

The Spitz Music Charity

England & Wales · Charity number 1155033

Details

Other names	THE SPITZ CHARITABLE TRUST, THE SPITZ
Status	Registered
Legal form	CIO
Registered	2013-12-16
Register	View on the Charity Commission register

Contact

Address	272A St Pauls Road London N1 2LJ
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Activities

Objects: THE OBJECTS OF THE CIO ARE;1. TO ADVANCE IN LIFE AND RELIEVE THE NEEDS OF YOUNG PEOPLE THROUGH:(A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE. (B) PROVIDING SUPPORT AND ACTIVITIES THAT DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS. 2. TO RELIEVE THE NEEDS OF ELDERLY PEOPLE THROUGH THE PROVISION OF RECREATIONAL OR LEISURE TIME ACTIVITIES, PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE.

Activities: The Spitz Charitable Trust aims to relieve isolation in local communities through the power of live music. The charity works with professional musicians to engage older people in care homes and residential housing through participatory music sessions, and also link them with young people to create a positive impact on the lives of everyone involved.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies

Geography

- Hackney
- Haringey
- Islington
- Lewisham

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£200,194	£171,195	-	-
2023-12-31	£136,338	£189,123	-	-
2022-12-31	£157,607	£143,633	-	-
2021-12-31	£153,477	£129,305	-	-
2020-12-31	£151,844	£89,040	-	-

Trustees

Name	Role	Appointed
Dr Sarah Rutherford	Chair	2016-03-07
MARVIN BROWNE		2013-09-03
Perri Lewis		2023-11-30
Zachariah Said		2025-07-24

The Spitz Music Charity

England & Wales - Charity number 1155033

Accounts

THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

31 DECEMBER 2024

Charity Number 1155033

Trustees

THE SPITZ CHARITABLE TRUST

CHARITY INFORMATION

Charity number: 1155033

Dr S Rutherford (Chair)
Mr M Browne
Ms P Lewis

Principal Office

272A St Pauls Road
London
N1 2LJ

Independent Examiner

P Conneely
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THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

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The trustees present their report and the financial statements of the charity for the year to 31 December 2024.

Structure, governance and management

The Spitz Charitable Trust is a Charitable Incorporated Organisation registered 16 December 2013, its principal office is 272A St Pauls Road, London, N1 2LJ.

The Spitz Charitable Trust has a board of trustees. New trustees are appointed by the board of existing trustees.

The trustees who served the company during the period were as follows:

Dr S Rutherford (Chair)

Mr M Browne

Ms P Lewis

Trustee induction and training

New trustees undergo an orientation day to brief them of their legal obligations under charity law, the committee and decision making processes and recent financial activities of the charity.

Risk management

The trustees have a risk management strategy which comprises:

- An annual review of the risks that the charity may face
- The establishment of systems and procedures to mitigate those risks identified in the plan
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise

The work has identified that financial sustainability is the major financial risk for the charity and the management of this risk is via a reviewed reserves policy and retention of sufficient working capital.

Objectives and activities

The charities objectives are:

To relieve the needs of elderly people through the provision of recreational or leisure time activities, provided in the interest of social welfare, designed to improve their conditions of life.

To advance in life and relieve the needs of young people through:

(a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.

(b) providing support and activities that develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

Financial review and reserves policy

The results for the year are shown in the attached financial statements.

The trustees have adopted a reserves policy to address the risks of:

- Lack of liquidity to respond to new needs or requirements
- An inability to meet commitments or planned objectives

The trustees are committed to achieving a balance on unrestricted reserves to £30,000.

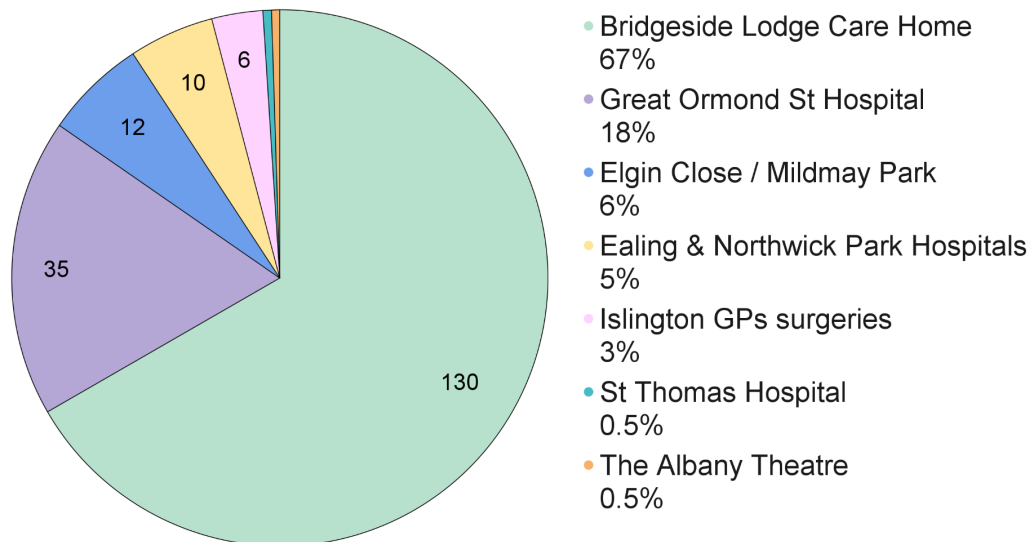
Achievements and performance

**The Spitz Charitable Trust uses the power of live music to
increase well-being while reducing isolation and loneliness**

In 2024 The Spitz Charitable Trust delivered 223 live music sessions at multiple locations including:

- Bridgeside Lodge Care Home,
- Great Ormond Street Hospital
- St Thomas' Hospital
- Elgin Close Extra Care
- The Albany Theatre

- Ealing Hospital
- GPs surgeries in Islington Borough
- Mildmays Extra Care
- Northwick Park Hospital



Live music sessions

We continue our work at **Bridgeside Lodge Care Home** and conducted two thirds of our total sessions there in 2024. In the seventh year of our relationship with BSL, our working practice continued to grow and deepen. The trust and familiarity we enjoy at Bridgeside Lodge gives us the freedom to experiment, to propose bold new projects and to push the boundaries of our practice. These include *music by firelight* outdoors in the cold during our Winter Solstice celebrations. Residents and staff love wrapping up warm and being outside with beautiful music and firelight.



Sessions at Bridgeside Lodge continue to take several forms: large static concerts (outdoors in the summer) smaller group sessions, 1-to-1 sessions in bedrooms. The 1-to-1 sessions took on new life in 2024 with some residents (and family members on their behalf) paying for private sessions with Spitz musicians, over and above our usual musical provision.

We have been struck by the attentiveness of those living with dementia during sessions that take more of a traditional concert format, even when the music is more challenging or purely instrumental. Residents who tend to have a very short attention span and need to walk about, have been seen sitting with absolute focus for two hours. It seems they, perhaps subconsciously, recognise the quality of what they are hearing.



“ Music makes a huge difference in people’s lives. It bridges that gap and brings an understanding that people share somehow. It’s hard to explain but it’s just absolutely unique and important. ”

Sue B, wife of care home resident David

As we do every year, we marked significant dates in the calendar with live music at Bridgeside Lodge. These include - National Day Of Arts In Care Homes, The Islington Canal Festival, Earth Day and the Winter and Summer Solstices.



At the time of writing we are about to embark upon a “*Reaching Out*” project at Bridgeside, supported by Derwent London, focussing very specifically on the more isolated residents. Among the 64 residents of Bridgeside Lodge, there are those who we rarely spend time with, those who don’t

“ Having regular events, having parties, having concerts outside, people doing songwriting together; all of that starts to become part of the social fabric and the community building that happens here. ”

Alice Zawadzki, Spitz musician



attend music sessions either because they can't / choose not to and/or those who don't have family members advocating for them.

As in 2022 and 2023 we received funding from London North West NHS Trust for sessions at both **Northwick Park** and **Ealing Hospitals**. We visited each hospital five times over the course of the year, bringing music to patients on geriatric wards.

In the summer of 2024 we secured funding from the Utley Foundation and The Arts Council to visit **Great Ormond St Hospital** every week (having previously visited fortnightly using our own unreserved funds). The children we visit range in age from new-born babies to 18 year olds and it has been essential to recognise and respect the distinction. While it is obvious to say that a 14 year old will not want to hear the same music as a 4 year old, this is crucial to earning the respect and therefore the engagement of those we are aiming to help. Our visits also offer relief for parents who are worried about their children but also almost certainly bored, sitting in a hospital room all day long. On a recent visit guitarist Marcus Bonfanti played an Ed Sheeran song for patient B and then a Bruce Springsteen song for his dad.

The frequency and regularity of our visits has enabled us to build strong relationships with GOSH Music Therapists and Play Specialists (who designate which wards we should visit each week) They have spoken of the level of respect we show the patients, not patronising them, or dumbing-down our offering. In 2025 we hope to use music more deeply at GOSH. Participating in research and diagnostics. We had a few glimpses of the potential for music in this area during 2024, as described by Spitz musician Marcus Bonfanti:

The doctor asked me to stand in patient X's eyeline and play an Ed Sheeran song (his favourite). They then moved his head so he was no longer looking at me and asked me to play another song - X turned his head to look at me. They were trying to work out what he could and couldn't perceive and understand within the room. One of the nurses produced two cards - a happy face and a sad face. She asked X if he wanted another song; he looked at the happy face so I played another song. She then swapped the cards around and asked X if he enjoyed the song. Again he looked at the happy face. Doctors, nurses and parents all seemed really pleased. This felt really significant in terms of identifying what X could and could not comprehend within his surroundings. This was a massive privilege for our music to be used in such an important way.



Sessions at GOSH are joyful, heartbreaking and eye-opening in equal measure. There is an emotional element to this work (in some ways greater to that of playing for older people) which we take very seriously, ensuring that we factor in time after sessions to download and discuss our experiences and emotions.

Our work with the **Islington GPs Federation** continues, moving into working alongside the GPs on social prescribing. The idea here is that GPs will be able to send their patients to Spitz events in the garden of Bridgeside Lodge Care Home. We have provided musicians to play in the waiting rooms of surgeries across the borough, at coffee mornings and during flu-jab clinics. The feedback has been that this creates a friendlier atmosphere, with service users staying longer than usual, chatting to each other and aiding community cohesion. Dr Grace McGeoch, having stepped away from general practice, has begun singing workshops for staff and residents at Bridgeside Lodge and we hope will take on a semi-consultant role with us providing insight and connections as well as evaluating our work.

In July 2024 **Art Explora** engaged The Spitz to provide 12 live music sessions at two “extra care” assisted living communities (Elgin Close in West London and Mildmay Park in Islington) as part of their *Music At Home* project.



Above left: Marcus Bonfanti performing for residents



Above right: Dom Pipkin and Louise Balkwill of Elgin Close with daughter Isabella at Mildmay Park

We hope to continue working at these various locations in 2025 in addition to expanding our work. We are in discussions to bring music to children’s hospices and also to antenatal services at St Thomas’ Hospital, thus truly cementing the spectrum of our provision to the entire human life span.

Project funding

The first quarter of 2024 was difficult for The Spitz in terms of funding, as a number of our applications were rejected and those who did award grants reduced the amount they gave. During this time, we reduced the number of sessions we did at Bridgeside Lodge Care Home, choosing to prioritise and consolidate our newer avenues of work, such as Great Ormond Street Hospital.

Thankfully things improved towards the end of the second quarter of the year and the third quarter was the strongest in our history in terms of funds received. During this difficult period we learned to be bold yet humble. Reaching out to contacts who had offered help in the past and being very open about the troubles we were facing. We were very encouraged by the generous responses from individuals. While we wouldn’t wish to go through such a period again, we feel stronger for having done so.

The **Armourers and Brasiers Gauntlet Trust** invited us to their annual charity supper in September 2024. It's an opportunity to network with other charities and with the A&B Trust, to learn about their work and discuss opportunities for future funding and indeed later led to a fourth year of core funding for The Spitz.

In April 2024, Jane Glitre and Thom Rowlands attended an online grief workshop with Dr Kathryn Mannix and Dr Rachel Clarke entitled *How to support people towards the end of life*. A conversation between two leading lights in palliative and end-of-life care in which they discussed their experiences of providing care at the end of life and anticipatory grief. This workshop enabled us to feel better equipped to deal with some of the emotional elements and implications of our work.

This followed an in-person event with Dr Clarke at Apothecaries Hall in central London in February entitled *"Speaking uncomfortable truths to the world: A critical role for a medical writer"* in which she explored the way in which medicine and the health service communicates with the public. We met her during a meet-and-greet and discussed our work and the power of music more broadly.

As in 2023, we hosted an "in memory" page on our website for a former resident of Bridgeside Lodge. Her family requested donations to The Spitz in lieu of flowers at the funeral as Spitz musicians provided music.

Following a grant from The Utley Foundation, The Spitz engaged **Big Bang PR** in an effort to raise our profile and lead to increased funding. This led to 21 pieces of press coverage between January and April across print, radio, digital and television. We were featured on BBC Breakfast (national) and BBC London Radio and TV as well as their social media channels.

https://www.youtube.com/watch?v=DDW8vYR_HXo



Following this national coverage we received donations from the general public and requests from various care providers enquiring about the possibility of us playing at their care homes / day centres.

We received further pro-bono PR input from [global marketing agency Team Lewis](#). After one of their employees made a donation to The Spitz in 2023, we reached out to them for help during our period of financial difficulty. The result was two days of filming at Bridgeside Lodge, leading to a promotional film entitled *A Lasting Legacy* which you can watch on YouTube.

<https://www.youtube.com/watch?v=nWmnekZZMQs>



In July, Spitz Director Jane Glitre and General Manager Thom Rowlands attended Team Lewis Foundation's summer garden party at College Garden, Westminster Abbey where we met representatives from other organisations supported by TLF as well as the CEO of Team Lewis Chris Lewis.

The Board / Governance

Marvin Browne gave notice to resign from the board and will remain in position until a replacement is found. Salaeh Micci resigned from the board. We are speaking with replacement Trustees at the time of writing. Dr Sarah Rutherford continued in her role as chair and Perri Lewis remained in post as a trustee.

We met with musicians in January to discuss the year ahead. We feel it is important to receive feedback from the musicians who are conducting the sessions and to implement their ideas. With this in mind we created a Google form, allowing musicians to give feedback after each session. The form records date, time and location of the session, any stand-out moments and also an opportunity to report on any alarming occurrences (for safeguarding purposes).

We held our annual strategy and planning meeting in November as part of the ongoing development of the organisation. This meeting was attended by the director, GM and the board of trustees, covering financial stability, funding streams, discussions of personnel ("core team", musicians and other freelancers such as ad-hoc consultants and evaluators). During this meeting we identified a number of objectives for 2025.

- Greater involvement in research and diagnostic work with clinical / medical partners.
- Become considered a thought leader in our sector and receive increased third-party validation.
- Solidify our unofficial advisory board

- Grow to £200,000 to give us a buffer and allow some tentacles to grow - mainly in pre-birth and children. Following a large private donation in December, we actually achieved this goal in 2024.
- Maintain % income from non-grant sources to ensure we have diverse revenue streams.
- Pursue more corporate funding (as trust / foundation funding has become more difficult).



There are moments of joy and of sadness, but the over-riding feeling you're left with is that you've shared something, you've connected with people

Arthur Lea, Spitz musician

Signed by order of the trustees

Dr S Rutherford (Chair)

The Spitz Charitable Trust

Independent Examiners Report to the Trustees

Year ended 31 December 2024

I report to the trustees on my examination of the financial statements of The Spitz Charitable Trust ('the charity') for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the company you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the 2006 Act').

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of the accounts set out in The Charities (Accounts and Reports) Regulations 2008 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

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.

