

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

TRUSTEE ANNUAL REPORT

Sound Foundation Community Care

Trustee Annual Report and Financial Statement

1st October 2022 - 30th September 2023



SOUND FOUNDATION
COMMUNITY CARE

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.

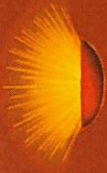
Key to Public Benefit Areas - Our Six Key Interest Groups

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

9



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>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.



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.

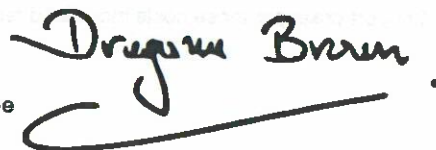
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

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:

Asset category	Depreciation rate
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 2023 £	Total 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>