

SOUND FOUNDATION COMMUNITY CARE

England & Wales · Charity number 1160449

Details

Status Registered

Legal form Charitable company

Company number [09400037](#)

Registered 2015-02-11

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

Contact

Address The Sound Training Centre
Bulls Quarries Road
Tytherington
Frome
Somerset

Phone 07789852296

Email contact@soundfoundationcommunitycare.com

Website www.soundfoundationcommunitycare.com

Activities

Objects: THE OBJECTS OF THE CHARITY ARE FOR THE PUBLIC BENEFIT:-1. TO PROMOTE AND PROTECT THE GOOD HEALTH BOTH MENTAL AND PHYSICAL OF THE PUBLIC BY EDUCATING THE PUBLIC IN THE THERAPEUTIC BENEFITS OF MUSIC AND SOUND IN ANY WAYS THAT THE TRUSTEES SEE FIT; AND2. TO PROMOTE AND PROTECT THE GOOD HEALTH BOTH MENTAL AND PHYSICAL OF THE PUBLIC THROUGH THE ADVANCEMENT OF THE PUBLIC'S EDUCATION IN SOUND HEALTH AND WELL BEING; AND3. TO FURTHER SUCH OTHER EXCLUSIVELY CHARITABLE PURPOSES ACCORDING TO THE LAW OF ENGLAND AND WALES AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION FROM TIME TO TIME DETERMINE.

Activities: Sound Foundation Community Care sponsors events and activities that promote and support the sound health and wellbeing across 6 key priority areas in the community: Health and Wellbeing, Sound Healing, Aged Care, Youth, Education, Groups experiencing social and/or economic disadvantage.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Buildings/facilities/open Space, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£158,824	£214,517	-	-
2023-09-30	£118,798	£125,692	-	-
2022-09-30	£119,619	£136,320	-	-
2021-09-30	£123,042	£118,935	-	-
2020-09-30	£133,900	£127,345	-	-

Trustees

Name	Role	Appointed
Monica Gillooly	Chair	2018-11-25
Dragana Brown		2015-01-21
Jane Keep		2015-01-21
Stephen Anderson		2015-01-21

SOUND FOUNDATION COMMUNITY CARE

England & Wales - Charity number 1160449

Accounts

Charity Number: 1160449
Company Number: 09400037

SOUND FOUNDATION COMMUNITY CARE

A Company Limited by Guarantee

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

SOUND FOUNDATION COMMUNITY CARE

CONTENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Page
Trustees' report	1 – 12
Independent Examiner's report	13
Statement of financial activities	14
Balance sheet	15
Notes to the accounts	16 - 21

TRUSTEE ANNUAL REPORT

Sound Foundation Community Care

Trustee Annual Report and Financial Statement

1st October 2023 - 30th September 2024

REFERENCE AND ADMINISTRATION DETAILS:

Charity Name	Sound Foundation Community Care	
Charity Number	1160449	
Company Number	09400037	
Registered Office	The Sound Training Centre Bull's Quarries Road, Tytherington, Frome, Somerset, BA11 5BW	
Trustees / Directors	Ms. Monica Gillooly Ms. Dragana Brown Dr. Jane Keep Mr. Stephen Anderson Mrs. Amita Khurana	Chair Treasurer (Until Nov 2024)
Independent Examiners	TC Group The Courtyard, Shoreham Road, Upper Beeding, Steyning, West Sussex, BN44 3TN	
Bankers	Co-operative Bank, Skelmersdale, WN8 6WT	
Solicitors	Russell-Cooke LLP 2 Putney Hill, Putney, London, SW15 6AB	

SOUND FOUNDATION COMMUNITY CARE (SFCC) is a Charitable Trust incorporated on 21st January 2015 as a company limited by guarantee with company number 09400037 and registered as a charity with charity number 1160449.

The Board of Trustees is pleased to present its ninth annual report incorporating the directors' report and independently examined financial statements of the Charity for the period ended 30th September 2024.

The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the Charity's governing instruments, the Charities Act 2011, the Charities SORP (FRS102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

1. OUR COMMITMENT TO COMMUNITY AND PUBLIC BENEFIT

SFCC supports a diverse range of community health, education, and social care initiatives to people of all ages. In line with the Charity's stated objectives, we aim to deliver all of our services in close partnership with the communities we serve.

Based on the Trustee membership and a voluntary team, the charity provides events and services from a range of community settings in the Frome area including our community conference Centre in Tytherington, Somerset. We have worked to consolidate and expand our volunteer work around the country, as part of our commitment to serve the wider community with a steadily building national focus. Our Charitable Activity Co-ordination involves the trustees, other volunteers, and communities to continuously expand our charitable activity across the UK.

During this reporting period Trustees have continued to adjust and manage the Charity running activities and taking into account the rising costs in the UK and with financial due diligence and prudence.

2. STRUCTURE, GOVERNANCE AND MANAGEMENT

2.1 Organisation and Structure

SFCC is a company limited by guarantee and run by a Board of 4 Trustees, governed by Articles of Association.

2.2 Recruitment and appointment of Trustees

As per the SFCC governing document, the board may appoint trustees at any time at a meeting or in writing, refer governing document Articles of Association 25.1.

During the period 1st October 2023 to 30th September 2024 there were no changes in trustees.

Amita Khurana offered her resignation on 24th November 2024..

2.3 Standards of Trustee Management of the Charity

All Trustees are equally responsible for the general control, management, and strategic direction of the Charity, with activities founded on a Trustee Code of Conduct. They communicate on a regular basis throughout the year, holding formal Trustee meetings, the minutes of which are distributed to all Trustees. None of the Trustees receive any financial remuneration whatsoever for their time.

The Trustees are required to familiarise themselves with the scope of their individual responsibilities under the Charities Act and to conduct their responsibilities with the Charity in line with best practice for Charity Trustees as well as to always act within the scope of SFCC Policies.

The Trustees operate with diligence, integrity and transparency and recognise their responsibilities for the way in which they manage conflicts of interest and comply with all the obligations and public benefit requirements of the Charity Commission, and as such, all trustees are asked to sign a Trustee Code of Conduct declaration.

Trustees continue to review and assess, on an on-going basis, the following implemented governance standards for SFCC:

Service Principles

1. SFCC will shape its services in response to the needs of our 6 Key Interest Groups (see 3.2)
2. SFCC will work continuously to improve the quality of services
3. SFCC will work to ensure shared activity with communities and to enhance potential for the implementation of our charitable activities and grants

2.4 Risk management

As part of its due process, the Trustees have managed the financial and operating risks of the Charity as a continuous improvement process, to include the ongoing review and update of the risk register. The Trustees have identified and recorded a range of risks and continued to maintain close relationships with external professional advisers. The Charity and its Trustees ensure on-going compliance with any government directives and or restrictions, continual communication and support with all users and volunteers as required and on-going financial review and support as needed.

The Charity's Sound Training Centre in Tytherington continues to be used for charitable activities in support of the local, regional, and national community.

The Trustees manage the Charity's income in the most prudent way. We retain some reserves and have built up a fund to cover approximately 5 months running expenses and an allowance for maintenance works. During this reporting period the focus has been on ensuring all financial outlays are streamlined, reducing any unnecessary costs.

Overall, the Charity maintains adequate cash balances and is debt free. All commitments involve detailed scrutiny, and the Trustees apply a rigorous approach to the Reserves Policy and cash management.

2.5 Insurance

The Charity's insurance is reviewed annually and meets in full all requirements and recommendations under the insurance companies "risk improvements" arrangements. The Charity has public liability insurance cover in place and all insurances appropriate to its planned activities.

3. OBJECTIVES AND ACTIVITIES

3.1 Summary of Purpose

The objects of the Charity are for public benefit and are set out in the Charity's Articles of Association:

- (i) to promote and protect the good health both mental and physical of the public by educating them in the therapeutic benefits of music and sound in any way that the Trustees see fit
- (ii) to promote and protect the good health both mental and physical of the public through the advancement of their education in sound health and well-being
- (iii) to further such other exclusively charitable purposes according to the law of England and Wales as the Trustees in their absolute discretion from time to time determine.

The Charity works to fulfil its objects and commitments to public benefit through six key interest groups:

3.2 Our Six Key Interest Groups

1. Health and Well-being
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage

Our grant making policy continues to ensure that grants are directed towards needs that are identified within these six key interest groups. The grant policy remains an essential aspect of the Charity's good governance in the way in which the Board assesses and approves applications for grants from the community.

3.3 Our five Key Objectives

SFCC's objectives are designed to reflect our community aim, our emphasis on community care and our commitment to meeting and exceeding our public benefit requirements:

1. Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects
2. Raise donations to be held in the Charity for the purpose of grants and support for charitable activities
3. Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects
4. Sponsor sound healing and community care events in and for the local and wider community
5. Manage the Sound Training Centre to ensure its on-going sustainability in maintaining the Charity's charitable activities, in accordance with the Charity Commission's guidance

The Trustees will continue to review the objectives and activities on an annual basis to ensure they continue to reflect the aims of SFCC.

3.4 Our Strategies

The strategies operated by the Board of Trustees include:

- (i) Continuing to build relationships with the local community to ensure awareness levels about the benefits available from the sponsored use of the Charity's Sound Training and Community Conference Centre as well as widening potential opportunities for its use for paid hire.
- (ii) Fostering its further charitable work in the community to support sound education and health programmes as well as providing grants that have a marked and sustainable positive impact on the target group, and to ensure that these activities have longevity beyond the grant phase.
- (iii) Encouraging the support and active participation of volunteers, firstly in relation to organising, co-ordinating and hosting many of the charity's charitable activities and secondly in the cleaning and maintenance of the Sound Training Centre and grounds. These volunteers also assist in cleaning the building before and after every event, which means that the charity's running costs can be kept to a minimum.

4. ACTIVITIES AND ACHIEVEMENTS

4.1 How our activities deliver public benefit

The Board of Trustees has again continued its focus on and commitment to delivering public benefit, highlighted here in the following Review of Activities.

4.2 Review of Activities

The Charity continues to acknowledge the importance of the public attendance and purpose of use of the Sound Training Centre facilities.

The Charity has continued to satisfy those measures by which the activity of the Charity is held accountable, in line with the Charity's aim to achieve its objectives:

Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects.

- The Charity continues to emphasize developing and fostering relationships with local charities, community groups, businesses, schools, health services and the local council.

Raise donations to be held in the Charity for the purpose of grants and support for charitable activity.

- The Trustees and volunteers continue to discuss the work of the charity with local and interested individuals and groups. Such local activities increase the exposure of the charity.

Grant support to community and well-being activities countrywide and at the Sound Training Centre in accordance with the Charity's charitable objects.

- The Charity views relationships with the local community as very important in continuing to establish the Sound Training Centre as a Centre exclusively for public benefit.
- Grants have included support for both health care staff and recipients of health care.
- Voluntary activity supports hospitals, hospices, and schools.

The various sponsored events mentioned in the following section, which highlight the sponsorship of sound healing and community care events in and for the local and wider community, encompassing one or more of our 6 key areas of public benefit.

Sponsor sound healing and community care events in and for the local and wider community:

- SFCC has offered an interactive singing programme in various locations (in care homes) for well-being specifically for the elderly and those with dementia.
- SFCC has a well-developed befriending and patient visiting project which is now well established in local hospitals and hospices and schools in the South West of England and South East England and Greater London.
- SFCC has developed various Health and Well-being Projects. These are educational presentations in support of a healthier lifestyle.

Manage the Sound Training Centre to ensure its on-going sustainability in accordance with the Charity Commission's guidance on charitable activities.

- The Board of Trustees ensures that all contracts with tenants are completed with due integrity, such that any potential conflict of interest is handled in line with the agreed SFCC procedures.
- In setting the level of fees, charges and concessions, the Trustees give careful consideration to the accessibility of its activities for those on low incomes and other charitable groups.

Key to Public Benefit Areas - Our Six Key Interest Groups

1. Health and Wellbeing
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage



Summary of Activities: 01 October 2023 to 30 September 2024

Date or event/grant	#	Activity/Grant Details	Purpose of activity or grant	Public Benefit	Location of event or Location of Grant	Grant or Event Application / Date Received	Approved Y/N & Date Approved	Review Report/Outcome & Date Received	Notes
Ongoing	1	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 1 NHS hospital	1, 3, 6	Wiltshire Hospital	No – Ongoing activity	Yes	Yes October 2024	Activity on-going and includes various activities
Ongoing	2	Interactive Singing	Singing in care homes for elderly residents	1, 2, 3	2 care homes in Wiltshire 2 care homes in Surrey	No – ongoing voluntary activity	Yes	Yes October 2024	Ongoing activity
Ongoing	3	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 1 NHS hospital	1, 3, 6	Somerset Hospital	No – ongoing activity	Yes	Yes October 2024	Ongoing activity
Ongoing	4	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 1 NHS hospital	1, 3, 6	Greater London Hospital	No – ongoing activity	Yes	Yes October 2024	Ongoing activity
Ongoing	5	Volunteering in schools	Volunteering in 4 schools	1, 4, 5	3 in Wiltshire, 1 in Somerset	No – ongoing activity	Yes	Yes October 2024	Ongoing activity
Ongoing	6	Regular Volunteering	Volunteer-support at local hospital	1, 3, 6	Oxfordshire Hospital	No – ongoing activity	yes	Yes October 2024	Volunteering.



Ongoing	7	Regular Volunteering Weekly sessions	Volunteer- support at local hospice	1, 3, 6	Oxfordshire Hospice	No – ongoing activity	Yes	Yes October 2024	Volunteering continues monthly at weekends.
Oct – Dec 2023	8	Regular Volunteering Weekly sessions	Volunteer- support at local hospital	1, 3, 6	Greater London	No – ongoing activity	Yes	Yes October 2024	Volunteering at that hospital concluded in December 2023.
March 2024	9	Grant for Furnishing for Breast Feeding / Lactation Room for Hospital Staff	Grant	1	Greater London NHS Hospital	Yes, December 2023	Yes, January 2024	Yes March 2024	SFCC purchased all the equipment which was delivered to the hospital.
Sept 2024	10	Grant for Accessible outdoor seating (benches) for Hospital Staff Providing seating to support staff during their shift breaks.	Grant	1	SW England NHS Trust	Yes, August 2024	Yes, September 2024	Yes October 2024	Funds transferred to NHS Trust Charity who purchased the equipment and supplies directly.

Summary of Room Hire from October 2023 to September 2024

Date	No	Hirer	Reason for Hire	Public Benefit
Oct 2023	1	Private Business	Meeting re; workshop on therapeutic benefits of herbs & spices	1,5
Nov 2023	2	Private Individuals	Wedding (2.5 days)	1,2
Nov 2023	3	Private Business	Wellbeing workshop (Weekend)	1,2,5
Dec 2023	4	Private Business	Life coaching workshop on wellbeing (3 days)	1,2,5
Jan 2024	5	Private Business	Life coaching workshop on wellbeing (3 days)	1,2,5
Jan 2024	6	Private Business	Wellbeing workshop (3 days)	1,2,5
Mar 2024	7	Private Business	Herbs and Spices Weekend workshop	1,5
March 2024	8	Private Individual	Drum event (Weekend)	1,2,4,5
April 2024	9	Catering Company	Kitchen Hire for Film shoot @Longleat (4 days)	1
Thursdays & Sundays (from May 2024)	10	Table Tennis Organisation	Local Table tennis club practice and competition – On-going	1,5
May 2024	11	Private Individual	Workshop for youth on beauty and care	1,4,5
July 2024	12	Private Business	Wellbeing workshop (3 days)	1,5
Sep 2024	13	Educational Institution	School for children in need meeting	1,4,5
Sep 2024	14	Private Business	Elderly Care Workshop (2 days)	1,3,5
Sep 2024	15	Private Individual	Music workshop (2 days)	1,2,4,5
Sep 2024	16	Private Individual	Taking care in elder age workshop	1,3,5

5. Partnership Development and Performance Review

In developing and sponsoring community programmes and partnerships in the areas of Health, Education and Community the Charity have an ongoing process to review the success of our initiatives. Progress and outcomes of all our work and sponsorship commitments are reviewed at Trustee meetings.

We have continued to receive positive feedback from our grant recipients – for example:

- a Southern England Rehabilitation Unit where trustees were shown the instruments purchased and how these instruments supported in patient recovery.
- Staff sent photos of the new Lactation Room for staff at a hospital where the equipment was funded by SFCC

6. FINANCIAL REVIEW

6.1 Summary

The Trustees are pleased to report the financial results for the Charity for the twelve months to 30th September 2024.

The income for the year was £158,824 (was £118,798 in 2023). This included donated services and facilities that amounted to £8,738.

Costs have been closely monitored and controlled during the period. Excluding depreciation, the expenditure was £164,234 (was £125,691 in 2023), and the annual depreciation was £50,163, resulting in total costs of £214,517 (was £173,688 in 2023).

The result is the charity is showing a net loss before depreciation of £5,530 (was £6,894 in 2023) and a net expenditure of £55,693 (was £54,890 in 2023) including depreciation.

6.2 Reserves

As stated earlier, the Trustees take a prudent approach to the management of the finances and assessment of the Charity's financial obligations. Budgets are prepared and updated regularly to assess the needs of the Charity.

Using the experience of several years of operating the Sound Training Centre, with adjustments based on regular reviews, the Trustees have identified that the level of reserves should cover approximately 5 months operating expenses, excluding depreciation, and an allowance for maintenance works.

Free reserves on 30th September 2024 are £186,558 compared to £206,703 on 30th September 2023. This represents over 12 months of operating expenses excluding depreciation therefore the trustees are confident that the reserves policy is being met.

6.3 Principal Funding Sources

SFCC seeks funds from a range of sources to enable it to meet the needs presented by ongoing operational costs, as well as funds for its current and potential beneficiaries. Private donations from supporters, continue to be the principal source of our funding throughout this period, with donations increasing year on year. The Trustees have ensured on-going communication with all supporters during this reporting period.

The Trustees continue in promoting the use of the Sound Training Centre facilities as an overall Charity objective and hiring activities have been steady year on year. Trustees continue to actively monitor expenses and supported on-going hirers and are pleased to see an increase in new and repeat hirers. All monies arising from hire of the conferencing facilities are directed back into support of existing and future charitable activities.