Peter Conneely FCCA
Shipleys LLP
Independent Examiner
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GU7 1XW

The Spitz Charitable Trust

Statement of Financial Activities

		2024		2023
		Unrestricte d funds	Restricted funds	Total funds
	Note	£	£	£
Income and endowments				
Donations and legacies	5	58,518	128,955	187,473
Charitable activities	6	-	11,981	11,981
Investment income	7	740	-	740
		—	—	—
Total income		59,258	140,936	200,194
		==	==	==
Expenditure				
Expenditure on charitable activities	8	19,277	151,918	171,195
		—	—	—
Total expenditure		19,277	151,918	171,195
		==	==	==
		—	—	—
Net (expenditure)/income and movement in funds		39,981	(10,982)	28,999
		==	==	==
Reconciliation of funds				
Total funds brought forward		41,066	29,335	70,401
		—	—	—
Total funds carried forward		81,047	18,353	99,400
		==	==	==

The statement of financial activities includes all gains and losses recognised in the year.

The Spitz Charitable Trust

Independent Examiners Report to the Trustees

Year ended 31 December 2024

All income and expenditure derive from continuing activities.

The Spitz Charitable Trust

Statement of Financial Position

31 December 2024

		2024		2023
	Note	£	£	£
Fixed assets				
Tangible fixed assets	12	3,307		995
Current assets				
Debtors	13	-		100
Cash at bank and in hand		101,107		73,831
		-		-
		101,107		73,931
Creditors: amounts falling due within one year	14	5,014		4,525
		-		-
Net current assets		96,093		69,406
		-		-
Total assets less current liabilities		99,400		70,401
		-		-
Net assets		99,400		70,401
Funds of the charity				
Restricted funds		18,353		29,335
Unrestricted funds		81,047		41,066
		-		-
Total charity funds	15	99,400		70,401

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

The Spitz Charitable Trust

Statement of Financial Position

31 December 2024

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

1. Accounting policies

Basis of preparation

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by 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 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The charity meets the definition of a public benefit entity under FRS 102.

The functional currency of the charity is considered to be pounds sterling because that is the currency of the primary economic environment in which the Trust operates. The financial statements are also presented in pounds sterling.

Amounts are presented to the nearest £, unless otherwise stated

Going concern

The Trustees have considered the ability of the Trust to continue as a going concern. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern for at least twelve months from the date of approving the accounts.

The Trustees are confident the services provided are needed more than ever. The Managers of the Day Centres and Bridgeside Lodge Care Home feel the Trust is an essential fabric of the way forward to help residents.

The Trust has a number of applications for funding for which it is awaiting approval. Whilst the Trustees acknowledge that not all applications will be successful, they are confident sufficient grants will be received that will enable the Trust to continue for the foreseeable future.

The Activity Co-ordinators at Ealing and Northwick Park Hospitals consider the work of the Trust to be a vital part of a positive patient experience. The Play Specialists and Head of Volunteering at Great Ormond Street believe the Trust is making a real and tangible difference to the children in their care.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

Accounting policies (*continued*)

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

Income

All income is included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Accounting policies (*continued*)

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment	- 20% straight line
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Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

Cash flow statement

The charity has taken advantage of the exemption in the Charities SORP FRS 102 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

Reserves

It is the policy of the Trust to maintain a balance in unrestricted reserves of at least £30,000 to cover future expenditure. The balance in unrestricted reserves is unusually larger at 31 December 2024 due to a one-off unrestricted donation received in late December 2024. Those funds will be used for the Trust's charitable activities in the year to 31 December 2025.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

5. Donations and legacies

	Unrestricted Funds	Restricted Funds	Total 2024	Total Funds 2023
Donations				
Private donation	30,000	-	30,000	-
Other	24,518	-	24,518	13,692
Grants				
Arts Council England	-	26,955	26,955	29,997
Garfield Weston Foundation	-	-	-	15,000
Derwent London	-	-	-	10,000
Richer Sounds	-	10,000	10,000	10,000
National Lottery	-	10,000	10,000	10,000
Highway One Trust	-	10,000	10,000	9,975
Armourers & Brasiers Gauntlet Trust	-	4,000	4,000	4,000
Joan Ainslie Charitable Trust	-	3,000	3,000	3,000
Wise Music Foundation	-	4,000	4,000	2,500
City Bridge Trust	-	10,000	10,000	15,000
Edward Gostling Foundation	-	-	-	1,500
The Invesco Cares Foundation	-	-	-	1,000
Woodroffe Benton	-	-	-	500
Robert David Burrows	-	-	-	150
Islington Borough	-	-	-	750
Art Explora	-	3,000	3,000	-
The Skinners Company	-	2,000	2,000	-
Worshipful Company of Insurers	-	2,000	2,000	-
Jules Thorn Charitable Trust	-	3,000	3,000	-
Doyly Carte	-	3,000	3,000	-
Helen Hamlyn Trust	-	7,000	7,000	-
Vandervell Foundation	-	2,000	2,000	-
The Utley Foundation	-	29,000	29,000	-
Artemis Charitable Trust	4,000	-	4,000	-
Total	58,518	128,955	187,473	127,064

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

In the year to 31 December 2023, restricted grants of £113,972 were received.

6. Charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Restricted Funds	Total Funds 2023
	£	£	£	£	£
Fundraising events	-	11,981	11,981	8,494	8,494

7. Investment income

	Unrestricted Funds	Total Funds 2024	Unrestricted Funds	Total Funds 2023
	£	£	£	£
Bank interest receivable	740	740	780	780

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total funds 2024	Total funds 2023
	£	£	£	£
Direct Costs				
Purchases	70	-	70	1,068
Sessional and contract artists	13,397	50,824	64,221	82,479
Salaries	-	72,267	72,267	64,972
Publicity and marketing	33	6,049	6,082	4,898
Travel and subsistence costs	1,087	744	1,831	2,892
Insurance	-	723	723	757
General office expenses	143	-	143	817
Computer support and website	3,610	256	3,866	3,647
Consultancy fees	-	-	-	3,325

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

Depreciation	627	-	627	798
Evaluation fees	-	-	-	1,800
Project management	-	9,484	9,484	9,067
Research and development	-	9,484	9,484	9,707
Total	<u>18,967</u>	<u>149,831</u>	<u>168,798</u>	<u>186,227</u>

Governance	£	£	£	£
Bank fees	90	-	90	83
Accountancy fees	220	2,087	2,307	2,813
Total	<u>310</u>	<u>2,087</u>	<u>2,397</u>	<u>2,896</u>

Total	<u>19,277</u>	<u>151,918</u>	<u>171,195</u>	<u>189,123</u>
--------------	---------------	----------------	-----------------------	----------------

9. Net income

Net income is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	627	798
	<u>627</u>	<u>798</u>

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

2023	2023
£	£

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

Wages and salaries	85,446	78,926
Social security costs	4,281	8,381
Pension costs	<u>1,508</u>	<u>758</u>
	<u>91,235</u>	<u>88,065</u>

The average head count of employees during the year was two (2023: two).

A proportion of the salary costs have been allocated to project and management and research and development costs.

11. Trustee remuneration and expenses

No trustees received any remuneration during the period. No expenses were reimbursed to trustees in the year.

No trustee had any personal interest in any contract or transaction entered into by the charity during the period.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

12. Tangible fixed assets

	Equipment	Total
	£	£
Cost		
At 1 January 2024	5,383	5,383
Additions	2,939	2,939
	-	-
At 31 December 2024	8,322	8,322
Depreciation		
At 1 January 2024	4,388	4,388
Charge for the year	627	627
	-	-
At 31 December 2024	5,015	5,015
Carrying amount		
At 31 December 2024	3,307	3,307
At 31 December 2023	995	995

13. Debtors

	2024	2023
	£	£
Other debtors	-	100

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2024

14. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	60	-
Accruals and deferred income	1,680	2,039
Social security and other taxes	2,842	2,320
Pension control	432	166
	<u> </u>	<u> </u>
	-	-
	5,014	4,525
	<u> </u>	<u> </u>
	<u> </u>	<u> </u>

15. Analysis of net assets between funds

	Unrestricted	Restricted	Total 2024
	£	£	£
Tangible fixed assets	3,307	-	3,307
Current Assets	81,074	20,033	101,107
Current Liabilities	(3,334)	(1,680)	(5,014)
Total	81,047	18,353	99,400
	<u> </u>	<u> </u>	<u> </u>
	Unrestricted	Restricted	Total 2023
	£	£	£
Tangible fixed assets	995	-	995
Current Assets	42,557	31,374	73,931
Current Liabilities	(2,486)	(2,039)	(4,525)

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

Total	41,066	29,335	70,401
	=====	=====	=====

The Spitz Music Charity

England & Wales - Charity number 1155033

Accounts

THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

31 DECEMBER 2023

Charity Number 1155033

THE SPITZ CHARITABLE TRUST

CHARITY INFORMATION

Charity number: 1155033

Trustees

Mr M Browne
Mrs S Micci
Dr S Rutherford (Chair)
Ms P Lewis

Principal Office

272A St Pauls Road
London
N1 2LJ

Independent Examiner

P Conneely
Shipleys LLP
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

Bankers

Santander
121-123 Camden High Street
NW1 7JR

THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

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The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

The trustees present their report and the financial statements of the charity for the year to 31 December 2023.

Structure, governance and management

The Spitz Charitable Trust is a Charitable Incorporated Organisation registered 16 December 2013, its principal office is 272A St Pauls Road, London, N1 2LJ.

The Spitz Charitable Trust has a board of trustees. New trustees are appointed by the board of existing trustees.

The trustees who served the company during the period were as follows:

Mr M Browne
Mrs S Micci
Dr S Rutherford (Chair)
Ms P Lewis

Trustee induction and training

New trustees undergo an orientation day to brief them of their legal obligations under charity law, the committee and decision making processes and recent financial activities of the charity.

Risk management

The trustees have a risk management strategy which comprises:

- An annual review of the risks that the charity may face
- The establishment of systems and procedures to mitigate those risks identified in the plan
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise

The work has identified that financial sustainability in the major financial risk for the charity and the management of this risk is via a reviewed reserves policy and retention of sufficient working capital.

Objectives and activities

The charities objectives are:

To relieve the needs of elderly people through the provision of recreational or leisure time activities, provided in the interest of social welfare, designed to improve their conditions of life.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

To advance in life and relieve the needs of young people through:

(a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.

(b) providing support and activities that develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

Financial review and reserves policy

The results for the year are shown in the attached financial statements.

The trustees have adopted a reserves policy to address the risks of:

- Lack of liquidity to respond to new needs or requirements
- An inability to meet commitments or planned objectives

The trustees are committed to achieving a balance on unrestricted reserves to £30,000.

Achievements and performance



**The Spitz Charitable Trust uses the power of live music to
increase well-being while reducing isolation and loneliness**

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

"The Spitz is a best-in-class example of musical excellence. The quality and passion of its musicians is second to none, and the work it delivers is outstanding."

Alison Teader - NAPA Arts In Care Homes

10th Anniversary



We celebrated the **10th anniversary** of The Spitz in 2023. We launched a brand new website and instructed Big Bang PR to help us raise awareness of and engagement with our work. We began working with Big Bang in the latter part of 2023 and expect to start seeing results in the new year. This will include local and national press coverage in print, online and on television, radio and podcasts. We held a party on our "birthday" itself, during which Bridgeside Lodge staff surprised us with a birthday cake. We had

intended a large-scale public event for 2023 which we later chose to defer to 2024. This will be a celebration and showcase of the work of The Spitz since 2013 and to which we will invite partners, funders, friends and families of beneficiaries past and present.

In 2023 The Spitz Charitable Trust delivered nearly 200 live music sessions at multiple locations including:

- Bridgeside Lodge Care Home,
- Royal Star and Garter Care Home
- Appleby House Care Home
- Tower Bridge Care Home
- Ladywell Community Centre
- New Park Day Centre
- Great Ormond Street Hospital (multiple wards)
- Northwick Park Hospital (multiple wards)
- Ealing Hospital (multiple wards)
- GPs surgeries in Islington Borough
- William Tyndale Primary School, Islington

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

Continuation and expansion

We continue to conduct the majority of our work at **Bridgeside Lodge Care Home**, conducting sessions 2 or 3 times per week. We also continued to mark notable dates in the calendar such as - Blue Monday (at both Bridgeside Lodge and Northwick Park Hospital) Valentines Day, St. Patrick's Day (at Bridgeside Lodge and New Park Day Centre) Spring Equinox, Summer and Winter Solstice, National Day Of Arts In Care Homes and Thank You Day, for which we recorded Bill Withers' *Lean On Me* with staff and residents at Bridgeside Lodge. The song has become a bit of an anthem for the relationship between us as we continue to support and lean on one another.

https://www.youtube.com/watch?v=qW_l3awffFE

Northwick Park Hospital sessions are ongoing and we began visiting Ealing Hospital (part of the same trust as Northwick Park). Spitz GM Thom Rowlands presented our work at NPH to the NHS trust's "Dementia and Delirium Steering Committee" and was subsequently contacted by a number of consultants and specialists who are interested in working with The Spitz. Since then we have visited more wards at NPH (stroke wards, [acute care](#) and mental health in-patients wards). Our main contact at the hospital Trust, Alex Lukjaniec emigrated to Australia over Christmas. We are keen to establish a strong connection with her successor as soon as they are in post. Sessions are currently being scheduled with activities coordinator Rhoda Yevugah. We had intended to conduct a second quantitative study at Northwick Park (following our initial study in 2022) but due to dementia consultant Dr Mahua Chatterjee's workload, this was not possible.

Our relationship with the Utey Foundation continued and we were invited to a performance of Matthew Seager's play [In Other Words](#) at the Arcola Theatre in Dalston in September. JG and TR attended. We met several people working in arts and dementia including Sandra Schembi, CEO of Nordoff Robbins (music therapists) whom JG met for coffee in November as a result of our meeting. On the same evening, Kate Millett attended a dinner at Armourers Hall, representing The Spitz as a beneficiary of The Armourers and Brasiers Gauntlet Trust.

Since leaving her role as Campaigns Director at Music For Dementia we have been working with Grace Meadows as an ad-hoc consultant. She has given her advice and guidance on a number of issues, both organisational and operational. Grace has also pushed us to consider ourselves as experts in our field and continues to sing our praises to contacts in the sector. In January, Grace introduced us to Charles Hodgkinson, founder of [SoundMouse](#) who helped us draw up a contract covering ownership of songs written between residents and Spitz musicians.

Alison Teader of NAPA Arts in Care Homes has published an ["inclusive practice guide for Care Home Managers"](#). Director Jane Glitre and GM Thom Rowlands were consulted heavily for this, based on our close and unique relationship with Bridgeside Lodge. Input also came from BSL manager Fatma Makalo and Shona Bradbury, manager of Appleby House care home (part of Care UK) who we met at a NAPA workshop in 2022.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

Our relationship with **Entelechy Arts** continues. We provided musicians for three events in collaboration with Entelechy in 2023. Two tea dances in South East London and an event at Tower Bridge Care Home with Entelechy's "Ambient Jam Collective".

Throughout the year we invited the Spitz core team and musicians to several meetings and gatherings. These enabled us to strengthen the core of our organisation and were run in such a way that all attendees felt able to share their thoughts in a friendly setting over tea, coffee and snacks. These meetings covered everything from the emotional impact of the work, ideas for improving our practice or speaking to the positive effect their involvement with The Spitz continues to have on their own personal and professional lives.

In April BSL manager Fatma led a group session specifically focussed on death. The process of dying and how we can support each other when residents we have got to know over the course of our work die and to prepare musicians for playing for residents undergoing palliative care. This was an emotional experience for us all but one which left us feeling robust and prepared to deal with the inevitable. Each member of the team was given a copy of Dr. Kathryn Mannix's book [*With The End In Mind*](#).

New ventures

In May The Spitz entered the volunteering programme at **Great Ormond Street Hospital**. This involved a lot of work prior to actually visiting the wards. Each member of the team had to be vetted, undergoing GOSH's own DBS checks (in addition to ongoing one for *any* work with The Spitz) and to complete several online training modules ranging from child safeguarding to fire safety and to attend in-person training at GOSH with head of volunteering Jamie Wilcox. Musicians Marcus Bonfanti, Nat Keen and Izo Fitzroy have visited wards at GOSH. Sessions involve visiting 3 wards, under the guidance of GOSH Play Specialists and meeting children with a range of conditions from cancer to brain injuries.

