

# THE HARMONY THERAPY TRUST

England & Wales · Charity number 1173141

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-05-23

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

## Contact

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**Address** Masters House  
Trinity Road  
Sheerness  
ME12 2PF

**Phone** 01795663050

**Email** [harmony@thtt.org.uk](mailto:harmony@thtt.org.uk)

**Website** <http://www.theharmonytherapytrust.org.uk>

## Activities

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**Objects:** TO PROMOTE AND SUPPORT THE PHYSICAL AND MENTAL HEALTH OF PEOPLE DOMICILED IN KENT LIVING WITH CANCER OR OTHER SERIOUS LIFE ALTERING LONG TERM CONDITIONS (LTCS) THROUGH THE PROVISIONS OF SUPPORTIVE SERVICES, EDUCATION AND PRACTICAL ADVICE BY 1) BRIDGING THE GAP BETWEEN INVASIVE MEDICAL TREATMENT AND THE ROAD TO ENCOURAGE WELLBEING AND POSITIVE OUTCOMES WITH INTEGRATED HEALTHCARE 2) PROVIDING FREE SUPPORTIVE THERAPEUTIC THERAPY SESSIONS OF REFLEXOLOGY, MASSAGE, REIKI, HYPNOTHERAPY AND TALKING/LISTENING THERAPIES AND SELF-CARE TO IMPROVE EMOTIONAL WELLBEING 3) EDUCATING THE GENERAL PUBLIC INTO THE BENEFITS OF INTEGRATED HEALTHCARE IN RELATION TO THE EMOTIONAL AND MENTAL HEALTH ISSUES ARISING FROM THE DIAGNOSIS AND PROGNOSIS OF SERIOUS LIFE ALTERING LONG TERM CONDITIONS

**Activities:** Providing FREE supportive integrated healthcare therapies to the people of Kent medically referred to us and who are living or coping with Cancers or other serious life altering conditions, such support addressing their wellness and emotional wellbeing needs arising from and as a consequence of their diagnosis and prognosis

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** The General Public/mankind

## Geography

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- Kent

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-30	£59,842	£36,351	-	-
2024-04-30	£52,232	£56,594	-	-
2023-04-30	£29,772	£52,787	-	-
2022-04-30	£15,396	£25,728	-	-
2021-04-30	£16,209	£7,186	-	-

## Trustees

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Name	Role	Appointed
<b>Gillian Margaret Pollard</b>	Chair	2023-09-30
David Lee Wayte		2024-01-14
Faye Jarvis		2025-05-13
Lyn Baseley		2017-05-27
PHILIP JARVIS		2026-01-19
Vicki Howard		2026-01-19

**THE HARMONY THERAPY TRUST**

England & Wales - Charity number 1173141

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# Accounts

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## TRUSTEES REPORT FOR THE YEAR 1 MAY 2024 to 30 APRIL 2025

THE HARMONY THERAPY TRUST

CHARITY NUMBER 1173141

### REGISTERED OFFICE

Masters House, Trinity Road, Sheerness, ME12 2PF

### TRUSTEES

Gillian Pollard - Chair

Lyn Baseley

Catherine Ashby-Clarke

Deborah Mulvaney

David Wayte

Faye Jarvis

Vicki Howard

Phil Jarvis

The Trustees present their Annual Report and Financial Statement for the year 1 May 2024 to 30th April 2025. The report and financial statements have been prepared in accordance with all relevant Charity Commission guidance, and they comply with the charity's constitution and the Charities Act 2011.

### OBJECTIVES AND ACTIVITIES

To promote and protect the physical and mental health of sufferers of life limiting conditions, chronic illness or cancer, among people residing permanently or temporarily in Kent through the provision of support services, education and practical advice by:

- i. Bridging the gap between invasive medical treatment and the road to wellbeing and in many cases recovery.
- ii. Providing the complementary therapies aromatherapy, massage, reiki, acupuncture and hypnotherapy; counselling including stress counselling and bereavement counselling; talking therapies and self-care.
- iii. Educating the general public in all areas relating to life threatening conditions.

### PUBLIC BENEFIT

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

## **CHAIR'S REPORT JANUARY 2026 - A Year of Growth and Connection**

### Overview and Anniversary Milestones

The past year has been one of steady progress as we continue to build back in line with our recovery plan. A significant highlight was our 15th Anniversary Celebration at Kennington Hall, Ashford. This event was not only a wonderful way to raise funds and awareness for the Trust, but also a moment to honour our founder, Dawn Cockburn. We were delighted to present certificates of appreciation to several of our long-standing therapists and fundraisers whose dedication remains the backbone of our organization.

### Strengthening Our Team

Our core focus remains on the recruitment, education, and support of our therapists. I am thrilled to announce that we have successfully recruited six new therapists to the Harmony team, and we have a few potential new therapists and volunteers, who we hope will decide to join us soon. Additionally, we have welcomed three new Trustees to the core running team.

Faye is now your Therapist Liaison. Vicki is also a therapist and has already started to help by phoning beneficiaries on the waiting list before allocating to a therapist, making sure they still want or need therapy. Faye, Vicki and Phil are going to help us with applying for funding and looking at marketing.

