music sessions in our beautiful building, delivered with such empathy and passion by the musicians.

To ignore the impact that Covid-19 has had on us as a team would be to disregard the learning and the growth that comes from such adversity. As for our marginalised groups – their emotional needs must be paramount in our potential rush to get "back to normal". We needed to recognise and address the grief, loss and anger and bewilderment felt by everyone. Our grief was compounded by the news that one of our wonderful Patrons had died. It is therefore with great sadness that we have mourned the passing of Susan, Lady Cropper, during the year. Susan was a very active supporter of Sunbeams right from its start nearly 30 years ago, and her enthusiasm for our work has been a constant source of strength throughout that time. Our hearts go out to dear James - Sir James Cropper KCVO, the former Lord Lieutenant of Cumbria. He told me that it had made a big difference to Susan's life to see Sunbeams become so successful with its unique Centre. She is very dearly missed.

In last year's Report I wrote how in March 2020 came a whole new vocabulary, which will be etched in our memories for ever……
"Coronavirus….Covid-19….Zoom….Online Delivery….Virtual Sessions….Catch it! Bin it! Kill it! ….....Pandemic….Furlough….Flexi Furlough…. Social-Distancing……Shielding"

Who would have thought these words would still be uttered with such heavy hearts
12 months later.

CHANGING DYNAMICS WITH ONLINE DELIVERY WITH ZOOM

And so we decided to use Zoom! Another word I hadn't come across and since then it has played an integral part of our delivery and without it, I doubt if we would have been able to keep in touch with all our beneficiaries. We now zoom over 1,000 beneficiaries every month – 1,027 at the last count! Zoom has been a wonderful tool for us to keep in touch with and offer support to our beneficiaries and their carers**,** especially those who reported high levels of loneliness during the pandemic. Some people lost social support from families, friends, and neighbours during this time especially those who live in rurally isolated villages in Eden and Allerdale where the Coronavirus is still so rife (worst in England on 4 October 2021). The value of communication technology for keeping in touch was clear. Many of the young adults with severe special needs were tremendous on ZOOM and told all their friends they "were on the telly!"





This new Online project has reminded the beneficiaries that we are still here, and will be here for them when the COVID19 Virus is over, however long it takes. We feel lockdown will be longer for these most vulnerable high-risk people, children with complex needs and elderly groups with dementia. When we realised that COVID-19 would last well into 2021, I continued with fundraising and was pleased to be successful with Grants from BBC Next Steps, COINS Foundation, D'Oyly Carte, YMCA Kendal Ltd., Charities Aid Foundation, Eden District Council and a wonderful boost of £54k from the Arts Council Culture Recovery Fund. These enabled us to devise and expand Online Virtual Delivery of Zoom Workshops which are all received with such excitement.

In summary, the Zoom sessions were met with wholehearted enthusiasm! The impact upon the beneficiaries was greater than we dared to expect as we aimed to bring the following differences to our beneficiaries, of all ages:

1. Improve their desperate situation by alleviating their loneliness when they see and hear the familiar Sunbeams Musicians.
2. Alleviate their marginalisation caused by their disability
3. Improve their self-esteem and well-being, reminding them to keep singing
4. Help them cope and improve their mental and emotional health
5. Relieve their profound feelings of isolation and social exclusion
6. Relieve their distress, giving them much-needed fun and escapism
7. Maintain communication with informal partnership organisations so THEY know they are not alone.

"Annie and the team... thank you from the bottom of our hearts for all you do. You can bring a smile when all around seems hopeless. I really hope that Sunbeams is able to continue as our daughter gets so much enjoyment from it".



OUTSIDE SESSIONS

However, the use of this technology was not suitable for all and for some people it was no replacement for face to face contact. After considerable pressure from our clients, in August 2021, we decided to offer open air music sessions underneath the large canopy by the front door of our Centre. We consulted with care staff and arrived at a plan and a risk assessment that was safe and adaptable for all, using our picnic tables for various “bubbles”.



The first session started with the numbers lower than expected. Interestingly, as the result of having contracted Covid, some of the musicians found that the words and music that we have taken for granted, did not just return and they needed prompting by the beneficiaries to trip their memory. Lucky there weren’t more there!

After that very amusing but rather poignant session, numbers returned as ever and there was an enthusiasm that has lasted until the present. All the people taking part were so emotional that the music and the fun were back!



Again and again parents said how their children asked “When are we going to Sunbeams – why can’t we have music?” The children do not understand what Covid is and how dangerous it is to their already frail bodies. We have avoided contraction of Covid by following comprehensive procedures, including spacing, double vaccination, temperature and lateral flow testing, hand gel and sanitising all tables, chairs and instruments. The photographs speak for themselves!