We delivered two events with **Islington GPs Federation** which led to some fantastic outcomes for their team wellbeing and cohesion. In May Spitz Director and GM visited the Federation for a meeting with Drs. Grace McGeoch and Iona Morrison to discuss future projects and ideas. As a result of this meeting, six GPs and two administrators from Islington GPs Federation attended a garden party at BSL on June 9th. This was with a view to potentially using The Spitz events in the garden for Social Prescribing for local practices. Referring to the improvement in BSL Resident Joseph's manual strength, Dr Iona Morrison said:

"It's like physiotherapy without the physiotherapist"

- Dr Iona Morrison.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023



Left - with printed lyrics, slumped posture and needing his carer to hold the microphone for him

Right - **Eight months later**, lyrics memorised, sat up straight and confidently holding the microphone unaided.

At the same meeting, we were asked to provide musicians for Islington GPs **flu jab clinics**. The hope is that in time we might be able to visit all 31 clinics across the borough "Project 31". So far we have played at 3 vaccine clinics and were very well received. We look forward to working more closely with the GPs Federation in 2024, particularly in social prescribing.

In June we visited **Appleby House Care** Home in Epsom and provided music for their summer party. Appleby is part of Care UK and this has led to manager Shona Bradbury meeting BSL manager Fatma Makalo on a conference call of care home managers. Subsequently, Shona visited BSL in August. She is fascinated (and in her own words, jealous!) of the relationship between BSL and The Spitz, specifically our playing in people's bedrooms and even during palliative care as residents are dying. She is keen to share ideas and best practice with Fatma and The Spitz.

Royal **Star and Garter** Care Home in Surbiton is a specialised home for military veterans. Musicians Arthur Lea and Melissa James visited for sessions in February and March, supported by The Utley Foundation. We had initially hoped that our work at RSG would begin to achieve the "depth" of our work at BSL but as yet this has not been possible. This is in part to do with direct communication as there are very high levels of security (due to the military connection) with their email and phone services. We envisioned that Spitz sessions, particularly songwriting, might have impacted on long-term conditions such as residual PTSD and other conditions resulting from active service.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

We welcomed a number of **new musicians** to the team in 2023. Some of whom quickly joined the core team of musicians and others who performed less frequently. All new musicians have been introduced organically by regulars and this method of recruitment continues to prove itself the simplest and best.

We published our first **"in memory"** page on spitz.org.uk in memory of Simon Richardson. Donations at his funeral were in support of The Spitz. We hope this will enable and empower us to start having more conversations about donations in wills and in memoriam.

In February we began a collaboration with **William Tyndale School**, a primary school local to Bridgeside Lodge in Islington. Year 5 pupils (ages 9-10) had previously visited residents at BSL so we programmed musicians to coincide with visits from the school. On 29th March, musicians Ben Hazleton and Tanya Cracknell visited the school, performing different musical styles and underscoring improvised stories in the moment. Pupils who were learning an instrument had the opportunity to perform for the Spitz team and for their classmates.

In November Jane Glitre and Thom Rowlands were consulted heavily for **"Music Can"**, a new online platform launched by Universal Music in collaboration with NASP (National Academy for Social Prescribing). Music Can is aimed at supporting those living with dementia and their families. Suggesting ways in which music can be used both at home and in the community to ease the impact and symptoms of dementia. We hosted research visits at Bridgeside Lodge by employees of the Boston Consulting Group who built the platform.

We engaged fundraiser Lydia Stockbridge, initially to work on an application to the Arts Council. We found Lydia to quickly understand the working practice and ethos of The Spitz, and that she was able to speak with our voice. At the time of writing we are awaiting a decision from the Arts Council but we are pleased with the application and the speed at which we were able to submit it. We are currently in discussions with Lydia about her helping us with fundraising more broadly, including a fundraising strategy for the next few years.

Trustees

Marvin Browne stepped down as Chair of Trustees but remains on the board. Dr. Sarah Rutherford was unanimously elected to Chair. Perri Lewis joined the board as a new Trustee. Perri has been a friend of GM Thom Rowlands since 2007. She is co-founder and director of [Mastered](#), a company which provides professional training and development for creative professionals. She has followed the work of The Spitz for several years and is already forwarding creative ideas and challenging JG and TR in a productive way.

We held two strategy meetings in the latter part of 2023, led by newly elected Chair of Trustees Dr Sarah Rutherford. These focussed on future goals, personnel and plans around the 10th anniversary celebrations

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2023

Going forward

The Spitz are looking forward to the opportunities ahead of us as we go into our eleventh year. In 2024 we will continue to work with Islington GPs Federation, continuing providing music for their professional development and social events, as well as focussing more on Social Prescribing.

We will work more closely with Music Therapists at Great Ormond Street Hospital, aiming to visit more regularly. This will require specific funding focussing on health and wellbeing in children (as opposed to older people).

We will focus on greater dissemination of our work. Both to raise awareness of The Spitz but also being part of the broader conversation and sharing best practice across the sector.

Maintaining and strengthening the core of the organisation remains a priority and we will continue to hold wellbeing meetings / gatherings with the wider Spitz team. We must be prepared to meet opportunities for expansion while preserving the quality of the work.

Signed by order of the trustees

Dr S Rutherford (Chair)

The Spitz Charitable Trust

Independent Examiners Report to the Trustees

Year ended 31 December 2023

I report to the trustees on my examination of the financial statements of The Spitz Charitable Trust ('the charity') for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the company you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the 2006 Act').

I report in respect of my examination of the Trustee's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of the accounts set out in The Charities (Accounts and Reports) Regulations 2008 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

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.

Peter Conneely FCCA
Shipleys LLP
Independent Examiner
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

The Spitz Charitable Trust

Statement of Financial Activities

Year ended 31 December 2023

		2023			2022
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	13,092	113,972	127,064	150,288
Charitable activities	6	224	8,270	8,494	7,236
Investment income	7	780	-	780	83
Total income		14,096	122,242	136,338	157,607
Expenditure					
Expenditure on charitable activities	8	23,284	165,839	189,123	143,633
Total expenditure		23,284	165,839	189,123	143,633
Net (expenditure)/income and movement in funds		(9,188)	(43,597)	(52,785)	13,974
Reconciliation of funds					
Total funds brought forward		50,254	72,932	123,186	109,212
Total funds carried forward		41,066	29,335	70,401	123,186

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The Spitz Charitable Trust

Statement of Financial Position

31 December 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	12	995	1,793
Current assets			
Debtors	13	100	-
Cash at bank and in hand		73,831	124,625
		<u>73,931</u>	<u>124,625</u>
Creditors: amounts falling due within one year	14	<u>4,525</u>	<u>3,232</u>
Net current assets		<u>69,406</u>	<u>123,186</u>
Total assets less current liabilities		<u>70,401</u>	<u>123,186</u>
Net assets		<u><u>70,401</u></u>	<u><u>123,186</u></u>
Funds of the charity			
Restricted funds		29,335	72,932
Unrestricted funds		41,066	50,254
Total charity funds	15	<u><u>70,401</u></u>	<u><u>123,186</u></u>

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

1. Accounting policies

Basis of preparation

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following Accounting and Reporting by 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 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The charity meets the definition of a public benefit entity under FRS 102.

The functional currency of the charity is considered to be pounds sterling because that is the currency of the primary economic environment in which the Trust operates. The financial statements are also presented in pounds sterling.

Amounts are presented to the nearest £, unless otherwise stated

Going concern

The Trustees have considered the ability of the Trust to continue as a going concern. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern for at least twelve months from the date of approving the accounts.

The Trustees are confident the services provided are needed more than ever. The Managers of the Day Centres and Bridgeside Lodge Care Home feel the Trust is an essential fabric of the way forward to help residents.

The Trust has a number of applications for funding for which it is awaiting approval. Whilst the Trustees acknowledge that not all applications will be successful, they are confident sufficient grants will be received that will enable the Trust to continue for the foreseeable future.

The Activity Co-ordinators at Ealing and Northwick Park Hospitals consider the work of the Trust to be a vital part of a positive patient experience. The Play Specialists and Head of Volunteering at Great Ormond Street believe the Trust is making a real and tangible difference to the children in their care.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

Accounting policies (*continued*)

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

Income

All income is included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

Accounting policies (*continued*)

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment	-	20% straight line
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Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

Accounting policies (*continued*)

Cash flow statement

The charity has taken advantage of the exemption in the Charities SORP FRS 102 from the requirement to produce a cash flow statement on the grounds that it is a small charity.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2023

5. Donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
Donations				
Devonshire's solicitors	-	-	-	-
Bolt Burdon Kemp	-	-	-	-
Other	13,092	600	13,692	13,314
Grants				
Arts Council London	-	29,997	29,997	1,491
Garfield Weston Foundation	-	15,000	15,000	15,000
Derwent London	-	10,000	10,000	-
Richer Sounds	-	10,000	10,000	-
National Lottery	-	10,000	10,000	-
Highway One Trust	-	9,975	9,975	-
Armourers & Brasiers Gauntlet Trust	-	4,000	4,000	3,000
Joan Ainslie Charitable Trust	-	3,000	3,000	3,000
Wise Music Foundation	-	2,500	2,500	2,400
City Bridge Trust	-	15,000	15,000	2,500
Edward Gostling Foundation	-	1,500	1,500	5,000
The Invesco Cares Foundation	-	1,000	1,000	500
Woodroffe Benton	-	500	500	750
Robert David Burrows	-	150	150	-
Islington Borough	-	750	750	600
Morris Charitable Trust	-	-	-	200
J&M Wooton Trust	-	-	-	1,000
Bunzl	-	-	-	1,000
Arnold Clark	-	-	-	1,000
Bruce Wake Charitable Trust	-	-	-	2,000
Prudential	-	-	-	2,100
Novartis	-	-	-	2,500
Jules Thorn Charitable Trust	-	-	-	3,000
Field Family Trust	-	-	-	3,000
Doyly Carte	-	-	-	3,000
Radcliffe Trust	-	-	-	3,500
London Catalyst	-	-	-	3,750
Phoenix Group	-	-	-	4,000
McLay Dementia Trust	-	-	-	5,000
Helen Hamlyn Trust	-	-	-	5,000
The Utley Foundation	-	-	-	59,950
Other	-	-	-	2,733
Total	13,092	113,972	127,064	150,288

In the year to 31 December 2022, restricted grants of £105,141 were received.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Restricted Funds £	Total Funds 2022 £
Fundraising events	224	8,270	8,494	7,236	7,236

7. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	780	780	83	83

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2023

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total funds 2023	Total funds 2022
	£	£	£	£
Direct Costs				
Purchases	854	214	1,068	1,128
Sessional and contract artists	13,540	68,939	82,479	55,321
Salaries	-	64,972	64,972	44,954
Publicity and marketing	1,188	3,710	4,898	2,487
Travel and subsistence costs	1,640	1,252	2,892	4,168
Insurance	-	757	757	599
General Office expenses	806	11	817	1,843
Computer support and website	3,476	171	3,647	547
Consultancy fees	-	3,325	3,325	4,845
Depreciation	644	154	798	1,075
Evaluation fees	-	1,800	1,800	2,300
Project management	-	9,067	9,067	10,656
Research and development	640	9,067	9,707	10,656
Total	<u>22,788</u>	<u>163,439</u>	<u>186,227</u>	<u>140,579</u>
Governance	£	£	£	£
Bank fees	83	-	83	90
Accountancy fees	413	2,400	2,813	2,964
Total	<u>496</u>	<u>2,400</u>	<u>2,896</u>	<u>3,054</u>
Total	<u>23,284</u>	<u>165,839</u>	<u>189,123</u>	<u>143,633</u>

9. Net income

Net income is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>798</u>	<u>1,075</u>

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	78,926	65,875
Social security costs	8,381	6,782
Pension costs	<u>758</u>	<u>1,116</u>
	<u>88,065</u>	<u>73,773</u>

The average head count of employees during the year was two (2022: two).

A proportion of the salary costs have been allocated to project and management and research and development costs.

11. Trustee remuneration and expenses

No trustees received any remuneration during the period. No expenses were reimbursed to trustees in the year.

No trustee had any personal interest in any contract or transaction entered into by the charity during the period.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

12. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 January 2023	5,383	5,383
Additions	-	-
At 31 December 2023	5,383	5,383
Depreciation		
At 1 January 2022	3,590	3,590
Charge for the year	798	798
At 31 December 2023	4,388	4,388
Carrying amount		
At 31 December 2023	995	995
At 31 December 2022	1,793	1,793

13. Debtors

	2023 £	2022 £
Other debtors	100	-

14. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	2,039	2,040
Social security and other taxes	2,320	1,096
Pension control	166	96
	4,525	3,232

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2023

15. Analysis of net assets between funds

	Unrestricted	Restricted	Total 2023
	£	£	£
Tangible fixed assets	995	-	995
Current Assets	42,557	31,374	73,931
Current Liabilities	(2,486)	(2,039)	(4,525)
Total	41,066	29,335	70,401
	=====	=====	=====
	Unrestricted	Restricted	Total 2022
	£	£	£
Tangible fixed assets	1,639	154	1,793
Current Assets	51,847	72,778	124,625
Current Liabilities	(3,232)	-	(3,232)
Total	50,254	72,932	123,186
	=====	=====	=====

The Spitz Music Charity

England & Wales - Charity number 1155033

Accounts

THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

31 DECEMBER 2022

Charity Number 1155033

THE SPITZ CHARITABLE TRUST

CHARITY INFORMATION

Charity number: 1155033

Trustees

Mr M Browne (chair)
Mrs S Micci
Dr S Rutherford

Principal Office

272A St Pauls Road
London
N1 2LJ

Independent Examiner

S W Robinson
Shipleys LLP
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

Bankers

Santander
121-123 Camden High Street
NW1 7JR

THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

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The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

The trustees present their report and the financial statements of the charity for the year to 31 December 2022.

Structure, governance and management

The Spitz Charitable Trust is a Charitable Incorporated Organisation registered 16 December 2013, its principal office is 272A St Pauls Road, London, N1 2LJ.

The Spitz Charitable Trust has a board of trustees. New trustees are appointed by the board of existing trustees.

The trustees who served the company during the period were as follows

Mr M Browne (Chair)

Mrs S Micci

Dr S Rutherford

Trustee induction and training

New trustees undergo an orientation day to brief them of their legal obligations under charity law, the committee and decision making processes and recent financial activities of the charity.

Risk management

The trustees have a risk management strategy which comprises:

- An annual review of the risks that the charity may face
- The establishment of systems and procedures to mitigate those risks identified in the plan
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise

The work has identified that financial sustainability is the major financial risk for the charity and the management of this risk is via a reviewed reserves policy and retention of sufficient working capital.

Objectives and activities

The charities objectives are:

To relieve the needs of elderly people through the provision of recreational or leisure time activities, provided in the interest of social welfare, designed to improve their conditions of life.

To advance in life and relieve the needs of young people through:

(a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.

(b) providing support and activities that develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

Financial review and reserves policy

The results for the year are shown in the attached financial statements.

The trustees have adopted a reserves policy to address the risks of:

- Lack of liquidity to respond to new needs or requirements
- An inability to meet commitments or planned objectives

The trustees are committed to achieving a balance on unrestricted reserves to £30,000.

Achievements and performance

In 2022 The Spitz Charitable Trust delivered over 130 live music sessions at multiple locations including:

- Hospitals
- Care Homes
- Community Centres
- Work places
- Funerals

Throughout the year we shifted our focus slightly from thinking about our beneficiaries as being predominantly older people and those with dementia, to aiming to reach those living in isolation of any sort. This change of approach led us to consider other types of institutions - hospitals, prisons etc. where our work may bring benefit. We know the impact of music on loneliness through our own experience of isolation over the pandemic which has served to strengthen the team through shared lived experience.

Our growing relationship with Northwick Park Hospital led to us being asked to participate in a two-week pilot study on geriatric wards, in collaboration with dementia consultant Dr Mahua Chatterjee, measuring the effects of live music on older patients. Spitz musicians delivered sessions for patients and staff on the same ward every day for two weeks. The ward staff asked the patients to score their mood on a scale of 1-5 twice a day; before the musicians arrived and again after the session.