I would personally like to thank all the Trustees for their continued support, vision, enthusiasm, and—above all—their commitment to securing the future of The Harmony Therapy Trust.

### Strategic Collaborations

We are incredibly fortunate to be collaborating with Simon, the founder of "Slow the Mind." As our Mind Awareness Coach, Simon has initiated a three-day outdoor wellbeing weekend specifically for men. This initiative helps Harmony bridge a vital gap in our support services. Looking ahead, we are already planning a similar wellbeing event for women later this year.

### Training and Professional Development

Keeping our therapists informed and educated is a top priority. This year, we held successful training sessions at Brands Hatch including Lymphoedema training with Christine Wise, and Reflexology Awareness in Massage with the UK's leading reflexologist, David Wayte. Next month, we look forward to hosting a First Aid training course at the Holiday Inn.

### Financial Health and Fundraising

Financially, we are slowly building back our reserves. However, our referrals are currently arriving faster than we can finance them. This is partly to do with our success at raising awareness of Harmony, but mostly due to the current crisis in the NHS. To manage this, I have two requests for our therapists:

Administrative Diligence: Please ensure all invoices are submitted on time.

Fundraising Commitment: Fundraising is a criteria of our membership. If you feel uneasy creating your own event, please reach out to Faye, who can guide you. Whether it is selling "Happiness Kits," organizing a small raffle, or even a sponsored skydive, every effort makes a difference.

Also on Admin and Funding, again in line with our recovery plan, our processes and forms have now been reviewed and updated.

We continue to apply for as many grants and funding as possible. With the additions to the team, we are hopeful we can build on our success and reduce the waiting time again.

Friends of Harmony is now fully launched. For anyone who is not a therapist, can join for just £12 a year.

### Mental Health and Wellbeing

Mental health is our primary focus this year—not just for our clients, but for our team as well. We have established leads in various areas to support our therapists' own mental health and wellbeing. I encourage you to use these resources if the need arises.

I am also committed to being accessible to you all; I am more than happy to visit any of our therapists personally if you are unable to make it to the central office.

#### FINANCIAL REVIEW

The results for the year ending 30 April 2025 and the financial position of the charity are presented in the financial statements in the attached pages.

The Harmony Therapy Trust – Charity no. 1173141

Receipts and payments accounts

For the year ended 30 April 2025

Contents of the Receipts and payments accounts  
For the year ended 30 April 2025

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Independent Examiner's Report	2
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**ADDRESS:** Masters House  
Trinity Road  
Sheerness  
Kent  
ME12 2PF

**INDEPENDENT EXAMINER:** Daniel Grenham FCCA  
45 Granville Drive  
Greenhill  
Herne Bay  
Kent  
CT6 7QZ

**TRUSTEES:** Gillian Margaret Pollard (Chair)  
Faye Jarvis  
Deborah Mulvany  
David Lee Wayte  
Catherine Ashby-Clark  
Lyn Baseley

Independent examiner's report to the trustees of The Harmony Therapy Trust

I report on the accounts of the Trust for the year ended 30 April 2025, which are set out on pages 3 to 4.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Daniel Grenham FCCA  
45 Granville Drive  
Greenhill  
Herne Bay  
Kent  
CT6 7QZ

11 July 2025

The Harmony Therapy Trust

Receipts & Payments Account  
For the year ended 30 April 2025

	30.04.2025		30.04.2024	
	£	£	£	£
<b>UNRESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
Donations and events		13,885		19,369
Other Grants		44,759		32,500
Sales of books, calendars etc		-		-
Training school courses		-		-
Memberships		925		-
Bank interest		273		238
Sundry other receipts		-		125
		<u>59,842</u>		<u>52,232</u>
<b>PAYMENTS</b>				
Therapies	3,260		29,620	
Travel costs	48		669	
Insurance	659		625	
Rent	3,072		1,200	
Postage, stationery and office equipment	579		460	
Telephone and internet	688		646	
Training and administration	21,837		17,739	
Computer software and support	1,610		1,395	
Events costs	2,787		2,803	
Sundry other expenses	1,811		1,437	
		<u>36,351</u>		<u>56,594</u>
<b>NET RECEIPTS / (PAYMENTS) – UNRESTRICTED FUNDS</b>		<u>23,491</u>		<u>(4,362)</u>
<b>RESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
National Lottery funding		5,500		-
<b>PAYMENTS</b>				
Therapies	5,000		-	
Computer software and support	-		-	
Lectures for training school	-		-	
Training school administration	-		-	
Training school equipment	-		-	
Event costs	500		-	
Sundry other expenses	-		-	
		<u>5,500</u>		<u>-</u>
<b>NET RECEIPTS / (PAYMENTS) – RESTRICTED FUNDS</b>		<u>-</u>		<u>-</u>
<b>TOTAL NET RECEIPTS / (PAYMENTS)</b>		<u>23,491</u>		<u>(4,362)</u>
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Cash funds brought forward	21,461	-	21,461	25,823
Net receipts / (payments)	<u>23,491</u>	<u>-</u>	<u>23,491</u>	<u>(4,362)</u>
<b>CASH FUNDS AT YEAR END</b>	<u>44,952</u>	<u>-</u>	<u>44,952</u>	<u>21,461</u>