END OF FURLOUGH AND RESUMPTION OF WORK INSIDE SUNBEAMS

The Coronavirus Job Retention Scheme ended on 30 September 2021. We needed to plan the future. We needed to establish what the future will look like, and with all staff returning – how to develop everyone's roles and work patterns, especially with demand growing exponentially. We need to outline the route out of lockdown – setting out objectives together and develop the client-base for "power of music to heal" and ask ourselves – apart from our Music Therapy Delivery to over 2,000 beneficiaries every month, what WERE we doing before Covid?"

FUNDRAISING of course! We continue to strive towards keeping Sunbeams viable and as self-sustainable as possible – but impossible without the grants from our wonderful Funders who so believe in us: please see Financial Reports. On behalf of all our beneficiaries who are unable to speak for themselves, thank you to everyone for supporting us throughout this strange period. We could not continue our valuable Music Therapy work without the wonderful donations received from the community – whether local, regional or national. All gifts, legacies and donations received in the post have been gratefully received – and hugely importantly, over the years we have received 3 amazing 3/4 Grand Pianos, 2 harps, numerous guitars, violins, drums and bass instruments which our beneficiaries love to play now that the face-to-face music workshops have resumed. We always welcome bequests, and look forward to receiving our first Stradivarius! In September 2021 we had a fantastic team running the Great North Run on our behalf, who together raised over £5,000 – thank you so much to you all.

With all programmes, whether for the Recording Studio, the Wolfson Meeting Room, Music for Life® or Music For Dignity® Programmes – we need to be pro-active rather than re-active and talk to carers/organisations to establish facts and figures; explore venues – old and new e.g. Dementia Ward Carlisle Hospital; link with formal care packages - personal payments, our Music For Life® Programme and especially kick-start our Music For Dignity® programme.

"I cannot remember my own name but this is the best place in the world. I love coming here."

Many beneficiaries cannot express their mental-health issues verbally, but their faces were distraught with fear and bewilderment because of COVID-19. They didn't understand the complexities of the "virus". They did know why they felt lost and frightened. The impact of coronavirus was too profound for them to describe, apart from crying with distress.

"Sunbeams is the only activity/group we attend." "Without Sunbeams, we would be completely isolated".

We have had difficulty keeping in touch with people with dementia especially those who are in hospital or care homes. The impact of the pandemic on their quality of life has been particularly challenging. For many people with dementia and their carers, the sudden loss of formal support services including our Community Music Therapy has had a negative impact on their life quality. We sincerely hope that we will soon be able to resume our Music for Dignity® in the 27 Care Homes/Hospices/Hospital Wards where we delivered our programmes to such great benefit and tangible impact.

Protecting the health and safety of employees, beneficiaries and third parties on our premises is at the forefront of our minds when re-opening the Sunbeams Music Centre. Strict COVID precautions are already in place, with enhanced deep cleaning of the premises, and even all the instruments – which the beneficiaries are so enjoying in the outside sessions. All the Corporate companies are returning for their meetings, their AGMs, their Conferences – acknowledging the beauty of the Centre and its Sensory Garden and Orchard and indeed, the safety of the clever design incorporating all the Breathing Building Principles described previously. They all report how much they have missed

Sunbeams – and especially the wonderful staff - a sentiment echoed by the beneficiaries and carers who are starting to enjoy the infectious enthusiasm of the Sunbeams Musicians.

In order to fully understand what makes Sunbeams such a special project it is crucial that you visit the Centre if you can and when you feel safe to do so. If you do, you will meet an incredible group of people in Sunbeams Music Trust who will be more than happy to impress delight in their exciting "home" as they plan celebrations for the 30th Anniversary in 2022 since Annie funded Sunbeams.



Glassical Performance Hall named after Sunbeams Musical Patron, Philip Glass.

I am so proud of the Sunbeams Staff and Musicians who have showed quiet dignity and wonderful emotional resilience during the last 18 months. It is a time for renewal as we look to the future with increasing hope as the Centre comes alive again with a real buzz.

What better way to conclude than to tell everyone of our exciting news:
"HOT OFF THE PRESS" that Sunbeams will be represented on Matt Baker's Rickshaw Challenge for BBC CinNeed by Harrison, a Sunbeams beneficiary for the last 14 years!

'I am the greatest showman in the whole wide world' - The show must go on for Harrison



HARRISON – THE GREATEST SHOWMAN AT SUNBEAMS!

