

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:**

<b>Charity Name</b>	Sound Foundation Community Care	
<b>Charity Number</b>	1160449	
<b>Company Number</b>	09400037	
<b>Registered Office</b>	The Sound Training Centre Bull's Quarries Road, Tytherington, Frome, Somerset, BA11 5BW	
<b>Trustees / Directors</b>	Ms. Monica Gillooly	Chair
	Ms. Dragana Brown	
	Dr. Jane Keep	
	Mr. Stephen Anderson	Treasurer
	Mrs. Amita Khurana	(Until Nov 2024)
<b>Independent Examiners</b>	TC Group The Courtyard, Shoreham Road, Upper Beeding, Steyning, West Sussex, BN44 3TN	
<b>Bankers</b>	Co-operative Bank, Skelmersdale, WN8 6WT	
<b>Solicitors</b>	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  <b>Furnishing for Breast Feeding / Lactation Room for Hospital Staff</b>	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  <b>Accessible outdoor seating (benches) for Hospital Staff</b>  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 it's 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

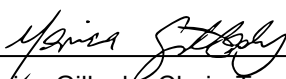
AND

- 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

30<sup>th</sup> June 2025  
Date

  
Stephen Anderson, Treasurer, Trustee

30<sup>th</sup> 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  
Steyping  
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

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

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

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:

<b>Asset category</b>	<b>Depreciation rate</b>
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**

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

**4 Other trading activities**

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

**5 Investment income**

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

# SOUND FOUNDATION COMMUNITY CARE

## NOTES TO THE ACCOUNTS (CONTINUED)

### FOR THE YEAR ENDED 30 SEPTEMBER 2024

#### 6 Expenditure

	2024	2023 £
<b>Raising funds</b>		
Charitable events costs	-	7,347
	-	7,347
<b>Charitable activities</b>		
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
	214,517	166,341
<b>Total expenditure</b>	<b>214,517</b>	<b>173,688</b>

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

Net expenditure is stated after charging:

	2024 £	2023 £
Depreciation – owned assets	50,163	47,996

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

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

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

#### 11 Debtors

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

#### 12 Creditors: amounts falling due within one year

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

# **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.