An improvement in mood was reported in 88% of responses in which a change occurred. It was really interesting to discover that moods actually remained elevated overnight. The generation of empirical evidence of the impact of live music confirmed what we have witnessed over many years working with people living with dementia.

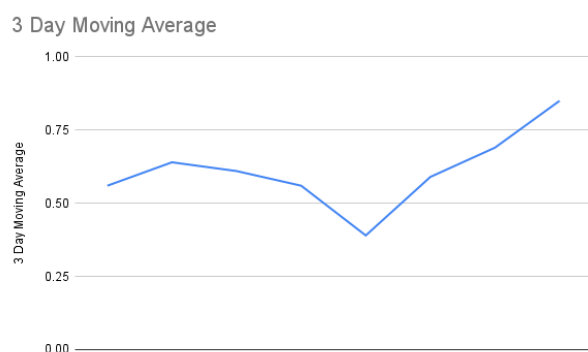
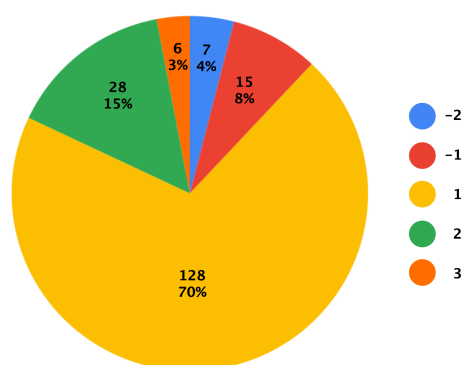


Chart 1 - Increase in mood in respondents who reported a change. (AM to PM)

Chart 2 - 3 day moving average mood increase over the course of the 10 day pilot.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

- The presentation of this data has helped us to secure new funding to build on the research going forward.
- Spitz GM Thom Rowlands (TR) is due to present the study and results to the hospital trust Dementia and Delirium steering group in February 2023.

We began a partnership with Islington GPs federation through Dr Marina Palomo. Initially we were asked to provide music for social events, organised to help GPs wellbeing and to help them support each other in their work. This quickly developed as our GP partners began to consider other ways in which live music could aid them in their work. Conversations around social prescribing look set to continue into 2023.

FUNDING

We found that on the whole funders were more generous in 2022. In terms of easier applications, easier reporting, unrestricting of funds awarded and quicker decision-making, meaning unsuccessful applications could be resubmitted more promptly

We strengthened our working relationship with Grace Meadows (campaign director of Music For Dementia) which was founded upon her (and Lauren Laverne's) visit to Bridgeside Lodge in December 2021. She facilitated our application to the Utley Foundation - funders of Music For Dementia and who only accept applications by invitation.

- Grace introduced us to Peyton Miles (comms manager of Utley Foundation)
- Our application was a 3-tiered funding proposal for:
 - Bridgeside Lodge sessions
 - Northwick Park Hospital
 - GPs social prescribing and wellbeing
 - Showcases at other care homes
 - Spitz staff and BSL staff wellbeing, mental health
 - Royal Star and Garter (veterans care home)
 - PR support
 - Rapid Response Fund
- Our "silver" option of £29,950 was approved.

The Rapid Response Fund idea came out of us wanting to be able to react "in the moment". To provide sessions at very short notice and respond to new needs as they arise. This was the first time we applied for this and it was approved. We later learned from Grace that Lauren Laverne (ambassador for M4D) was asked by the Utley Foundation how she would like to distribute £30,000 in lieu of her salary. She told them to "give it all to The Spitz". We see the endorsement from Lauren as being just as valuable as the financial donation. TR and Founding Director Jane Glitre (JG) are scheduled to meet Peyton and Sarah Metcalfe (Managing Director of the Utley Foundation) in the new year to discuss our work and more specifically get their thoughts on the RRF element.

The final quarter of 2022 was particularly successful, as we received good news on a number of pending applications totalling £50,000 from Arts Council England, Highway One Trust and Derwent London. Receipt of these funds in January will stand us in good stead for the year to come.

The Spitz Charitable Trust

Trustees' Annual Report

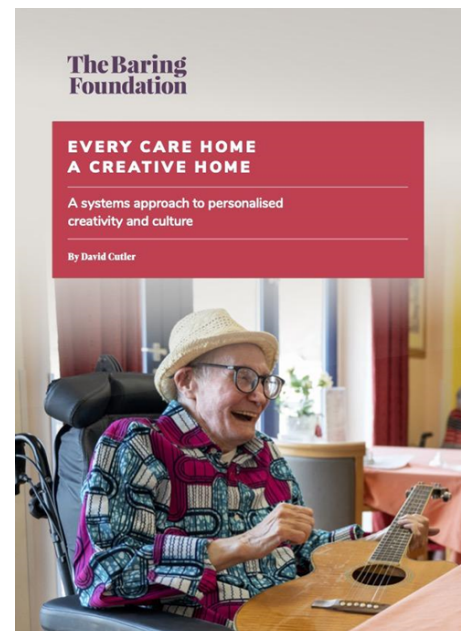
Year ended 31 December 2022

Extra funding

- We ran our annual Winter Crowdfunder.
- Throughout 2022, Saxophonist Pete Wareham curated a series of gigs at The Windmill in Brixton with all proceeds going to The Spitz.
- We were approached by John Lydon's PA (a.k.a Johnny Rotten of the Sex Pistols) to be part beneficiaries from sales of his NFT project, primarily set up to fund the care of his terminally ill wife. The Spitz will receive 5% from all sales of Lydon's "Anger In NFT".

Sector involvement

- Having met David Cutler of the Baring Foundation, we contributed to his research for the Foundation's report '[Every Care Home a Creative Home](#)', looking at the creative potential of care homes. The report featured Bridgeside Lodge's very own JC as its cover star!
- In November TR and JG attended a seminar with NAPA (National Activities Providers Association) & Arts In Care Homes. We met many people working in different roles across the sector and made good connections for potential future work. E.g - Met the manager of Appleby Care Home in Surrey which will form part of our aim to visit four new care homes in 2023.
- We were asked to apply to become a NAPA recognised supplier. Spitz GM Thom Rowlands was interviewed by NAPA Executive Director Hilary Woodhead as part of the vetting and selection process and as a result The Spitz is now a NAPA Recognised Supplier
- We were twice featured in the Islington Tribune in articles by journalist Anna Lamche. [A profile of The Spitz](#) was published in August and in December the paper featured a [visit to BSL by local MP Rt. Hon Emily Thornberry](#).
- Our closer relationship with Grace Meadows of Music For Dementia is already opening doors for us. Both working directly with her, supplying photo and video and content for M4D but also her singing our praises to other people in the sector.
- Musician Tanya Cracknell presented our work at a nursing conference in Zurich. Showing a short film about The Spitz and playing live to delegates.
- Jane Glitre and new team member Katherine Whitehead attended the Finnish Institute in London in September for a presentation of "Love in a cold climate: Creative ageing in Finland" by the Baring Foundation.



One of our goals for future development is to be more involved in the wider conversation around the power of music in care settings and to have external people championing our work. We feel that we have taken large and exciting strides in this direction and are increasingly being seen as experts in the field.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

Expansion

We began contact with Royal Star and Garter Care Home in Surbiton, which specialises in care for military veterans. Spitz singer Melissa James has an ongoing relationship with them and she will bring other musicians in under the Spitz banner. Our first session there is scheduled for February 2023.

As part of our 'Next Generation' project we made contact with William Tyndale school in Islington, who have visited BSL on a number of occasions. In 2023 we will facilitate music sessions involving children from the school, Bridgeside Lodge residents and Spitz musicians.

Events / Sessions

We visited Bridgeside Lodge on average twice a week during 2022, with musical duos visiting all four floors (unless there was covid on one particular floor, which would then be isolated). Lateral flow testing on arrival and mask wearing in the building remained mandatory, but PCR testing ceased. We continue with our various strands of work, group sessions, 1-to-1 visits and songwriting. We continued to mark significant dates in the calendar such as Earth Day, The Queen's Jubilee, and the Summer and Winter Solstices. Some of these events fell on bank holidays, enabling more family and friends to attend. The extra energy present at these events led us to focus on bank holiday events in future. During our Jubilee party, resident AS had four generations of her family present.



Our Winter Solstice event coincided with a visit to BSL from local MP Emily Thornberry, who was visiting with Islington Tribune journalists to deliver hampers to residents. We found her to be very personable, patient with residents and genuinely interested in what people had to say. She agreed to put us in contact with shadow health secretary Wes Streeting. This ties in with our aim to ultimately influence government policy on the arts in care. We participated in National Day Of Arts In Care Homes on 24th September and were joined at Bridgeside Lodge by director Alison Teader for a 30 minute nationwide live-stream showcasing our work.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

As well as our 4-piece band of Spitz musicians, we also welcomed young musicians (from ages 9-15) to perform on stage.

- Isabella Bonfanti, 10-year old daughter of Spitz musician Marcus Bonfanti sang a string of soul classics.
- Cellist Zak Hazleton, played a mix of classical repertoire and movies scores accompanied by dad Ben, Alice Zawadzki on violin and Arthur Lea on piano.
- Vocalist Tiger Wareham and guitarist Quincy (daughter and son of saxophonist Pete) performed recent pop hits and classic soul as a duo.
- Pianist Donnie Wilson played an Adele song, accompanied by Ben Hazleton.



These performances by young musicians helped to form the blueprint for our “Next Generation” project which will form a big part of our focus in 2023. Give young musicians the opportunity to learn from some of the best professionals in the business. They will be giving something back whilst honing their performance skills, increasing confidence and building interaction with elders.

The songwriting element of our work continued in spades, with Bridgeside Lodge resident JR proving to be a songwriting prodigy. He wrote three songs with musicians Nathaniel Keen and Arthur Lea and shows no sign of slowing down.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

- *Mother* - About the loss of his mum
- *Why Does Love Hurt So Much?* - A tale of unrequited love.
- *United Together We Are Strong* - This song of unity caught the attention of Tina Jegede, Joint Director for race equality diversity and inclusion at Whittington Health. Tina expressed a desire to use the song as an anthem for the NHS. We are currently looking into copyright implications in order to make this happen.

Regularly visiting the same residents at BSL has enabled us to build genuine relationships with both our beneficiaries and their families, providing them with emotional support through music.

Most recently this has led to two of our musicians being asked by a family member to play in the tender last moments of their mother's (BSL resident H) life and then again at her funeral in December. In singer Alice Zawadzki's words 'to be part of such an intimate moment was more than a privilege'.

After H's funeral, her husband wrote to us:

Please thank them [the musicians] for their wonderful contribution to a solemn and beautiful farewell to H. Their musicianship and performances set the tone for the occasion and made an inevitably sad service so alive and vibrant. Each time they played at her care home H absolutely loved it. So much so that after one session she told me that "I could go home and stop worrying about her because she was perfectly happy where she was."

We provided music for two external events in June. Continuing our relationship with Entelechy Arts, we provided musicians and PA & sound engineering for their tea dance in Lewisham. We also provided musicians for Islington Foster Carer's Lunch at Islington Assembly Hall.

Two of the Spitz team (musician Nathaniel Keen and assistant fundraiser Kate Millett) are studying for music therapy qualifications. We've always emphasised that we're not music therapists but that our work is therapeutic. Having two qualified music therapists will mean we have to be accurate / correct with distinctions etc but it will add an extra degree of knowledge and insight to our wider body of expertise

In September 2022, trustee Dr Sarah Rutherford chaired a strategy meeting in which we discussed our future objectives, how we will achieve these and what risks and threats we face.

Key objectives included:

- **Expansion.** Establishing relationships with more care homes and hospitals
- **Networking.** Being more involved in the wider conversation in our sector.
- **Promotion.** Focus on brand identity, PR, marketing and social media reach
- **Influencing change.** Influence government policy in respect of the arts in care settings

Our plans for 2023 include:

- Large scale event to celebrate the 10th year of The Spitz Charitable Trust
- Return to day centres (finally reopening after the pandemic)
- A second quantitative study at Northwick Park Hospital
- Establishing relationships with new locations. Focus on Great Ormond Street Hospital.
- Continuing our "Next Generation" project involving local schools.
- Expanding our pool of musicians in order to fulfil increased demand.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2022

Statement of trustees' responsibility

The Trustees are responsible for preparing the Trustee's Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these 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 estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the Foundation and enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. The trustees are also responsible for safeguarding the assets of the Foundation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the trustees

Mr M Browne (Chair)

The Spitz Charitable Trust

Independent Examiners Report to the Trustees

Year ended 31 December 2022

I report to the trustees on my examination of the financial statements of The Spitz Charitable Trust ('the charity') for the year ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the company (and also 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 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 charity's accounts as 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

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 charity 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 accounts to be reached.

Independent Examiner
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

The Spitz Charitable Trust
Statement of Financial Activities (including income
and expenditure account)

Year ended 31 December 2022

		2022			2021
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	45,147	105,141	150,288	150,510
Charitable activities	6	–	7,236	7,236	2,950
Investment income	7	83	–	83	17
Total income		45,230	112,377	157,607	153,477
Expenditure					
Expenditure on charitable activities	8	35,801	107,832	143,633	129,305
Total expenditure		35,801	107,832	143,633	129,305
Net income and net movement in funds		9,429	4,545	13,974	24,172
Reconciliation of funds					
Total funds brought forward		40,825	68,387	109,212	85,040
Total funds carried forward		50,254	72,932	123,186	109,212

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The Spitz Charitable Trust

Statement of Financial Position

31 December 2022

		2022	2021
	Note	£	£
Fixed assets			
Tangible fixed assets	12	1,793	1,210
Current assets			
Cash at bank and in hand		124,625	111,080
Creditors: amounts falling due within one year	13	3,232	3,078
Net current assets		<u>121,393</u>	<u>108,002</u>
Total assets less current liabilities		<u>123,186</u>	<u>109,212</u>
Net assets		<u><u>123,186</u></u>	<u><u>109,212</u></u>
Funds of the charity			
Restricted funds		72,932	68,387
Unrestricted funds		50,254	40,825
Total charity funds	14	<u><u>123,186</u></u>	<u><u>109,212</u></u>

These financial statements were approved by the board of trustees and authorised for issue on,
and are signed on behalf of the board by:

The Spitz Charitable Trust

Notes to the Financial Statements

Year ended 31 December 2022

1. Accounting policies

Basis of preparation

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

Going concern

The Trustees have considered the ability of the Trust to continue as a going concern during the challenging times presented due to the Covid-19 Pandemic.

The Trust has significantly adapted the services it provides, making the best use of technology available to continue to trade remotely without being able to be physically present in the locations the Trust normally visits.

The Trustees are confident the services provided will be needed more than ever now that lockdown has been eased. The Managers of the Day Centres and Bridgeside Lodge Care Home feel the Trust is an essential fabric of the way forward to help residents recover from the impact of the Pandemic.