To read these words from Harrison, one might think that he was the most egotistical, arrogant young man! But Harrison doesn't have a conceited or big-headed bone in his body. He has been coming to Sunbeams Music Trust for over 14 years – supported by BBC CinN and intermittently by his own fundraising – part of "Harrison's Fun Fund". He **does** have a massive self-belief, and I believe that he doesn't see his disabilities as putting him at a disadvantage to ANYTHING he tackles. Indeed, in my opinion, I don't even think Harrison sees himself AS disabled. He is a gregarious member of the Sunbeams Team – so much so that over the 14 years of weekly music sessions, he has become a volunteer, encouraging the younger ones and more reluctant older more reticent youngsters to sing. He sings solos, and includes even his trademark opera singing: he brings joy to all who hear him. He is a born performer, and IS desperate to be famous! But in a lovely way, whereby he can bring joy to others whom he sees as less fortunate than himself, or even to huge audiences – having sung at several Festivals! He loves to be on the stage, singing his heart out with his beautiful tremolo voice which is SO enchanting and evocative. He does have a very strong story, but his strong personality has helped him overcome severe medical problems. We told Matt and the BBC production managers that the Rickshaw Challenge would not be the same without Harrison! We will all be there to cheer him on as he sings a song of celebration to Matt and the BBC as the Rickshaw Challenge Team hopefully have a "pit-stop" at the Centre before finishing their journey in Edinburgh.

WELL DONE HARRISON – WE ARE SO PROUD OF YOU! YOU EPITOMISE THE TRUE SPIRIT OF SUNBEAMS!

"You cannot open a door to show a glimpse of possibility and slam it shut. It has now become our moral obligation to provide a pathway beyond."
Michael Lawson-Johnson MRSM
Sunbeams Director



I know that many of you who read this Report are already great friends of Sunbeams – and I thank you for your friendship. My dedicated team and I are all so humbled and inspired by your unfailing support – especially during this pandemic, in the knowledge that your donations and friendship enable us to fulfil our mission with passion, commitment and enterprise, of "reaching the unreachables" - the fundamental driving force for everyone at Sunbeams through 'the power of music to heal.'

WHO CAN RESIST OUR BEAUTIFUL BUDDING MUSICIANS, LUCY AND ESME!





SEE OUR FACEBOOK @SunbeamsMusic

E. Annie Mawson MBE

13 October 2021

Investment Policy and Performance

Investment policy and objectives

The Trustees operate within the governing document, the Memorandum and Articles of Association having regard to the guidance provided by the Charities Commission and act in accordance with the Trustees Act 2000.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements.

Principal Risks and Uncertainties

The Trustees have assessed the major risks to the charity, especially those related to the operations and finances of the charity. The charity has systems in place to control and mitigate risks.

- Ensuring projects and any associated risks will be overseen by an active Board of 6 Trustees
- Comprises multi-disciplined team with strong representation of people we help and led by a Solicitor
- Experienced in Risk Management principles with proven robust systems, procedures and policies in place covering all aspects of the organisation and risk mitigation: Governance, Equal Opportunities, Safe-Guarding, Vulnerable Adults, Health and Safety
- Ensuring people have the right skills/knowledge/empathy/experience to deliver our programmes
- Enhanced Disclosure and Barring Service checks for all the Sunbeams team with ongoing support, advice and training opportunities available (e.g. handling techniques for disabled people) and reinforced at Sunbeams' Training Days.

Reserves Policy

Trustees agreed a policy of maintaining a minimum of three months' value of operational costs as a reserve. This has been reviewed during the year and is still seen as an appropriate balance between the financial probity of the charity without simply keeping money in the bank.

The charity continues to deliver an amazingly valuable service to a wide audience across Cumbria and the North. Frequent comments from beneficiaries, carers and family members about the beneficial impact that music therapy has, reinforces the drive to build and improve the work that we do.

Structure, Governance and Management

Constitution

Annie Mawson's Sunbeams Music Trust (Sunbeams) is a company limited by guarantee, as defined by the Companies Act 2006. The Trust was originally created as an unincorporated charity on 17 January 2000; the limited company was incorporated on 25 April 2006 and registered as a charity with the Charity Commission on 7 December 2006 with all relevant assets then being transferred to the company. The company was established under its Memorandum and Articles of Association which comprise the governing document (as amended 18 August 2006).

Method of Appointment or Election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

Policies Adopted for the Induction and Training of Trustees

New Trustees, on appointment, have a formal induction meeting with the Chief Executive and are informed of methods of working, current issues, attendance at meetings etc. They are given an information pack comprising guidance on their responsibilities, the most recent Trustees' Report and Financial Statements and other documentation concerning current activities and projects. They also attend concerts and workshops run by the organisation to experience the work at first-hand. Ongoing

training is provided annually for all Trustees, as well as for staff, musicians and volunteers, and one-off training is carried out as required.

Organisational Structure and Decision Making

"Sunbeams" is an independent charity. Annie Mawson's Sunbeams Music Trust has a very active Board of Trustees that meets bi-monthly. They are responsible for the overall management and control of the charity. The Board is provided with monthly financial reports in addition to regular updates and reports from its Chief Executive. The Trustees maintain scrutiny of the major strategic, business and operational risks which the charity faces and confirm that regular reports are produced in order that necessary steps can be taken to manage these risks.

