

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

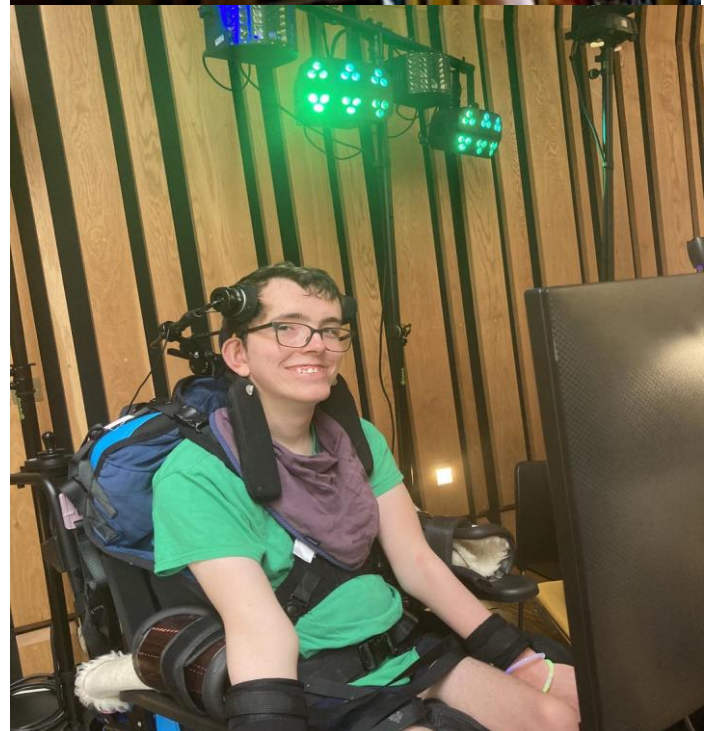
Charity number: 1117159

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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

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'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 rural 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**