The Harmony Therapy Trust

Statement of Assets & Liabilities

As at 30 April 2025

**CASH FUNDS**

			30.04.2025	30.04.2024
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	Funds
HSBC Current account	32,291	-	32,291	2,547
HSBC Deposit account	11,023	-	11,023	17,713
HSBC Community account	1,595	-	1,595	1,158
Cash in hand	43	-	43	43
	<hr/>	<hr/>	<hr/>	<hr/>
<b>CASH FUNDS AT YEAR END</b>	<b>44,952</b>	<b>-</b>	<b>44,952</b>	<b>21,461</b>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**ASSETS**

- 1) Electrical equipment including computers, printers, fridge, microwave and a kettle.
- 2) Furniture, fittings and equipment including desks, cabinets, bookcase, cupboards, office chairs, tables, dividing screens, binding machine and a laminator.
- 3) Training school equipment including laptops, projector, screen, programme, rolla banners and collection pots

**LIABILITIES**

The charity was committed to making therapists payments as at 30 April 2025 amounting to £8,475 (2024: £5,825). In addition to this there were no further amounts (2024: £ Nil) ringfenced for expenditure that the charity was committed to as at 30 April 2025.

APPROVAL BY TRUSTEES

We approve the receipts and payments accounts and the statement of assets and liabilities and we confirm that we have made available all relevant records and information for their preparation.

Signed on behalf of all the trustees of The Harmony Therapy Trust by:



L Baseley

Date: .....15-7-25.....

The Harmony Therapy Trust – Charity no. 1173141

Receipts and payments accounts

For the year ended 30 April 2025

Contents of the Receipts and payments accounts  
For the year ended 30 April 2025

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11 July 2025

The Harmony Therapy Trust

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For the year ended 30 April 2025

	30.04.2025		30.04.2024	
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The Harmony Therapy Trust

Statement of Assets & Liabilities

As at 30 April 2025

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**THE HARMONY THERAPY TRUST**

England & Wales - Charity number 1173141

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# Accounts

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## TRUSTEES REPORT FOR THE YEAR 1 MAY 2023 to 30 APRIL 2024

### THE HARMONY THERAPY TRUST

CHARITY NUMBER 1173141

#### REGISTERED OFFICE

Pioneer Room, The Healthy Living Centre, Sheerness, ME12 1HH

#### TRUSTEES

Rob Nelson (Chair until Sept 2023 – stepped down from Board of Trustees)  
Dawn Cockburn (Founder – stepped down from Board of Trustees Sept 2023)  
Gillian Pollard (New Chair from Sept 2023)  
Kelly Smith (stepped down to take up part-time employment as Charity Office Manager)  
Anthony Stublely (stepped down Jan 2024)  
Lyn Baseley  
Catherine Ashby-Clarke (joined board September 2023)  
Deborah Mulvaney (joined board Jan 2024)  
David Wayte (Joined board Jan 2024)  
Kin Pullen-Cruttenden (joined board Jan 2024)  
Olivia Gillmor (joined Board March 2024)

The Trustees present their Annual Report and Financial Statement for the year 1 May 2023 to 30th April 2024. The report and financial statements have been prepared in accordance with all relevant Charity Commission guidance, and they comply with the charity's constitution and the Charities Act 2011.

#### OBJECTIVES AND ACTIVITIES

To promote and protect the physical and mental health of sufferers of life limiting conditions, chronic illness or cancer, among people residing permanently or temporarily in Kent through the provision of support services, education and practical advice by:

- i. Bridging the gap between invasive medical treatment and the road to wellbeing and in many cases recovery.
- ii. Providing the complementary therapies aromatherapy, massage, reiki, acupressure and hypnotherapy; counselling including stress counselling and bereavement counselling; talking therapies and self-care.
- iii. Educating the general public in all areas relating to life threatening conditions.

#### PUBLIC BENEFIT

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

#### ACHIEVEMENT AND PERFORMANCE

A challenging year for the charity, due to the unprecedented amount of referrals being received and the lack of funds coming in during the previous financial year. The trustees implemented a recovery plan to ensure the successful continuation of the charity.

Strategy 1 – pause referrals – prioritising end of life patients then introducing a 12 week waiting list.  
Strategy 2 – increase funds – a whole team approach to funding bids and grant applications, as well as increasing fundraising activities and events. We were busy all year attending craft fairs, markets, fetes and networking events. Sharing information, raising awareness and raising funds. Our aim was to attend at least one event a month, which we exceeded. Our new aim is to attend events in as many parts of Kent as we can, to enable us to spread the word and meet our therapists and supporters at the same time. The main event of the year was our own fundraiser, Harmony Fest music festival,

which was a great success. We introduced “Friends of Harmony” and therapist membership to raise funds and increase cohesion within the team.

Strategy 3 – increase manpower – there were several changes to the board of trustees, with our founder moving out of area and retiring, and some members stepping down. We recruited new trustees, with a wider range of skills and experience, and assigned responsibilities to each member, to increase efficiency and improve communication. We also developed an ongoing programme to recruit more volunteers for admin and events.

Strategy 4 – Review and improve current systems and activities – work began on a new automated referral system, updated website and information leaflet.