Other Donated Services and Facilities and Donations in Kind

SFCC is fortunate to have volunteers who give of their time freely, such that services that would normally have to be paid for are being given at no cost to the Charity.

The Trustees have estimated the total value of these donated services and facilities and donations in kind to be £8,738 made up as to:

- Secretary and Treasurer: £1,542 (120 hrs. per year @ £12.85 per hour)
- Bookkeeper: £2,056 (160 hrs. per year @ £12.85 per hour)
- Housekeeping and Cleaning Services: £2,842 (5 hrs. per week @ £10.93 per hour)
- Maintenance Services, including internal painting, cleaning gutters, biomass boiler, security, and window cleaning: £2,178
- Other, including materials and replacement items: £120

6.5 Investment Policy and Objectives

The Charity retains cash in a deposit account for immediate access. It does not hold any long-term investments.

6.6 Restricted Funds

The Charity does not have any restricted funds.

7 PLANS FOR THE FUTURE

7.1 Strategic Direction

The SFCC will continue to work with the local and wider community by maintaining focus and delivery on our six key objectives (3.3) through our six key interest groups (3.2).

The Befriending and Patient Visiting volunteer programme operates within 10 organisations consisting of 4 hospitals and 2 hospices, with volunteers also volunteering in 4 schools.

An on-going interactive singing programme operates across 4 aged care homes.

We have seen increased volunteer activity, with new volunteers coming on-board to support in the on-going building maintenance, and deep cleaning days.

The quality of the relationships built between SFCC and all the SFCC volunteers, and staff, patients, and carers where activities take place, has provided a foundation for the on-going success of SFCC and its running of events and programmes. The relationships SFCC have built with our volunteers and volunteer organisations stand the Charity in good stead and are continually attended to; with on-going check-ins with volunteers and updates provided by volunteers on their charitable activities. This will continue to be a key focus of the Charity.

SFCC have built good relationships with organisations who have applied for a grant, in particular healthcare organisations, whereby SFCC trustees support grant enquiries including supporting their application via SFCC grant application forms. This will also continue to be a focus of the Charity, particularly as these grants have received exceptionally good feedback on how beneficial they have been to those organisations who have applied for them.

The Charity will continue to offer grants for public benefits and continue to support communities both locally and nationally, including online programme activities.

8. TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees, who are also directors of Sound Foundation Community Care for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles of the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The Trustees are responsible for keeping accounting records, which disclose with reasonable accuracy the financial position of the Charity enabling them to ensure that the financial statements comply with the Companies Act 2006, the Charities Act 2011 and the provisions of the Charity deed. They are responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud as well as any other irregularities.

In so far as the trustees are aware:

- There is no relevant independent examination information of which the charitable company's independent examiners are unaware


AND

- The trustees have taken all steps needed to make themselves aware of any relevant independent examination information and to establish that the independent examiners are aware of that information

INDEPENDENT EXAMINERS

The independent examiners, TC Group, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by the Trustees on their behalf by:


Morica Gillooly, Chair, Trustee

30th June 2025
Date


Stephen Anderson, Treasurer, Trustee

30th June 2025
Date

SOUND FOUNDATION COMMUNITY CARE

INDEPENDENT EXAMINER'S REPORT

TO THE MEMBERS OF SOUND FOUNDATION COMMUNITY CARE

I report to the charity trustees on my examination of the accounts of the Charitable Company for the year ended 30 September 2024.

Responsibilities and basis of report

As the Charitable Company's trustees (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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 Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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



Mr Mark Cummins FCCA FCIE
for and on behalf of
TC Group
The Courtyard
Shoreham Road
Upper Beeding
Steyning
West Sussex
BN44 3TN

Dated: 30 June 2025

SOUND FOUNDATION COMMUNITY CARE
STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

	Notes	Total 2024 £	Total 2023 £
Income from:			
Donations and legacies	3	126,884	90,154
Other trading activities	4	29,913	27,977
Investment income	5	2,027	667
Total income		158,824	118,798
Expenditure on:			
Raising funds		-	7,347
Charitable activities		214,517	166,341
Total expenditure	6	214,517	173,688
Net expenditure and movement in funds		(55,693)	(54,890)
Reconciliation of funds			
Total funds brought forward		2,027,291	2,082,181
Total funds carried forward		1,971,598	2,027,291

There are no recognised gains or losses other than those reported on the Statement of Financial Activities. All activities are classed as continuing. All activities and funds in the current and prior year were unrestricted.

SOUND FOUNDATION COMMUNITY CARE

BALANCE SHEET

AS AT 30 SEPTEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	10	1,785,040		1,820,588	
Current assets					
Debtors	11	9,309		9,820	
Cash at bank and in hand		191,152		205,206	
		<u>200,461</u>		<u>215,026</u>	
Creditors: amounts falling due within one year	12	<u>(13,903)</u>		<u>(8,323)</u>	
Net current assets		<u>186,558</u>		<u>206,703</u>	
Total assets less current liabilities		<u>1,971,598</u>		<u>2,027,291</u>	
Net assets		<u>1,971,598</u>		<u>2,027,291</u>	
The funds of the charity					
Unrestricted funds		<u>1,971,598</u>		<u>2,027,291</u>	

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

For the financial year in question the company was entitled to exemption under Section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of the accounts.

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

The accounts were approved by the Board on 30th June 2025


Ms M Gillooly (Chair) – Trustee


Mr S Anderson – Trustee

Company number 09400037

Charity number 1160449

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 30 SEPTEMBER 2024

1 Legal Status

Sound Foundation Community Care is a charitable company, limited by guarantee, registered in England and Wales. The charitable company's registered number and registered office address can be found on the legal and administration page.

2 Accounting policies

2.1 Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Sound Foundation Community Care meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). There are no material uncertainties about Sound Foundation Community Care's ability to continue as a going concern.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Cash Flow Statement

In accordance with Section 7 of FRS 102 the charity is claiming exemption from the requirement to prepare a cash flow statement on account of its size.

2.3 Income

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.

2.4 Expenditure

Expenditure is recognised on an accruals 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 raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity.

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

2 Accounting Policies (continued)

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are capitalised at cost and depreciated over their estimated useful economic life on a reducing balance basis as follows:

<i>Asset category</i>	<i>Depreciation rate</i>
Freehold Property (Land)	Not depreciated
Freehold Property (Building)	2% on a straight line basis
Fixtures, Fittings & Equipment	25% on straight line basis

2.6 Fund Accounting

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees and which have not been designated for other purposes.

Designated funds comprise of general funds set aside by the trustees for specific purposes.

2.7 Taxation

As a charity, Sound Foundation Community Care is exempt from tax on income and gains to the extent that these are applied to its charitable objects.

2.8 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

2.9 Debtors

Debtors are recognised at the settlement amount due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

2.11 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

SOUND FOUNDATION COMMUNITY CARE
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2024

3 Donations and legacies

	2024	2023
	£	£
Donations	78,794	65,592
Gift aid	8,851	7,695
Grants - Heating	30,501	4,237
Donated services and facilities	8,738	8,271
Fundraising events	-	4,359
	<u>126,884</u>	<u>90,154</u>

4 Other trading activities

	2024	2023
	£	£
Catering facilities hire	3,025	2,042
Dormitories	2,138	-
Small room hire	5,837	6,638
Pool hire	11,330	11,073
Conference room hire	7,583	8,224
	<u>29,913</u>	<u>27,977</u>

5 Investment income

	2024	2023
	£	£
Bank interest	2,027	657
Other interest	-	10
	<u>2,027</u>	<u>667</u>

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

6 Expenditure	2024	2023 £
Raising funds		
Charitable events costs	-	7,347
	-	7,347
Charitable activities		
Donations	8,825	10,940
Depreciation	50,163	47,996
Support costs	148,953	101,163
Dormitories costs	208	-
Finance costs	30	30
Governance costs	6,338	6,212
	<u>214,517</u>	<u>166,341</u>
Total expenditure	<u><u>214,517</u></u>	<u><u>173,688</u></u>

Included in governance costs is independent exam fees totalling £2,500 (2023: £2,500).

Support costs include overhead costs of running the charity's building, including rates, insurance, heating, power and repairs.

7 Net expenditure	2024	2023
Net expenditure is stated after charging:	£	£
Depreciation – owned assets	<u>50,163</u>	<u>47,996</u>

8 Comparative funds – Statement of Financial Activities for year ended 30 September 2023

	Notes	Total 2023 £
Income from:		
Donations and legacies	3	90,154
Other trading activities	4	27,977
Investment income	5	667
Total income		<u>118,798</u>
Expenditure on:		
Raising funds		7,347
Charitable activities		166,341
Total expenditure:	6	<u>173,688</u>
Net expenditure and movement in funds		<u>(54,890)</u>
Reconciliation of funds		
Total funds brought forward		2,082,181
Total funds carried forward		<u><u>2,027,291</u></u>

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

9 Trustees

The charity is under the control of the Trustees. None of the trustees (nor any persons connected with them) received any remuneration during the year (2023: £nil). None of the trustees received any expenditure reimbursements during the year (2023: none).

10 Tangible fixed assets

	Freehold property	Fixtures, Fittings & Equipment £	Total £
Cost			
At 1 October 2023	2,178,045	80,405	2,258,450
Additions	-	14,615	14,615
	<hr/>	<hr/>	<hr/>
At 30 September 2024	2,178,045	95,020	2,273,065
Depreciation			
At 1 October 2023	369,921	67,941	437,862
Charge for the year	44,194	5,969	50,163
	<hr/>	<hr/>	<hr/>
At 30 September 2024	414,115	73,910	488,025
Net book value			
At 30 September 2024	1,763,930	21,110	1,785,040
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 30 September 2023	1,808,124	12,464	1,820,588
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

11 Debtors

	2024 £	2023 £
Trade debtors	-	370
Other debtors	6,251	5,647
Prepayments and accrued income	3,058	3,803
	<hr/>	<hr/>
	9,309	9,820
	<hr/> <hr/>	<hr/> <hr/>

12 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	8,927	2,162
Accruals and deferred income	4,743	6,161
Other creditors	233	-
	<hr/>	<hr/>
	13,903	8,323
	<hr/> <hr/>	<hr/> <hr/>

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2024

13 Related party disclosures

Trustee Amita Khurana was invoiced a total of £1,158 (2023: £1,326) for use of facilities at the Sound Training Centre. The amount paid including VAT was £1,390 (2023: £1,591).

Donations from trustees and related parties, with no conditions attached, totalled £480 (2023: 730).

14 Ultimate controlling party

The Company was controlled throughout the year by the trustees of the charity.

15 Limited by guarantee

The Company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such amount as may be required not exceeding £1.

SOUND FOUNDATION COMMUNITY CARE

England & Wales - Charity number 1160449

Accounts

Charity Number: 1160449
Company Number: 09400037

SOUND FOUNDATION COMMUNITY CARE

A Company Limited by Guarantee

TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

SOUND FOUNDATION COMMUNITY CARE

CONTENTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Page
Trustees' report	1 – 14
Independent Examiner's report	15
Statement of financial activities	16
Balance sheet	17
Notes to the accounts	18 - 23



SOUND FOUNDATION
COMMUNITY CARE

TRUSTEE ANNUAL REPORT

Sound Foundation Community Care

Trustee Annual Report and Financial Statement

1st October 2022 - 30th September 2023



REFERENCE AND ADMINISTRATION DETAILS:

Charity Name	Sound Foundation Community Care	
Charity Number	1160449	
Company Number	09400037	
Registered Office	Sound Training Centre Bull's Quarries Road, Tytherington, Frome, Somerset, BA11 5BW	
Trustees / Directors	Ms. Monica Gillooly Ms. Dragana Brown Dr. Jane Keep Mr. Stephen Anderson Mrs. Amita Khurana	Chair Treasurer
Independent Examiners	TC Group Limited. The Courtyard, Shoreham Road, Upper Beeding, Steyning, West Sussex, BN44 3TN	
Bankers	Co-operative Bank, Skelmersdale, WN8 6WT	
Solicitors	Russell-Cooke LLP 2 Putney Hill, Putney, London, SW15 6AB	

SOUND FOUNDATION COMMUNITY CARE (SFCC) is a Charitable Trust incorporated on 21st January 2015 as a company limited by guarantee with company number 09400037 and registered as a charity with charity number 1160449.

The Board of Trustees is pleased to present its ninth annual report incorporating the directors' report and independently examined financial statements of the Charity for the period ended 30th September 2023.

The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the Charity's governing instruments, the Charities Act 2011, the Charities SORP (FRS102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

1. OUR COMMITMENT TO COMMUNITY AND PUBLIC BENEFIT

SFCC supports a diverse range of community health, education, and social care initiatives to people of all ages. In line with the Charity's stated objectives, we aim to deliver all of our services in close partnership with the communities we serve.

Based on the Trustee membership and a voluntary team, the charity provides events and services from a range of community settings in the Frome area including our community conference centre in Tytherington, Somerset. We have worked to consolidate and expand our volunteer work around the country, as part of our commitment to serve the wider community with a steadily building national focus. Our Charitable Activity Co-ordination involves the trustees, other volunteers, and communities to continuously expand our charitable activity across the UK.

During this reporting period Trustees have continued to adjust and manage the Charity running and activities taking into account the rising costs in the UK and with financial due diligence and prudence.

2. STRUCTURE, GOVERNANCE AND MANAGEMENT

2.1 Organisation and Structure

SFCC is a company limited by guarantee and run by a Board of 5 Trustees, governed by Articles of Association.

2.2 Recruitment and appointment of Trustees

As per the SFCC governing document, the board may appoint trustees at any time at a meeting or in writing, refer governing document Articles of Association 25.1.

During the period 1st October 2022 to 30th September 2023 there were no changes in trustees.

2.3 Standards of Trustee Management of the Charity

All Trustees are equally responsible for the general control, management, and strategic direction of the Charity, with activities founded on a Trustee Code of Conduct. They communicate on a regular basis throughout the year, holding formal Trustee meetings, the minutes of which are distributed to all Trustees. None of the Trustees receive any financial remuneration whatsoever for their time.

The Trustees are required to familiarise themselves with the scope of their individual responsibilities under the Charities Act and to conduct their responsibilities with the Charity in line with best practice for Charity Trustees as well as to always act within the scope of SFCC Policies.

The Trustees operate with diligence, integrity and transparency and recognise their responsibilities for the way in which they manage conflicts of interest and comply with all the obligations and public benefit requirements of the Charity Commission, and as such, all trustees are asked to sign a Trustee Code of Conduct declaration.

The Trustees continue to review and assess, on an on-going basis, the following implemented governance standards for SFCC:

Service Principles

1. SFCC will shape its services in response to the needs of our 6 Key Interest Groups (see 3.2)
2. SFCC will work continuously to improve the quality of services
3. SFCC will work to ensure shared activity with communities and to enhance potential for the implementation of our charitable activities and grants

2.4 Risk management

As part of its due process, the Trustees have managed the financial and operating risks of the Charity as a continuous improvement process, to include the ongoing review and update of the risk register. The Trustees have identified and recorded a range of risks and continued to maintain close relationships with external professional advisers. The Charity and its Trustees ensure on-going compliance with any government directives and or restrictions, continual communication and support with all users and volunteers as required and on-going financial review and support as needed.

The Charity's Sound Training Centre in Tytherington continues to be used for charitable activities in support of the local, regional, and national community.

The Trustees manage the Charity's income in the most prudent way. We retain some reserves and have built up a fund to cover approximately 6 months running expenses and an allowance for maintenance works. During this reporting period the focus has been on ensuring all financial outlays are streamlined, reducing any unnecessary costs.

Overall the Charity maintains adequate cash balances and is debt free. All commitments involve detailed scrutiny, and the Trustees apply a rigorous approach to the Reserves Policy and cash management.

2.5 Insurance

The Charity's insurance is reviewed annually and meets in full all requirements and recommendations under the insurance companies "risk improvements" arrangements. The Charity has public liability insurance cover in place and all insurances appropriate to its planned activities.

3. OBJECTIVES AND ACTIVITIES

3.1 Summary of Purpose

The objects of the Charity are for public benefit and are set out in the Charity's Articles of Association:

- (i) to promote and protect the good health both mental and physical of the public by educating them in the therapeutic benefits of music and sound in any way that the Trustees see fit
- (ii) to promote and protect the good health both mental and physical of the public through the advancement of their education in sound health and well-being
- (iii) to further such other exclusively charitable purposes according to the law of England and Wales as the Trustees in their absolute discretion from time to time determine.

The Charity works to fulfil its objects and commitments to public benefit through six key interest groups:

3.2 Our Six Key Interest Groups

1. Health and Well-being
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage

Our grant making policy continues to ensure that grants are directed towards needs that are identified within these six key interest groups. The grant policy remains an essential aspect of the Charity's good governance in the way in which the Board assesses and approves applications for grants from the community.

3.3 Our five Key Objectives

SFCC's objectives are designed to reflect our community aim, our emphasis on community care and our commitment to meeting and exceeding our public benefit requirements:

1. Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects
2. Raise donations to be held in the Charity for the purpose of grants and support for charitable activities
3. Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects
4. Sponsor sound healing and community care events in and for the local and wider community
5. Manage the Sound Training Centre to ensure its on-going sustainability in maintaining the Charity's charitable activities, in accordance with the Charity Commission's guidance

The Trustees will continue to review the objectives and activities on an annual basis to ensure they continue to reflect the aims of SFCC.

3.4 Our Strategies

The strategies operated by the Board of Trustees include:

- (i) Continuing to build relationships with the local community to ensure awareness levels about the benefits available from the sponsored use of the Charity's Sound Training and Community Conference Centre as well as widening potential opportunities for its use for paid hire.
- (ii) Fostering its further charitable work in the community to support sound education and health programmes as well as providing grants that have a marked and sustainable positive impact on the target group, and to ensure that these activities have longevity beyond the grant phase.
- (iii) Encouraging the support and active participation of volunteers, firstly in relation to organising, co-ordinating and hosting many of the charity's charitable activities and secondly in the cleaning and maintenance of the Sound Training Centre and grounds. These volunteers also assist in cleaning the building before and after every event, which means that the charity's running costs can be kept to a minimum.