Wider Network

Sunbeams maintains relationships with other legal entities which include:

- ACT (Actions for Communities in England)
- BBC Media partnership
- Cumbria Arts and Culture Network
- Cumbria CVS (Cumbria Council for Voluntary Service)
- Live Music Now
- National Council for Voluntary Organisations (NCVO)
- 4Eden

Trustees' Indemnities

The charity holds a standard insurance policy which includes a trustees' indemnity against any liability in connection with any negligence, default, breach of duty or breach of trust in relation to the charity.

From our Treasurer

A message from our Treasurer, Dr A. F. R. Wolfe BSc (Hons), MSc, PhD.

The financial statements for the year to 31 May 2021 have inevitably been significantly impacted by the Covid pandemic, as covered in the Chief Executive's report above. However, we have continued to ensure that we have met our core purpose of reaching those to whom music gives such a huge therapeutic impact, both through online music sessions beginning in the early months of the pandemic, and over the last few months, through open air music sessions at the Sunbeams Centre.

Total income reduced to £293,842, from the £440,965 in the previous year, with individual donations being significantly reduced as public events such as fundraising concerts and external presentations, which have been so important in underpinning the Trust's finances in previous years, had to cease. Income from the Trust's supporting businesses of hiring out rooms at the Centre for external meetings, and commercial use of our recording studio was also lost.

We have though, continued to receive grants already secured in earlier years, and secured further ones during the year, and are very thankful for the generosity of those bodies, together with the skilled and dedicated efforts of the Chief Executive in demonstrating why Sunbeams' work should be supported. Income also includes £68,337 received from the Coronavirus Job Retention Scheme, as a result of the necessary flexible furloughing of our staff, recognising the reduced working hours that were inevitably involved in the changed circumstances for all of our staff.

Expenditure has been tightly monitored throughout the period, and fell to £249,077 from £328,565 as external activity reduced as mentioned above.

The net outcome, after depreciation, shows a modest deficit for the year of £16,981; however, we have maintained a strong level of funds available for the benefit of those we seek to serve, in our balance sheet.

Going forward, the gradual return to 'normal' which is currently in progress, has enabled the re-opening of the Centre to external events and our supporting businesses. Naturally we view the future course of

the pandemic, especially in the coming winter, with some concern, and the financial outcome of the current year is likely to show a larger deficit than in 2020-21, whilst still maintaining strong reserves.

We are though, on track to return to all of our previous operations as soon as it is safe to do so (including with a major fundraising event planned for summer 2022), while retaining what we have learnt and what has worked well over the last 18 months. We move forward with a strong financial base, a strong team to make the most of the opportunities available to us, and full confidence in our future of providing wonderful times through music, which mean so much to the children and adults we serve.

From our Chair

A message from our Chair, Dr Ifeolu Omoniyi Akintunde LLB.

This year, we have continued to provide an excellent, well thought through and thoroughly enjoyable service to our many beneficiaries. Our dedicated trustees and staff have continued to adapt to the changing policies and safety considerations brought on by the pandemic.

At the beginning of the reporting period, all our events were online. This was handled with such dedication that we were able to provide great service to over 1,000 beneficiaries. These online events were well received and their benefit and effectiveness is partly measured in repeat attendance by beneficiaries. Thanks to the musicians who had to adapt and develop new technical skills and methods to engage beneficiaries.

Since the government eased restrictions, we have been able to conduct outdoor events. The decision was taken partly in recognition of easing of restrictions, but mostly considering the need for our services and the safety of participants. We have implemented very carefully thought-out safety policies because many of our beneficiaries are highly vulnerable. We have also engaged our beneficiaries, so that they are aware of our concern to keep them safe while providing excellent participatory workshops.

However, on the whole, the pandemic has affected our income, expenditure, concerts and other activities. The Music Studio and indeed the Centre itself was closed for a large part of the year. Now that the government's job retention scheme is over and the weather means that we have to move indoors, we hope to begin the return to a new kind of normal. However the safety of staff, beneficiaries and clients will still remain a major priority as we move forward.

Finally, my thanks to the staff for remaining thoroughly dedicated and enthusiastic to deliver the excellent work for which Sunbeams is known, despite all the uncertainties and difficulties of the pandemic. Particular thanks goes to the Chief Executive, Annie Mawson MBE who kept working through the period, even with a broken Achilles, applying for grants and planning for the future. Thanks also to the Board for keeping on top of the government's requirements for policies and risk assessments. We look forward to a return of the many concerts, innovative fundraising events and in particular to the sessions that make Sunbeams such a valuable asset to the community.