The Trust has a number of applications for funding for which it is awaiting approval. Whilst the Trustees acknowledge that not all applications will be successful, they are confident sufficient grants will be received that will enable the Trust to continue for the foreseeable future.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2022

3. Accounting policies (*continued*)

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment	-	20% straight line
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Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

5. Donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
Donations				
Devonshire's solicitors	-	-	-	10,000
Bolt Burdon Kemp	-	-	-	300
Other	13,314	-	13,314	19,282
Grants				
Wise Music Foundation	-	2,400	2,400	2,500
The Utley Foundation	30,000	29,950	59,950	10,000
J&M Wooton Trust	-	1,000	1,000	-
Garfield Weston Foundation	-	15,000	15,000	15,000
City Bridge Trust	-	2,500	2,500	10,000
Bruce Wake Charitable Trust	-	2,000	2,000	-
Arts Council London	-	1,491	1,491	13,419
London Catalyst	-	3,750	3,750	-
Bunzl	-	1,000	1,000	-
Joan Ainslie Charitable Trust	-	3,000	3,000	-
The Invesco Cares Foundation	-	500	500	-
Morris Charitable Trust	-	200	200	2,000
Armourers & Brasiers Gauntlet Trust	-	3,000	3,000	3,000
Novartis	-	2,500	2,500	-
Jules Thorn Charitable Trust	-	3,000	3,000	-
Radcliffe Trust	-	3,500	3,500	3,000
Woodroffe Benton	-	750	750	-
Edward Gostling Foundation	-	5,000	5,000	5,000
Field Family Trust	-	3,000	3,000	3,000
McLay Dementia Trust	-	5,000	5,000	-
Doyly Carte	-	3,000	3,000	2,500
Prudential	-	2,100	2,100	1,900
Phoenix Group	-	4,000	4,000	-
Arnold Clark	-	1,000	1,000	-
Islington Borough	-	600	600	1,600
Helen Hamlyn Trust	-	5,000	5,000	-
Other	1,833	900	2,733	48,009
Total	45,147	105,141	150,288	150,510

90% of the Arts Council grant was received in the year ended 31 December 2021, with the remaining 10% being received in the 2022 accounts year. A successful grant application was made in 2022 with the funds being received in 2023 to be spent on 2023 events.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

6. Charitable activities

	Restricted Funds	Total Funds 2022	Restricted Funds	Total Funds 2021
	£	£	£	£
Fundraising events	7,236	7,236	2,950	2,950
	=====	=====	=====	=====

7. Investment income

	Unrestricted Funds	Total Funds 2022	Unrestricted Funds	Total Funds 2021
	£	£	£	£
Bank interest receivable	83	83	17	17
	=====	=====	=====	=====

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total funds 2022	Total funds 2021
	£	£	£	£
Direct Costs				
Purchases	984	144	1,128	2,162
Sessional and contract artists	18,216	37,105	55,321	66,096
Salaries	-	44,954	44,954	18,454
Publicity and marketing	927	1,560	2,487	3,010
Travel and subsistence costs	2,548	1,620	4,168	2,257
Insurance	-	599	599	582
General Office expenses	1,768	75	1,843	2,319
Computer support and website	350	197	547	160
Consultancy fees	4,845	-	4,845	11,250
Depreciation	809	266	1,075	745
Evaluation fees	2,300	-	2,300	2,100
Project management	-	10,656	10,656	8,620
Research and development	-	10,656	10,656	8,620
Total	<u>32,747</u>	<u>107,832</u>	<u>140,579</u>	<u>126,375</u>
 Governance	 £	 £	 £	 £
Bank fees	90	-	90	90
Accountancy fees	2,964	-	2,964	2,840
Total	<u>3,054</u>	<u>-</u>	<u>3,054</u>	<u>2,930</u>
 Total	 <u>35,801</u>	 <u>107,832</u>	 <u>143,633</u>	 <u>129,305</u>

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

9. Net income

Net income is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	1,075	745
	<u><u> </u></u>	<u><u> </u></u>

10. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	65,875	28,073
	<u><u> </u></u>	<u><u> </u></u>

The average head count of employees during the year was two (2021: two).

A proportion of the salary costs have been allocated to project and management and research and development costs.

11. Trustee remuneration and expenses

No trustees received any remuneration during the period. No expenses were reimbursed to trustees in the year.

No trustee had any personal interest in any contract or transaction entered into by the charity during the period.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

12. Tangible fixed assets

	Equipment	Total
	£	£
Cost		
At 1 January 2022	3,725	3,725
Additions	1,658	1,658
At 31 December 2022	5,383	5,383
Depreciation		
At 1 January 2022	2,515	2,515
Charge for the year	1,075	1,075
At 31 December 2022	3,590	3,590
Carrying amount		
At 31 December 2022	1,793	1,793
At 31 December 2021	1,210	1,210

13. Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	2,040	2,040
Social security and other taxes	1,096	787
Pension control	96	251
	3,232	3,078

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2022

14. Analysis of net assets between funds

	Unrestricted	Restricted	2022	2021
	£	£	£	£
Tangible fixed assets	1,639	154	1,793	1,210
Current Assets	51,847	72,778	124,625	111,080
Current Liabilities	(3,232)	-	(3,232)	(3,078)
Total	50,254	72,932	123,186	109,212
	=====	=====	=====	=====

The Spitz Music Charity

England & Wales - Charity number 1155033

Accounts

THE SPITZ CHARITABLE TRUST

FINANCIAL STATEMENTS

31 DECEMBER 2021

Charity Number 1155033

THE SPITZ CHARITABLE TRUST

CHARITY INFORMATION

Charity number: 1155033

Trustees

Mr M Browne (chair)
Mrs S Micci
Dr S Rutherford

Principal Office

272A St Pauls Road
London
N1 2LJ

Independent Examiner

S W Robinson
Shipleys LLP
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

Bankers

Santander
121-123 Camden High Street
NW1 7JR

THE SPITZ CHARITABLE TRUST
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021

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The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

The trustees present their report and the financial statements of the charity for the year to 31 December 2021.

Structure, governance and management

The Spitz Charitable Trust is a Charitable Incorporated Organisation registered 16 December 2013, its principal office is 272A St Pauls Road, London, N1 2LJ.

The Spitz Charitable Trust has a board of trustees. New trustees are appointed by the board of existing trustees.

The trustees who served the company during the period were as follows:

Mr M Browne (Chair)
Mrs S Micci
Dr S Rutherford

Trustee induction and training

New trustees undergo an orientation day to brief them of their legal obligations under charity law, the committee and decision making processes and recent financial activities of the charity.

Risk management

The trustees have a risk management strategy which comprises:

- An annual review of the risks that the charity may face
- The establishment of systems and procedures to mitigate those risks identified in the plan
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise

The work has identified that financial sustainability is the major financial risk for the charity and the management of this risk is via a reviewed reserves policy and retention of sufficient working capital.

Objectives and activities

The charities objectives are:

To relieve the needs of elderly people through the provision of recreational or leisure time activities, provided in the interest of social welfare, designed to improve their conditions of life.

To advance in life and relieve the needs of young people through:

(a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

(b) providing support and activities that develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

Financial review and reserves policy

The results for the year are shown in the attached financial statements.

The trustees have adopted a reserves policy to address the risks of:

- Lack of liquidity to respond to new needs or requirements
- An inability to meet commitments or planned objectives

The trustees are committed to achieving a balance on unrestricted reserves to £30,000.

Achievements and performance

In 2021 The Spitz Charitable Trust:

- Visited new locations
 - Northwick Park Hospital
 - St Pancras Hospital
 - Riverview Lodge Care Home
- Continued to strengthen our relationship with Bridgeside Lodge Care Home
- Enjoyed media interactions
 - Featured multiple times on BBC TV and radio
 - Had our work shared online by external parties
- Made significant funding gains
- In 2021 we estimate that we reached:
 - 350 residents, patients and service users
 - 250 family members and friends
 - 150 staff

“Throughout the pandemic when I wasn’t able to visit my mum, it was a tremendous comfort to know that The Spitz were still here doing amazing work”

The team, opportunities and challenges

2021 presented a different set of opportunities and challenges to 2020. We were happy to be back inside Bridgeside Lodge Care Home (hereafter BSL) but found the year much more disjointed. Sessions at BSL were more difficult to plan in advance. The Summer of 2020 was glorious, warm and

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

sunny allowing us to hold garden concerts every week without fail, as well as lower-key 'hanging out sessions'. Constantly changing guidance from central government, an inclement summer and return of live music more broadly across the country made planning sessions much trickier in 2021.

The requirement for fortnightly (and later weekly) PCR tests meant that we were often unable to plan further ahead than the current week. This is because during peak times, we sometimes waited up to 5 days for our PCR results. Spitz musicians caught covid and had to isolate so substitutes were needed. It was an ongoing and constantly-shifting juggle.

Always keen to find a silver lining, we used the requirement for weekly testing to meet up as a team. These meetings were essential in maintaining the stability of the broader team as well as being an opportunity to reflect on recent sessions and plan future projects. As well as weekly PCR tests, the requirement continued for every visitor and member of staff to take a lateral flow test on entering BSL. This meant a 30 minute wait for the test to complete and we always aimed to use this time productively, meeting relatives of residents (also doing their LFTs), getting a deeper insight into residents' musical tastes and their lives more broadly. It is clear that the better we know the residents, the better the service we're able to deliver. We made an effort to deliberately seek out residents who do not receive many, if any, visitors. As Nurse Agnes said to us:

***"You are their social life, their family, their visitors and their friends.
You are doing even more than you think, do not underestimate
yourselves."***

Throughout the year several new musicians joined the Spitz team, introduced to us by existing musicians with whom they have collaborated on other projects. We are determined to keep delivering the very highest quality of music but it is also essential that the musicians we employ have the right heart, compassion and kindness. Bringing in new musicians in this organic way has been successful in ensuring the "right kind" of people are brought in.

Throughout the year there was a dramatic increase in the level of *participation* from residents and staff at BSL. This was most noticeable in those who we have known for several years but applied to almost everyone we came into contact with. Residents were more *pro-actively* involved in our sessions, singing, dancing, tapping out rhythms and requesting songs in a more pronounced way than in previous years. This has resulted in a noticeable improvement in the general well being of many residents (rather than a mere slowing of their deterioration.) Resident G for example, who used to rarely speak, is now an active and vocal participant in our sessions and staff tell us that this has continued in his general behaviour and character, even when we are not there.

We moved to a more "1-to-1" method of working during the pandemic (away from our previous M.O of larger group sessions) because of social distancing. We have continued to work in this way (and with very small groups) because of the benefits we have seen resulting from it. We no longer consider the 'small group' method to be a 'sticking plaster' designed to get us through the pandemic and rather see it as the most beneficial method of delivery.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

In 2021 we also introduced more classical music than in previous years, largely due to the requirement for mask-wearing within BSL. Singing while wearing a facemask is very difficult so an easy solution to this problem was to play more purely instrumental music. In July we secured funding from the Radcliffe Trust for a series of six events, entitled "Classical Mondays"¹. We started each week with our group meet-up, chat, coffee followed by performances and discussions of various classical repertoire and concluding with a session of Indian classical music with violinist Preetha Narayanan who had been introduced to The Spitz by Ben Hazleton, who joined her on double bass.



During 2021 we shifted our perspective on our work, thinking of it as primarily tackling **isolation** and less specifically about older people and dementia. This has opened up many opportunities for expansion. During 2021 we visited two hospitals, and a new care home;

Northwick Park Hospital - London Borough of Brent²

Following a request for music sessions from Alex Lukjaniec, Matron for Older People and Dementia Services, we began visiting Northwick Park Hospital in July, playing for predominantly geriatric patients, who were recovering from falls or rehabilitating after surgery. Alex told us that she wants to "change the culture" of in-patient care. This expression has stuck with us and will form part of our funding applications in 2022. Following two successful visits (which were only paused because of the pandemic) we secured NHS funding for four more sessions in 2022, a huge achievement for the organisation.



¹ <https://www.spitz.org.uk/post/classical-monday>

² <https://www.spitz.org.uk/post/the-spitz-at-northwick-park-hospital>

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

St Pancras Hospital - London Borough of Camden³

We began a relationship with a mental health rehabilitation ward at St Pancras Hospital in July. This was an opportunity to showcase the work of The Spitz in a different context and to reach beneficiaries living with a different set of challenges. Many of the patients had been through the justice system and have struggled to re-enter society. Visits were paused due to covid measures but have since resumed.

At both Northwick Park and St Pancras Hospitals, we were struck by the impact our visit had on the staff. Seeing the amazing NHS staff give themselves a short break to sing and dance with patients and colleagues was something we were proud to have facilitated.

Riverview Lodge Care Home - London Borough of Brent⁴

On our first visit to Riverview Lodge in December, we met resident N and her daughter who was visiting. N was in the advanced stages of Alzheimer's and usually very little was able to reach her. She was withdrawn and confused but her response to the music was astonishing. The following day her daughter got in touch:

"I'm properly reeling from that. It's taking a while for me to process. I've just been watching the videos I took and she's absolutely sparkling. That feeling will last for days for her. People with Alzheimer's forget things but they don't forget emotions. They [the musicians] were amazing, I feel overwhelmed and lucky. Thank you so much."

Since our second visit, N has died. Her daughter got back in touch to let us know:

"Mam passed away yesterday. I just wanted to say a massive thank you for bringing her music. That first gig you arranged was so unbelievably special for us both and is a memory I will cherish. Please thank Louise, Harry and Laurence for me too. I'm so grateful to you all. Xxxx"

Bridgeside Lodge relationships and participation

Our relationships with the staff at BSL continued to strengthen. The tighter and closer the bonds of trust, confidence and friendship we forge with the carers, management, cleaners, nurses and catering staff, the more impactful our work will be. We asked members of staff how our music sessions impact them in their work:

"I always say that music is therapy. It's a must. We love having you guys here."

"I sing and hum while I'm cleaning - it takes away the stress."

"I can see the residents are happy when the music is here"

³ <https://www.spitz.org.uk/post/the-spitz-at-st-pancras-hospital>

⁴ <https://www.spitz.org.uk/post/st-pancras-hospital-riverview-lodge>

The Spitz Charitable Trust
Trustees' Annual Report
Year ended 31 December 2021

*“When you’re not here for a few days we miss
you and wonder when you’re coming back”*

“Music is pain relief. It’s pain management. It takes away your pain.”

In April, new activities coordinator Yvette arrived at BSL. Our relationship with the person in this position within any care setting (the majority of care homes have an activities coordinator or similar position) is essential to the success of our work. Yvette has proved to be a breath of fresh air, bringing her infectious energy and enthusiasm to the lives of BSL residents.

Throughout the year we strengthened our relationships with many relatives and friends of residents. Most notably with Matt Moir, fiancé of resident Jackie. In 2020 we were paired with film production company CutLoose London to make a short film⁵ about our work as part of our funding from City Bridge Trust. This was suspended because of the pandemic but came to fruition in 2021. The focus of the film was the part The Spitz plays in the lives of Jackie and Matt and about what music means to them as a couple. We’re grateful to Matt for his co-operation in the making of this film and are happy to be able to put his dedication to Jackie on permanent record. Whenever Matt is at BSL during our visits, he films the session on his phone. We were aware that he sends regular updates to around sixty of Jackie’s friends and family, but we also learned that he shows these videos to Jackie’s Speech and Language Therapist and to her Occupational Therapist as a tool for them to assess the progress of her rehabilitation through her body language, facial expressions etc. The fact that the impact of our work is being used as a gauge for progress in a person who is profoundly affected by a serious brain injury sustained in 2018 is testament to the depth of connection being made during our sessions.

As well as a greater sense of unity and togetherness between ourselves and the staff of BSL for the benefit of the residents, we also witnessed a greater level of direct involvement than ever before with the hidden talents of staff being revealed. Our Arts Council funded project *“Re-emerging Artists”* revealed dancers⁶, musicians⁷, painters and artists among the staff. Music lessons continued among the staff (Spitz GM Thom teaching piano to carer Leyla) and residents (John Chamen continuing guitar lessons.) We met a new resident another John, who showed incredible rhythmic and percussion skills and grew in confidence and engagement throughout the year.

⁵ <https://www.youtube.com/watch?v=xaV6XB1rR64&t=66s>

⁶ <https://www.spitz.org.uk/post/i-miss-dancing>

⁷ <https://www.spitz.org.uk/post/i-love-to-really-listen-properly>

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

Some notable sessions

Throughout the year we marked a number of notable dates in the calendar with musical sessions at BSL:

- In April we celebrated **Earth Day**. Residents were asked to write "*Letters To The Earth*" which were put to music by an ensemble of Alice Zawadzki, Nathaniel Keen and pianist Pete Lee.



- Each September we participate in **National Day of Arts In Care Homes**. This was a full day of music out in the BSL garden. The morning was rowdy knees-up with music from Alice, Ben, pianist Arthur Lea and drummer Jon Scott, with a gentler, more reflective atmosphere in the afternoon of classical and instrumental music from Pete, Alice and Ben.