Strategy 5 – Review recovery plan – we reviewed and updated the plan at each trustees meeting and shared it with therapists via our AGM. We will continue to review and add to it as required.

Strategy 6 – Relaunch – we intend launching certain aspects as they are completed, eg the website, leaflet and referral system. We are planning a big anniversary event in 2025 for our 15<sup>th</sup> year.

In addition to the above, we started a Craft and Conversation group with a wellbeing theme to provide a safe space to discuss health matters, signpost to services and support, while also providing demonstrations and craft supplies.

## SUMMARY

We would like to thank all our trustees, volunteers and therapists for their committed approach to tackling the challenges and demands we have faced during the year. We are very proud that the increased efforts and the implementation of the recovery plan had the desired effect of increasing income and efficiency, enabling us to deal with more referrals and putting the charity back on a successful path. There is still work to be done and we look forward to planning new projects to increase our reach and provide additional services such as wellbeing events and support for carers and families.

## FINANCIAL REVIEW

The results for the year and the financial position of the charity are presented in the financial statements in the following pages.

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The Harmony Therapy Trust – Charity no. 1173141

Receipts and payments accounts

For the year ended 30 April 2024

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For the year ended 30 April 2024

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General Information

For the year ended 30 April 2024

**ADDRESS:**

Pioneer Room

The Healthy Living Centre  
Broadway  
Sheerness  
Kent  
ME12 1HH

**INDEPENDENT EXAMINER:**

Daniel Grenham FCCA

45 Granville Drive  
Greenhill  
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Daniel Grenham FCCA  
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CT6 7QZ

14 August 2024

Receipts & Payments Account  
For the year ended 30 April 2024

	30.04.2024		30.04.2023	
	£	£	£	£
<b>UNRESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
Donations and events		19,369		12,751
Other Grants		32,500		16,900
Sales of books, calendars etc		-		49
Training school courses		-		-
Sponsorship		-		-
Bank interest		238		72
Sundry other receipts		<u>125</u>		<u>-</u>
		52,232		29,772
<b>PAYMENTS</b>				
Therapies	29,620		29,005	
Travel costs	669		1,063	
Insurance	625		616	
Office rent	1,200		933	
Postage, stationery and office equipment	460		1,505	
Telephone and internet	646		843	
Training and administration	17,739		12,816	
Computer software and support	1,395		3,862	
Events costs	2,803		855	
Sundry other expenses	<u>1,437</u>		<u>1,289</u>	
		56,594		52,787
<b>NET RECEIPTS / (PAYMENTS) – UNRESTRICTED FUNDS</b>		<u>(4,362)</u>		<u>(23,015)</u>
<b>RESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
National Lottery funding		-		-
<b>PAYMENTS</b>				
Computer software and support	-		4,607	
Lectures for training school	-		-	
Training school administration	-		-	
Training school equipment	-		-	
Event costs	-		-	
Sundry other expenses	<u>-</u>		<u>-</u>	
		-		(4,607)
<b>NET RECEIPTS / (PAYMENTS) – RESTRICTED FUNDS</b>		-		(4,607)
<b>TOTAL NET RECEIPTS / (PAYMENTS)</b>		<u>(4,362)</u>		<u>(27,622)</u>
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Cash funds brought forward	25,823	-	25,823	53,445
Net receipts / (payments)	<u>(4,362)</u>	<u>-</u>	<u>(4,362)</u>	<u>(27,622)</u>
<b>CASH FUNDS AT YEAR END</b>	<u>21,461</u>	<u>-</u>	<u>21,461</u>	<u>25,823</u>

Statement of Assets &  
Liabilities As at 30  
April 2024

**CASH FUNDS**

			30.04.2024	30.04.2023
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	Funds
HSBC Current account	2,547	-	2,547	9,055
HSBC Deposit account	17,713	-	17,713	14,475
HSBC Community account	1,158	-	1,158	2,250
Cash in hand	43	-	43	43
	<hr/>	<hr/>	<hr/>	<hr/>
<b>CASH FUNDS AT YEAR END</b>	21,461	-	21,461	25,823
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

## ASSETS

- 1) Electrical equipment including computers, printers, fridge, microwave and a kettle.
- 2) Furniture, fittings and equipment including desks, cabinets, bookcase, cupboards, office chairs, tables, dividing screens, binding machine and a laminator.
- 3) Training school equipment including laptops, projector, screen, programme, rolla banners and collection pots

## LIABILITIES

The charity was committed to making therapists payments as at 30 April 2024 amounting to £5,825 (2023: £14,375). In addition to this there were no further amounts (2023: £ Nil) ringfenced for expenditure that the charity was committed to as at 30 April 2024.

APPROVAL BY TRUSTEES

We approve the receipts and payments accounts and the statement of assets and liabilities and we confirm that we have made available all relevant records and information for their preparation.

Signed on behalf of all the trustees of The Harmony Therapy Trust by:

L Baseley

Date: .....