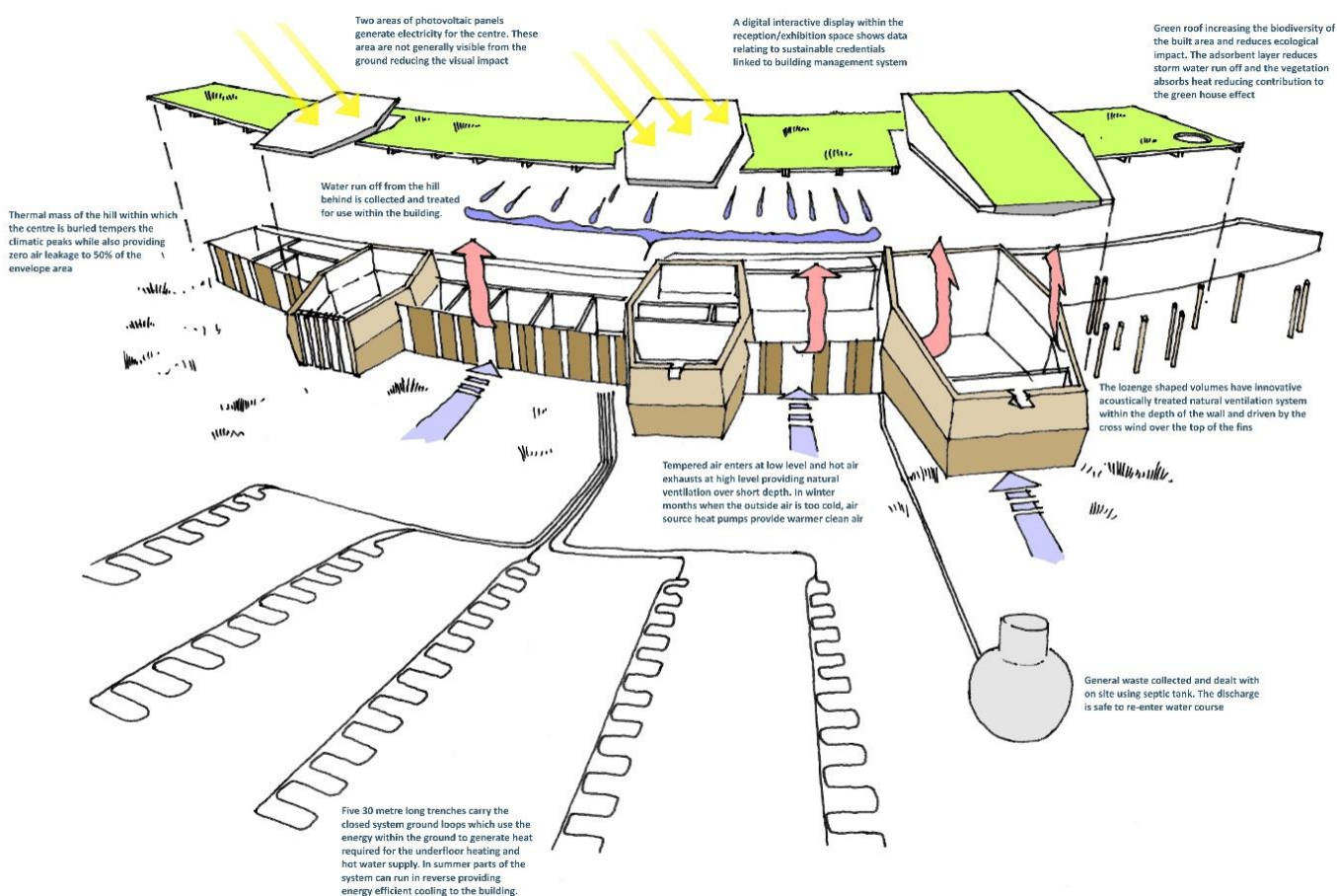
HOW SUNBEAMS CONTRIBUTES TO LOW CARBON TRANSITION IN CUMBRIA

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 rural 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 initially 180 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 past 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.



Annie Mawson's
Sunbeams
Music Trust

The Proms at Sunbeams

With World Class Soloists from the National Symphony Orchestra, led by their Artistic Director Justin Pearson, Patron of Sunbeams. This ensemble are performing a 4-day residency for the Queen at Windsor Castle, including the most prestigious dinner at her Majesty's Platinum Jubilee Celebration.

Saturday 23rd July 2022, 5pm | Suggested Donation: Adult £25.00, Under 16 £5.00

- Bar
- Prosecco & Strawberries available
- Raffle

Bring your own scrumptious picnic, a rug and chairs: relax and join us in the spectacular grounds of The Sunbeams Music Centre.

Advance Booking Essential.
Call or email us to book your place!
Tel: 01768 892909
E: annie@sunbeamsmusic.org
E: vanessa@sunbeamsmusic.org

CELEBRATING
30
Years
1992-2022

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 overflow 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.