God bless
Ife



Trustees' Responsibilities Statement

The Trustees (who are also directors of Annie Mawson's Sunbeams Music Trust for the purpose of company law) are responsible for preparing the Trustees' Report and Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing the financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and accounting estimates that are reasonable and prudent
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume the charitable companies will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 13 October 2021 and signed on their behalf by:

IOAKINTUNDE

Dr I. O. Akintunde, LLB

Chair of the Trustees

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

Independent Examiner's Report to the Trustees of Annie Mawson's Sunbeams Music Trust ('the Company') for the Year Ended 31 May 2021

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 31 May 2021.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Karen Rae FCCA
Armstrong Watson Audit Limited, Chartered Accountants, Carlisle
Date: 5 November 2021

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST
(A company limited by guarantee)

Statement of Financial Activities incorporating Income and Expenditure Account
For the Year Ended 31 May 2021

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	2	38,772	172,280	211,052	306,073
Charitable activities	3	1,030	-	1,030	14,289
Other trading activities	4,5	11,111	-	11,111	102,546
Investments	6	1,312	-	1,312	4,282
HMRC Coronavirus Job Retention Scheme receipts		69,337	-	69,337	13,775
Total Income		121,562	172,280	293,842	440,965
Expenditure on:					
Raising funds	10	398	-	398	24,969
Charitable activities	7,8,9	74,919	173,760	248,679	303,596
		75,317	173,760	249,077	328,565
Net income/(expenditure) before depreciation		46,245	(1,480)	44,765	112,400
Depreciation and amortisation	7,8	7,089	54,657	61,746	63,702
Total expenditure		82,406	228,417	310,823	392,267
Net income/(expenditure) and net movement in funds		39,156	(56,137)	(16,981)	48,698
Reconciliation of funds:					
Total funds brought forward		422,810	2,434,134	2,856,944	2,808,246
Net income/(expenditure) in the year		39,156	(56,137)	(16,981)	48,698
Total funds carried forward		461,966	2,377,997	2,839,963	2,856,944

There were no other recognised gains or losses in the year, or in the prior year.

The notes on pages 29 to 41 form part of these financial statements

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee – registration number 05794153)

Balance Sheet as at 31 May 2021

	Note	£	2021 £	£	2020 £
Fixed Assets					
Intangible assets	13		**856**		933
Fixed assets	14		**2,302,800**		2,358,395
			2,303,656		2,359,328
Current Assets					
Debtors	15	**8,006**		10,391	
Cash at bank and in hand		**587,598**		550,685	
		595,604		561,076	
Creditors					
Amounts falling due within one year	16	**34,297**		38,460	
Net Current Assets			**561,307**		522,616
Creditors					
Amounts falling due after more than one year	17		**25,000**		25,000
Net Assets			**2,839,963**		2,856,944
Charity Funds					
Unrestricted funds - General	19		**201,708**		194,254
Unrestricted funds - Designated	19		**260,258**		228,556
Restricted funds	19		**2,377,997**		2,434,134
Total Funds			**2,839,963**		2,856,944

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the Trustees on 13 October 2021 and signed on their behalf by:

I.O. Akintunde, Chair

Dr. A.F.R Wolfe, Treasurer

The notes on pages 29 to 41 form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 May 2021

1. Accounting Policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with 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) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Annie Mawson's Sunbeams Music Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The charity is a company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made the executor(s) to the Trust that distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised; please refer to the Trustees' Report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which hare not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the Centre. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

All expenditure is inclusive of irrecoverable VAT.

1.5 Intangible fixed assets and amortisation

Intangible fixed assets are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably. Intangible assets are initially recognised at cost and are subsequently measured at cost net of amortisation and any provision for impairment. The charity has registered the trademarks of Music for Life® and Music for Dignity® and is amortising the cost over the estimated useful life of 20 years.

1.6 Tangible fixed assets and depreciation

All assets costing more than £200 are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of Financial Activities Incorporating Income and Expenditure Account. Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is not charged on freehold land. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	-	Land is not depreciated
Long-term leasehold property	-	The Centre has been depreciated at 2% per annum, straight line, from 1 April 2019.
Plant and machinery	-	25% reducing balance
Motor vehicles	-	25% reducing balance
Fixtures and fittings	-	25% reducing balance
Office equipment	-	25% reducing balance

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.8 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.9 Cash at Bank and in hand

Cash at bank and in hand includes cash and highly liquid investments with a maturity of up to 18 months from the date of the opening of the deposit or similar account.

1.10 Liabilities and provisions

Liabilities are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.11 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.12 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.13 Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. These include the Music for Life ® and Music for Dignity ® Fund, which has been classified by the Trustees with effect from 1 June 2019 as a Designated Fund, with its balance to be used solely for the provision of the Charity's objectives.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors.