4. ACTIVITIES AND ACHIEVEMENTS

4.1 How our activities deliver public benefit

The Board of Trustees has again continued its focus on and commitment to delivering public benefit, highlighted here in the following Review of Activities.

4.2 Review of Activities

The Charity continues to acknowledge the importance of the public attendance and purpose of use of the Sound Training Centre facilities.

The Charity has continued to satisfy those measures by which the activity of the Charity is held accountable, in line with the Charity's aim to achieve its objectives:

Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects.

- The Charity continues to emphasize developing and fostering relationships with local charities, community groups, businesses, schools, health services and the local council.

Raise donations to be held in the Charity for the purpose of grants and support for charitable activity.

- The Trustees and volunteers continue to discuss the work of the charity with local and interested individuals and groups. Such local activities increase the exposure of the charity.

Grant support to community and well-being activities countrywide and at the Sound Training Centre in accordance with the Charity's charitable objects.

- The Charity views relationships with the local community as very important in continuing to establish the Sound Training Centre as a Centre exclusively for public benefit.
- Grants have included support for both health care staff and recipients of health care.

The various sponsored events mentioned in the following section, which highlight the sponsorship of sound healing and community care events in and for the local and wider community, encompassing one or more of our 6 key areas of public benefit.

Sponsor sound healing and community care events in and for the local and wider community:

- SFCC has offered an interactive singing programme in various locations (care homes) for well-being specifically for the elderly and those with dementia.
- SFCC has developed a befriending and patient visiting project which is now well established in local hospitals and hospices in the South West of England, Greater London, and the Midlands.
- SFCC has developed various Health and Well-being Projects. These are educational presentations in support of a healthier lifestyle.

Manage the Sound Training Centre to ensure its on-going sustainability in accordance with the Charity Commission's guidance on charitable activities.

- The Board of Trustees ensures that all contracts with tenants are completed with due integrity, such that any potential conflict of interest is handled in line with the agreed SFCC procedures.
- In setting the level of fees, charges and concessions, the Trustees give careful consideration to the accessibility of its activities for those on low incomes and other charitable groups.

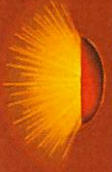
Key to Public Benefit Areas - Our Six Key Interest Groups

1. Health and Wellbeing
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage

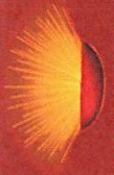


Summary of Activities: 01 October 2022 to 30 September 2023

Date or event/grant	No	Activity/Grant Details	Purpose of activity or grant	Public Benefit	Location of event or Location of Grant	Grant or Event Application / Date Received	Approved Y/N & Date Approved	Review Report/Outcome & Date Received	Notes
Ongoing	1	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 1 NHS hospital	1, 3, 6	Wiltshire Hospital	No – Ongoing activity	Yes	Yes October 2023	Activity on-going and includes various activities
Ongoing	2	Interactive Singing	Singing in care homes for elderly residents	1, 2, 3	2 care homes in Somerset 2 care homes in Wiltshire 2 care homes in Surrey	No – ongoing voluntary activity	Yes	Yes October 2023	Ongoing activity
Ongoing	3	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 1 NHS hospital	1, 3, 6	Somerset Hospital	No – ongoing activity	Yes	Yes October 2023	Ongoing activity
Ongoing	4	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 1 NHS hospital	1, 3, 6	Greater London Hospital	No – ongoing activity	Yes	Yes October 2023	Ongoing activity
Ongoing	5	Volunteering work with refugees	Voluntary support for refugee project	1, 6	East of England	No – ongoing activity	Yes	Yes October 2023	Ongoing activity



Ongoing	6	Volunteering in schools	Volunteering in 2 schools	1, 4, 5	1 in Wiltshire, 1 in Somerset	No – ongoing activity	yes	Yes October 2023	Ongoing activity
On going	7	Regular Volunteering	Volunteer- support at HGH	1, 3, 6	Oxfordshire Hospital	No – ongoing activity	Yes	Yes October 2023	Volunteering.
On Going	8	Regular Volunteering Weekly sessions	Volunteer- support at KHH	1, 3, 6	Oxfordshire Hospice	No – ongoing activity	Yes	Yes October 2023	Volunteering continues monthly at weekends.
March 2023	9	Grant for Massage chair, sofa, picture, hot water flask To provide support for staff wellbeing by enhance staff well-being offer by adding further equipment to a staff wellbeing area called The Cabin where staff can relax and have wellbeing sessions.	Grant	1	Southern England NHS Hospital	Yes, December 2022	Yes, March 2023	Yes May 2024	Funds transferred to NHS trust in March 2023 with them purchasing the items directly.
June 2023	10	Grant for	Grant	1,2	London NHS Hospital	Yes, June 2023	Yes, June 2023	Yes July 2023	Funds transferred to Hospital Trust who



July 2023	11	Musical instruments for musical therapy	To support providing music therapy to severely brain injured patients. Musical therapy has been found by the hospital to support such patients in their rehabilitation goals.	Grant	1	SE England NHS Trust	Yes, June 2023	Yes, July 2023	Yes Report to follow as awaiting delivery of one of the items.	Funds transferred to NHS Trust Charity who purchased the equipment and supplies directly.	purchased the musical instruments directly.
			Grant for Furniture and supplies including soft furnishing, drinking water dispenser, kettle, toaster, mugs, glasses, cutlery and tea / biscuit supplies Which will be placed in each of their recently established chillout spaces which are staff rest areas based near to their inpatient wards to give staff a space to relax and 'cool off' during their								



August 2023	12	breaks and pre / post shift.	Grant	1,6	London NHS Hospital	Yes, August 2023	Yes, August 2023	Yes December 2023.	Funds transferred to NHS Trust Charity who paid for the massages directly.
		<p>Grant for</p> <p>Hand Massages</p> <p>For Public Health Nursing to support community staff wellbeing, via hand massages for community nursing team. This supported staff health and wellbeing for community staff in innovative ways across all their different sites. This reduced burnout amongst their hard-working community colleagues and enhanced staff morale bringing staff together to create a wellbeing culture across their team. This trust is an area worst affected with COVID-19 deaths and with many health inequalities still exist across the trust area impacting staff.</p>							



Summary of Room Hire from October 2022 to September 2023

Date	No	Hirer	Reason for Hire	Public Benefit
Oct 2022	1	Government Agency	Meeting	1,5,6
Nov 2022	2	Private Individuals	Private Function	1,5
Nov 2022	3	Private Individual	Private Function	1,2
Dec 2022	4	Government Institution	Meeting	1,5
Jan 2023	5	Private Individual	Private Function	1,5
Feb 2023	6	Private Business	Sound Healing Workshop	1,2,5
Feb 2023	7	Private Business	Sound Healing Workshop	1,2,5
Feb 2023	8	Private Business	Sound Healing Workshop	1,2,5
Feb 2023	9	Private Business	Sound Healing Workshop	1,2,5
Feb 2023	10	Government Agency	Meeting	1,5
Feb 2023	11	Private Individual	Private Function	1,5
May 2023	12	Private Individuals	Private Function	1,4,5
May 2023	13	Private Individuals	Private Function	1,5
May 2023	14	Private Individuals	Private Function	1,2,5
June 2023	15	Local Business	Health & well-being workshop	1,5,6
June 2023	16	Private Individual	Private Function	1,2
Aug 2023	17	Local individual	Private Function	1,3
Aug 2023	18	Private Individual	Music / Drum workshop	1,2,5
Aug 2023	19	Private Individual	Music / Drum workshop	1,2,5
Sep 2023	20	Private Individual	Photo Shoot	1,2
Sep 2023	21	Private Individual	Photo Shoot	1,2
All year round	22	Athletics and Physiotherapy	Physical Wellbeing Session Room Hire	1,4,5

4.3 Partnership Development and Performance Review

In developing and sponsoring community programmes and partnerships in the areas of Health, Education and Community the Charity have an ongoing process to review the success of our initiatives. Progress and outcomes of all our work and sponsorship commitments are reviewed at Trustee meetings.

5. FINANCIAL REVIEW

5.1 Summary

The Trustees are pleased to report the financial results for the Charity for the twelve months to 30th September 2023.

The income for the year was £118,798 (was £119,619 in 2022). This included donated services and facilities that amounted to £8,271.

Costs have been closely monitored and controlled during the period. Excluding depreciation, the expenditure was £125,692 (was £81,078 in 2022), and the annual depreciation was £47,996, resulting in total costs of £173,688 (was £136,320 in 2022).

The result is the charity is showing a net expenditure before depreciation of £6,894 (was income of £38,541 in 2022) and a net expenditure of £54,890 (was £16,701 in 2022) including depreciation.

5.2 Reserves

As stated earlier, the Trustees take a prudent approach to the management of the finances and assessment of the Charity's financial obligations.

Using the experience of several years of operating the Sound Training Centre, with adjustments based on regular reviews, the Trustees have identified that the level of reserves should cover approximately 6 months operating expenses, excluding depreciation, and an allowance for maintenance works.

Total designated reserves on 30th September 2023 are £145,000 compared to £145,000 on 30th September 2022.

5.3 Principal Funding Sources

SFCC seeks funds from a range of sources to enable it to meet the needs presented by ongoing operational costs, as well as funds for its current and potential beneficiaries. Private donations from supporters, continue to be the principal source of our funding throughout this period. The Trustees have ensured on-going communication with all supporters during this period, with adjustments being made as required with donations.

During this last reporting period the SFCC also arranged a Charity Gala Dinner ball as a new way of increasing exposure for the SFCC and its work, and noted increased donations from the funds raised by the ball itself and on-going donations thereafter.

The Trustees continue in promoting the use of the Sound Training Centre facilities as an overall Charity objective, and hiring activities have recovered after the lull seen during Covid-19 with government restrictions. Trustees continue to actively monitor expenses and supported on-going hirers and are pleased to see an increase in new and repeat hirers. All monies arising from hire of the conferencing facilities are directed back into existing and future charitable activities.

Other Donated Services and Facilities and Donations in Kind

SFCC is fortunate to have volunteers who give of their time freely, such that services that would normally have to be paid for are being given at no cost to the Charity.

The Trustees have estimated the total value of these donated services and facilities and donations in kind to be £8,271 made up as to:

- Secretary and Treasurer: £1,500 (120 hrs. per year @ £12.50 per hour)
- Bookkeeper: £2,000 (160 hrs. per year @ £12.50 per hour)
- Housekeeping and Cleaning Services: £2,470 (5 hrs. per week @ £9.50 per hour)
- Maintenance Services, including internal painting, cleaning gutters, biomass boiler, security, and window cleaning: £2,109
- Other, including materials and replacement items: £192

5.4 Investment Policy and Objectives

The Charity retains cash in a deposit account for immediate access. It does not hold any long-term investments.

5.5 Restricted Funds

The Charity does not have any restricted funds.

6 PLANS FOR THE FUTURE

6.1 Strategic Direction

The SFCC will continue to work with the local and wider community by maintaining focus and delivery on our five key objectives (3.3) through our six key interest groups (3.2).

The Befriending and Patient Visiting volunteer programme operates within 5 organisations consisting of 4 hospitals and a hospice, with volunteers also volunteering in two schools and a refugee centre.

An on-going interactive singing programme operates across 4 aged care homes.

We have seen increased volunteer activity, with new volunteers coming on-board to support in the on-going building maintenance, and deep cleaning days.

The quality of the relationships built between SFCC and all the SFCC volunteers, and staff, patients, and carers where activities take place, has provided a foundation for the on-going success of SFCC and its running of events and programmes. The relationships SFCC have built with our volunteers and volunteer organisations stand the Charity in good stead and are continually attended to; with on-going check-ins with volunteers and updates provided by volunteers on their charitable activities. This will continue to be a key focus of the Charity.

SFCC have built good relationships with organisations who have applied for a grant, in particular healthcare organisations, whereby SFCC trustees support grant enquiries including supporting their application via SFCC grant application forms. This will also continue to be a focus of the Charity, particularly as these grants have received exceptionally good feedback on how beneficial they have been to those organisations who have applied for them.

The Charity will continue to offer grants for public benefits and continue to support communities both locally and nationally, including online programme activities.



7. TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees, who are also directors of Sound Foundation Community Care for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles of the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The Trustees are responsible for keeping accounting records, which disclose with reasonable accuracy the financial position of the Charity enabling them to ensure that the financial statements comply with the Companies Act 2006, the Charities Act 2011 and the provisions of the Charity deed. They are responsible for safeguarding the assets of the Charity and taking reasonable steps for the prevention and detection of fraud as well as any other irregularities.

In so far as the trustees are aware:

- There is no relevant independent examination information of which the charitable company's independent examiners are unaware

AND

- The trustees have taken all steps needed to make themselves aware of any relevant independent examination information and to establish that the independent examiners are aware of that information

INDEPENDENT EXAMINERS

The independent examiners, TC Group, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by the Trustees on their behalf by:

Monica Gillooly, Chair, Trustee

26th June 2024

Date

Stephen Anderson, Treasurer, Trustee

26th June 2024

Date

SOUND FOUNDATION COMMUNITY CARE
INDEPENDENT EXAMINER'S REPORT
TO THE MEMBERS OF SOUND FOUNDATION COMMUNITY CARE

I report to the charity trustees on my examination of the accounts of the Charitable Company for the year ended 30 September 2023.

Responsibilities and basis of report

As the Charitable Company's trustees (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your 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 Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

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

TC Group

Mr Mark Cummins FCCA FCIE
for and on behalf of
TC Group
The Courtyard
Shoreham Road
Upper Beeding
Steyning
West Sussex
BN44 3TN

Dated: *27th June 2024*

SOUND FOUNDATION COMMUNITY CARE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Notes	Total 2023 £	Total 2022 £
Income from:			
Donations and legacies	3	90,154	97,824
Other trading activities	4	27,977	21,762
Investment income	5	667	33
Total income		118,798	119,619
Expenditure on:			
Raising funds		7,347	-
Charitable activities		166,341	136,320
Total expenditure	6	173,688	136,320
Net expenditure		(54,890)	(16,701)
Reconciliation of funds			
Total funds brought forward		2,082,181	2,098,882
Total funds carried forward		2,027,291	2,082,181

There are no recognised gains or losses other than those reported on the Statement of Financial Activities. All activities are classed as continuing. All activities and funds in the current and prior year were unrestricted.

SOUND FOUNDATION COMMUNITY CARE

BALANCE SHEET

AS AT 30 SEPTEMBER 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	10		1,820,588		1,866,023
Current assets					
Debtors	11	9,820		13,456	
Cash at bank and in hand		205,206		215,385	
		<u>215,026</u>		<u>228,841</u>	
Creditors: amounts falling due within one year	12	(8,323)		(12,683)	
Net current assets			<u>206,703</u>		<u>216,158</u>
Total assets less current liabilities			<u>2,027,291</u>		<u>2,082,181</u>
Net assets			<u>2,027,291</u>		<u>2,082,181</u>
The funds of the charity					
Unrestricted funds			<u>2,027,291</u>		<u>2,082,181</u>

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act relating to small companies and constitute the annual accounts required by the Companies Act 2016 and are for circulation to members of the company.

For the financial year in question the company was entitled to exemption under Section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of the accounts.

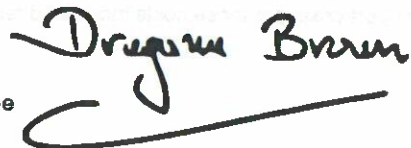
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Board on 26th June 2024



Ms M Gillooly – Trustee

Ms D Brown – Trustee



Company number 09400037

Charity number 1160449

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Legal Status

Sound Foundation Community Care is a charitable company, limited by guarantee, registered in England and Wales. The charitable company's registered number and registered office address can be found on the legal and administration page.

2 Accounting policies

2.1 Basis of preparation

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Sound Foundation Community Care meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). There are no material uncertainties about Sound Foundation Community Care's ability to continue as a going concern.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest pound.

2.2 Cash Flow Statement

In accordance with Section 7 of FRS 102 the charity is claiming exemption from the requirement to prepare a cash flow statement on account of its size.

2.3 Income

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.

2.4 Expenditure

Expenditure is recognised on an accruals 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 raising funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

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.

Support costs are those costs incurred directly in support of expenditure on the objects of the charity.

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

2 Accounting Policies

(continued)

2.5 Tangible fixed assets and depreciation

Tangible fixed assets are capitalised at cost and depreciated over their estimated useful economic life on a reducing balance basis as follows:

<i>Asset category</i>	<i>Depreciation rate</i>
Freehold Property	In accordance with the property
Fixtures, Fittings & Equipment	At varying rates on cost

2.6 Fund Accounting

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees and which have not been designated for other purposes.

2.7 Taxation

As a charity, Sound Foundation Community Care is exempt from tax on income and gains to the extent that these are applied to its charitable objects.

2.8 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

2.9 Debtors

Debtors are recognised at the settlement amount due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments. The Trustees seek to use short term deposits where possible to maximise the return on monies held at the bank and to manage cash flow.

2.11 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised.

The trustees do not consider that there are any critical estimates or areas of judgement that need to be brought to the attention of the readers of the financial statements.

SOUND FOUNDATION COMMUNITY CARE
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

3 Donations and legacies	Total	Total
	2023	2022
	£	£
Donations	65,592	77,381
Gift aid	7,695	12,225
Grants - Heating	4,237	-
Donated services and facilities	8,271	8,218
Fundraising events	4,359	-
	90,154	97,824
4 Other trading activities	2023	2022
	£	£
Catering facilities hire	2,042	1,700
Dormitories	-	417
Small room hire	6,638	6,167
Pool hire	11,073	10,300
Conference room hire	8,224	3,178
	27,977	21,762
5 Investment income	2023	2022
	£	£
Bank interest	657	33
Other interest	10	-
	667	33

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

6 Expenditure

	2023 £	2022 £
Raising funds		
Charitable events costs	7,347	-
	<u>7,347</u>	<u>-</u>
Charitable activities		
Donations	10,940	4,548
Depreciation	47,996	55,242
Support costs	101,163	68,339
Finance costs	30	30
Governance costs	6,212	8,161
	<u>173,688</u>	<u>136,320</u>

Included in governance costs is independent exam fees totalling £2,500 (2022: audit fees of £3,500) and auditors remuneration in relation to non-audit services totalling £nil (2022: £1,000).