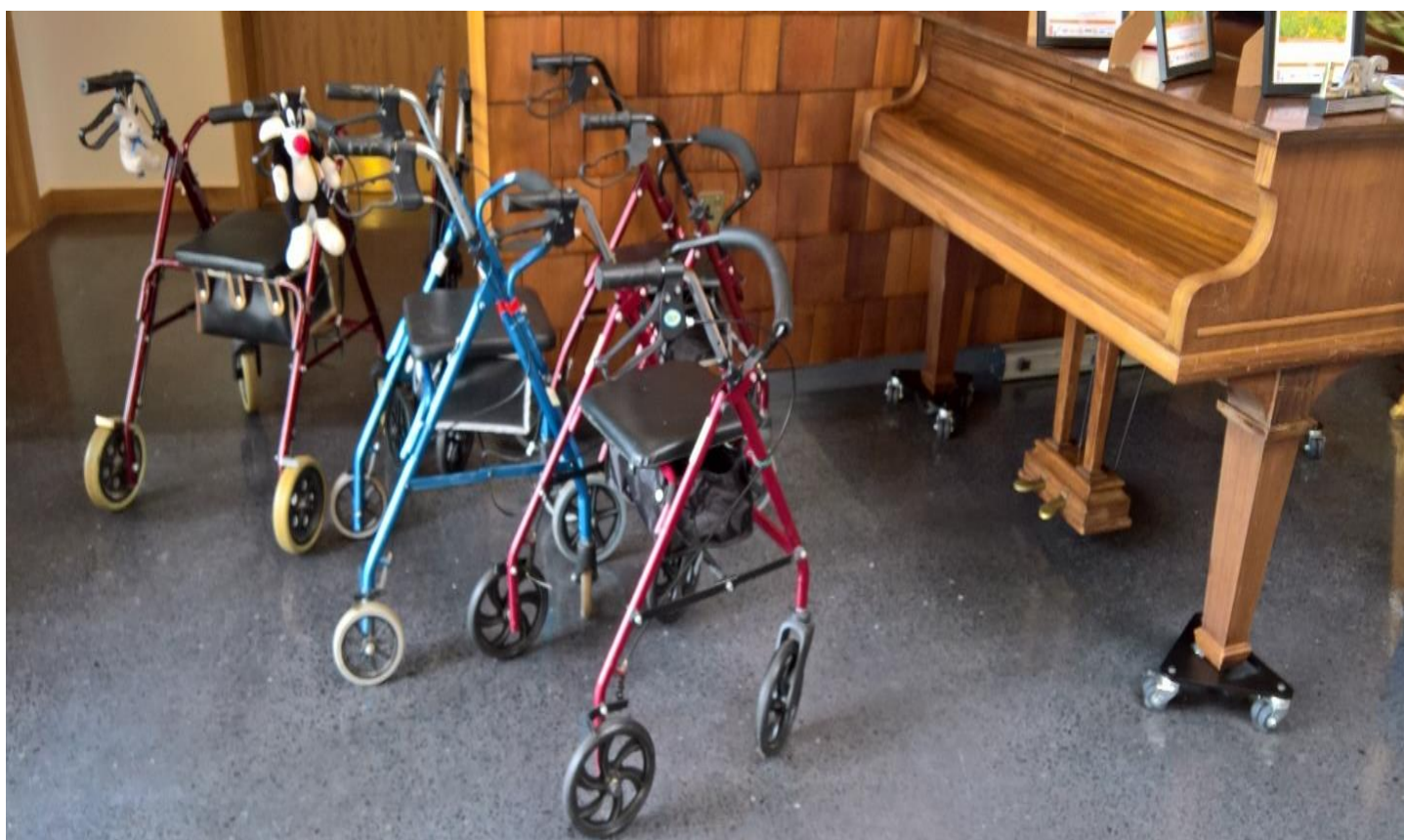
9.b.THE SERVICE WE DELIVER

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 sufferers, 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 don't know my own name but I do know I love coming here. I wish I could come every day."



"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 unreachable” - 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 *Michael Lawson*

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:

A handwritten signature in black ink, appearing to read 'Dr I. O. Akintunde'.

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.



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		<u>819,646</u>	<u>2,160,677</u>	<u>2,980,323</u>	<u>2,795,482</u>

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		<u>2,159,446</u>		<u>2,253,588</u>
			2,160,148		2,254,367
Current Assets					
Debtors	15	10,945		9,540	
Cash at bank and in hand		<u>820,315</u>		<u>578,066</u>	
		831,260		587,606	
Creditors					
Amounts falling due within one year	16	11,085		46,491	
Net Current Assets			<u>820,175</u>		<u>541,115</u>
Net Assets			<u>2,980,323</u>		<u>2,795,482</u>
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		<u>2,137,413</u>		<u>2,229,104</u>
Total Funds			<u>2,980,323</u>		<u>2,795,482</u>

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

ANNIE MAWSON'S SUNBEAMS MUSIC TRUST

(A company limited by guarantee)

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 have 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	Restricted funds	Total	Total
	2023	2023	2023	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 Sellafeld 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	<u>2,160,677</u>	<u>2,263,668</u>

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.