- We marked **Bonfire Night** with fireworks and music from pianist Arthur and guitarist Nathaniel. We enjoyed the different atmosphere of being at BSL in darkness, a rarity for us.
- This was to be repeated in December as we marked the **Winter Solstice** and longest night of the year with what was a truly magical evening. The garden of BSL was filled with lanterns and music came from a trio of Alice, Ben and Nathaniel who played a medley of Christmas

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

carols and songs, interspersed with recital of poems and words written by BSL residents *"About The Dark"*. Residents were enchanted as they watched and listened.



Assessment of our work

While we see the positive impact of our work constantly, we still strive for tangible, quantifiable data on the benefit of music on those living with dementia and other neurological illnesses. In March continued conducting evaluations with residents, asking them about the sessions. We employed the Most Significant Change⁸ technique to glean the impact of our work upon residents and staff.

We continued our long-term working partnership with film-maker Hannah Lovell and in 2021 began creating longer-form films of our sessions in order to monitor reactions in residents over the course of a visit. While we regularly create bite-sized videos, 1 or 2 minute clips for social media, these long-form videos are between 5-15 minutes in length. This technique has proved very useful as we watch residents' body language relax and their level of engagement increase. We have shared these with

Dr. Gustavo Sevlever - Head of Neuropathology in the Fleni Institute in Buenos Aires who became aware of our work in 2021 and who feels they could be a useful tool for his students' understanding of the working of the brain in response to music.

Marketing and communication opportunities

Our blog series "Spitz Stories"⁹ continues and in 2021 we began publishing subtitled audio blogs¹⁰ in addition to written ones. Quick and efficient, these allow the emotion that can sometimes get lost in the written word, to come across. Towards the end of 2021, the organisation Arts In Care Homes began tweeting our blogs to their 4,000+ followers.

⁸ https://www.betterevaluation.org/en/plan/approach/most_significant_change

⁹ <https://www.spitz.org.uk/spitzstories>

¹⁰ <https://www.spitz.org.uk/post/she-s-a-glamour-puss>

The Spitz Charitable Trust

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Year ended 31 December 2021

In 2021 we engaged more with literature, blogs and the wider public understanding of dementia, grief and end-of-life. We continue to strive to be experts in this field and have been engaging in online discussion and communities around these issues and the part music can play in them.

We were twice featured at Ronnie Scotts¹¹ jazz club during 2021. In April, Alice and her band performed a live-streamed concert in which she spoke about her work with The Spitz and spoke specifically about resident Jackie, mentioned earlier. In June, pianist Arthur performed live at Ronnie's, again speaking about his work with The Spitz and going on to perform a song written with BSL resident Billy. We are very grateful to Alice and Arthur for highlighting the work of The Spitz to the audiences of this world-famous venue. In May we received £10,000 from the Paul and Nick Harvey Fund. This £1m fund was distributed by Music For Dementia among charities who use the power of music to combat dementia. On the day the campaign launched, the BBC visited BSL¹² to see our work in action.

Journalist Graham Satchell spoke with the Spitz team, BSL staff, management and most importantly to the residents, notably John Chamen, who agreed to be interviewed on camera about his songwriting sessions and guitar lessons with The Spitz. The package went out four times on the BBC on Thursday 13th May, including twice during breakfast. There was an overwhelmingly positive response to the package with many people hearing about The Spitz for the first time. Donations, website subscriptions and social media traffic all increased.



Sometimes you go on a job and it breaks your heart and you end up in tears.

Other times you get to come somewhere like this and it's a joy."

- Darryl F, BBC videographer

In December Grace Meadows, Music for Dementia Campaign Director and Lauren Laverne, Charity Ambassador (and BBC broadcaster) visited BSL¹³ to see what impact the funding had had on our work. Musicians Alice Zawadzki and Ben Hazleton lead a group session, while Arthur Lea and resident John Chamen wrote a brand new song, with some lyrical input from Lauren! She remembered her visits to The Spitz venue in the 00s and compared it to the music she had witnessed on her visit to BSL:

"I remember The Spitz when it was a music venue and we've just witnessed the quality of music you would have seen on the stage there"

¹¹ <https://www.spitz.org.uk/inthepress>

¹² <https://www.spitz.org.uk/post/the-paul-nick-harvey-fund>

¹³ <https://www.spitz.org.uk/post/a-visit-from-the-ambassador>

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Year ended 31 December 2021

- Lauren Laverne, journalist, broadcaster, DJ and musician



Lauren spoke about her visit to BSL and her Ambassadorial work with Music For Dementia on the Laura Whitmore show on Radio 5 Live, leading to another uptick in website activity and social media engagement.

We retain a large archive of promotional material from the time when The Spitz was a popular music venue. In 2021 we began sharing a weekly “Throwback Thursday” post on social media. Event posters, gig reviews and previously unseen footage of shows at The Spitz from the 11 years that the venue was open. This led to engagement from a number of well-known artists who performed at the Spitz in the 90s and 00s. We were pleased to know that the legacy of The Spitz venue lives on!

“Thank you for sourcing this and posting. Brought back amazing memories.

That was the 3rd monthly show I did. First two solo. I miss The Spitz!”

- Joan Wasser (aka Joan As A Policewoman)

Funding

We were broadly successful in our grant applications with funding coming from a wide-range of organisations including:

- Core-funding from The Garfield Weston Foundation (£15,000pa for 3 years)
- Arts Council funding for projects at BSL
- £10,000 from The Paul and Nick Harvey Fund
- A Crowdfunder campaign including “match-funding” from the National Emergencies Trust, doubling every pledge (up to a maximum of £250) £5,500 raised at the time of writing.

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Trustees' Annual Report

Year ended 31 December 2021

The Armourers and Brasiers' Company invited us to give a short presentation, with a view to potentially funding our work. We showed two of our short films and asked for their input on a third; *"History Of The Spitz"* which at the time was still in development. As a result of our successful presentation we were awarded £3,000pa for 3 years

We raised funds through earned income. Entelechy Arts engaged The Spitz to provide a quartet for their *tea-dance*¹⁴ in October. This was Entelechy's first large-scale event since the lockdowns and we were the first taste of live music many service users had enjoyed for 18 months.

In July, Jane Glitre (founding director) and Thom Rowlands (who was promoted from charity co-ordinator to general manager) migrated from being self-employed "freelancers" to being directly employed by The Spitz. A big step in the growth of the organisation.

Hopes for 2022

We have two large projects planned for 2022. Our intention is that these will intersect with one another but also stand independently. *Spitz - The Next Generation* will introduce young musicians to the care settings in which we work. We will guide and mentor them, as the next generation bringing *Live Music For Wellbeing* to people living in isolation. We have begun trialling this¹⁵ with the children of current Spitz musicians and are excited about the potential of this initiative. We are currently reviewing our safeguarding procedures as it will be essential that we create a safe environment for under 18s with all necessary consent from parents/guardians.

The second project which we hope to undertake with funding from The Arts Council is *Changing The Culture With Culture*. As previously mentioned, when we visited Northwick Park hospital, our contact there talked about wanting to change the culture of care. We will expand on this idea, using "culture" - music, visual art, poetry, story-telling, film etc to inject energy and vibrancy into the care sector. She told us:

"Engaged and happy residents and patients are more receptive to care, they eat and drink more, are less prone to falls and accidents and are likely to be in short-term care for shorter periods of time, leading to better quality of life for them and less strain on the Health Service."

Alex Lukjaniec - Northwick Park Hospital

Playing a part in a change of this magnitude would be a huge achievement for The Spitz.

¹⁴ <https://www.spitz.org.uk/post/a-21st-century-tea-dance>

¹⁵ <https://www.spitz.org.uk/post/the-next-generation>

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Trustees' Annual Report

Year ended 31 December 2021

Throughout 2022 we will focus on monitoring improvement in the communication, mood etc of the residents. We are seeing a tangible improvement in the engagement and wellbeing of residents. In March, our work will be featured at a conference entitled *"Music And Dementia"* in Zurich. Two films of our work (translated into German) will be shown, including our now-completed *"History"* film. Violinist Taya Cracknell will play live for delegates via weblink. We will expand on our work with Neuropathologist Gustavo Sevlever.

We will bring our work to more and differing locations in 2022, with our new focus being **isolation**. We will explore the possibility of working in the criminal justice system with prison leavers. Isolation is everywhere, affecting people of all ages in myriad different circumstances. We are excited about these opportunities for expansion but are very aware of the need to do it patiently and not to allow the work to lose the heart and the ethos of which we are so proud.

We will strengthen our board of Trustees. Broadening the pool of expertise by inviting external advisors with whom we have worked closely. We have invited Fatma Makalo, manager of BSL and we are pleased that she has accepted.

Environmental impact

We are an environmentally-conscious organisation and aim to minimise our carbon footprint wherever possible. we do this in the following ways:

- We purchase office supplies/stationery as locally as possible to reduce the impact of delivery.
- We purchase recycled printer paper and recycle used printer ink cartridges.
- All our banking communication is online and paperless.
- Our stationary/business cards etc are sourced and printed locally.
- As local pubs and cafes re-opened, we were able to hold our meetings indoors, reducing the amount of disposable food packaging and coffee cups that we regrettably used in 2020.

Due to the pandemic, our carbon footprint unfortunately increased in some areas -

- Team members and musicians were encouraged to avoid travelling to BSL on public transport whenever possible. This was to reduce the likelihood of the virus being picked up on the tube or buses.
- We remained acutely aware of the amount of single-use items involved in regular and frequent testing. A necessary evil and essential in ensuring we did our part to reduce the spread of the virus.

The Spitz Charitable Trust

Trustees' Annual Report

Year ended 31 December 2021

Statement of trustees' responsibility

The Trustees are responsible for preparing the Trustee's Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these 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 estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the Foundation and enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. The trustees are also responsible for safeguarding the assets of the Foundation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the trustees

Mr M Browne (Chair)

The Spitz Charitable Trust

Independent Examiners Report to the Trustees

Year ended 31 December 2021

I report to the trustees on my examination of the financial statements of The Spitz Charitable Trust ('the charity') for the year ended 31 December 2021.

Responsibilities and basis of report

As the trustees of the company (and also 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 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 charity's accounts as 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

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 charity 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 accounts to be reached.

Independent Examiner
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

The Spitz Charitable Trust
Statement of Financial Activities (including income
and expenditure account)

Year ended 31 December 2021

			2021		2020
		Unrestricted	Restricted	Total funds	Total funds
	Note	funds	funds	£	£
		£	£		
Income and endowments					
Donations and legacies	5	30,032	120,478	150,510	149,986
Charitable activities	6	–	2,950	2,950	1,850
Investment income	7	17	–	17	8
Total income		30,049	123,428	153,477	151,844
Expenditure					
Expenditure on charitable activities	8,9	46,810	82,495	129,305	89,040
Total expenditure		46,810	82,495	129,305	89,040
Net income and net movement in funds		(16,761)	40,933	24,172	62,804
Reconciliation of funds					
Total funds brought forward		57,586	27,454	85,040	22,236
Total funds carried forward		40,825	68,387	109,212	85,040

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The Spitz Charitable Trust

Statement of Financial Position

31 December 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible fixed assets	13	1,210	1,956
Current assets			
Cash at bank and in hand		111,080	85,125
Creditors: amounts falling due within one year	14	3,078	2,040
Net current assets		<u>108,002</u>	<u>83,084</u>
Total assets less current liabilities		<u>109,212</u>	<u>85,040</u>
Net assets		<u><u>109,212</u></u>	<u><u>85,040</u></u>
Funds of the charity			
Restricted funds		68,387	27,454
Unrestricted funds		40,825	57,586
Total charity funds	15	<u><u>109,212</u></u>	<u><u>85,040</u></u>

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

The Spitz Charitable Trust

Notes to the Financial Statements

Year ended 31 December 2021

1. Accounting policies

Basis of preparation

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

Going concern

The Trustees have considered the ability of the Trust to continue as a going concern during the challenging times presented due to the Covid-19 Pandemic.

The Trust has significantly adapted the services it provides, making the best use of technology available to continue to trade remotely without being able to be physically present in the locations the Trust normally visits.

The Trustees are confident the services provided will be needed more than ever now that lockdown has been eased. The Managers of the Day Centres and Bridgeside Lodge Care Home feel the Trust is an essential fabric of the way forward to help residents recover from the impact of the Pandemic.

The Trust has a number of applications for funding for which it is awaiting approval. Whilst the Trustees acknowledge that not all applications will be successful, they are confident sufficient grants will be received that will enable the Trust to continue for the foreseeable future.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2021

3. Accounting policies (*continued*) **Incoming resources**

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2021

3. Accounting policies (*continued*)

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment	- 20% straight line
-----------	---------------------

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

3. Accounting policies *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

5. Donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
Donations				
Devonshire's solicitors	10,000	-	10,000	10,534
Bolt Burdon Kemp	300	-	300	500
Other	19,282	-	19,282	28,176
Grants				
Wise Music Foundation	-	2,500	2,500	2,500
The Utley Foundation	-	10,000	10,000	-
National lottery	-	9,559	9,559	9,814
Garfield Weston Foundation	-	15,000	15,000	-
City Bridge Trust	-	10,000	10,000	26,047
Comic Relief	-	3,000	3,000	2,000
Arts council London	-	13,419	13,419	20,750
Derwent London	-	5,000	5,000	5,000
Biogen	-	7,000	7,000	-
Assura	-	5,000	5,000	-
Roche	-	5,000	5,000	-
Morris Charitable Trust	-	2,000	2,000	-
Armourers & Brasiers Gauntlet Trust	-	3,000	3,000	-
Charles S French Charitable Trust	-	2,500	2,500	2,000
Lady Ryder Memorial	-	2,000	2,000	-
Radcliffe Trust	-	3,000	3,000	-
Edward Gostling Foundation	-	5,000	5,000	6,000
Field Family Trust	3,000	-	3,000	3,000
Worshipful company of insurers	-	2,500	2,500	-
Doyly Carte	-	2,500	2,500	-
Prudential	-	1,900	1,900	-
Neighbourly -	-	1,000	1,000	400
Euromonitor International	-	1,000	1,000	1,000
Islington Borough	-	1,600	1,600	1,600
Groundworks (Tesco) -	-	1,000	1,000	500
Other	450	3,000	3,450	30,165
Total	33,032	117,478	150,510	149,986

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

6. Charitable activities

	Restricted Funds £	Total Funds 2021 £	Restricted Funds £	Total Funds 2020 £
Fundraising events	2,950	2,950	1,850	1,850

7. Investment income

	Unrestricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	17	17	8	8

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

8. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total funds 2021	Total funds 2020
	£	£	£	£
Direct Costs				
Purchases	1,767	395	2,162	-
Sessional and contract artists	22,006	44,090	66,096	53,398
Salaries	-	18,454	18,454	-
Publicity and marketing	1,886	1,124	3,010	591
Travel and subsistence costs	2,257	-	2,257	1,144
Insurance	-	582	582	562
General Office expenses	2,226	93	2,319	2,439
Computer support and website	160	-	160	351
Consultancy & professional fees	11,000	250	11,250	9,620
Depreciation	477	268	745	582
Evaluation fees	2,100	-	2,100	2,057
Project management	-	8,620	8,620	7,508
Research and development	-	8,620	8,620	7,507
Total	43,880	82,495	126,375	85,759
Governance	£	£	£	£
Bank fees	90	-	90	90
Accountancy fees	2,840	-	2,840	3,191
Total	2,930	-	2,930	3,281
Total	46,810	82,495	129,305	89,040

10. Net income

Net income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	745	582

The Spitz Charitable Trust

Notes to the Financial Statements *(continued)*

Year ended 31 December 2021

11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021	2020
	£	£
Wages and salaries	28,073	-

The average head count of employees during the year was two (2020: Nil).

A proportion of the salary costs have been allocated to project and management and research and development costs.

12. Trustee remuneration and expenses

No trustees received any remuneration during the period. No expenses were reimbursed to trustees in the year.

No trustee had any personal interest in any contract or transaction entered into by the charity during the period.