Support costs includes overhead costs of running the charity's building, including rates, insurance, heating, power and repairs.

7 Net expenditure

Net expenditure is stated after charging:

	2023 £	2022 £
Depreciation – owned assets	<u>47,996</u>	<u>55,242</u>

8 Comparative funds – Statement of Financial Activities for year ended 30 September 2022

	Notes	Total 2022 £
Income from:		
Donations and legacies	3	97,824
Other trading activities	4	21,762
Investment income	5	33
Total income		<u>119,619</u>
Expenditure on:		
Charitable activities	6	136,320
Total expenditure:		<u>136,320</u>
Net income/(expenditure)		<u>(16,701)</u>
Reconciliation of funds		
Total funds brought forward		2,098,882
Total funds carried forward		<u>2,082,181</u>

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

9 Trustees

The charity is under the control of the Trustees. None of the trustees (nor any persons connected with them) received any remuneration during the year (2022: £nil). None of the trustees received any expenditure reimbursements during the year (2022: none).

10 Tangible fixed assets

	Freehold property	Fixtures, Fittings & Equipment £	Total £
Cost			
At 1 October 2022	2,178,045	77,957	2,256,002
Additions	-	2,561	2,561
Disposals	-	(113)	(113)
At 30 September 2023	2,178,045	80,405	2,258,450
Depreciation			
At 1 October 2022	325,727	64,252	389,979
Charge for the year	44,194	3,802	47,996
Eliminated on disposal	-	(113)	(113)
At 30 September 2023	369,921	67,941	437,862
Net book value			
At 30 September 2023	1,808,124	12,464	1,820,588
At 30 September 2022	1,852,318	13,705	1,866,023

11 Debtors

	2023 £	2022 £
Trade debtors	370	545
Other debtors	5,647	9,557
Prepayments and accrued income	3,803	3,354
	9,820	13,456

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	2,162	1,886
Accruals and deferred income	6,161	10,797
	8,323	12,683

SOUND FOUNDATION COMMUNITY CARE

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2023

13 Related party disclosures

Trustee Jane Keep was invoiced a total of £nil (2022: £408) for use of facilities at the Sound Training Centre. The amount paid including VAT was £nil (2022: £490).

Trustee Amita Khurana was invoiced a total of £1,326 (2022: £1,358) for use of facilities at the Sound Training Centre. The amount paid including VAT was £1,591 (2022: £1,630).

Donations from trustees and related parties, with no conditions attached, totalled £730 (2022: £480).

14 Ultimate controlling party

The Company was controlled throughout the year by the trustees of the charity.

15 Limited by guarantee

The Company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such amount as may be required not exceeding £1.

Document Activity Report

Document Sent

Fri, 05 Jul 2024 14:57:05 GMT

Document Activity History

Document history shows most recent activity first

Date

Activity

You can verify that this is a genuine Portal document by uploading it to the following secure web page:

<http://tcgroup.accountantspace.co.uk/messages/VerifyDocument>

SOUND FOUNDATION COMMUNITY CARE

England & Wales - Charity number 1160449

Accounts

REGISTERED COMPANY NUMBER: 09400037 (England and Wales)
REGISTERED CHARITY NUMBER: 1160449

Report of the Trustees and
Audited Financial Statements for the Year Ended 30 September 2022
for
Sound Foundation Community Care

Maxwells
Chartered Accountants
and Statutory Auditor
4 King Square
Bridgwater
Somerset
TA6 3YF

Sound Foundation Community Care

Contents of the Financial Statements
for the Year Ended 30 September 2022

	Page
Report of the Trustees	1 to 18
Report of the Independent Auditors	19 to 21
Statement of Financial Activities	22
Balance Sheet	23 to 24
Notes to the Financial Statements	25 to 31

TRUSTEE ANNUAL REPORT

Sound Foundation Community Care

Trustee Annual Report and Financial Statement

1st October 2021 - 30th September 2022

CONTENTS:

- LEGAL AND ADMINISTRATIVE INFORMATION
- REPORT OF THE TRUSTEE MANAGEMENT COMMITTEE
 - STATEMENT OF FINANCIAL ACTIVITIES

REFERENCE AND ADMINISTRATION DETAILS:

Charity Name	Sound Foundation Community Care
Charity Number	1160449
Company Number	09400037
Registered Office	Sound Training Centre Bull's Quarries Road, Tytherington, Frome, Somerset, BA11 5BW
Trustees / Directors	Ms. Monica Gillooly Chair Ms. Dragana Brown Dr. Jane Keep Mr. Stephen Anderson Treasurer Mrs. Amita Khurana
Auditors	Maxwells Chartered Accountants 4 King Square, Bridgwater, Somerset, TA6 3YF
Bankers	Co-operative Bank, Skelmersdale, WN8 6WT
Solicitors	Russell-Cooke LLP 2 Putney Hill, Putney, London, SW15 6AB



SOUND FOUNDATION COMMUNITY CARE (SFCC) is a Charitable Trust incorporated on 21st January 2015 as a company limited by guarantee with company number 09400037 and registered as a charity with charity number 1160449.

The Board of Trustees is pleased to present its eighth annual report incorporating the directors' report and audited financial statements of the Charity for the period ended 30th September 2022.

The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the Charity's governing instruments, the Charities Act 2011, the Charities SORP (FRS102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

1. OUR COMMITMENT TO COMMUNITY AND PUBLIC BENEFIT

SFCC supports a diverse range of community health, education, and social care initiatives to people of all ages. In line with the Charity's stated objectives, we aim to deliver all of our services in close partnership with the communities we serve.

Based on the Trustee membership and a voluntary team, the charity provides events and services in a range of community settings in the Frome area from our community conference centre in Tytherington, Somerset. We have worked to consolidate and expand our volunteer work around the country, as part of our commitment to serve the wider community with a steadily building national focus. Our Charitable Activity Co-ordination involves the trustees, other volunteers, and communities to continuously expand our charitable activity across the UK.

During this reporting period Trustees have adjusted and managed the Charity running and activities considering the on-going cost changes in the UK and with financial due diligence and prudence.



2. STRUCTURE, GOVERNANCE AND MANAGEMENT

2.1 Organisation and Structure

SFCC is a company limited by guarantee and run by a Board of 5 Trustees, governed by Articles of Association.

2.2 Recruitment and appointment of Trustees

Per the SFCC governing document, the board may appoint trustees at any time at a meeting or in writing, refer governing document Articles of Association 25.1.

During the period 1st October 2021 to 30th September 2022 there were no changes in trustees.

2.3 Standards of Trustee Management of the Charity

All Trustees are equally responsible for the general control, management and strategic direction of the Charity, with activities founded on a Trustee Code of Conduct. They communicate on a regular basis throughout the year, holding formal Trustee meetings, the minutes of which are distributed to all Trustees. None of the Trustees receive any financial remuneration for their time.

The Trustees are required to familiarise themselves with the scope of their individual responsibilities under the Charities Act and to conduct their dealings with the Charity in line with best practice advice contained therein as well as the SFCC's Policies.

The Trustees operate with diligence, integrity and transparency and recognise their responsibilities for the way in which they manage conflicts of interest and comply with all the obligations and public benefit requirements of the Charity Commission, and as such, all trustees are asked to sign a Trustee Code of Conduct declaration.

The Trustees have agreed and will continue to review and assess, on an on-going basis, the following additional governance standards for SFCC, now implemented:

Service Principles

1. SFCC will shape its services in response to the needs of our 6 Key Interest Groups (see 3.2)
2. SFCC will work continuously to improve the quality of services
3. SFCC will work to ensure shared activity with communities and to enhance potential for the implementation of our charitable activities and grants

2.4 Risk management

As part of its due process, the Trustees have managed the financial and operating risks of the Charity as a continuous improvement process, to include the review and update of the risk register. The Trustees have identified and recorded a range of risks and continued to maintain close relationships with external professional advisers. With the on-going lockdowns and restrictions due to COVID-19 the Charity and its Trustees have ensured on-going compliance with government restrictions, continual communication and support with all users and volunteers as required and on-going financial review and support as needed.

The Charity's Sound Training Centre in Tytherington continues to be used for charitable activities largely in support of the local, regional and national community.

The Trustees manage the Charity's income in the most prudent way. We retain some reserves and have built up a fund to cover approximately 6 months running expenses and an allowance for maintenance works. During this reporting period the focus has been reducing any un-necessary costs and ensuring all financial outlays are streamlined.

Overall the Charity maintains adequate cash balances and is debt free. All commitments involve detailed scrutiny, and the Trustees apply a rigorous approach to the Reserves Policy and cash management.

2.5 Insurance

The Charity's insurance is reviewed annually and meets in full all requirements and recommendations under the insurance companies "risk improvements" arrangements. The Charity has public liability insurance cover in place and all insurances appropriate to its planned activities.

3. OBJECTIVES AND ACTIVITIES



3.1 Summary of Purpose

The objects of the Charity are for public benefit and are set out in the Charity's Articles of Association:

- (i) to promote and protect the good health both mental and physical of the public by educating them in the therapeutic benefits of music and sound in any way that the Trustees see fit
- (ii) to promote and protect the good health both mental and physical of the public through the advancement of their education in sound health and well-being
- (iii) to further such other exclusively charitable purposes according to the law of England and Wales as the Trustees in their absolute discretion from time to time determine.

The Charity works to fulfil its objects and commitments to public benefit through six key interest groups:

3.2 Our Six Key Interest Groups

1. Health and Well-being
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage

Our grant making policy continues to ensure that grants are directed towards needs that are identified within these six key interest groups. The grant policy remains an essential aspect of the Charity's good governance in the way in which the Board assesses and approves applications for grants from the community.

3.3 Our five Key Objectives



SFCC's objectives are designed to reflect our community aim, our emphasis on community care and our commitment to meeting and exceeding our public benefit requirements:

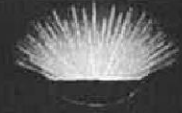
1. *Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects*
2. *Raise donations to be held in the Charity for the purpose of grants and support for charitable activities*
3. *Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects*
4. *Sponsor sound healing and community care events in and for the local community*
5. *Manage the Sound Training Centre to ensure its on-going sustainability in maintaining the Charity's charitable activities, in accordance with the Charity Commission's guidance*

The Trustees will continue to review the objectives and activities on an annual basis to ensure they continue to reflect the aims of SFCC.

3.4 Our Strategies

The strategies operated by the Board of Trustees include:

- (i) Continuing to build relationships with the local community to ensure awareness levels about the benefits available from the sponsored use of the Charity's Sound Training and Community Conference Centre as well as widening potential opportunities for its use for paid hire.
- (ii) Fostering its further charitable work in the community to support sound education and health programmes as well as providing grants that have a marked and sustainable positive impact on the target group, and to ensure that these activities have longevity beyond the grant phase.



- (iii) Encouraging the support and active participation of volunteers, firstly in relation to organising, co-ordinating and hosting many of the charity's charitable activities and secondly in the cleaning and maintenance of the Sound Training Centre and grounds. These volunteers also assist in cleaning the building before and after every event, which means that the charity's running costs can be kept to a minimum.

4. ACTIVITIES AND ACHIEVEMENTS

4.1 How our activities deliver public benefit

The Board of Trustees has again continued its focus on and commitment to delivering public benefit, highlighted here in the following Review of Activities.

4.2 Review of Activities

The Charity continues to acknowledge the importance of the public attendance and purpose of use of the Sound Training Centre facilities, with adjustments based on government restrictions during Covid19.

The Charity has continued to satisfy those measures by which the activity of the Charity is held accountable, in line with the Charity's aim to achieve its objectives:

Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects.

- The Charity continues to emphasize developing and fostering relationships with local charities, community groups, businesses, schools, health services and the local council.

Raise donations to be held in the Charity for the purpose of grants and support for charitable activity.

- The Trustees and volunteers continue to discuss the work of the charity with local and interested individuals and groups. Such local activities increase the exposure of the charity.



Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects.

- The Charity views relationships with the local community as very important in continuing to establish the Sound Training Centre as a Centre exclusively for public benefit.
- Grants have included support for both health care staff and recipients of health care.

The various sponsored events mentioned in the following section, which highlight the sponsorship of sound healing and community care events in and for the local community, encompassing one or more of our 6 key areas of public benefit.

Sponsor sound healing and community care events in and for the local community:

- SFCC has offered an interactive singing programme in various locations (care homes) for well-being specifically for the elderly and those with dementia.
- SFCC has developed a befriending and patient visiting project which is now well established in local hospitals in the South West of England, Greater London, and the Midlands.
- SFCC has developed various Health and Well-being Projects. These are educational presentations in support of a healthier lifestyle. The presentations have included make-up and beauty care, and cooking with using herbs presentations.

Manage the Sound Training Centre to ensure its on-going sustainability in accordance with the Charity Commission's guidance on charitable activities.

- The Board of Trustees ensures that all contracts with tenants are completed with due integrity, such that any potential conflict of interest is handled in line with the agreed SFCC procedures.
- In setting the level of fees, charges and concessions, the Trustees give careful consideration to the accessibility of its activities for those on low incomes and other charitable groups.

Key to Public Benefit Areas - Our Six Key Interest Groups

1. Health and Wellbeing;
2. Sound Healing;
3. Aged Care;
4. Youth;
5. Education;
6. Groups experiencing Social and/or Economic Disadvantage.

Summary of Activities: 01 October 2021 to 30 September 2022

Date or event/grant	No	Activity/Grant Details	Purpose of activity or grant	Public Benefit	Location of event or Location of Grant	Grant or Event Application / Date Received	Approved Y/N & Date Approved	Review Report/Outcome & Date Received	Notes
On going	1	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 2 NHS hospitals	1, 3, 6	Wiltshire Hospital	No – Ongoing activity	Yes	Yes November 2022	Activity onsite restarted after pause from March 2020 until 2022 due to Covid and a new ward being built. Volunteers maintained contact with hospital throughout and started back in Autumn 2022. One volunteer offered hand massages to staff when hospital re-opened in Spring 2022 after being closed to visitors for COVID and this has



SOUND FOUNDATION
COMMUNITY CARE

On going	3	Regular Volunteering	Volunteer-support at HGH	1, 3, 6	Oxfordshire Hospital	No – ongoing activity	Yes	Yes November 2022	continued since then. Volunteering returned after the COVID pandemic from March 2021, and this continues. Volunteering continues monthly at weekends.
On Going	4	Regular Volunteering Weekly sessions	Volunteer-support at KHH	1, 3, 6	Oxfordshire Hospice	No – ongoing activity	Yes	Yes November 2022	Funds transferred to NHS trust in September 2022 with them purchasing the items directly.
September 2022	5	Grant for Tea and coffee trolley for staff, with related equipment To provide tea/coffee to teams who are not always able to take breaks with a tea trolleys. Hampers as a gift for staff Two hampers to give to staff as prizes for participating in the NHS staff survey Wellbeing room for staff Things for the staff wellbeing room: Staff Wellbeing	Grant	1	SE England Healthcare NHS Trust	Yes	Yes, September 2022	Yes September 2022	



SOUND FOUNDATION
COMMUNITY CARE

Dec 2021	11	Sound Healing Trainer	Workshop on therapeutic benefits of sound and voice	1,2,5
Jan 2022	12	Retreat Group	Wellbeing workshop	1,5
Various	13	Athletics and Physiotherapy	Physical Wellbeing Session Room Hire	1,4,5
Jul 2022	14	Environmental Group	Business meeting	1,5
Various	15	Health and Wellbeing	Physical Wellbeing Session Room Hire	1,2,5
July 2022	16	Private Function	Birthday Celebration	1,5
Various	17	Health and Wellbeing	Physical Wellbeing Session Room Hire	1,2,5
Sep 2022	18	Life Wellbeing Company	Business meeting	1,2,5
Sep 2022	19	Life Wellbeing Company	Business meeting	1,2,5
Sep 2022	20	Life Wellbeing Company	Business meeting	1,2,5
Sep 2022	21	Life Wellbeing Company	Business meeting	1,2,5
Sep 2022	22	Life Wellbeing Company	Business meeting	1,2,5
Sep 2022	23	Fitness Coach	Exercise, Health & Wellbeing presentation	1,2,5
Sep 2022	24	Education Group	3 days international conference	5
Sep 2022	25	Education Group	3 days international conference	5
Sep 2022	26	Education Group	3 days international conference	5



4.3 Partnership Development and Performance Review

In developing and sponsoring community programmes and partnerships in the areas of Health, Education and Community the Charity have a feedback loop to review the success of our initiatives. Progress and outcomes of all our work and sponsorship commitments are reviewed at Trustee meetings.

5. FINANCIAL REVIEW

5.1 Summary

The Trustees are pleased to report the financial results for the Charity for the twelve months to 30th September 2022.

The income for the year was £119,619. This included donated services and facilities that amounted to £8,218.

Costs have been closely monitored and controlled during the period. Excluding depreciation, the expenditure was £81,078, and the annual depreciation was £55,242, resulting in total costs of £136,320.

The result is the charity is showing a net income before depreciation of £38,541 and a net expenditure of £16,701 including depreciation.

5.2 Reserves

As stated earlier, the Trustees take a prudent approach to the management of the finances and assessment of the Charity's financial obligations.

Using the experience of several years of operating the Sound Training Centre, with adjustments based on regular reviews, the Trustees have identified that the level of reserves should cover approximately 6 months operating expenses, excluding depreciation, and an allowance for maintenance works.

Total designated reserves on 30th September 2022 are £145,000 compared to £135,000 on 30th September 2021.



5.3 Principal Funding Sources

SFCC seeks funds from a range of sources to enable it to meet the needs presented by ongoing operational costs, as well as funds for its current and potential beneficiaries. Private donations from supporters, continue to be the principal source of our funding throughout this period. The Trustees have ensured on-going communication with all supporters during this period, with adjustments being made as required with donations.