1.15 Going Concern

On 11 March 2020 the World Health Organisation declared Covid-19, a strain of coronavirus, a world pandemic. Subsequently the UK Government introduced a series of restrictions on social interactions and non-essential trade, and although the extent of these has varied since then, they have continued to have a significant effect upon the operations and finances of the charity.

This has resulted in both reduced income, particularly as a result of the Centre not being available for external hire, and costs, both in terms of reduced trading activity to support the generation of income, and efforts by the Trustees to reduce non-essential costs, while continuing to provide the best possible service to beneficiaries as the circumstances have allowed, as described in the Trustees' Report. The charity has also utilised the Coronavirus Job Retention Scheme put in place by the UK Government. However, additional grant income has been secured from several sources to replace the lost trade and fundraising revenue.

The charity has net current assets of £561,307 and net assets of £2,839,963 at the year end, following a deficit in the year of £16,981. The charity does not rely on creditors for financial support and has maintained strong cash reserves. The Trustees have prepared cash flow forecasts to show that this cash reserve will be sufficient to allow the charity to continue its service provision for a period of at least 12 months from signing the financial statements. As such, they believe the going concern basis to be appropriate for the year to 31 May 2021.

2. Income from Donations, Grants and Legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Total 2020 £
Donations	**30,709**	**-**	**30,709**	101,172
Legacies	**8,063**	**-**	**8,063**	6,213
Cumbria Community Foundation	**-**	**4,721**	**4,721**	4,721
The National Lottery Community Fund	**-**	**70,000**	**70,000**	70,000
BBC Children in Need	**-**	**8,057**	**8,057**	40,810
BBC Next Steps	**-**	**28,885**	**28,885**	-
YMCA Kendal Ltd. Charity	**-**	**10,425**	**10,425**	1,438
Charities Aid Foundation	**-**	**6,000**	**6,000**	-
D'Oyly Carte	**-**	**3,000**	**3,000**	-
Eden District Council	**-**	**2,814**	**2,814**	-
Arts Council Culture Recovery Fund	**-**	**38,378**	**38,378**	-
Frieda Scott Charitable Trust	**-**	**-**	**-**	3,236
The National Lottery Uplift Fund	**-**	**-**	**-**	21,000
National Lottery Awards 4 All	**-**	**-**	**-**	9,983
Cumbria Waste Management Trust	**-**	**-**	**-**	22,000
Sellafield Ltd. Social Impact Fund	**-**	**-**	**-**	25,000
Other	**-**	**-**	**-**	500
Total donations, grants and legacies	**38,772**	**172,280**	**211,052**	306,073
Total 2020	107,385	198,688	306,073	

Information on Restricted Funds with receipts in 2020-21

Cumbria Community Foundation - a grant towards “Music For Dignity®: Songs and Scones in Eden – for elderly people with Alzheimer’s.

The National Lottery Community Fund - a grant towards “Sound Gazing at Sunbeams” - using eye-gaze technology for non-verbal children.

BBC Children in Need - a grant towards Sunbeams Music For Life® Programme for children with a wide range of disabilities.

BBC Next Steps - this programme supports Sunbeams longer-term service adaptation to respond to the Covid-19 crisis, to meet the needs of children and young people who have been disproportionately affected by the pandemic, and thus to deliver 144 Virtual Workshops to 40 severely disabled children over 18 months.

YWCA Kendal Ltd. Charity - A grant towards Sunbeams Music For Life® Sessions via ZOOM for 20+ children with Complex Medical Needs and Severe Learning Difficulties who all live in Kendal area and the South Lakes.

Charities Aid Foundation - over the course of the horrendous Coronavirus time, a grant towards 8 Sunbeams musicians recording and creating videos of Sunbeams songs to insert on a new Sunbeams YouTube Channel for our vulnerable beneficiaries with complex needs to access, thus alleviating their loneliness.

D'Oyly Carte - A grant towards Virtual Music Sessions with 25 marginalised and disabled young people in Cumbria.

Eden District Council - A grant towards the PPE equipment which would help us prepare for the opening of the Centre for the beneficiaries to access live music in absolute safety and within our strict Risk Assessment Guidelines.

Arts Council Culture Recovery Fund - a grant towards supporting Sunbeams as we transition back to a viable and sustainable operating model.