The Spitz Charitable Trust

Notes to the Financial Statements (*continued*)

Year ended 31 December 2021

13. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 January 2021 and 31 December 2021	3,725	3,725
Depreciation		
At 1 January 2021	1,769	1,769
Charge for the year	745	745
At 31 December 2021	2,514	2,514
Carrying amount		
At 31 December 2021	1,210	1,210
At 31 December 2020	1,956	1,956

14. Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals and deferred income	2,040	1,250
Social security and other taxes	787	–
Pension control	251	–
	3,078	1,250

15. Analysis of net assets between funds

	Unrestricted £	Restricted £	2021 £	2020 £
Tangible fixed assets	788	422	1,210	1,956
Current Assets	43,115	67,965	110,080	85,124
Current Liabilities	(3,078)	-	(3,078)	(1,250)
Total	40,825	68,387	109,212	85,040

The Spitz Music Charity

England & Wales - Charity number 1155033

Accounts

THE SPITZ CHARITABLE TRUST
FINANCIAL STATEMENTS
31 DECEMBER 2020

Charity Number 1155033

THE SPITZ CHARITABLE TRUST

CHARITY INFORMATION

Charity number : 1155033

Trustees

Mr M Browne (chair)
Mrs S Micci
Dr S Rutherford

Principal Office

272A St Pauls Road
London
N1 2LJ

Independent Examiner

S W Robinson
Shipleys LLP
5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

Bankers

Santander
121-123 Camden High Street
NW1 7JR

THE SPITZ CHARITABLE TRUST
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

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THE SPITZ CHARITABLE TRUST
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees present their report and the financial statements of the charity for the year to 31 December 2020.

Structure, governance and management

The Spitz Charitable Trust is a Charitable Incorporated Organisation registered 16 December 2013, its principal office is 272A St Pauls Road, London, N1 2LJ.

The Spitz Charitable Trust has a board of trustees. New trustees are appointed by the board of existing trustees.

The trustees who served the company during the period were as follows:

Mr M Browne (Chair)
Mrs S Micci
Dr S Rutherford

Trustee induction and training

New trustees undergo an orientation day to brief them of their legal obligations under charity law, the committee and decision making processes and recent financial activities of the charity.

Risk management

The trustees have a risk management strategy which comprises:

- An annual review of the risks that the charity may face
- The establishment of systems and procedures to mitigate those risks identified in the plan
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise

The work has identified that financial sustainability is the major financial risk for the charity and the management of this risk is via a reviewed reserves policy and retention of sufficient working capital.

Objectives and activities

The charities objectives are:

To relieve the needs of elderly people through the provision of recreational or leisure time activities, provided in the interest of social welfare, designed to improve their conditions of life.

To advance in life and relieve the needs of young people through:

(a) the provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.

(b) providing support and activities that develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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

THE SPITZ CHARITABLE TRUST

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020

Financial review and reserves policy

The results for the year are shown in the attached financial statements.

The trustees have adopted a reserves policy to address the risks of:

- Lack of liquidity to respond to new needs or requirements
- An inability to meet commitments or planned objectives

The trustees are committed to achieving a balance on unrestricted reserves to £10,000.

Achievements and performance

Spitz response to the covid-19 pandemic

For The Spitz, just like the rest of the world, 2020 was a year like no other. The pandemic and the national lockdown had a huge impact on our work and was the overwhelming factor in all our considerations and decision-making

If we are to support people living with dementia in a way that respects their full personhood and dignity, bringing live music to them that is of the same level of quality as anyone else in society could expect becomes essential. That is what The Spitz do.

Dr Marina Palomo (Clinical Psychologist)

The year began like any other, planning and holding music sessions at Bridgeside Lodge Care Home (hereafter “BSL”) and at day centres in Islington with whom we have close relationships. Coronavirus had entered the consciousness of the UK, in a more tangible sense than the stories we heard from China in the latter part of 2019. Shortly before the implementation of the national lockdown in March, we didn't feel wholly comfortable working in our office space at BSL and decided that we would move to home-working. Charity co-ordinator Thom Rowlands (TR) took home the Spitz iMac, allowing for access to all files, media, reports etc etc. Thom and Spitz director Jane Glitre (JG) had almost daily phone calls to ensure smooth running of the organisation during lockdown. We used Google docs & sheets more and more, allowing the whole team to work on documents simultaneously, without the need to email files back and forth. This really improved our workflow and efficiency.

Having seen the impact our work has on care home residents, we were very aware of the inevitable negative impact our absence would cause. It was with this sense of urgency, that we quickly came up with a number of ideas for continuing our work during the lockdown and beyond. Our “3 stage plan”.

THE SPITZ CHARITABLE TRUST

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020



Music and deep-healing at Bridgeside Lodge Care Home The Spitz response to the Covid-19 pandemic

1. Continuing Live Music For Wellbeing remotely

2. Garden concerts

3. Hosting gatherings

1. Continuing Live Music For Well-being remotely

There is usually a constant stream of visitors, family and activity leaders in and out of BSL. Since non-essential visitors were stopped from entering BSL, residents experienced greater levels of isolation and loneliness. Staff were experiencing fear, exhaustion and loss every day during the pandemic. This was exacerbated by the lack of proper PPE, as well as changing and unclear information and guidance from central government.

To help ease anxiety and let them know that we were still supporting them, we employed several ways to keep in touch:

- Spitz musicians recorded themselves in their home studios playing favourite songs (as well as two brand new original songs) for all our friends at Bridgeside Lodge. We published these on a dedicated [YouTube playlist](#)^a and sent them directly to staff via WhatsApp.
- We created and published a total of seven weekly “[Clap For Carers](#)^b” videos as part of the ‘Clap For Carers’ initiative which the whole country took part in every Thursday. The wider Spitz team and musicians were invited to record a short video of themselves clapping and/or playing a short bit of music. These were collated into a weekly video by Arthur Lea. We sent these in to Bridgeside Lodge as a message of solidarity with the staff of BSL. (This continued until we were allowed back into the garden on Thursday 28th May.)



- Spitz team members used FaceTime and WhatsApp to video call with residents.

THE SPITZ CHARITABLE TRUST

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020

Use of technology

Technology and social media proved essential during lockdown in enabling us to continue delivering our work. (YouTube, WhatsApp, Zoom, FaceTime etc.)

We used video calls via iPads to virtually “visit” residents in their rooms. This was a real game-changer. It means that we were able to bring live music to every resident of BSL, regardless of their physical ability or state of social/mental well-being on any given day. We found that care staff were very willing to take the iPad around indoors and visit different residents.

During our garden concerts (detailed later) Our Spitz banner, displayed on the outer railing of the garden coincided with an increase in website traffic and in our social media following. We continued to live-stream our sessions on Facebook live and Instagram stories. This increased our online presence at the time and meant we were constantly creating new video content for use in future. As the weather got colder we were unable to hold garden sessions. The footage of the summer performances were collated into mini-concerts, uploaded onto USB sticks and then permanently attached to the smart TVs at Bridgeside Lodge. This means the residents and staff can enjoy Spitz music 24 hours a day, 7 days a week! We are proud of the steps we have taken to combat the obstacles that have been placed in our way.

In July, pianist Arthur Lea suggested that we start to use [BandLab](#)^c, an online recording platform, allowing musicians to collaborate remotely and create music from anywhere in the world. Using this platform, we began the process of recording the songs written in collaboration with BSL residents. One younger resident immediately signed up to BandLab and listens to her songs every night before she goes to sleep. The impact of our work is having a transformative effect, even when we are not there in person.

“Everything you hear in my songs happened to me. Listening to them in my own time – it’s like someone walking on me (in a good way). It’s helping me to get it out of my head – to get over it.”

2. Garden concerts

On the eve of our planned indoor session on 20th March, we were informed that BSL had stopped all but essential visitors entering the building. At short notice, we decided to continue with the session but to host it outside, in BSL’s lovely garden. After confirming with musicians Laurence Corns and Marcus Bonfanti that they were happy to wrap up warm (it was pretty chilly!), the Spitz team set up a PA system - on loan from TR - in the garden. Laurence and Marcus played in the garden, wandered the canal path with their guitars and sang at the bedroom windows of residents, while other residents danced on the balconies.

The event was live-streamed on Facebook, with people watching as far away as Australia and the USA. A camera crew from 7News Brisbane were visiting a nearby school, followed the sound of music and found us in the garden of BSL. We were briefly [featured on Australian TV](#)^d news the next day. Despite only taking form at the last moment, the session was a huge success and is a credit to Spitz team’s ability to improvise and think on our feet when faced with unexpected issues. It brought some light and joy to an atmosphere in which tension and panic was starting to develop. A taster of the event can be seen [here](#)^e.

Our event on 20th March set the model for our sessions throughout the summer. From our return to BSL on 28th May, every week we invited a duo to perform a two-hour set for the residents and staff. Lockdown restrictions, in addition to those implemented by BSL meant that these sessions were held exclusively outdoors. (our original plan was for sessions both in the garden *and* indoors.) The continued use of TR’s PA system, allowed residents who were unable

THE SPITZ CHARITABLE TRUST

TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020

to leave their rooms, or to come outdoors, to benefit from the music. Returning to Bridgeside Lodge on 28th May after 10 weeks felt like a huge achievement

"Having The Spitz back is so very encouraging. For the staff, it has finally given us a sense of hope. There is light at the end of the tunnel! The work of The Spitz isn't an 'extra', it is crucial work"

Fatma Makalo - Manager of Bridgeside Lodge Care Home

Each Summer Fatma (manager) invites an ice cream van to visit BSL. This tradition was kept up, in spite of everything and we were invited on 26th May. We joined residents and staff for an ice-cream out in the car park. This felt like something of a return to normality and paved the way wonderfully for our musical return just 2 days later. There was a feeling of long-lost friends meeting again, we were greeted warmly and enjoyed a fun, joyful and silly couple of hours.



Marcus Bonfanti & Laurence Corns pre-lockdown on 20th March and post-lockdown on 28th May

Our garden sessions at BSL were received with joy by members of the public walking along the opposite canal tow-path, or sitting having their lunch, while helping to dispel misconceptions of life in a care home. Families of many residents live locally and the project was of benefit to them as much as it was to the residents themselves.

As further funding came in throughout the summer, we began a series of "Hanging Out" sessions in the garden of BSL. Musicians would visit (supported by a member of Spitz core team) sit and chat with residents, hear their stories. These stories were worked into songs which were performed at our group sessions, allowing the creativity of the residents to be displayed and showcased in a community setting for fellow residents. As a result of the public performance of these songs, more and more residents showed an interest in having their own song. BSL itself became a creative community, with the help of The Spitz.

THE SPITZ CHARITABLE TRUST
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020



Many of the new residents who arrived at BSL during lockdown were withdrawn and nervous, being in a new place as well as the anxiety around the pandemic. The Spitz visits helped new residents to settle in and feel at home at BSL. New resident Gerard (who has since co-written two songs with The Spitz) said during a session early in the summer:

“This is the first time I’ve been in the garden, the music is helping me make friends, I was not feeling good at all. Fed up and fatigued and this has really cheered me up. I’m so glad I came.”

During outdoor events it was necessary for us to consider a number of potential obstacles and issues:

- Adhering to social distancing (between ourselves and with residents)
 - Spitz team wore face coverings, gloves (as necessary) and used hand sanitiser
 - Musicians to bring their own microphones
- Trip hazards etc, caused by speakers and cables,
 - All cables secured with gaffa tape
- Weather (too hot/sunny/dehydration)
 - We advised musicians to bring their own water and sun cream
 - Sun umbrellas were used where possible.
- Toilets
 - As we were not permitted indoors, we hired a portaloo for the use of Spitz staff and visiting musicians.

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Musicians (L-R) Alice Zawadzki, Arthur Lea, Laurence Corns and Paddy Milner during sessions in the garden of Bridgeside Lodge

The adversity we faced over the summer of 2020 led to a transformative strengthening of our team. The level of collaboration within the team, as well as with the staff of BSL (who needed the sessions as much as the residents did) was incredible.

Over the summer, the health of JG's mum deteriorated significantly. JG needed to spend more time with her and away from The Spitz. To help facilitate this and to ensure the smooth and successful running of the organisation whether JG was present or not, we re-designed how we planned and executed our sessions. Team members TR, KM and Tanya Cracknell (TC) were able to step in leading sessions, liaising with BSL and with external musicians, taking decisions about the continuation of sessions (based on weather etc). This meant that JG was able to spend the last 16 days of her mum's life with her at home, enabling her to die peacefully in her own bedroom. Despite her occasional absence, the team were aware that JG was always on hand if needed with support from afar. This situation began the process we have been keen to implement for some time - of investing in key artists and coordinators to take on more responsibility, with a view to JG taking a more ambassadorial role.

We felt a shift in the dynamic of the organisation, to one where we feel like one big team, supporting and looking out for each other. These relationships have become stronger and more cohesive than ever before. To the point where we have started a working group with four BSL carers, with a view to them being a link between The Spitz and the care team, able to conduct music activities in our absence.

This change was partly organic and partly a conscious effort on our part. For example, prior to each session, we invited musicians to join us for lunch in the garden. We got takeaway from a local sandwich shop, and coffees from a cafe on the canal and often went for a drink together afterwards at a local pub. This time together outside of the music session itself was invaluable for us, breaking bread together allowed us 'reflection time' to download after the sessions, to have human contact during the lockdown and to air our concerns and anxieties. We felt that we were ingraining ourselves into the wider Islington community around BSL. This ended up paying dividends and we were donated both an acoustic piano and an electric keyboard by Islington residents who had become aware of our work.

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Our patronage of local businesses added to our feeling of becoming part of the local Islington community

Many of the musicians we employ told us that our summer concerts have been an absolute lifeline for them. Many struggled throughout lockdown and found it hard to motivate themselves with their music. The Spitz sessions have helped them to feel creative and useful again.

At the start of lockdown, we were immediately struck by the urgency of the situation as it pertained to professional musicians as all gigs, festivals, weddings and events were cancelled or postponed. Our projects over the summer helped to keep some of the UK's best musicians in work and therefore helped, to some degree, to secure the future of music in the UK. This meant a great deal to The Spitz team, and we are proud to have employed 18 different musicians within this project. The impact our work had on musicians in 2020 is well summed-up by the following, unsolicited messages from two of our regular contributors.

A total pleasure and a really grounding experience for me. This whole period of inactivity and trying to keep all those around me from losing their minds has been tough but going to Bridgeside to play music for the residents really does hit a 'reset' button in me. It reminds me of what is really important in this world and that is people and human connections. I'm not sure if it's the feeling that I am once again 'useful' to people, as I can see what the Spitz events at Bridgeside Lodge do for the residents and staff.

The team is fantastic, thanks for allowing me to be involved in this incredible thing you guys do for people. Much love to you all.

Guitarist Marcus Bonfanti, July 2020

I'm full of admiration for what you lot have achieved, especially during the lockdown. It fills me with optimism and a big smile. Thank you once again for a beautiful afternoon, and for all that you do. It's been such a great pleasure to be involved.

Alice Zawadzki - JazzFM vocalist of the year 2020 nominee

3) Hosting gatherings for residents, staff and family & friends including grieving families.

In just over a month at the first peak of the virus, 20 residents died. This had a profound and significant effect on the staff, the residents and their families and friends. The third element of our plan was for the creation of a hub of community deep-healing, where we would invite the entire BSL community (including those whose loved-ones have died) to join us in a series of gatherings.

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Grief is too often suppressed and ignored. Healing the grief of the BSL community must be the *focus* of these sessions, not merely an unspoken bi-product of them. We find ourselves in a very specific role of being able to provide a degree of support during a huge period of grief and to facilitate open discussion of loss and grieving. Furthermore, it is our intention that the music reach the very fabric of the building, not only the occupants.

In early November, manager Fatma Makalo allowed us to join BSL staff for regular covid-19 testing, in line with government guidance and (dependent on negative test results) to re-enter the building. This enabled us to bring live music back inside to BSL for the first time since March.

It has been heart-warming to see how happy staff are to see us (many of whom we had not necessarily had a particularly close relationship with before our hiatus).

The importance of the symbiotic relationship between The Spitz and the staff of BSL really came to the fore in 2020. We relied on them to help us communicate with residents, they relied on us for respite and a soothing of stress, anxiety and grief. Our summer sessions turned out to be some of the best-attended in our history and we were stunned by the number of people who came every week.