While the Trustees continue in promoting the use of the Sound Training Centre facilities as an overall Charity objective, given Covid 19, focus has been on ensuring adherence to Government guidelines and restrictions in place. This has resulted in less hiring activities and Trustees have actively monitored expenses and supported on-going hirers during this period. All monies arising from hire of the conferencing facilities are directed back into existing and future charitable activities.

Other Donated Services and Facilities and Donations in Kind

SFCC is fortunate to have volunteers who give of their time freely, such that services that would normally have to be paid for are being given at no cost to the Charity.

The Trustees have estimated the total value of these donated services and facilities and donations in kind to be £8,218 made up as to:

- Secretary and Treasurer: £1488 (120 hrs. per year @ £12.40 per hour)
- Bookkeeper: £1,984 (160 hrs. per year @ £12.40 per hour)
- Housekeeping and Cleaning Services: £2,418 (5 hrs. per week @ £9.30 per hour)
- Maintenance Services, including internal painting, cleaning gutters, biomass boiler, security, and window cleaning: £2,037
- Other, including materials and replacement items: £291

5.4 Investment Policy and Objectives

The Charity retains cash in a deposit account for immediate access. It does not hold any long-term investments.

5.5 Restricted Funds



The Charity does not have any restricted funds.

6 PLANS FOR THE FUTURE

6.1 Strategic Direction

The SFCC will continue to work with the local and wider community by maintaining focus and delivery on our five key objectives (3.3) through our six key interest groups (3.2).

The Befriending and Patient Visiting volunteer programme operates within 10 organisations including hospitals, hospices, and days centres.

An on-going interactive singing programme operates across 3 care homes

The quality of the relationships built between SFCC volunteers, staff, patients, and carers has provided a foundation for the on-going success of these programmes. The relationships SFCC have built with our volunteers and volunteer organisations continue to stand the Charity in good stead and are continually attended to; with on-going check-ins with volunteers and updates provided by volunteers on their charitable activities. This will continue to be a key focus of the Charity.

The work of our Charitable Activity Co-Ordination supports our Aged Care and Health and Wellbeing programmes and has continued to assist in the preparation and submission of grant applications and provide further on-site support as and when required.

The Charity will include further online activities and will continue to assess and review these based on current and future requirements.

The Charity will continue to offer grants for public benefits and continue to support communities both locally and nationally, including online programme activities.

7. TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees, who are also directors of Sound Foundation Community Care for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally



Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles of the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The Trustees are responsible for keeping accounting records, which disclose with reasonable accuracy the financial position of the Charity & enable them to ensure that the financial statements comply with the Companies Act 2006 & the Charities Act 2011 & the provisions of the Charity deed. They are responsible for safeguarding the assets of the Charity & taking reasonable steps for the prevention & detection of fraud & any other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware

AND

- The trustees have taken all steps needed to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information



AUDITORS

The auditors, Maxwells, will be proposed for re-appointment at the forthcoming Annual General Meeting.


Approved by the Trustees on their behalf by:



Monica Gillooly, Chair, Trustee

22nd June 2023

Date



Stephen Anderson, Treasurer, Trustee

22nd June 2023

Date

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Opinion

We have audited the financial statements of Sound Foundation Community Care (the 'charitable company') for the year ended 30 September 2022 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to the charity and the sector in which it operates, and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focused on laws and regulations which could give rise to material misstatements in the financial statements, including, but not limited to, the Companies Act 2006, Charities Act 2011 and UK tax legislation. Our tests include agreeing the financial statement disclosures to underlying supporting documentation and enquires with management. There are inherent limitations in the audit procedures described above and, the further removed non-compliance with laws and regulations is from events and transactions reflected in the financial statements, the less likely we would become aware of it. As in all our audits, we also addressed the risk of management override of internal controls, including testing journals and evaluating whether there was evidence of bias by the trustees that represented a risk of material misstatement due to fraud.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Maxwells
Chartered Accountants
and Statutory Auditor
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
4 King Square
Bridgwater
Somerset
TA6 3YF

Date: 26.6.23

Sound Foundation Community Care

Statement of Financial Activities
for the Year Ended 30 September 2022

		30.9.22	30.9.21
		Unrestricted	Total
		funds	funds
		£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2	97,824	114,433
Other trading activities	3	21,762	8,530
Investment income	4	<u>33</u>	<u>79</u>
Total		<u>119,619</u>	<u>123,042</u>
EXPENDITURE ON			
Charitable activities			
Donations		4,548	7,169
Depreciation		55,242	54,469
Other	5	<u>76,530</u>	<u>57,297</u>
Total		<u>136,320</u>	<u>118,935</u>
NET INCOME/(EXPENDITURE)		(16,701)	4,107
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>2,098,882</u>	<u>2,094,775</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>2,082,181</u></u>	<u><u>2,098,882</u></u>

The notes form part of these financial statements

Sound Foundation Community Care

Balance Sheet
30 September 2022

	Notes	30.9.22 Unrestricted funds £	30.9.21 Total funds £
FIXED ASSETS			
Tangible assets	9	1,866,023	1,906,269
CURRENT ASSETS			
Debtors	10	13,456	20,850
Cash at bank		<u>215,385</u>	<u>179,242</u>
		228,841	200,092
CREDITORS			
Amounts falling due within one year	11	(12,683)	(7,479)
NET CURRENT ASSETS		<u>216,158</u>	<u>192,613</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,082,181</u>	<u>2,098,882</u>
NET ASSETS		<u>2,082,181</u>	<u>2,098,882</u>
FUNDS	12		
Unrestricted funds		<u>2,082,181</u>	<u>2,098,882</u>
TOTAL FUNDS		<u>2,082,181</u>	<u>2,098,882</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2022.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.


These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

Sound Foundation Community Care

Balance Sheet - continued
30 September 2022

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

The financial statements were approved by the Board of Trustees and authorised for issue on^{26th June 2023}..... and were signed on its behalf by:


.....
Ms M Gillooly - Trustee


.....
Ms D Brown - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

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

Expenditure

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

Tangible fixed assets

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

Freehold property	- in accordance with the property
Fixtures and fittings	- at varying rates on cost

Taxation

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

Fund accounting

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

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

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

Going concern

The trustees have carefully assessed the current impact and potential future consequences of the current cost of living increases on the business and have concluded that, based on how it has dealt with the situation to date and the nature of the charity, they do not create a material uncertainty that casts significant doubt upon its ability to continue as a going concern. Based on this and the continued close management of the centres expenses and regular reviews of management accounts and budgets, the trustees will continue to adopt the going concern basis in preparing the financial statements.

Estimates

In application of the charity's accounting policies, which are described previous, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered relevant.

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

1. ACCOUNTING POLICIES - continued

Estimates - continued

Actual results may differ from those estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

2. DONATIONS AND LEGACIES

	30.9.22	30.9.21
	£	£
Donations	77,381	86,780
Gift aid	12,225	19,697
Donated services and facilities	<u>8,218</u>	<u>7,956</u>
	<u>97,824</u>	<u>114,433</u>

3. OTHER TRADING ACTIVITIES

	30.9.22	30.9.21
	£	£
Catering facilities hire	1,700	1,500
Dormitories	417	-
Small room hire	6,167	1,804
Pool hire	10,300	4,292
Conference room hire	<u>3,178</u>	<u>934</u>
	<u>21,762</u>	<u>8,530</u>

4. INVESTMENT INCOME

	30.9.22	30.9.21
	£	£
Deposit account interest	<u>33</u>	<u>79</u>

5. OTHER

	30.9.22	30.9.21
	£	£
Support costs	68,339	49,027
Finance costs	30	30
Governance costs	<u>8,161</u>	<u>8,240</u>
	<u>76,530</u>	<u>57,297</u>

Included in governance costs is auditors remuneration totalling £3,500 (2021: £3,250) and auditors remuneration in relation to non-audit services totalling £1,000 (2021: £1,000).

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.9.22	30.9.21
	£	£
Depreciation - owned assets	<u>55,242</u>	<u>54,469</u>

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2022 nor for the year ended 30 September 2021.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	114,433
Other trading activities	8,530
Investment income	<u>79</u>
Total	<u>123,042</u>
EXPENDITURE ON	
Charitable activities	
Donations	7,169
Depreciation	54,469
Other	<u>57,297</u>
Total	<u>118,935</u>
NET INCOME	4,107
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>2,094,775</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>2,098,882</u></u>

9. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 October 2021	2,178,045	63,193	2,241,238
Additions	-	14,996	14,996
Disposals	-	(232)	(232)
	<u>2,178,045</u>	<u>77,957</u>	<u>2,256,002</u>
At 30 September 2022			
DEPRECIATION			
At 1 October 2021	281,532	53,437	334,969
Charge for year	44,195	11,047	55,242
Eliminated on disposal	-	(232)	(232)
	<u>325,727</u>	<u>64,252</u>	<u>389,979</u>
At 30 September 2022			
NET BOOK VALUE			
At 30 September 2022	<u>1,852,318</u>	<u>13,705</u>	<u>1,866,023</u>
At 30 September 2021	<u>1,896,513</u>	<u>9,756</u>	<u>1,906,269</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.22	30.9.21
	£	£
Trade debtors	545	295
Other debtors	9,557	17,545
Prepayments and accrued income	<u>3,354</u>	<u>3,010</u>
	<u>13,456</u>	<u>20,850</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.22	30.9.21
	£	£
Trade creditors	1,886	1,808
Accruals and deferred income	<u>10,797</u>	<u>5,671</u>
	<u>12,683</u>	<u>7,479</u>

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

12. MOVEMENT IN FUNDS

	At 1.10.21 £	Net movement in funds £	At 30.9.22 £
Unrestricted funds			
General fund	1,963,882	(26,701)	1,937,181
Unforeseen operational expense fund	45,000	10,000	55,000
Unforeseen repairs and minor works fund	40,000	-	40,000
Sinking fund	50,000	-	50,000
	<u>2,098,882</u>	<u>(16,701)</u>	<u>2,082,181</u>
TOTAL FUNDS	<u>2,098,882</u>	<u>(16,701)</u>	<u>2,082,181</u>

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	119,619	(136,320)	(10,000)	(26,701)
Unforeseen operational expenses fund	-	-	10,000	10,000
Unforeseen repairs and minor works fund	-	-	-	-
Sinking fund	-	-	-	-
	<u>119,619</u>	<u>(136,320)</u>	<u>-</u>	<u>(16,701)</u>
TOTAL FUNDS	<u>119,619</u>	<u>(136,320)</u>	<u>-</u>	<u>(16,701)</u>

Comparatives for movement in funds

	At 1.10.20 £	Net movement in funds £	At 30.9.21 £
Unrestricted funds			
General fund	1,994,775	(30,893)	1,963,882
Unforeseen operational expenses fund	30,000	15,000	45,000
Unforeseen repairs and minor works fund	30,000	10,000	40,000
Sinking fund	40,000	10,000	50,000
	<u>2,094,775</u>	<u>4,107</u>	<u>2,098,882</u>
TOTAL FUNDS	<u>2,094,775</u>	<u>4,107</u>	<u>2,098,882</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

12. MOVEMENT IN FUNDS - continued

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	123,042	(118,935)	(35,000)	(30,893)
Unforeseen operational expenses fund	-	-	15,000	15,000
Unforeseen repairs and minor works fund	-	-	10,000	10,000
Sinking fund	-	-	10,000	10,000
TOTAL FUNDS	<u>123,042</u>	<u>(118,935)</u>	<u>-</u>	<u>4,107</u>

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

	At 1.10.20 £	Net movement in funds £	At 30.9.22 £
Unrestricted funds			
General fund	1,994,775	(57,594)	1,937,181
Unforeseen operational expenses fund	30,000	25,000	55,000
Unforeseen repairs and minor works fund	30,000	10,000	40,000
Sinking fund	40,000	10,000	50,000
TOTAL FUNDS	<u>2,094,775</u>	<u>(12,594)</u>	<u>2,082,181</u>

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	242,661	(255,255)	(45,000)	(57,594)
Unforeseen operational expenses fund	-	-	25,000	25,000
Unforeseen repairs and minor works fund	-	-	10,000	10,000
Sinking fund	-	-	10,000	10,000
TOTAL FUNDS	<u>242,661</u>	<u>(255,255)</u>	<u>-</u>	<u>(12,594)</u>

13. RELATED PARTY DISCLOSURES

Jane Keep was invoiced a total of £408 (2021: £42) for use of facilities at the Sound Training Centre. The amount paid including VAT was £490 (2021: £50).

Amita Khurana was invoiced a total of £1,358 (2021: £375) for use of facilities at the Sound Training Centre. The amount paid including VAT was £1,630 (2021: £450).

Donations from trustees and related parties, with no conditions attached totalled £480 (2021: £2,840).

14. ULTIMATE CONTROLLING PARTY

The Company was controlled throughout the period by the trustees of the charity.

15. LTD BY GUARANTEE

The Company is limited by Guarantee and has no Share Capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such amount as may be required not exceeding £1.

SOUND FOUNDATION COMMUNITY CARE

England & Wales - Charity number 1160449

Accounts

REGISTERED COMPANY NUMBER: 09400037 (England and Wales)
REGISTERED CHARITY NUMBER: 1160449

Report of the Trustees and
Audited Financial Statements for the Year Ended 30 September 2021
for
Sound Foundation Community Care

Maxwells
Chartered Accountants
and Statutory Auditor
4 King Square
Bridgwater
Somerset
TA6 3YF

Sound Foundation Community Care

Contents of the Financial Statements
for the Year Ended 30 September 2021

	Page
Report of the Trustees	1 to 16
Report of the Independent Auditors	17 to 19
Statement of Financial Activities	20
Balance Sheet	21 to 22
Notes to the Financial Statements	23 to 29
Detailed Statement of Financial Activities	30 to 31

TRUSTEE ANNUAL REPORT

Sound Foundation Community Care

Trustee Annual Report and Financial Statement

1st October 2020 - 30th September 2021

CONTENTS:

- LEGAL AND ADMINISTRATIVE INFORMATION
- REPORT OF THE TRUSTEE MANAGEMENT COMMITTEE
 - STATEMENT OF FINANCIAL ACTIVITIES

REFERENCE AND ADMINISTRATION DETAILS:

Charity Name	Sound Foundation Community Care	
Charity Number	1160449	
Company Number	09400037	
Registered Office	Sound Training Centre Bull's Quarries Road, Tytherington, Frome, Somerset, BA11 5BW	
Trustees / Directors	Ms. Monica Gillooly	Chair
	Ms. Sara Williams	Resigned 27 th Jan 2021
	Ms. Dragana Brown	
	Dr. Jane Keep	
	Mr. Stephen Anderson	Treasurer
	Mrs. Amita Khurana	Appointed 28 th Feb 2021
Auditors	Maxwells Auditors 4 King Square, Bridgwater, Somerset, TA6 3YF	
Bankers	Co-operative Bank, Skelmersdale, WN8 6WT	
Solicitors	Russell-Cooke LLP 2 Putney Hill, Putney, London, SW15 6AB	

SOUND FOUNDATION COMMUNITY CARE (SFCC) is a Charitable Trust incorporated on 21st January 2015 as a company limited by guarantee with company number 09400037 and registered as a charity with charity number 1160449.

The Board of Trustees is pleased to present its seventh annual report incorporating the directors' report and audited financial statements of the Charity for the period ended 30th September 2021.

The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the Charity's governing instruments, the Charities Act 2011, the Charities SORP (FRS102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

1. OUR COMMITMENT TO COMMUNITY AND PUBLIC BENEFIT

SFCC supports a diverse range of community health, education, and social care initiatives to people of all ages. In line with the Charity's stated objectives, we aim to deliver all of our services in close partnership with the communities we serve.

Based on the Trustee membership and a voluntary team, the charity provides events and services in a range of community settings in the Frome area from our community conference centre in Tytherington, Somerset. We have worked to consolidate and expand our volunteer work around the country, as part of our commitment to serve the wider community with a steadily building national focus. Our Charitable Activity Co-Ordinator volunteer works alongside the trustees, other volunteers, and communities to continuously expand our charitable activity across the UK.

During this reporting period Trustees have adjusted and managed the Charity running and activities considering the on-going lockdowns and activities restrictions due to COVID-19.

2. STRUCTURE, GOVERNANCE AND MANAGEMENT

2.1 Organisation and Structure

SFCC is a company limited by guarantee and run by a Board of 5 Trustees, governed by Articles of Association.

2.2 Recruitment and appointment of Trustees

Per the SFCC governing document, the board may appoint trustees at any time at a meeting or in writing, refer governing document Articles of Association 25.1.

During the period 1st October 2020 to 30th September 2021 there were the following changes in trustees:

Sara Williams resigned as a Trustee on 27th Jan 2021.
Amita Khurana was appointed as a Trustee on 28th Feb 2021.

2.3 Standards of Trustee Management of the Charity

All Trustees are equally responsible for the general control, management and strategic direction of the Charity, with activities founded on a Trustee Code of Conduct. They communicate on a regular basis throughout the year, holding formal Trustee meetings, the minutes of which are distributed to all Trustees. None of the Trustees receive any financial remuneration for their time.

The Trustees are required to familiarise themselves with the scope of their individual responsibilities under the Charities Act and to conduct their dealings with the Charity in line with best practice advice contained therein as well as the SFCC's Policies.

The Trustees operate with diligence, integrity and transparency and recognise their responsibilities for the way in which they manage conflicts of interest and comply with all the obligations and public benefit requirements of the Charity Commission, and as such, all trustees are asked to sign a Trustee Code of Conduct declaration.

The Trustees have agreed and will continue to review and assess, on an on-going basis, the following additional governance standards for SFCC, now implemented:

Service Principles

1. SFCC will shape its services in response to the needs of our 6 Key Interest Groups (see 3.2)
2. SFCC will work continuously to improve the quality of services
3. SFCC will work to ensure shared activity with communities and to enhance potential for the implementation of our charitable activities and grants

2.4 Risk management

As part of its due process, the Trustees have managed the financial and operating risks of the Charity as a continuous improvement process, to include the review and update of the risk register. The Trustees have identified and recorded a range of risks and continued to maintain close relationships with external professional advisers. With the on-going lockdowns and restrictions due to COVID-19 the Charity and its Trustees have ensured on-going compliance with government restrictions, continual communication and support with all users and volunteers as required and on-going financial review and support as needed.