3. Income from Charitable Activities

	Unrestricted funds 2021 £	**Restricted funds 2021 £**	**Total 2021 £**	Total 2020 £
Music for Life ® / Music for Dignity ®	**1,030**	**-**	**1,030**	14,289
Total 2020	14,289	-	14,289	

4. Fundraising Income

All fundraising income is received by unrestricted funds

	Total 2021 £	Total 2020 £
Fundraising	**3,008**	66,929

5. Trading Activities

All trading activities are in respect of unrestricted funds

	Total 2021 £	Total 2020 £
Charity Trading Income	**8,103**	35,617
Trading Expenses	**(398)**	(5,925)
Net income from trading activities	**7,705**	29,692

6. Investment Income

All investment income is received by unrestricted funds

	Total 2021 £	Total 2020 £
Bank and building society interest received	**1,312**	4,282

7. Direct Costs

	2021	2020
	£	£
Musicians' Fees	**23,860**	54,199
Motor, travel and subsistence	**2,456**	9,134
Volunteers' expenses	**47**	1,715
Staff training	**-**	50
Advertising	**-**	400
Premises expenses	**1,773**	2,542
Wages and salaries	**139,680**	131,948
National insurance	**9,708**	14,573
Pension cost	**6,896**	7,988
Sensory Garden	**1,131**	16,686
Depreciation	**57,935**	60,670
Total	**243,486**	299,905

8. Support Costs

	2021	2020
	£	£
Advertising	**1,850**	126
Insurance	**4,023**	4,858
Light and heat	**4,168**	4,013
Telephone	**2,449**	1,891
General office expenses	**759**	2,777
Premises expenses	**3,322**	14,181
Repairs and renewals	**18,042**	4,227
Staff training and conferences	**-**	1,419
Sundry	**545**	1,921
Computer and IT	**828**	1,799
Wages and salaries	**23,134**	24,252
Depreciation	**3,734**	2,955
Governance costs	**4,008**	2,897
Amortisation - intangible fixed assets	**77**	77
	66,939	67,393

Governance costs include accountancy, legal and professional and bank charges, and Trustees' expenses.

9. Analysis of Expenditure by Type

	Staff costs 2021 £	Depreciation and amortisation 2021 £	Other costs 2021 £	Total 2021 £	Total 2020 £
On raising voluntary income	**-**	**-**	**-**	**-**	19,044
On fundraising trading	**-**	**-**	**398**	**398**	5,925
Costs of raising funds			**398**	**398**	24,969
Music for Life ® / Music for Dignity ®	**179,418**	**61,746**	**69,261**	**310,425**	367,298
	179,418	**61,746**	**69,659**	**310,823**	392,267
Total 2020	178,761	63,702	149,804	392,267	

10. Net income/expenditure

This is stated after charging:

	2021 £	2020 £
Depreciation of tangible fixed assets - owned by the charity	**61,669**	63,625
Amortisation of intangible fixed asset	**77**	77

Trustee expenses were £25 in the current year (previous year – £nil).

11. Independent Examiner's Remuneration

The Independent Examiner's Remuneration amounts to a fee of £1,895 (2020 - £1,895).

12. Staff Costs

Staff costs were as follows:

	2021 £	2020 £
Wages and Salaries	**161,072**	153,768
Social security costs	**11,450**	16,381
Pension costs	**6,896**	8,612
	179,418	178,761

	2021	2020
Average number of persons employed	**6**	6

The key management personnel of the charity comprise the Trustees, including the Chief Executive. No trustees, including the Chief Executive, received any remuneration in respect of their role as trustees in either the current or previous year.

The remuneration of the key management personnel in the year (including employer pension contributions and employer national insurance contributions), was £64,823 (2020 - £66,105).

Important note
The majority of staff time is spent on the direct delivery of the charity's activities including musical activities. It is therefore appropriate to combine Musicians' Fees and approximately 85% of staff costs when comparing costs.

13. Intangible fixed assets

	Trademarks £
Cost	
At 1 June 2020 and 31 May 2021	1,549
Amortisation	
At 1 June 2020	616
Charge for the year	77
At 31 May 2021	693
At 31 May 2021	856
At 31 May 2020	*933*

The charity has registered the following trademarks:

Music for Life ®

Music for Dignity ®

14. Tangible Fixed Assets

	Freehold Property £	Sunbeams Centre £	Musical Instruments £	Motor Vehicles £	Fixtures and fittings £	Total £
Cost						
At 1 June 2020	46,442	2,274,849	22,587	17,190	156,109	2,517,177
Additions	-		-	-	6,074	6,074
At 31 May 2021	46,442	2,274,849	22,587	17,190	162,183	2,523,251
Depreciation						
At 1 June 2020	-	45,497	17,559	11,750	83,976	158,782
Charge for year	-	45,497	1,258	1,361	13,553	61,669
At 31 May 2021	-	90,994	18,817	13,111	97,529	220,451
Net book value						
At 31 May 2021	46,442	2,183,855	3,770	4,079	64,654	2,302,800
At 31 May 2020	46,442	2,229,352	5,028	5,440	72,133	2,358,395

Included in freehold property is land held in connection with the Sunbeams Centre.
The land is not depreciated. The Sunbeams Centre is held on a 99 year lease.

