



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/1/2022 To 31/12/2022

Charity name: Seed Studios

Charity registration number: 1172658

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The purpose of Seed Studios CIO is to promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society by providing a community music and arts service.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	We have sought to prevent social exclusion as a result of ill health (physical and mental) through two main activities. • Provision of a volunteer-led community music studio including purchase of instruments and equipment. • Provision of one-to-one music sessions for vulnerable adults by sessional workers
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In planning and decision-making, the Trustees kept in mind the Charity Commissions guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Through the medium of music, we empowered around 200 people each month at volunteer-led community music wellbeing workshops and our one-to-one sessions with social prescribing referrals. We built the confidence, mental health resilience and skills of local people in Trafford, giving them hope and helping to create a stronger community. Our volunteer-led community music wellbeing workshops were a vital lifeline for many people during a difficult time. They provided a safe and supportive space for people to connect with others, and express themselves creatively. We offered up to 20 hours a week of workshops, engaging local people through singing and songwriting to free improvisation and jamming. These weekly sessions become a community and support structure for people as well as a place people can meet and grow friendships while enjoying meaningful creative ventures. We also worked closely with local GPs and other organisations to provide 6 hours every week of free music tuition, music therapy and other music-based interventions to people referred for depression, anxiety and social isolation. We helped people to develop coping mechanisms, improve their mood, and

		reduce their social isolation. Seed Studios also completed an Arts Council Project Grant-supported programme of studio renovation and volunteer upskilling in new instruments and disciplines. This work supported new and current volunteers to add 4 hours of new volunteer community music wellbeing workshops to our weekly offer to the community. We also invited over 60 performers from both of our centres to perform at the Lowry for our annual Celebrate Seed Studios event as part of this project. For the majority of these individuals, this represented a unique confidence-building exercise as the first time they ever performed in public. We are proud of the work that we did in 2022, and we are committed to continuing to provide high-quality music and mental health workshops to people in Trafford. We believe that music has the power to transform lives, and we are grateful to our volunteers and supporters for helping us to make a difference.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	

Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity had bank balances totalling £24,742 at the end of the year. The charity had receipts totalling £50,275 for the year. The charity had payments totalling £58,491 for the year.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The reserves policy for this financial year was to maintain Reserves of £1,000. This was for unexpected costs that may accrue
Amount of reserves held	Para 1.22	£1,000
Reasons for holding zero reserves	Para 1.22	NA
Details of fund materially in deficit	Para 1.24	NA
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	NA

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	CIO Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	The Charity recruits for specific roles, using its own website, social media accounts, volunteer websites and online groups as well as word of mouth to fill these roles. No organisation or body is entitled to appoint Trustees

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Seed Studios
Other name the charity uses	
Registered charity number	1172658
Charity's principal address	54-56 Seymour Grove Old Trafford Manchester M16 0In

Names of the charity trustees who manage the charity						
			Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (if any) entitled to appoint
		1	Andrew Christopher Hodson	Chair		
		2	Rinu Bijo	Treasurer	Until February 2022	
		3	Lucy Kohoutek Power			
		4	Philip Handscomb			
		5	Tina Marney		April 2022 until November 2022	
		6	Ann-Marie Crowley			

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)				
	Type of adviser	Name	Address	
	Name of chief executive or names of senior staff members (Optional information)			

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.				
Signed on behalf of the charity's trustees				
			Signature(s)	Lucy Power
			Full name(s)	Lucy Kohoutek Power
			Position (eg Secretary, Chair, etc)	Trustee
			Date	24/10/23



Receipts and payments accounts

For the period from

01/01/2022

To

31/12/2022

CC16a

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	3,555	45,593	-	49,147	41,299
Sale of equipment	900	-	-	900	-
Donations	129	-	-	129	227
Bank error	65	-	-	65	-
Interest	34	-	-	34	-
Sub total (Gross income for AR)	4,683	45,593	-	50,275	41,526
A3 Payments					
Charitable activities	668	57,518	-	58,186	28,200
Insurance	224	-	-	224	-
Bank charges	81	-	-	81	-
	-	-	-	-	-
Sub total	973	57,518	-	58,491	28,200
Net of receipts/(payments)	3,710	- 11,926	-	- 8,216	13,326
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,228	26,730	-	32,958	-
Cash funds this year end	9,938	14,805	-	24,742	13,326

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Cash at bank	9,938	14,805
		-	-
		-	-
	Total cash funds	9,938	14,805
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B3 Investment assets		fund to which asset belongs	Cost (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
B4 Assets retained for the charity's own use		fund to which asset belongs	Cost (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
Lucy Power	Lucy Kohoutek Power



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			Full name(s)	Lucy Kohoutek Power
			Position (eg Secretary, Chair, etc)	Trustee
			Date	24/10/23