The Charity's Sound Training Centre in Tytherington continues to be used for charitable activities largely in support of the local, regional and national community. Use of the building has been restricted with lockdowns, because of COVID-19.

The Trustees manage the Charity's income in the most prudent way. We retain some reserves and have built up a fund to cover approximately 9 months running expenses and an allowance for maintenance works. During this reporting period the focus has been reducing any un-necessary costs and ensuring all financial outlays are streamlined.

Overall the Charity maintains adequate cash balances and is debt free. All commitments involve detailed scrutiny, and the Trustees apply a rigorous approach to the Reserves Policy and cash management.

2.5 Insurance

The Charity's insurance is reviewed annually and meets in full all requirements and recommendations under the insurance companies "risk improvements" arrangements. The Charity has public liability insurance cover in place and all insurances

appropriate to its planned activities.

3. OBJECTIVES AND ACTIVITIES

3.1 Summary of Purpose

The objects of the Charity are for public benefit and are set out in the Charity's Articles of Association:

- (i) to promote and protect the good health both mental and physical of the public by educating them in the therapeutic benefits of music and sound in any way that the Trustees see fit
- (ii) to promote and protect the good health both mental and physical of the public through the advancement of their education in sound health and well-being
- (iii) to further such other exclusively charitable purposes according to the law of England and Wales as the Trustees in their absolute discretion from time to time determine.

The Charity works to fulfil its objects and commitments to public benefit through six key interest groups:

3.2 Our Six Key Interest Groups

1. Health and Well-being
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage

Our grant making policy continues to ensure that grants are directed towards needs that are identified within these six key interest groups. The grant policy remains an essential aspect of the Charity's good governance in the way in which the Board assesses and approves applications for grants from the community.

3.3 Our five Key Objectives

SFCC's objectives are designed to reflect our community aim, our emphasis on community care and our commitment to meeting and exceeding our public benefit requirements:

- 1. Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects*
- 2. Raise donations to be held in the Charity for the purpose of grants and support for charitable activities*
- 3. Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects*
- 4. Sponsor sound healing and community care events in and for the local community*
- 5. Manage the Sound Training Centre to ensure its on-going sustainability in maintaining the Charity's charitable activities, in accordance with the Charity Commission's guidance*

The Trustees will continue to review the objectives and activities on an annual basis to ensure they continue to reflect the aims of SFCC.

3.4 Our Strategies

The strategies operated by the Board of Trustees include:

- (i) Continuing to build relationships with the local community to ensure awareness levels about the benefits available from the sponsored use of the Charity's Sound Training and Community Conference Centre as well as widening potential opportunities for its use for paid hire.
- (ii) Fostering its further charitable work in the community to support sound education and health programmes as well as providing grants that have a marked and sustainable positive impact on the target group, and to ensure that these activities have longevity beyond the grant phase.

- (iii) Encouraging the support and active participation of volunteers, firstly in relation to organising, co-ordinating and hosting many of the charity's charitable activities and secondly in the cleaning and maintenance of the Sound Training Centre and grounds. These volunteers also assist in cleaning the building before and after every event, which means that the charity's running costs can be kept to a minimum.

4. ACTIVITIES AND ACHIEVEMENTS

4.1 How our activities deliver public benefit

The Board of Trustees has again continued its focus on and commitment to delivering public benefit, highlighted here in the following Review of Activities.

4.2 Review of Activities

The Charity continues to acknowledge the importance of the public attendance and purpose of use of the Sound Training Centre facilities, with adjustments based on government restrictions during Covid19.

The Charity has continued to satisfy those measures by which the activity of the Charity is held accountable, in line with the Charity's aim to achieve its objectives:

Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects.

- The Charity continues to emphasize developing and fostering relationships with local charities, community groups, businesses, schools, health services and the local council.

Raise donations to be held in the Charity for the purpose of grants and support for charitable activity.

- The Trustees and volunteers continue to discuss the work of the charity with local and interested individuals and groups. Events such as the Charity's sponsorship of local Marathon assist with increasing the local exposure of the charity.

Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects.

- The Charity views relationships with the local community as very important in continuing to establish the Sound Training Centre as a Centre exclusively for public benefit.
- Grants have included support for both health care staff and recipients of health care.

The various sponsored events mentioned in the following section, which highlight the sponsorship of sound healing and community care events in and for the local community, encompassing one or more of our 6 key areas of public benefit.

Sponsor sound healing and community care events in and for the local community:

- SFCC has offered an interactive singing programme in various locations in the South West for well-being specifically for the elderly and those with dementia.
- SFCC has developed a befriending and patient visiting project which is now well established in local hospitals in the South West of England, Greater London, and the Midlands.
- SFCC has developed various Health and Well-being Projects. These are educational presentations in support of a healthier lifestyle. The presentations have included make-up and beauty care, and cooking with using herbs presentations.

Manage the Sound Training Centre to ensure its on-going sustainability in accordance with the Charity Commission's guidance on charitable activities.

- The Board of Trustees ensures that all contracts with tenants are completed with due integrity, such that any potential conflict of interest is handled in line with the agreed SFCC procedures.
- In setting the level of fees, charges and concessions, the Trustees give careful consideration to the accessibility of its activities for those on low incomes and other charitable groups.

Key to Public Benefit Areas - Our Six Key Interest Groups

1. *Health and Wellbeing;*
2. *Sound Healing;*
3. *Aged Care;*
4. *Youth;*
5. *Education;*
6. *Groups experiencing Social and/or Economic Disadvantage.*

Summary of Activities: 01 October 2020 to 30 September 2021

Date of Event / Grant	No	Activity / Grant Details	Purpose of Activity / Grant	Public Benefit	Location of Event / Grant	Notes
Monthly All Year	1	Interactive Singing Programme	Interactive singing with elderly and those receiving dementia care in 7 locations	1, 2, 3, 5, 6	Due to the COVID pandemic singing on site at the elderly care homes was not permitted. The Interactive singing team have worked together during this time to produce a CD with songs, posters, a website, and other materials so that residents of the homes can access the Interactive Singing remotely. This is still in development.	COVID pandemic paused the onsite Interactive Singing since March 2020 and that continues to be the case as of Sept 2021. A CD/Package and website for interactive singing is being developed for the elder care homes.
On going All Year (first half of year report)	2	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 2 NHS hospitals	1, 3, 6	South West & London Hospitals	Activities paused during lockdowns, with resumption based on agreement between each organisation and volunteers. Some volunteers have done alternate online activities including reviewing patient leaflets, and other administrative support. Others have restarted after lockdowns ended

						with Hand Massages.
On Going All Year	3	Regular Volunteering	Volunteer-support at General Hospital	1, 3, 6	General Hospital, Oxfordshire	Volunteering resumed after the lockdowns ended from March 2021 working with the Trauma and Orthopaedic ward and this continues.
On Going All Year	4	Weekly sessions	Volunteer-support at Local Hospice	1, 3, 6	Hospice, Oxfordshire	Volunteering continues monthly at weekends.
2020-2021	5	Hand and Arm Massage	Hand and arm massages for elderly who attend local District Elderly Day Centre	1, 3, 6	District Elderly Day Centre, Berkshire	Paused since lockdowns from March 2020 and has now ceased due to the pandemic.
1st August 2021	6	Make up and Beauty event online	To provide a free online event so that it could be attended by participants across UK	1, 5	Online event	
12th September	7	Cooking with Spices online event	To provide a free online event so that it could be attended by participants across UK	1, 5	Online event	
2020 – 2021	8	Support for isolated elderly people in the community	Contacting local elderly people, supporting them during the lockdowns	1, 3	Wiltshire local community outreach	

Summary of Room Hire from October 2020 to September 2021

Date	No	Hirer	Reason for Hire	Public Benefit
Oct 2020	1	Educational Organisation	Educational	5
Various	2	Athletics and Physiotherapy	Physical wellbeing	1,4,5
Various	3	Health and Well Being	Physical wellbeing	1,2,5
Sept 2021	4	Voice Coaching company	Voice Dialogue Coaching	1,2,5

Note: All room hire ceased during Covid Lockdown Restrictions and resumed when allowed adhering to strict Government guidelines.

4.3 Partnership Development and Performance Review

In developing and sponsoring community programmes and partnerships in the areas of Health, Education and Community the Charity have a feedback loop to review the success of our initiatives. Progress and outcomes of all our work and sponsorship commitments are reviewed at Trustee meetings.

5. FINANCIAL REVIEW

5.1 Summary

The Trustees are pleased to report the financial results for the Charity for the twelve months to 30th September 2021.

The income for the year was £123,042. This included donated services and facilities that amounted to £7,956.

Finance and governance costs have been closely monitored & controlled during the period. Excluding depreciation, the expenditure was £64,465, and the annual depreciation was £54,470, resulting in total costs of £118,935.

The result is that the Charity is showing a resource profit of £4,107 for the 12 months.

5.2 Reserves

As stated earlier, the Trustees take a prudent approach to the management of the finances and assessment of the Charity's financial obligations.

Using the experience of several years of operating the Sound Training Centre, with adjustments based on regular reviews, the Trustees have identified that the level of reserves should cover approximately 9 months operating expenses, excluding depreciation, and an allowance for maintenance works.

Total designated reserves on 30th September 2021 are £135,000 compared to £100,000 on 30th September 2020.

5.3 Principal Funding Sources

SFCC seeks funds from a range of sources to enable it to meet the needs presented by ongoing operational costs, as well as funds for its current and potential beneficiaries. Private donations from supporters, continue to be the principal source of our funding throughout this period. The Trustees have ensured on-going communication with all supporters during this period, with adjustments being made as required with donations.

While the Trustees continue in promoting the use of the Sound Training Centre facilities as an overall Charity objective, given Covid 19, focus has been on ensuring adherence to Government guidelines and restrictions in place. This has resulted in less hiring activities and Trustees have actively monitored expenses and supported on-going hirers during this period. All monies arising from hire of the conferencing facilities are directed back into existing and future charitable activities.

Other Donated Services and Facilities and Donations in Kind

SFCC is fortunate to have volunteers who give of their time freely, such that services that would normally have to be paid for are being given at no cost to the Charity.

The Trustees have estimated the total value of these donated services and facilities and donations in kind to be £7,956 made up as to:

- Secretary and Treasurer: £1440 (120 hrs. per year @ £12 per hour)
- Bookkeeper: £1,920 (160 hrs. per year @ £12 per hour)
- Housekeeping and Cleaning Services: £2,340 (5 hrs. per week @ £9 per hour)
- Maintenance Services, including internal painting, cleaning gutters, biomass boiler, security, and window cleaning: £1,964
- Other, including materials and replacement items: £292

5.4 Investment Policy and Objectives

The Charity retains cash in a deposit account for immediate access. It does not hold any long-term investments.

5.5 Restricted Funds

The Charity does not have any restricted funds.

6 PLANS FOR THE FUTURE

6.1 Strategic Direction

The SFCC will continue to work with the local and wider community by maintaining focus and delivery on our five key objectives (3.3) through our six key interest groups (3.2).

The Befriending and Patient Visiting volunteer programme, operated within 3 hospitals and 1 hospice, adjusted during this reporting period based on lockdown restrictions, with some moving to online support. The quality of the relationships built between SFCC volunteers, staff, patients, and carers has provided a foundation for this and further Visiting Projects had taken place before lockdown restrictions. The relationships we have built with our volunteers and volunteer organisations continue to stand the Charity in good stead during the activity restrictions this year; with some activities paused volunteers have been staying in touch with their volunteer workplaces and where at all possible have introduced on-line activities or provided offline admin support where applicable.

Additional activities undertaken by Charity volunteers have included local food delivery support for isolated / house-bound residents in the local areas, a needed support during the Covid restrictions and lockdowns.

The work of our Charitable Activity Co-Ordinator supports our Aged Care and Health and Wellbeing programmes, and they have continued to assist in the preparation and submission of grant applications and provide further on-site support as and when required.

The Charity has introduced further online activities and will continue to assess and review these based on current and future requirements.

The Charity will continue to offer grants for public benefits and continue to support communities both locally and nationally, including online programme activities.

7. TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees, who are also directors of Sound Foundation Community Care for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles of the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The Trustees are responsible for keeping accounting records, which disclose with reasonable accuracy the financial position of the Charity & enable them to ensure that the financial statements comply with the Companies Act 2006 & the Charities Act 2011 & the provisions of the Charity deed. They are responsible for safeguarding the assets of the Charity & taking reasonable steps for the prevention & detection of fraud & any other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware

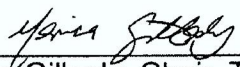
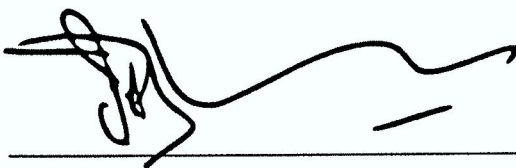
AND

- The trustees have taken all steps needed to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information

AUDITORS

The auditors, Maxwells, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by the Trustees on their behalf by:

 _____ Monica Gillooly, Chair, Trustee	<u>12/06/2022</u> Date
 _____ Stephen Anderson, Treasurer, Trustee	<u>12-06-22</u> Date

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Opinion

We have audited the financial statements of Sound Foundation Community Care (the 'charitable company') for the year ended 30 September 2021 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

We gained an understanding of the legal and regulatory framework applicable to the charity and the sector in which it operates, and considered the risk of acts by the charity that were contrary to applicable laws and regulations, including fraud. We designed audit procedures to respond to the risk, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

We focused on laws and regulations which could give rise to material misstatements in the financial statements, including, but not limited to, the Companies Act 2006, Charities Act 2011 and UK tax legislation. Our tests include agreeing the financial statement disclosures to underlying supporting documentation and enquires with management. There are inherent limitations in the audit procedures described above and, the further removed non-compliance with laws and regulations is from events and transactions reflected in the financial statements, the less likely we would become aware of it. As in all our audits, we also addressed the risk of management override of internal controls, including testing journals and evaluating whether there was evidence of bias by the trustees that represented a risk of material misstatement due to fraud.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Maxwells
Chartered Accountants
and Statutory Auditor
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006
4 King Square
Bridgwater
Somerset
TA6 3YF

Date:24.6.22.....

Sound Foundation Community Care

Statement of Financial Activities
for the Year Ended 30 September 2021

		30.9.21	30.9.20
		Unrestricted	Total
		funds	funds
		£	£
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	114,433	114,941
Other trading activities	3	8,530	18,807
Investment income	4	79	152
Total		123,042	133,900
EXPENDITURE ON			
Charitable activities			
Donations		7,169	998
Depreciation		54,469	54,672
Other	5	57,297	71,675
Total		118,935	127,345
NET INCOME		4,107	6,555
RECONCILIATION OF FUNDS			
Total funds brought forward		2,094,775	2,088,220
TOTAL FUNDS CARRIED FORWARD		2,098,882	2,094,775

The notes form part of these financial statements

Sound Foundation Community Care

Balance Sheet

30 September 2021

	Notes	30.9.21 Unrestricted funds £	30.9.20 Total funds £
FIXED ASSETS			
Tangible assets	9	1,906,269	1,960,738
CURRENT ASSETS			
Debtors	10	20,850	17,316
Cash at bank		<u>179,242</u>	<u>127,160</u>
		200,092	144,476
CREDITORS			
Amounts falling due within one year	11	(7,479)	(10,439)
		<u>192,613</u>	<u>134,037</u>
NET CURRENT ASSETS			
TOTAL ASSETS LESS CURRENT LIABILITIES		2,098,882	2,094,775
		<u>2,098,882</u>	<u>2,094,775</u>
NET ASSETS			
FUNDS	12		
Unrestricted funds		<u>2,098,882</u>	<u>2,094,775</u>
TOTAL FUNDS		<u>2,098,882</u>	<u>2,094,775</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2021.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The notes form part of these financial statements

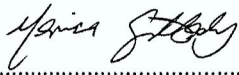
Sound Foundation Community Care

Balance Sheet - continued

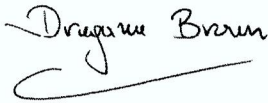
30 September 2021

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

The financial statements were approved by the Board of Trustees and authorised for issue on23.6.22..... and were signed on its behalf by:



.....
Ms M Gillooly - Trustee



.....
Ms D Brown - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

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

Expenditure

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

Tangible fixed assets

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

Freehold property	- in accordance with the property
Fixtures and fittings	- at varying rates on cost

Taxation

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

Fund accounting

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

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

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

Going concern

The trustees have carefully assessed the current impact and potential future consequences of COVID-19 on the business and have concluded that, based on how it has dealt with the situation to date and the nature of the charity, they do not create a material uncertainty that casts significant doubt upon its ability to continue as a going concern. Based on this and the continued close management of the centres expenses and regular reviews of management accounts and budgets. The trustees will continue to adopt the going concern basis in preparing the financial statements.

Estimates

In application of the charity's accounting policies, which are described previous, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered relevant.

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

1. ACCOUNTING POLICIES - continued

Estimates - continued

Actual results may differ from those estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

2. DONATIONS AND LEGACIES

	30.9.21	30.9.20
	£	£
Donations	86,780	71,112
Gift aid	19,697	15,730
Grants	-	19,459
Donated services and facilities	<u>7,956</u>	<u>8,640</u>
	<u>114,433</u>	<u>114,941</u>

Grants consisted of a renewable energy grant to the Charity to subsidise the heating costs.

3. OTHER TRADING ACTIVITIES

	30.9.21	30.9.20
	£	£
Catering facilities hire	1,500	550
Dormitories	-	3,075
Small room hire	1,804	4,771
Pool hire	4,292	8,583
Conference room hire	<u>934</u>	<u>1,828</u>
	<u>8,530</u>	<u>18,807</u>

4. INVESTMENT INCOME

	30.9.21	30.9.20
	£	£
Deposit account interest	<u>79</u>	<u>152</u>

5. OTHER

	30.9.21	30.9.20
	£	£
Support costs	49,027	57,623
Finance costs	30	76
Governance costs	<u>8,240</u>	<u>13,976</u>
	<u>57,297</u>	<u>71,675</u>

Included in governance costs is auditors remuneration totalling £3,250 (2020: £3,000) and auditors remuneration in relation to non-audit services totalling £1,450 (2020: £3,400).