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**THE HARMONY THERAPY TRUST**

England & Wales - Charity number 1173141

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# Accounts

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The Harmony Therapy Trust – Charity no. 1173141

Receipts and payments accounts

For the year ended 30 April 2023

The Harmony Therapy Trust

Contents of the Receipts and payments accounts  
For the year ended 30 April 2023

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The Harmony Therapy Trust  
General Information  
For the year ended 30 April 2023

**ADDRESS:**

The Harty Room  
The Healthy Living Centre  
Broadway  
Sheerness  
Kent  
ME12 1HH

**INDEPENDENT EXAMINER:**

Daniel Grenham FCCA  
45 Granville Drive  
Greenhill  
Herne Bay  
Kent  
CT6 7QZ

**TRUSTEES:**

Lyn Baseley  
Dawn Cockburn  
Robert Nelson  
Kelly Smith  
Anthony Stubbley  
Dolley White

Independent examiner's report to the trustees of The Harmony Therapy Trust

I report on the accounts of the Trust for the year ended 30 April 2023, which are set out on pages 3 to 4.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Daniel Grenham FCCA  
45 Granville Drive  
Greenhill  
Herne Bay  
Kent  
CT6 7QZ

30 June 2023

The Harmony Therapy Trust

Receipts & Payments Account  
For the year ended 30 April 2023

	30.04.2023		30.04.2022	
	£	£	£	£
<b>UNRESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
Donations and events		12,751		8,363
Other Grants		16,900		7,000
Sales of books, calendars etc		49		31
Training school courses		-		-
Sponsorship		-		-
Bank interest		72		2
Sundry other receipts		-		-
		<u>29,772</u>		<u>15,396</u>
<b>PAYMENTS</b>				
Therapies	29,005		19,305	
Travel costs	1,063		248	
Insurance	616		626	
Office rent	933		550	
Postage, stationery and office equipment	1,505		1,024	
Telephone and internet	843		720	
Training and administration	12,816		2,550	
Computer software and support	3,862		-	
Events costs	855		-	
Sundry other expenses	<u>1,289</u>		<u>705</u>	
		<u>52,787</u>		<u>25,728</u>
<b>NET RECEIPTS / (PAYMENTS) – UNRESTRICTED FUNDS</b>		<u>(23,015)</u>		<u>(10,332)</u>
<b>RESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
National Lottery funding		-		-
<b>PAYMENTS</b>				
Computer software and support	4,607		-	
Lectures for training school	-		-	
Training school administration	-		-	
Training school equipment	-		-	
Event costs	-		-	
Sundry other expenses	-		-	
		<u>(4,607)</u>		<u>-</u>
<b>NET RECEIPTS / (PAYMENTS) – RESTRICTED FUNDS</b>		<u>(4,607)</u>		<u>-</u>
<b>TOTAL NET RECEIPTS / (PAYMENTS)</b>		<u>(27,622)</u>		<u>(10,332)</u>
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Cash funds brought forward	48,838	4,607	53,445	63,777
Net receipts / (payments)	<u>(23,015)</u>	<u>(4,607)</u>	<u>(27,622)</u>	<u>(10,332)</u>
<b>CASH FUNDS AT YEAR END</b>	<u>25,823</u>	<u>-</u>	<u>25,823</u>	<u>53,445</u>

The Harmony Therapy Trust

Statement of Assets & Liabilities

As at 30 April 2023

**CASH FUNDS**

	Unrestricted	Restricted	30.04.2023	30.04.2022
	Funds	Funds	Total	Total
			Funds	Funds
HSBC Current account	9,055	-	9,055	32,341
HSBC Deposit account	14,475	-	14,475	19,722
HSBC Community account	2,250	-	2,250	1,382
Cash in hand	43	-	43	-
	<hr/>	<hr/>	<hr/>	<hr/>
<b>CASH FUNDS AT YEAR END</b>	<b>25,823</b>	<b>-</b>	<b>25,823</b>	<b>53,445</b>

**ASSETS**

- 1) Electrical equipment including computers, printers, fridge, microwave and a kettle.
- 2) Furniture, fittings and equipment including desks, cabinets, bookcase, cupboards, office chairs, tables, dividing screens, binding machine and a laminator.
- 3) Training school equipment including laptops, projector, screen, programme, rolla banners and collection pots

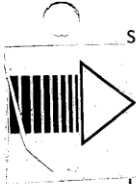
**LIABILITIES**

The charity was committed to making therapists payments as at 30 April 2023 amounting to £14,375 (2022: £21,335). In addition to this there were no further amounts (2022: £ Nil) ringfenced for expenditure that the charity was committed to as at 30 April 2023.

**APPROVAL BY TRUSTEES**

We approve the receipts and payments accounts and the statement of assets and liabilities and we confirm that we have made available all relevant records and information for their preparation.

Signed on behalf of all the trustees of The Harmony Therapy Trust by:



L Baseley

Date: .....

**THE HARMONY THERAPY TRUST**

England & Wales - Charity number 1173141

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# Accounts

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The Harmony Therapy Trust  
AGM 2022  
24-07-22

FOUNDER'S/CHAIR REPORT

Sadly we had to postpone the AGM originally planned for Founders Day. Many of you will know that it is the 18th of June is the birthday of my sister Sylvia, the amazing reflexologist who inspired me (along with the Sarah Lee Trust) to begin this charity that led me to meet all of you. However lack of numbers attending due to illness etc caused us to postpone it until today.