15. Debtors

	2021 **£**	2020 £
Trade debtors	**125**	526
Prepayments	**7,881**	9,865
	8,006	10,391

16. Creditors - amounts falling due within one year

	2021 **£**	2020 £
Trade creditors	**2,284**	803
Other taxation and social security	**2,848**	4,259
Other creditors	**476**	532
Accruals	**3,690**	7,866
Deferred income	**25,000**	25,000
	34,297	38,460

The deferred income balance at both year ends relates to the second year of a grant from Sellafield Ltd. Social Impact Fund.

17. Creditors - amounts falling due after one year

	2021	2020
	£	£
Deferred income	**25,000**	25,000
	25,000	25,000

The deferred income balance at both year ends relates to the third year of a grant from Sellafield Ltd. Social Impact Fund.

18. Pension commitments

The charity operates two defined contribution pension schemes.

The assets of the schemes are held separately from those of the charity in an independently administered fund.

The pension cost charge represents contributions payable by the charity of £6,896 (2020 - £8,612). £476 was payable to the funds at 31 May 2021 and is included within other creditors in note 16.

19. Statement of Funds

Statement of Funds - Current Year

	Balance at 31 May 2020	Income	Transfer	Expenditure	Balance at 31 May 2021
	£	£	£	£	£
Unrestricted funds					
General funds	171,973	69,517	14,507	(75,555)	180,442
Tangible fixed assets	22,281	-	-	(1,015)	21,266
Non-designated unrestricted funds	194,254	69,517	14,507	(76,570)	201,708
Designated funds - Music for Life ® and Music for Dignity ®	228,556	52,045	(4,524)	(15,819)	260,258
Total unrestricted funds	422,810	121,562	9,983	(92,389)	461,966
Restricted funds					
Grant and donor funds	97,087	172,280	(9,983)	(163,777)	95,607
Tangible fixed assets	106,762	-	-	(9,083)	97,679
Intangible fixed assets	933	-	-	(77)	856
Sunbeams Music Centre	2,229,352	-	-	(45,497)	2,183,855
Total restricted funds	2,434,134	172,280	(9,983)	(218,434)	2,377,997
Total funds	2,856,944	293,842	-	(310,823)	2,839,963

Statement of Funds - Prior Year

	Balance at 31 May 2019 £	Transferred on 1 June 2019 £	Income £	Expenditure £	Balance at 31 May 2020 £
Unrestricted funds					
General funds	44,657	158,703	22,149	(53,536)	171,973
Tangible fixed assets	29,204	-	-	(6,923)	22,281
Non-designated unrestricted funds	73,861	158,703	22,149	(60,459)	194,254
Designated funds - Music for Life ® and Music for Dignity ®	-	157,961	220,128	(149,533)	228,556
Total unrestricted funds	73,861	316,664	242,277	(209,992)	422,810
Restricted funds					
Grant and donor funds	50,144	-	198,688	(151,745)	97,087
Other reserves	316,664	(316,664)	-	-	-
Tangible fixed assets	117,468	-	-	(10,706)	106,762
Intangible fixed assets	1,010	-	-	(77)	933
Sunbeams Music Centre	2,249,099	-	-	(19,747)	2,229,352
Total restricted funds	2,734,385	(316,664)	198,688	(182,275)	2,434,134
Total funds	2,808,246	-	440,965	(392,267)	2,856,944

20. Analysis of Net Assets between Funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Current assets	478,687	145,607	624,294
Creditors, accruals and deferred income	(46,326)	(37,987)	(50,000)
Tangible fixed assets, including the Sunbeams Music Centre	21,266	2,281,534	2,302,800
Intangible fixed assets	-	856	856
	461,966	2,377,997	2,839,963

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Current assets	446,855	147,087	593,942
Creditors due within one year	(46,326)	(50,000)	(96,326)
Tangible fixed assets, including the Sunbeams Music Centre	22,281	2,336,114	2,358,395
Intangible fixed assets	-	933	933
	422,810	2,434,134	2,856,944

21. Restricted Funds Balances

	2021 £	2020 £
General Restricted Fund - including the Centre, Stoller House	**2,282,390**	2,337,047
BBC Children in Need	**(1,663)**	21,544
BBC Next Steps	**9,503**	-
Frieda Scott Charitable Trust	**1,844**	2,681
National Lottery Community Fund	**30,458**	15,049
National Lottery Awards 4 All	**-**	9,983
National Lottery Uplift	**-**	20,259
Cumbria Community Foundation	**3,888**	2,063
YMCA Kendal Ltd. Charity	**10,863**	563
Sellafield Ltd. Social Impact Fund	**24,164**	24,945
D'Oyly Carte	**3,000**	-
Eden District Council	**2,244**	-
Arts Council Culture Recovery Fund	**11,306**	-
Total	**2,377,997**	2,434,134

The BBC Children in Need Fund received further funding on 17 June 2021.