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.9.21	30.9.20
	£	£
Depreciation - owned assets	<u>54,469</u>	<u>54,672</u>

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2021 nor for the year ended 30 September 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2021 nor for the year ended 30 September 2020.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	114,941
Other trading activities	18,807
Investment income	<u>152</u>
Total	133,900
 EXPENDITURE ON	
Charitable activities	
Donations	998
Depreciation	54,672
Other	<u>71,675</u>
Total	127,345
NET INCOME	6,555
 RECONCILIATION OF FUNDS	
Total funds brought forward	<u>2,088,220</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>2,094,775</u></u>

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

9. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 October 2020 and 30 September 2021	<u>2,178,045</u>	<u>63,193</u>	<u>2,241,238</u>
DEPRECIATION			
At 1 October 2020	237,338	43,162	280,500
Charge for year	<u>44,194</u>	<u>10,275</u>	<u>54,469</u>
At 30 September 2021	<u>281,532</u>	<u>53,437</u>	<u>334,969</u>
NET BOOK VALUE			
At 30 September 2021	<u>1,896,513</u>	<u>9,756</u>	<u>1,906,269</u>
At 30 September 2020	<u>1,940,707</u>	<u>20,031</u>	<u>1,960,738</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.21 £	30.9.20 £
Trade debtors	295	-
Other debtors	17,545	14,227
Prepayments and accrued income	<u>3,010</u>	<u>3,089</u>
	<u>20,850</u>	<u>17,316</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.21 £	30.9.20 £
Trade creditors	1,808	2,839
Accruals and deferred income	<u>5,671</u>	<u>7,600</u>
	<u>7,479</u>	<u>10,439</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

12. MOVEMENT IN FUNDS

	At 1.10.20 £	Net movement in funds £	At 30.9.21 £
Unrestricted funds			
General fund	1,994,775	(30,893)	1,963,882
Unforeseen operation expense fund	30,000	15,000	45,000
Unforeseen repairs and minor works fund	30,000	10,000	40,000
Sinking fund	40,000	10,000	50,000
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>2,094,775</u>	<u>4,107</u>	<u>2,098,882</u>

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	123,042	(118,935)	(35,000)	(30,893)
Unforeseen operational expenses fund	-	-	15,000	15,000
Unforeseen repairs and minor works fund	-	-	10,000	10,000
Sinking fund	-	-	10,000	10,000
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>123,042</u>	<u>(118,935)</u>	<u>-</u>	<u>4,107</u>

Comparatives for movement in funds

	At 1.10.19 £	Net movement in funds £	At 30.9.20 £
Unrestricted funds			
General fund	1,988,220	6,555	1,994,775
Unforeseen operation expenses fund	30,000	-	30,000
Unforeseen repairs and minor works fund	30,000	-	30,000
Sinking fund	40,000	-	40,000
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>2,088,220</u>	<u>6,555</u>	<u>2,094,775</u>

Sound Foundation Community Care

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

12. MOVEMENT IN FUNDS - continued

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	133,900	(127,345)	-	6,555
Unforeseen operational expenses fund	-	-	-	-
Unforeseen repairs and minor works fund	-	-	-	-
Sinking fund	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>133,900</u>	<u>(127,345)</u>	<u>-</u>	<u>6,555</u>

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

	At 1.10.19 £	Net movement in funds £	At 30.9.21 £
Unrestricted funds			
General fund	1,988,220	(24,338)	1,963,882
Unforeseen operational expense fund	30,000	15,000	45,000
Unforeseen repairs and minor works fund	30,000	10,000	40,000
Sinking fund	40,000	10,000	50,000
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>2,088,220</u>	<u>10,662</u>	<u>2,098,882</u>

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	256,942	(246,280)	(35,000)	(24,338)
Unforeseen operational expenses fund	-	-	15,000	15,000
Unforeseen repairs and minor works fund	-	-	10,000	10,000
Sinking fund	-	-	10,000	10,000
	<hr/>	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>256,942</u>	<u>(246,280)</u>	<u>-</u>	<u>10,622</u>

13. RELATED PARTY DISCLOSURES

Jane Keep was invoiced a total of £42 (2020: £71) for use of facilities at the Sound Training Centre. The amount paid including VAT was £50 (2020: £85).

Amita Khurana was invoiced a total of £375 (2020: Nil) for use of facilities at the Sound Training Centre. The amount paid including VAT was £450 (2020: Nil).

Sara Williams a trustee until 27/01/21 was invoiced a total of nil (2020: £71) for use of facilities at the Sound Training Centre. The amount paid including VAT was nil (2020: £85).

Monica Gillooly was invoiced a total of nil (2020: £229) for use of facilities at the Sound Training Centre. The amount paid including VAT was nil (2020: £275)

Donations from trustees and related parties, with no conditions attached totalled £2480 (2020: £794).

14. ULTIMATE CONTROLLING PARTY

The Company was controlled throughout the period by the trustees of the charity.

15. LTD BY GUARANTEE

The Company is limited by Guarantee and has no Share Capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such amount as may be required not exceeding £1.

SOUND FOUNDATION COMMUNITY CARE

England & Wales - Charity number 1160449

Accounts

REGISTERED COMPANY NUMBER: 09400037 (England and Wales)
REGISTERED CHARITY NUMBER: 1160449

Report of the Trustees and
Audited Financial Statements for the Year Ended 30 September 2020
for
Sound Foundation Community Care

Maxwells
Chartered Accountants
and Statutory Auditor
4 King Square
Bridgwater
Somerset
TA6 3YF

Sound Foundation Community Care

Contents of the Financial Statements
for the Year Ended 30 September 2020

	Page
Report of the Trustees	1 to 17
Report of the Independent Auditors	18 to 19
Statement of Financial Activities	20
Balance Sheet	21 to 22
Notes to the Financial Statements	23 to 29

TRUSTEE ANNUAL REPORT

Sound Foundation Community Care

Trustee Annual Report and Financial Statement

1st October 2019 - 30th September 2020

CONTENTS:

- LEGAL AND ADMINISTRATIVE INFORMATION
- REPORT OF THE TRUSTEE MANAGEMENT COMMITTEE
 - STATEMENT OF FINANCIAL ACTIVITIES

REFERENCE AND ADMINISTRATION DETAILS:

Charity Name	Sound Foundation Community Care	
Charity Number	1160449	
Company Number	09400037	
Registered Office	Sound Training Centre Bull's Quarries Road, Tytherington, Frome, Somerset, BA11 5BW	
Trustees / Directors	Ms. Monica Gillooly	Chair
	Ms. Sara Williams	Resigned 27 th Jan 2021
	Ms. Dragana Brown	
	Dr. Jane Keep	
	Mr. Stephen Anderson	Treasurer
	Mrs. Amita Khurana	Appointed 28 th Feb 2021
Auditors	Maxwells Auditors 4 King Square, Bridgwater, Somerset, TA6 3YF	
Bankers	Co-operative Bank, Skelmersdale, WN8 6WT	
Solicitors	Russell-Cooke LLP 2 Putney Hill, Putney, London, SW15 6AB	

SOUND FOUNDATION COMMUNITY CARE (SFCC) is a Charitable Trust incorporated on 21st January 2015 as a company limited by guarantee with company number 09400037 and registered as a charity with charity number 1160449.

The Board of Trustees is pleased to present its sixth annual report incorporating the directors' report and audited financial statements of the Charity for the period ended 30th September 2020.

The financial statements have been prepared in accordance with the accounting policies set out in Note 1 to the financial statements and comply with the Charity's governing instruments, the Charities Act 2011, the Charities SORP (FRS102) Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

1. OUR COMMITMENT TO COMMUNITY AND PUBLIC BENEFIT

SFCC supports a diverse range of community health, education, and social care initiatives to people of all ages. In line with the Charity's stated objectives, we aim to deliver all of our services in close partnership with the communities we serve.

Based on the Trustee membership and a voluntary team, the charity provides events and services in a range of community settings in the Frome area from our community conference centre in Tytherington, Somerset. We have worked to consolidate and expand our volunteer work around the country, as part of our commitment to serve the wider community with a steadily building national focus. Our Charitable Activity Co-Ordinator volunteer works alongside the trustees, other volunteers, and communities to continuously expand our charitable activity across the UK.

During this reporting period Trustees have adjusted and managed the Charity running and activities considering the on-going lockdowns and activities restrictions due to COVID-19.

2. STRUCTURE, GOVERNANCE AND MANAGEMENT

2.1 Organisation and Structure

SFCC is a company limited by guarantee and run by a Board of 5 Trustees, governed by Articles of Association.

2.2 Recruitment and appointment of Trustees

Per the SFCC governing document, the board may appoint trustees at any time at a meeting or in writing, refer governing document Articles of Association 25.1.

During the period 1st October 2019 to 30th September 2020 there was no change in trustees.

Sara Williams resigned as a Trustee on 27th Jan 2021.
Amita Khurana was appointed as a Trustee on 28th Feb 2021.

2.3 Standards of Trustee Management of the Charity

All Trustees are equally responsible for the general control, management and strategic direction of the Charity, with activities founded on a Trustee Code of Conduct. They communicate on a regular basis throughout the year, holding formal Trustee meetings, the minutes of which are distributed to all Trustees. None of the Trustees receive any financial remuneration for their time.

The Trustees are required to familiarise themselves with the scope of their individual responsibilities under the Charities Act and to conduct their dealings with the Charity in line with best practice advice contained therein as well as the SFCC's Policies.

The Trustees operate with diligence, integrity and transparency and recognise their responsibilities for the way in which they manage conflicts of interest and comply with all the obligations and public benefit requirements of the Charity Commission, and as such, all trustees are asked to sign a Trustee Code of Conduct declaration.

The Trustees have agreed and will continue to review and assess, on an on-going basis, the following additional governance standards for SFCC, now implemented:

Service Principles

1. SFCC will shape its services in response to the needs of our 6 Key Interest Groups (see 3.2)
2. SFCC will work continuously to improve the quality of services
3. SFCC will work to ensure shared activity with communities and to enhance potential for the implementation of our charitable activities and grants

2.4 Risk management

As part of its due process, the Trustees have managed the financial and operating risks of the Charity as a continuous improvement process, to include the review and update of the risk register. The Trustees have identified and recorded a range of risks and continued to maintain close relationships with external professional advisers. With the on-going lockdowns and restrictions due to COVID-19 the Charity and its Trustees have ensured on-going compliance with government restrictions, continual communication and support with all users and volunteers as required and on-going financial review and support as needed.

The Charity's Sound Training Centre in Tytherington continues to be used for charitable activities largely in support of the local, regional and national community. Use of the building has been restricted from March 2020, as a consequence of COVID-19.

The Trustees manage the Charity's income in the most prudent way. We retain some reserves and have built up a fund to cover approximately 6 months running expenses and an allowance for maintenance works. During this reporting period the focus has been on reducing any un-necessary costs and ensuring all financial outlays are streamlined.

Overall the Charity maintains adequate cash balances and is debt free. All commitments involve detailed scrutiny, and the Trustees apply a rigorous approach to the Reserves Policy and cash management.

2.5 Insurance

The Charity's insurance is reviewed annually and meets in full all requirements and recommendations under the insurance companies "risk improvements" arrangements. The Charity has public liability insurance cover in place and all insurances appropriate to its planned activities.

3. OBJECTIVES AND ACTIVITIES

3.1 Summary of Purpose

The objects of the Charity are for public benefit and are set out in the Charity's Articles of Association:

- (i) to promote and protect the good health both mental and physical of the public by educating them in the therapeutic benefits of music and sound in any way that the Trustees see fit
- (ii) to promote and protect the good health both mental and physical of the public through the advancement of their education in sound health and well-being
- (iii) to further such other exclusively charitable purposes according to the law of England and Wales as the Trustees in their absolute discretion from time to time determine.

The Charity works to fulfil its objects and commitments to public benefit through six key interest groups:

3.2 Our Six Key Interest Groups

1. Health and Well-being
2. Sound Healing
3. Aged Care
4. Youth
5. Education
6. Groups experiencing Social and/or Economic Disadvantage

Our grant making policy continues to ensure that grants are directed towards needs that are identified within these six key interest groups. The grant policy remains an essential aspect of the Charity's good governance in the way in which the Board assesses and approves applications for grants from the community.

3.3 Our five Key Objectives

SFCC's objectives are designed to reflect our community aim, our emphasis on community care and our commitment to meeting and exceeding our public benefit requirements:

- 1. Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects*
- 2. Raise donations to be held in the Charity for the purpose of grants and support for charitable activities*
- 3. Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects*
- 4. Sponsor sound healing and community care events in and for the local community*
- 5. Manage the Sound Training Centre to ensure its on-going sustainability in maintaining the Charity's charitable activities, in accordance with the Charity Commission's guidance*

The Trustees will continue to review the objectives and activities on an annual basis to ensure they continue to reflect the aims of SFCC.

3.4 Our Strategies

The strategies operated by the Board of Trustees include:

- (i) Continuing to build relationships with the local community to ensure awareness levels about the benefits available from the sponsored use of the Charity's Sound Training and Community Conference Centre as well as widening potential opportunities for its use for paid hire.
- (ii) Fostering its further charitable work in the community to support sound education and health programmes as well as providing grants that have a marked and sustainable positive impact on the target group, and to ensure that these activities have longevity beyond the grant phase.

- (iii) Encouraging the support and active participation of volunteers, firstly in relation to organising, co-ordinating and hosting many of the charity's charitable activities and secondly in the cleaning and maintenance of the Sound Training Centre and grounds. These volunteers also assist in cleaning the building before and after every event, which means that, overall, the charity's running costs can be kept to a minimum and relate, almost exclusively, to external services and products consumed.

4. ACTIVITIES AND ACHIEVEMENTS

4.1 How our activities deliver public benefit

The Board of Trustees has again continued its focus on and commitment to delivering public benefit, highlighted here in the following Review of Activities.

4.2 Review of Activities

The Charity continues to acknowledge the importance of the public attendance and purpose of use of the Sound Training Centre facilities.

The Charity has continued to satisfy those measures by which the activity of the Charity is held accountable, in line with the Charity's aim to achieve its objectives:

Promote the use of the Sound Training Centre for charitable benefit for and by the local and wider community in accordance with the Charity's charitable objects.

- The Charity continues to emphasize developing and fostering relationships with local charities, community groups, businesses, schools, health services and the local council.

Raise donations to be held in the Charity for the purpose of grants and support for charitable activity.

- The Trustees and volunteers continue to discuss the work of the charity with local and interested individuals and groups. Events such as the Charity's sponsorship of local Marathon assist with increasing the local exposure of the charity.

Grant support to community activities at the Sound Training Centre in accordance with the Charity's charitable objects.

- The Charity views relationships with the local community as very important in continuing to establish the Sound Training Centre as a Centre exclusively for public benefit.
- Grants have included support for both health care staff and recipients of health care. The various sponsored events mentioned in the following section, which highlight the sponsorship of sound healing and community care events in and for the local community, encompassing one or more of our 6 key areas of public benefit.

Sponsor sound healing and community care events in and for the local community:

- SFCC has offered an interactive singing programme in various locations in the South West for well-being specifically for the elderly and those with dementia.
- SFCC has developed a befriending and patient visiting project which is now well established in local hospitals in the South West of England, Greater London and in the South East.
- SFCC has developed various Health and Well-being Projects. These are educational presentations in support of a healthier lifestyle. The presentations included food demos for participants which they can prepare at home.

Manage the Sound Training Centre to ensure its on-going sustainability in accordance with the Charity Commission's guidance on charitable activities.

- The Board of Trustees ensures that all contracts with tenants are completed with due integrity, such that any potential conflict of interest is handled in line with the agreed SFCC procedures.
- In setting the level of fees, charges and concessions, the Trustees give careful consideration to the accessibility of its activities for those on low incomes and other charitable groups.

Key to Public Benefit Areas - Our Six Key Interest Groups

1. Health and Wellbeing;
2. Sound Healing;
3. Aged Care;
4. Youth;
5. Education;
6. Groups experiencing Social and/or Economic Disadvantage.