If I thought last year was challenging enough, let me just say that this year (so far) has brought about so many changes, which resulted in challenges both for Harmony and me personally – something I will address later.

First, I must address the need to thank Rob Nelson for stepping in the last eight months as substitute Chair whilst I dealt with my own very personal issues. He did a splendid job making sure that the CRM was finally a reality and, of course, chaired meetings and prepared policies and other documents. **Whilst most are in house procedural policies, some are available on Share Point to the therapists.** So please join me in a round of applause in appreciation of all his hard work.

Today we welcome new Trustees who will not only ensure our continued succession but will bring a fresh approach to our work and how the public perceives us. I personally welcome you all and know that you will experience great joy helping us achieve our aims and, indeed, the help it will bring to your life and, in some cases, your careers. With the great news that our numbers have doubled, it is important that each one of the Trustees has a designated role, and this will be discussed during the meeting. For example, I am delighted to tell you that Rob has agreed to take on the role of Liaison Office for the NHS hospitals and GP practices (including hospices) for Medway district and Darent Valley district. If any of our therapists would be interested in taking up a similar role in their catchment area, please let us know during the AOB of this meeting.

Generally, I have been reflecting strongly about the way we need to adapt and move forward now that, to a greater extent, we seem to have our experience of dealing with the fallout from Covid19 behind us. We have learnt a great deal from being shut down for virtually two whole years, and much of that knowledge has been put into practice.

However, I do not doubt that we need to change our direction somewhat in how we present ourselves, our work, and most importantly, our target funding. In a word, we need to REBRAND.. Not our logo or ethos but the emphasis we place on how our work with the long term seriously ill impacts on providing a good base for improved mental health, wellness, and wellbeing. Because of the impact of Covid, the isolation, the anxiety, and

# The Harmony Therapy Trust

AGM 2022

24-07-22

stress, funders are now putting great emphasis on mental health, and for the first time, I sincerely believe we need to begin to accept patients who have these presenting conditions as well as what the Government has called Long Covid.

Hitherto we have only addressed in funding bids the fact that our vital work helps support the impact long-term illness has on people with conditions like cancers, MS, MND, Parkinson's, organ failure, etc. We now need to emphasise that we can also help those who have been affected by the pandemic if we are to reach our hands into the pot of funding that is available to so many charities who include mental health support in their services. Therefore, with this in mind, I propose that we look at all our media, and how we approach the NHS services that refer to us (including Macmillan Crossroads Care). We need to approach our services whilst still being the same, but with a much greater emphasis on mental health wellbeing. It is acknowledged that physical trauma, even when passed and recovered from, is held within the body and mind, and this can be such a block to recovery to the "new normal". Kelly Smith brought to my attention how much funding there is out there if we address this area we had merely only mentioned in past applications. This will mean an overhaul of how we present ourselves but not our core purpose.

Other challenges have been the loss of some amazing therapists that have moved away from the area, stopped giving therapy, or had personal issues that they needed to resolve. Kelly will tell you how much they are missed, but I repeat this here so that you know how we regretted we had to lose them and how difficult it is to replace them with people of similar dedication and enthusiasm for our work. So, my call to arms is also to you all. Please if you know of good, well-qualified therapists in any field, but especially now in Counselling, Psychotherapy, or indeed any of the "talking" therapies, please tell them of us and our work with NHS referred patients and the wonderful difference in their lives that we can see we make on a daily basis.

The impact on our funds by the Covid lockdowns has been greatest. Whilst we are not destitute in any way, our bank account is diminishing rapidly as more and more patients are referred to us. May I propose that each and every one of us sitting here today or attending online, tries to find a way of looking at funding applications. I don't mean just online, one of the easiest ways for anyone to seek funding is to look no further than your local Councillors. I even mentioned this in my report last year, but unfortunately, there was no uptake. All you need to do is format a generic email and (because you live in the area of the Council you are applying to) send it to every local Councillor on the list you will find on your Council's website. They each have a pot of £2,500 from which they can allocate a lump sum of funding to charities and organisations of their choice. If you don't have the

# The Harmony Therapy Trust

AGM 2022

24-07-22

wording, I can send you the one I use when I apply to Swale Borough Councillors, it's simple and appealing, and it did bring results, I promise you. It is vital that we replenish this pot of money sooner rather than later because, that is what we pay you from, pay our overheads and make sure that we continue to have a huge presence in Kent for such a small charity.

Here I also need to pay a huge tribute to Kelly as office manager who, in the same way as our lovely Julie Murby, puts in far more than double the number of hours expected from her. There is not one day that goes by that Kelly is not working from home after she leaves office. She works tirelessly during the weekends sorting out computers and laptops for the volunteers to use, making sure all the necessary "kit" is ready for every event that we attend, and then attends herself leading from the front with her 3 fabulous daughters who have become young volunteers in their own right. What a wonderful example of service she shows those girls.

She leads a marvellous team of volunteers who also seem to want to work tirelessly to get things right, and to be honest without all their hard work in the background that you never get to see; we just could not function. Of course, the office staff will always be happy to meet you, and you are welcome to come down and see us (just give a bit of notice so we can tidy the office, so we look our best!)