One of the strongest and most important elements of The Spitz ethos is the improvisational ability of the musicians we work with. Their tact and mature judgement enables them to read the mood of the room and fill the sonic space accordingly. This may call for slow, sad music and sometimes for high-energy rock 'n' roll or comic moments, so often an antidote to grief. Over the years, we have got to know residents' music tastes and favourite bands, and this knowledge has served us well in our returning weeks. At the time, we had no idea of how long Covid would be with us but we feel that our decisive actions in the early days ensured our survival through 2020.

We organised a collaboration between BSL and Islington Bereavement Services who attended a session in July to help residents, and staff deal with grief in the wake of the fatalities suffered during the pandemic, as well as the families of those who died. Fatma Makalo, the manager of BSL, told us that some of the staff (who experienced the deaths of 15 of residents in a two week period) are still very distressed. She said that Spitz music sessions were the perfect setting for these informal conversations. We feel very privileged and acknowledge the responsibility inherent in this.

The Album begins...

Since 2018, Spitz musicians have been writing songs with residents of Bridgeside Lodge, based on conversations of their experiences and observations. For almost as long as we've been writing these songs with residents, we've been dreaming about recording an album professionally, having started recording the songs using BandLab in July 2020 (described earlier). In November the dream took a momentous leap forward as we spent the day at a recording studio in Marylebone, laying down guitars, keys and vocals for six songs, aided by recording engineer & producer Danny Monk. At the same time, administrator Kate Millett and singer Alice Zawadzki were at BSL doing a session. Charity Co-ordinator Thom Rowlands video called to BSL so residents could see their songs taking shape and give their input.



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Bridgeside Lodge residents Gerard and John on video call between BSL and the recording studio giving their input on the tracks

This was an utterly ground-breaking day for The Spitz and we're so excited to see the tracks take shape in the weeks to come. We've not heard of other care-based arts organisations writing songs with residents or service users, so we're very proud of the fact that we are doing this and even more so that we're now bringing these songs to life at a professional recording studio.



Funding

At the start of the pandemic, a number of "Covid emergency funds" were launched and we were successful in applying. We received funds from City Bridge Trust London Emergency Fund, The Arts Council, The National Lottery and others¹. We were sad to see other organisations in our sector forced to close, but we are very glad to say that we were able to continue and to thrive.

We sent out an email message on 30th March to our funders and supporters explaining our initial responses to the lockdown. We received warm responses from many of our funders and there was certainly a breaking-down of walls of formality that may have previously existed in our relationship. As a result of this friendly contact update, a number of funders 'unrestricted' our funding which was originally allocated for specific projects/events.

In May we were featured on the [Jazz FM website](#)^f as part of their "station friends". A full page on their website was dedicated to The Spitz where listeners could learn about us and our work.

¹ Further information available in end of year accounts.

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Other income

With some of our usual revenue streams dried up, we were lucky to receive funds from other sources:

- Spitz provided musicians for the City Bridge Gala Dinner in March, hosted by the Corporation of London. This was a very auspicious occasion and a big success for The Spitz. This was a strange event, as it was during the early days of Covid (in the UK at least) some anxiety, lots of signs about hand washing etc.
- In July we ran a successful Crowdfunder campaign to raise funds to enable us to continue our series of garden concerts throughout the summer (and as far into the autumn as weather allowed!).
- We received a number of generous private donations in 2020 from relatives of BSL residents:

“Thank you. You cheered my father’s spirits a great deal, and brought him comfort in his final days”

Over the year we received a number of similar comments, relating to end-of-life. The idea that our work is able to make someone’s final days a little bit lighter is always a huge compliment to our work and to the team.

In January 2020 we were approached by Media Trust, in association with City Bridge Trust (one of our funders) to participate in a project in which they pair film-makers with organisations they fund. Spitz director Jane Glitre (JG) & Charity co-ordinator Thom Rowlands (TR) attended a social-media training day on 12th February and a film-making workshop on 26th February both of which were really useful. We were paired with a small independent film company [Cut Loose London](#)⁹ who visited BSL on several occasions. Unfortunately the project had to be put on hold due to the increased severity of the pandemic. We look forward to the project resuming in 2021.

In March 2020 We took on a new administrator - Kate Millett (KM) - to work on admin, funding applications, and reporting. She is also part of a growing team writing a blog of each of our sessions, published on our website under “[Spitz Stories](#)”. Kate also plays ukulele and is an accomplished classical singer, acting as musician on some sessions.

We note that because of the lockdown, Kate has not yet had a day in the office with us and has only ever worked remotely.

The immense benefit of our work is undeniable. In this unprecedented period of our history, we are continuing to bring the power of live music to those who need it. Lockdown and the government guidance and restrictions meant that we were forced to think differently about how we delivered our work, and it worked. Necessity, for the Spitz in 2020, was the mother of invention!. Our ability to improve well-being and reduce isolation and loneliness in vulnerable members of society continues to be demonstrated and proven. We have consciously decided to stop thinking of ourselves as a “small” charity. Income has remained strong and while it is important to acknowledge that the coming recession *may* mean that funds are less forthcoming in 2021, we are nonetheless viable and are excited about the future of The Spitz. As we as a country begin the healing process from the pandemic, our work is more essential now than perhaps ever before.

A comprehensive evaluation on The Spitz summer projects by Rebecca Swift - Social scientist, Artist, Associate Tavistock Institute and Co-founder Entelechy Arts is available on request .

“music is not a luxury but a necessity.”

Oliver Sacks (Neurologist, Author and Science Historian)

THE SPITZ CHARITABLE TRUST
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

Environmental impact

We are an environmentally-conscious organisation and aim to minimise our carbon footprint wherever possible. we do this in the following ways:

- We each purchase office supplies/stationery as locally as possible to reduce the impact of delivery.
- We purchase recycled printer paper and recycle used printer ink cartridges.
- All our banking communication is online and paperless.
- Our stationery/business cards etc are sourced and printed locally.

Due to the pandemic, our carbon footprint unfortunately increased in some areas:

- Our reflection time would usually be held in a local cafe. This had to be replaced with takeaway meals and drinks while cafes were closed. We always recycled containers where possible.
- Team members and musicians were encouraged to avoid travelling to BSL on public transport whenever possible. This was to reduce the likelihood of the virus being picked up on the tube or buses.

Summary

The pandemic and the national lockdown had a huge impact on our work and was the overwhelming factor in all our considerations and decision-making. Our response was to implement our **three stage plan**:

1. Continuing to provide music for well-being remotely – through the innovative use of technology
2. Putting on garden concerts instead of being inside the home. The knock-on impact of these concerts has been an increased awareness of us in the local community, seen by passers-by and being joined by residents' families and guests
3. Hosting gatherings for grief -stricken staff and bereaved families after the loss of 20 residents to the virus in the first month of the pandemic.

There have been positives to emerge from this difficult year:

1. The adversity we faced over the summer of 2020 led to a transformative strengthening of our team, closer relationships with each other as well as with residents and staff
2. Innovative ways of working
3. Provided musicians with much needed work
4. Successful funding

Statement of trustees' responsibility

The Trustees are responsible for preparing the Trustee's Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

THE SPITZ CHARITABLE TRUST
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2020

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these 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 estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time, the financial position of the Foundation and enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. The trustees are also responsible for safeguarding the assets of the Foundation and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the trustees

Mr M Browne (Chair)

INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES
OF
THE SPITZ CHARITABLE TRUST
FOR THE YEAR ENDED 31 DECEMBER 2020

I report to the trustees on my examination of the financial statements of The Spitz Charitable Trust ('the charity') for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the Trust you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts as carried out under section 145 of 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

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 Trust as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

Simon Robinson
Shipleys LLP

5 Godalming Business Centre
Woolsack Way
Godalming
Surrey
GU7 1XW

THE SPITZ CHARITABLE TRUST

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE
INCOME AND EXPENDITURE ACCOUNT)**

FOR THE YEAR ENDED 31 DECEMBER 2020

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds Year to 31 Dec 20 £	Total Funds Year to 31 Dec 19 £
Income					
Donations and legacies	2	48,710	101,276	149,986	74,035
Investment income	3	8	-	8	28
Other trading activities		-	-	-	225
Charitable activities	4	-	1,850	1,850	2,400
Total income		<u>48,718</u>	<u>103,126</u>	<u>151,844</u>	<u>76,688</u>
Expenditure					
Costs of generating funds:					
Charitable activities	5	(10,087)	(75,672)	(85,759)	(66,385)
Governance costs	6	(3,281)	-	(3,281)	(2,895)
Total expenditure		<u>(13,368)</u>	<u>(75,672)</u>	<u>(89,040)</u>	<u>(69,280)</u>
Net income and net movement in funds		35,350	27,454	62,804	7,408
Reconciliation of funds					
Total funds brought forward		22,236	-	22,236	14,828
Total funds carried forward		<u>57,586</u>	<u>27,454</u>	<u>85,040</u>	<u>22,236</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 17 to 23 form part of these accounts

THE SPITZ CHARITABLE TRUST

BALANCE SHEET

31 DECEMBER 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	9	1,956	1,471
Current assets			
Cash at bank and in hand		85,124	22,015
		<u>85,124</u>	<u>22,015</u>
Creditors: Amounts falling due within one year	10	<u>(2,040)</u>	<u>(1,250)</u>
Net current assets		83,084	20,765
Total assets less current liabilities		<u>85,040</u>	<u>22,236</u>
Net assets		<u>85,040</u>	<u>22,236</u>
Funds of the charity			
Restricted funds	11	27,454	-
Unrestricted funds	11	<u>57,586</u>	<u>22,236</u>
Total charity funds		<u>85,040</u>	<u>22,236</u>

These financial statements were approved by the members of the committee and authorised for issue on the and are signed on their behalf by:

The notes on pages 17 to 23 form part of these accounts

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. Accounting policies

Basis of accounting

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

Going concern

The Trustees have considered the ability of the Trust to continue as a going concern during the challenging times presented due to the Covid-19 Pandemic.

The Trust has significantly adapted the services it provides, making the best use of technology available to continue to trade remotely where necessary.

The Managers of the Day Centres and Bridgeside Lodge Care Home feel the Trust is an essential fabric of the way forward to help residents recover from the impact of the Pandemic. The Manager of Bridgeside Lodge has provided all Spitz staff with regular Covid tests which has enabled Musicians to be in the building during the Winter lockdown.

The Trustees are confident the services provided will be needed more than ever once lockdown is eased.

The Trustees are aware the Trust has remained flexible and developed new ways in which they are able to put on concerts while maintaining physical distancing such as opening the windows and balconies of the home and performing the concert in the garden.

The Trust has a number of applications for funding for which it is awaiting approval. Whilst the Trustees acknowledge that not all applications will be successful, they are confident sufficient grants will be received that will enable the Trust to continue for the foreseeable future.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Restricted funds are subject to restrictions on their expenditure imposed by the donor or through terms of an appeal.

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES (continued)

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full when receivable
- Donated services and facilities are included at the value to the charity where this can be quantified
- Investment income is included in the period to which it relates
- Income relating to a latter period is deferred and recognised in that period

Resources expended

Expenditure is accounted on an accrual basis as a liability is incurred. Expenditure includes any vat which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

- Costs of generating funds comprise the costs associated with attracting voluntary income
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the statement of financial activities on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

Fixed assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
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1. ACCOUNTING POLICIES (continued)

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 20% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

2. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Donations				
The Gunter Charitable Trust	5,400	-	5,400	1,500
Devonshires Solicitors	10,534	-	10,534	-
Texel Foundation	5,000	-	5,000	-
Bolt Burdon Kemp	500	-	500	-
Marsh Christian Trust	350	-	350	-
Other	17,426	-	17,426	8,880
Grants receivable				
Lynn Foundation	500	-	500	-
London Borough Islington (LIF)	-	1,600	1,600	-
City Bridge Trust	-	26,047	26,047	9,400
Arts Council	-	20,750	20,750	-
Derwent	-	5,000	5,000	4,950
Comic Relief	-	2,000	2,000	-
Neighbourly Limited	-	400	400	-
Tesco Bags	-	500	500	-
Sir Jules Thom	-	1,000	1,000	-
London Catalyst	-	2,000	2,000	-
MGP Community	-	1,400	1,400	-
Cadent Foundation	-	4,830	4,830	-
Sylvia Waddlove Foundation	-	1,000	1,000	-
Field Family Charitable Trust	3,000	-	3,000	-
Wise Music	-	2,500	2,500	-
Postcode Community Trust	-	-	-	10,000
Garfield Weston	-	-	-	15,000
Charles S French	-	2,000	2,000	2,000
Euromonitor	-	1,000	1,000	-
National Lottery	-	9,814	9,814	-
Marsh Christian Trust	-	-	-	300
Helen Hamlyn Trust	-	2,000	2,000	-
Lucile Graham Trust	-	2,000	2,000	-
Arsenal Gunners	-	2,000	2,000	1,000
Childwick Trust	-	4,750	4,750	-
Grocers Charity	-	5,000	5,000	-
Other	-	-	-	14,140
Edward Gostling	6,000	-	6,000	3,040
Cripplegate Foundation	-	3,685	3,685	3,825
	<u>48,710</u>	<u>101,276</u>	<u>149,986</u>	<u>74,035</u>

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

3. Investment income

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Bank interest receivable	8	-	8	28
	<u>8</u>	<u>-</u>	<u>8</u>	<u>28</u>

4. Charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Income from charitable activities	-	1,850	1,850	2,400
	<u>-</u>	<u>1,850</u>	<u>1,850</u>	<u>2,400</u>

5. Expenditure on charitable activities by fund type

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Sessional and contract artists	7,190	46,208	53,398	42,953
Evaluation fees	-	2,057	2,057	1,500
Project management	-	7,508	7,508	6,681
Research and development	-	7,507	7,507	5,881
Publicity and marketing	-	591	591	189
Travel and subsistence costs	2	1,142	1,144	1,204
Insurance	-	562	562	536
General office expenses	2,203	236	2,439	1,003
Computer support and website	320	31	351	375
Consultancy and professional fees	-	9,620	9,620	5,695
Depreciation	372	210	582	368
	<u>10,087</u>	<u>75,672</u>	<u>85,759</u>	<u>66,385</u>
Charitable activity	<u>10,087</u>	<u>75,672</u>	<u>85,759</u>	<u>66,385</u>

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

6. Governance costs

	Unrestricted Funds	Restricted Funds	Total Funds 2020	Total Funds 2019
	£	£	£	£
Accountancy fees	3,191	-	3,191	2,805
Bank charges	90	-	90	90
	<u>3,281</u>	<u>-</u>	<u>3,281</u>	<u>2,895</u>

7. Staff costs and emoluments

No salaries or wages have been paid to employees, including the members of the committee, during the period.

We are grateful for the amount of time many people have given free of charge during the year.

8. Trustee remuneration and expenses

No trustees received any remuneration during the period. No expenses were reimbursed to trustees in the year.

No trustee had any personal interest in any contract or transaction entered into by the charity during the period.

9. Tangible fixed assets

	Equipment £
Cost	
At 1 January 2020	2,658
Additions	<u>1,067</u>
At 31 December 2020	<u><u>3,725</u></u>
Depreciation	
At 1 January 2020	1,187
Charge for the period	<u>582</u>
At 31 December 2020	<u><u>1,769</u></u>
Net book value	
At 31 December 2020	<u><u>1,956</u></u>
At 31 December 2019	<u><u>1,471</u></u>

THE SPITZ CHARITABLE TRUST
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

10. Creditors: Amounts falling due within one year

	2020	2019
	£	£
Accruals	<u>2,040</u>	<u>1,250</u>

11. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds	Total Funds 2020	Total Funds 2019 £
Tangible fixed assets	1,265	691	1,956	1,471
Current assets	58,361	26,763	85,124	22,015
Current liabilities	<u>(2,040)</u>	<u>-</u>	<u>(2,040)</u>	<u>(1,250)</u>
	<u>57,586</u>	<u>27,454</u>	<u>85,040</u>	<u>22,236</u>