Summary of Activities

Date	#	Activity	Purpose	Public Benefit	Location	Notes
Monthly Oct 2019 – March 2020	1	Interactive Singing Programme	Interactive singing with elderly and those receiving dementia care in 7 locations	1, 2, 3, 5, 6	South-West & South Various Residential Care Homes, Older Persons Day Centres, Nursing Homes	With lockdown for COVID on 20 th March 2020 – on- site activity has been paused.
On going Oct 2019 – March 2020	2	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 3 NHS hospitals	1, 3, 6	South-West & London Hospitals	With lockdown for COVID on 20 th March 2020 – all on-site activity paused in hospitals, with limited remote support volunteering.
On going March 2020 – Sept 2020	3	Staff and Patient Visiting Volunteering Project	Supporting staff and patients in 3 NHS hospitals	1, 3, 6	Southwest & London	Adjusted Support due to COVID lockdown restrictions including support for the Volunteer Manager on patient information, and admin duties.
On going Oct 2019 – March 2020	4	Clinic supporting Youth in Athletics	Subsidised use of room at SFCC training centre	1, 6	South-West	Adjusted schedule due to COVID lockdown restrictions, clinic during Govt. lockdowns.
Ongoing Oct 2019 – March 2020	5	Regular Volunteering	The Sound Foundation Community Care Volunteer offers regular support to the Day Centre – including talking to elders, serving hot drinks, serving lunch, and assisting where needed.	1, 3, 5	Berkshire	With lockdown for COVID on 20 th March 2020 – activity paused.
Ongoing	6	Regular	Weekly sessions	1	Oxfordshire	Lockdown for

Oct 2019 – March 2020		Volunteering	offering massage and other support			COVID 20 th March 2020 – activity paused to November 2020.
On Going All Year	7	Weekly sessions	Self-care massages for staff and volunteers of the hospice	1, 5	Oxfordshire	From lockdown for COVID 20 th March – volunteering activity continued but in a different admin role
25 th October 2019	8	Self-Care event – Hand and Arm Massage afternoon	Hand and arm massages for Elderly who attend District Day centre	1, 5	Surrey	Completed
24 th & 25 th December 2019	9	Interactive Singing events Christmas Eve and Christmas Day	Christmas Eve/Christmas Day interactive singing	1,2,3,5,6	Somerset	Completed
24 th & 25 th December 2019	10	Interactive Singing events Christmas Eve and Christmas Day GRANT for teas/cakes for event	Christmas Eve/Christmas Day interactive singing event for mince pies/tea Grant	1,2,3,5,6	Somerset	Completed
January and February 2020	11	Hand and Arm Massage	Hand and arm massages for elderly who attend District Day Centre	3	Surrey	Completed.
April 2020	12	Previous Grant for Red Bag Scheme for hospital requested further grant	Further grant given for Red Bag scheme	1	Long term Injuries Care Hospital, London	Completed
2020	13	Half Marathon	Grant for the local Half Marathon in support of community interaction, and health and wellbeing	1	Southwest	Postponed due to COVID pandemic
April & May 2020	14	Hand and Arm Massage	Hand and arm massages for elderly who attend District Day Centre	3	Surrey, UK	With lockdown for COVID on 20 th March 2020 – activity has been paused.
March 2020 – September 2020	15	Support for isolated elderly people in the community	Contacting local elderly people, supporting them during the pandemic	1, 3	Wiltshire local community outreach	On going

Summary of Room Hire from October 2019 to September 2020

Date	No	Hirer	Reason for Hire	Public Benefit
Oct 2019	1	Sound Event	Workshop on therapeutic benefits of sound and voice	1,2,5
Oct 2019	2	Athletics and Physiotherapy	Physical wellbeing	1,4,5
Jan 2020	3	Cooking workshop	Food Demo and Teaching	1,5
Jan 2020	4	Gardening / Outdoors Expert	Gardening and Design Talks	1,5
Feb 2020	5	Corporate Company	Company Conference	1,5
Feb 2020	6	Athletics and Physiotherapy	Physical wellbeing	1,4,5
Mar 2020	7	Corporate company	Beauty and Well Being workshop	1,5
Mar 2020	8	Corporate company	Photography workshop	1,5
June – Sept 2020	9	Healthy Food – Online	Food Preparation, Storage and Staff Training	1,5
Oct 2019 – March 2020	10	Corporate company	Exercise, Health & Wellbeing monthly activities	1,2,5
Aug 2020	11	Corporate company	Exercise, Health & Wellbeing presentation	1,2,5

Note: All room hire ceased during Covid Lockdown Restrictions and resumed when allowed adhering to strict Government guidelines.

4.3 Partnership Development and Performance Review

In developing and sponsoring community programmes partnerships in the areas of Health, Education and Community the Charity have a feedback loop to establish the success of our initiatives. Progress and outcomes of all our work and sponsorship commitments are reviewed at Trustee meetings.

5. FINANCIAL REVIEW

5.1 Summary

The Trustees are pleased to report the financial results for the Charity for the twelve months to 30th September 2020.

The income for the year was £133,900. This included donated services and facilities that amounted to £8,640.

Finance and governance costs have been closely monitored & controlled during the period. Excluding depreciation, the expenditure was £72,673, and the annual depreciation was £54,672, resulting in total costs of £127,345.

The result is that the Charity is showing a resource profit of £6,555 for the 12 months compared to a resource deficit of £85,710 in the previous period.

Cash at bank and in hand was £127,160, compared to £72,774 as of 30th September 2019.

5.2 Reserves

As stated earlier, the Trustees take a prudent approach to the management of the finances and assessment of the Charity's financial obligations.

Using the experience of several years of operating the Sound Training Centre, the Trustees have identified that the level of reserves should cover approximately 6 months operating expenses, excluding depreciation, and an allowance for maintenance works. This translates to a cash reserve of £30,000 for running costs and a further £30,000 for unforeseen repairs. In addition, a sinking fund of £40,000 is being held for future maintenance.

Total designated reserves on 30th September 2020 are £100,000 compared to £100,000 on 30th September 2019.

5.3 Principal Funding Sources

SFCC seeks funds from a range of sources to enable it to meet the needs presented by ongoing operational costs, as well as funds for its current and potential beneficiaries. Private donations from supporters, made in lump sum and standing orders, continue to be the principal source of our funding. The Trustees have ensured ongoing communication with all supporters during this period, with adjustments being made as required with donations.

The Trustees have remained proactive in promoting the use of the Sound Training Centre facilities and have also ensured that the Charity is adhering to Government guidelines and restrictions due to COVID-19. This has resulted in less hiring activities and Trustees have actively monitored expenses and supported ongoing hirers during this period. All monies arising from hire of the conferencing facilities are directed back into existing and future charitable activities.

Other Donated Services and Facilities and Donations in Kind

SFCC is fortunate to have a large group of volunteers who give of their time freely, such that services that would normally have to be paid for are being given at no cost to the Charity.

The Trustees have estimated the total value of these donated services and facilities and donations in kind to be £8,640.08 made up as to:

- Secretary and Treasurer: £480 (40 hrs. per year @ £12 per hour)
- Bookkeeper: £1,920 (160 hrs. per year @ £12 per hour)
- Housekeeping and Cleaning Services: £4,320 (15hrs per week for 26 weeks, reduced to 15hrs per month from March 2020 @ £9 per hour)
- Maintenance Services, including internal painting, cleaning gutters, biomass boiler, security, and window cleaning: £1,832
- Other, including materials and replacement items: £88

Note: Housekeeping services reduced from March 2020 due to ongoing COVID restrictions

5.4 Investment Policy and Objectives

The Charity retains cash in a deposit account for immediate access. It does not hold any long-term investments.

5.5 Restricted Funds

The Charity does not have any restricted funds.

6 PLANS FOR THE FUTURE

6.1 Strategic Direction

The SFCC will continue to work with the local and wider community by maintaining focus and delivery on our five key objectives (3.3) through our six key interest groups (3.2).

The Befriending and Patient Visiting volunteer programme, operated within 4 hospitals and 1 hospice during the first half of this reporting period. The quality of the relationships built between SFCC volunteers, staff, patients, and carers has provided a foundation for this and further Visiting Projects had taken place before lockdown restrictions. The relationships we have built with our volunteers and volunteer organisations has stood the Charity in good stead during the activity restrictions this year; with some activities paused volunteers have been staying with touch with their volunteer workplaces and where at all possible have introduced on-line activities or provided offline admin support where applicable.

Additional activities undertaken by Charity volunteers have included local food delivery support for isolated / house-bound residents in the local areas, a needed support during the Covid restrictions and lockdowns.

The work of our Charitable Activity Co-Ordinator supports our Aged Care and Health and Wellbeing programmes, and they have continued to assist in the preparation and submission of grant applications and provide further on-site support as and when required.

In addition to the above the Charity will continue to offer grants for public benefits and continue to support communities both locally and nationally, including online programme activities.

7. TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees, who are also directors of Sound Foundation Community Care for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles of the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any departures disclosed and explained in the financial statements
- Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in business

The Trustees are responsible for keeping accounting records, which disclose with reasonable accuracy the financial position of the Charity & enable them to ensure that the financial statements comply with the Companies Act 2006 & the Charities Act 2011 & the provisions of the Charity deed. They are responsible for safeguarding the assets of the Charity & taking reasonable steps for the prevention & detection of fraud & any other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware

AND

- The trustees have taken all steps needed to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information

AUDITORS

The auditors, Maxwells, will be proposed for re-appointment at the forthcoming Annual General Meeting.


Approved by the Trustees on their behalf by:



Monica Gillooly, Chair, Trustee

29th June 2021

Date



Stephen Anderson, Treasurer, Trustee

29th June 2021

Date

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Opinion

We have audited the financial statements of Sound Foundation Community Care (the 'charitable company') for the year ended 30 September 2020 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2020 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Charities Act 2011

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises information included in the annual report, including the trustees' report, other than the financial statements and our auditors' report thereon. The trustees are responsible for the other information.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

In light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report. We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Report of the Independent Auditors to the Trustees of
Sound Foundation Community Care

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

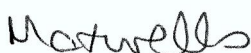
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Maxwells Chartered Accountants is eligible for appointment as auditor of the charitable company by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Maxwells Chartered Accountants
and Statutory Auditor
4 King Square
Bridgwater
Somerset
TA6 3YF

Date: 29.6.21

Sound Foundation Community Care

Statement of Financial Activities
for the Year Ended 30 September 2020

		30.9.20	30.9.19
		Unrestricted	Total
		fund	funds
		£	£
INCOME AND ENDOWMENTS FROM	Notes		
Donations and legacies	2	114,941	39,695
Other trading activities	3	18,807	29,550
Investment income	4	<u>152</u>	<u>176</u>
Total		133,900	69,421
EXPENDITURE ON			
Charitable activities			
Event Costs		-	280
Donations		998	6,250
Depreciation		54,672	55,114
Other	5	<u>71,675</u>	<u>93,487</u>
Total		127,345	155,131
NET INCOME/(EXPENDITURE)		6,555	(85,710)
RECONCILIATION OF FUNDS			
Total funds brought forward		2,088,220	2,173,930
TOTAL FUNDS CARRIED FORWARD		<u>2,094,775</u>	<u>2,088,220</u>

The notes form part of these financial statements

Sound Foundation Community Care

Balance Sheet
30 September 2020

	Notes	30.9.20 Unrestricted fund £	30.9.19 Total funds £
FIXED ASSETS			
Tangible assets	9	1,960,738	2,015,410
CURRENT ASSETS			
Debtors	10	17,316	9,802
Cash at bank and in hand		<u>127,160</u>	<u>72,774</u>
		144,476	82,576
CREDITORS			
Amounts falling due within one year	11	(10,439)	(9,766)
NET CURRENT ASSETS		<u>134,037</u>	<u>72,810</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,094,775</u>	<u>2,088,220</u>
NET ASSETS		<u>2,094,775</u>	<u>2,088,220</u>
FUNDS	12		
Unrestricted funds		<u>2,094,775</u>	<u>2,088,220</u>
TOTAL FUNDS		<u>2,094,775</u>	<u>2,088,220</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2020.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

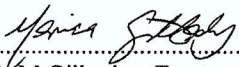
Sound Foundation Community Care

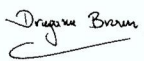
Balance Sheet - continued

30 September 2020

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

The financial statements were approved by the Board of Trustees and authorised for issue on29/6/21..... and were signed on its behalf by:


.....
Ms M Gillooly - Trustee


.....
Ms D Brown - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Financial reporting standard 102 - reduced disclosure exemptions

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income

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

Expenditure

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

Tangible fixed assets

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

Freehold property	- in accordance with the property
Fixtures and fittings	- at varying rates on cost

Taxation

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

Fund accounting

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

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

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

Going Concern

The trustees have carefully assessed the current impact and potential future consequences of COVID-19 on the business and have concluded that, based on how it has dealt with the situation to date and the nature of the charity, they do not create a material uncertainty that casts significant doubt upon its ability to continue as a going concern. Based on this and the continued close management of the centres expenses and regular reviews of management accounts and budgets. The trustees will continue to adopt the going concern basis in preparing the financial statements.

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

2. DONATIONS AND LEGACIES

	30.9.20	30.9.19
	£	£
Donations	71,112	13,651
Gift aid	15,730	2,663
Grants	19,459	12,643
Donated services and facilities	<u>8,640</u>	<u>10,738</u>
	<u>114,941</u>	<u>39,695</u>

Grants consisted of a renewable energy grant to the Charity to subsidise the heating costs.

3. OTHER TRADING ACTIVITIES

	30.9.20	30.9.19
	£	£
Catering facilities hire	550	1,438
Dormitories	3,075	4,371
Small room hire	4,771	8,308
Pool hire	8,583	10,300
Conference room hire	<u>1,828</u>	<u>5,133</u>
	<u>18,807</u>	<u>29,550</u>

4. INVESTMENT INCOME

	30.9.20	30.9.19
	£	£
Deposit account interest	<u>152</u>	<u>176</u>

5. OTHER

	30.9.20	30.9.19
	£	£
Support costs	57,623	77,648
Finance costs	76	58
Governance costs	<u>13,976</u>	<u>15,781</u>
	<u>71,675</u>	<u>93,487</u>

Included in support costs is auditors remuneration totalling £3,000 (2019: £3,000) and auditors remuneration in relation to non-audit services totalling £3,400 (2019: £3,150).

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	30.9.20	30.9.19
	£	£
Depreciation - owned assets	<u>54,672</u>	<u>55,114</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2020 nor for the year ended 30 September 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2020 nor for the year ended 30 September 2019.

8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	39,695
Other trading activities	29,550
Investment income	<u>176</u>
Total	69,421
EXPENDITURE ON	
Charitable activities	
Event Costs	280
Donations	6,250
Depreciation	55,114
Other	<u>93,487</u>
Total	155,131
NET INCOME/(EXPENDITURE)	<u>(85,710)</u>
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>2,173,930</u>
TOTAL FUNDS CARRIED FORWARD	<u><u>2,088,220</u></u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

9. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 October 2019 and 30 September 2020	<u>2,178,045</u>	<u>63,193</u>	<u>2,241,238</u>
DEPRECIATION			
At 1 October 2019	193,144	32,684	225,828
Charge for year	<u>44,194</u>	<u>10,478</u>	<u>54,672</u>
At 30 September 2020	<u>237,338</u>	<u>43,162</u>	<u>280,500</u>
NET BOOK VALUE			
At 30 September 2020	<u>1,940,707</u>	<u>20,031</u>	<u>1,960,738</u>
At 30 September 2019	<u>1,984,901</u>	<u>30,509</u>	<u>2,015,410</u>

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.20	30.9.19
	£	£
Trade debtors	-	145
Other debtors	14,227	6,297
Prepayments and accrued income	<u>3,089</u>	<u>3,360</u>
	<u>17,316</u>	<u>9,802</u>

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.9.20	30.9.19
	£	£
Trade creditors	2,839	1,014
Other creditors	-	1,500
Accruals and deferred income	<u>7,600</u>	<u>7,252</u>
	<u>10,439</u>	<u>9,766</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

12. MOVEMENT IN FUNDS

	At 1.10.19 £	Net movement in funds £	At 30.9.20 £
Unrestricted funds			
General fund	1,988,220	6,555	1,994,775
Unforeseen operation expenses fund	30,000		30,000
Unforeseen repairs and minor works fund	30,000		30,000
Sinking fund	40,000		40,000
Planned commitments fund	-		-
TOTAL FUNDS	2,088,220	6,555	2,094,775

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	133,900	(127,345)	-	6,555
Unforeseen operational expenses fund	-	-	-	-
Unforeseen repairs and minor works fund	-	-	-	-
Sinking fund	-	-	-	-
Planned commitments fund	-	-	-	-
TOTAL FUNDS	133,900	(127,345)	-	6,555

Comparatives for movement in funds

	At 1.10.18 £	Net movement in funds £	At 30.9.19 £
Unrestricted funds			
General fund	2,033,930	(45,710)	1,988,220
Unforeseen operational expenses fund	30,000	-	30,000
Unforeseen repairs and minor works fund	30,000	-	30,000
Sinking fund	30,000	10,000	40,000
Planned commitments fund	50,000	(50,000)	-
TOTAL FUNDS	2,173,930	(85,710)	2,088,220

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

12. MOVEMENT IN FUNDS - continued

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	69,421	(155,131)	40,000	(45,710)
Unforeseen operational expenses fund	-	-	-	-
Unforeseen repairs and minor works fund	-	-	-	-
Sinking fund	-	-	10,000	10,000
Planned commitments fund	-	-	(50,000)	(50,000)
TOTAL FUNDS	<u>69,421</u>	<u>(155,131)</u>	<u>-</u>	<u>(85,710)</u>

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

	At 1.10.18 £	Net movement in funds £	At 30.9.20 £
Unrestricted funds			
General fund	2,033,930	(39,155)	1,994,775
Unforeseen operational expenses fund	30,000		30,000
Unforeseen repairs and minor works fund	30,000		30,000
Sinking fund	30,000	10,000	40,000
Planned commitments fund	50,000	(50,000)	-
TOTAL FUNDS	<u>2,173,930</u>	<u>(79,155)</u>	<u>2,094,775</u>

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

	Incoming Resources £	Resources expended £	Transfer between funds £	Movement in funds £
Unrestricted funds				
General fund	203,321	(282,476)	40,000	(39,155)
Unforeseen operational expenses fund	-	-	-	-
Unforeseen repairs and minor works fund	-	-	-	-
Sinking fund	-	-	10,000	10,000
Planned commitments fund	-	-	(50,000)	(50,000)
TOTAL FUNDS	<u>203,321</u>	<u>(282,476)</u>	<u>-</u>	<u>(79,155)</u>

Notes to the Financial Statements - continued
for the Year Ended 30 September 2020

13. RELATED PARTY DISCLOSURES

Sara Williams was invoiced a total of £71 (2019: £nil) for use of facilities at the Sound Training Centre. The amount paid including VAT was £85 (2019: £nil).

Spherical Living Ltd, a company in which the trustee Sara Williams is a director, was invoiced a total of £nil (2019: £167) for the hire of facilities at the Sound Training Centre. The amount paid including VAT was £nil (2019: £200).

Jane Keep was invoiced a total of £71 (2019: £229) for use of facilities at the Sound Training Centre. The amount paid including VAT was £85 (2019: £275).

Monica Gillooly was invoiced a total of £229 (2019: £62) for use of facilities at the Sound Training Centre. The amount paid including VAT was £275 (2019: £75).

Michael Nicholson deposited £nil (2019: £1,116) on behalf of an event hiring client.

Donations from trustees and related parties, with no conditions attached totalled £794 (2019: £690).

14. ULTIMATE CONTROLLING PARTY

The Company was controlled throughout the period by the trustees of the charity.

15. LTD BY GUARANTEE

The Company is limited by Guarantee and has no Share Capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such amount as may be required not exceeding £1.