Where would we be without you, our dedicated and caring therapists. Those of you who have been with us for a very long time have stayed the course through the ups and downs because you believe in our vital work and see for yourselves the difference we make in the lives of the seriously and long term ill. Thank you all of you for being there and to continue with your love and support for The Harmony Therapy Trust.

Finally, and I promise briefly I want to explain that my personal life has taken a hugely different direction and as some of you already know on 21st June, I will be moving to a village in Northamptonshire to be nearer my daughter and to make necessary changes for me personally. The last 9 months have been emotionally and mentally difficult for me, but thanks to Rob, Kelly, and the volunteer team, I was able to step back to get things done that enabled me to make this change. Now my physical and mental health is amazing, so it just goes to show that a little self-care and attention to our own spiritual and physical needs can make all the difference in giving you back enthusiasm and energy.

I will be commuting back to Sheppey at least once a month (thanks to LNER at St Pancras!) to attend events, be available to give treatments and, of course, go line dancing when they have their party!! Joking aside, I will be like many of our politicians living in one area and representing another. I will

The Harmony Therapy Trust  
AGM 2022  
24-07-22

be online several times a week at a fixed time with Kelly, and indeed anyone will still be able to contact me via messenger, Skype, Zoom, Duo, or Teams. In essence, no one will really experience any difference because only internal staff and a few therapists ever get to see me that often here on the Island, so please don't think I am abandoning this project I began 12 years ago.

GOING FORWARD

Our priorities must be:

- FUNDING, FUNDING, FUNDING
- REBRANDING TO REACH THE AVAILABLE MENTAL HEALTH FUNDING
- NEW THERAPISTS IN AREAS IN WHICH THEY HAVE BEEN LOST
- BETTER PUBLIC RELATIONS (THE LIAISON OFFICERS)
- EVENTS (THEY ARE FUN AND BRING IN A STEADY INCOME)
- SANCTUARY DAY - AGE UK FAVERSHAM HAVE OFFERED TO HOST THIS IN OCTOBER
- THERAPISTS MEETINGS ONLINE AND SUPPORT/SUPERVISION AVAILABLE
- LOOK AFTER OURSELVES INDIVIDUALLY AND AS PART OF THIS WONDERFUL TEAM
- COMMUNCIATE, COMMUNICATE, COMMUNICATE

THANK YOU ALL SO MUCH FOR THE YEARS WE HAVE BEEN TOGETHER ON THIS JOURNEY AND FOR LOOKING FORWARD TO A NEW BEGINNING POST COVID.

DAWN COCKBURN

The Harmony Therapy Trust – Charity no. 1173141

Receipts and payments accounts

For the year ended 30 April 2022

The Harmony Therapy Trust

Contents of the Receipts and payments accounts  
For the year ended 30 April 2022

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The Harmony Therapy Trust  
General Information  
For the year ended 30 April 2022

**ADDRESS:**

The Harty Room  
The Healthy Living Centre  
Broadway  
Sheerness  
Kent  
ME12 1HH

**INDEPENDENT EXAMINER:**

Daniel Grenham FCCA  
45 Granville Drive  
Greenhill  
Herne Bay  
Kent  
CT6 7QZ

Independent examiner's report to the trustees of The Harmony Therapy Trust

I report on the accounts of the Trust for the year ended 30 April 2022, which are set out on pages 3 to 4.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 130 of the 2011 Act and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Acthave not been met or
- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Daniel Grenham FCCA  
45 Granville Drive  
Greenhill  
Herne Bay  
Kent  
CT6 7QZ

21 July 2022

The Harmony Therapy Trust

Receipts & Payments Account

For the year ended 30 April 2022

	30.04.2022		30.04.2021	
	£	£	£	£
<b>UNRESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
Donations and events		8,363		6,118
Other Grants		7,000		10,031
Sales of books, calendars etc		31		50
Training school courses		-		-
Sponsorship		2		10
Bank interest		-		-
Sundry other receipts		<u>          </u>		<u>          </u>
		15,396		16,209
<b>PAYMENTS</b>				
Therapies	19,305		5,490	
Travel costs	248		59	
Insurance	626		607	
Office rent	550		150	
Postage, stationery and office equipment	1,024		37	
Telephone and internet	720		608	
Training and administration	2,550		-	
Events costs	-		-	
Sundry other expenses	<u>705</u>		<u>235</u>	
		<u>25,728</u>		<u>7,186</u>
<b>NET RECEIPTS / (PAYMENTS) – UNRESTRICTED FUNDS</b>		<u>(10,332)</u>		<u>9,023</u>
<b>RESTRICTED FUNDS</b>				
<b>RECEIPTS</b>				
National Lottery funding		-		-
<b>PAYMENTS</b>				
Computer software	-		5,319	
Lectures for training school	-		-	
Training school administration	-		-	
Training school equipment	-		-	
Event costs	-		-	
Sundry other expenses	<u>          </u>		<u>          </u>	
		<u>          </u>		<u>5,319</u>
<b>NET RECEIPTS / (PAYMENTS) – RESTRICTED FUNDS</b>		<u>          </u>		<u>(5,319)</u>
<b>TOTAL NET RECEIPTS / (PAYMENTS)</b>		<u>(10,332)</u>		<u>3,704</u>
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Cash funds brought forward	59,170	4,607	63,777	60,073
Net receipts / (payments)	<u>(10,332)</u>	<u>          </u>	<u>(10,332)</u>	<u>3,704</u>
<b>CASH FUNDS AT YEAR END</b>	<u>48,838</u>	<u>4,607</u>	<u>53,445</u>	<u>63,777</u>

The Harmony Therapy Trust

Statement of Assets & Liabilities

As at 30 April 2022

**CASH FUNDS**

			30.04.2022	30.04.2021
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	Funds
HSBC Current account	32,341	-	32,341	41,820
HSBC Deposit account	15,115	4,607	19,722	19,720
HSBC Community account	1,382	-	1,382	2,077
Cash in hand	-	-	-	160
	_____	_____	_____	_____
<b>CASH FUNDS AT YEAR END</b>	<b>48,838</b>	<b>4,607</b>	<b>53,445</b>	<b>63,777</b>
	=====	=====	=====	=====

**ASSETS**

- 1) Electrical equipment including computers, printers, fridge, microwave and a kettle.
- 2) Furniture, fittings and equipment including desks, cabinets, bookcase, cupboards, office chairs, tables, dividing screens, binding machine and a laminator.
- 3) Training school equipment including laptops, projector, screen, programme, rolla banners and collection pots

**LIABILITIES**

The charity was committed to making therapists payments as at 30 April 2022 amounting to £21,335 (2021: £26,220). In addition to this there were no further amounts (2021: £ Nil) ringfenced for expenditure that the charity was committed to as at 30 April 2022.

APPROVAL BY TRUSTEES

We approve the receipts and payments accounts and the statement of assets and liabilities and we confirm that we have made available all relevant records and information for their preparation.

Signed on behalf of all the trustees of The Harmony Therapy Trust by:

R Nelson

Date: ..... 22/08/22 .....

**THE HARMONY THERAPY TRUST**

England & Wales - Charity number 1173141

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# Accounts

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The Harmony therapy Trust

AGM 2021

Chair of Trustees Report

We hold this AGM in accordance with our Constitution and Charity Commission rules, but in all fairness we have little to report on since our last AGM. The 2020 AGM was delayed from May 2020, due to Covid. It was finally held on-line at the end of October. The eight months since then has mostly been in further lockdown.

Fund-raising since that time has been minimal, although we do appreciate the fund-raising that therapists and volunteers have done to keep the pennies rolling in. Every penny counts!

Thanks to our Founder, Dawn, who manages our Office base in Sheerness, for her recruiting skills. She ensures the Office is well staffed with volunteers and she has additionally recruited new nominated Trustees.

Please do remember that the volunteers are just that. They have to send out reminders to therapists for paperwork from time to time, and occasionally receive rather intolerant replies. They are only doing their job folks! Respect!

During lockdown we have lost a few therapists who have been forced into more secure employment, but we retain a healthy core base of support, and our therapists now enjoy the improved rate of remuneration.

Our long standing Patron, Dr Charlotte Abson, retired from her position as a Clinical Oncologist this year, but she has kindly agreed to continue as a Patron. She did however recommend that we recruit a serving medical specialist as a co-patron. We are delighted then to welcome Louise Black who is a clinical nurse specialist at Medway Hospital.

Gillie Marshall Howells has brought amazing finance skills to Harmony. She provides us with a monthly detailed financial analysis. This in spite of her own challenging health issues. It was impossible for her to be present today, but she has ensured that we have the audited accounts in addition to her own report.

I have now completed my stint as Chair of Trustees and we will be appointing anew to the position towards the end of the meeting. May I take this opportunity to thank everyone for the support that they have given me over the past few years!

Robert Nelson

27-06-21

## Finance Report Y/E 30<sup>th</sup> April 2021

Good Afternoon and welcome to everyone. I apologise for my own absence.

Well what can be said about last year? It was a bit of a non-starter really for most of the world as well as for Harmony. I hope we have all come through it relatively unscathed although I am sure nearly every one of us has had our lives made poorer by the loss of someone. For us, it was Grandad. So I send my love and blessings out to all.

Harmony took 75 referrals last year, 65 women and 10 men from throughout Kent. Breast Cancer was by far and away the biggest illness. And reflexology the most requested and provided therapy.

As you can imagine, in terms of finances, not a lot happened. We were unable to hold all the 10<sup>th</sup> Anniversary events that were planned, donations were down on previous years and the events that are often and wonderfully held on our behalf also were unable to go ahead.

We did however receive a £10k grant from Swale Borough Council and a donation of £1800 from Bobbing Crematorium. Other donations from Horton Property Developers, Dover WI, Jeff Payne's enormous fund raising efforts every year, the xmas cake raffle, birthday collections on Facebook and Lyn selling her handmade jewellery meant our income for the year eventually totalled a fairly respectable £16k.

Our outgoings were similarly reduced and payments to therapists that were able to work between lockdowns and submitted invoices totalled £5490. Other unavoidable office expenses took our total outgoings to £7186. And we also paid for half of the CRM that is in delayed development. We are very much hoping, Covid allowing, that the Harlequin CRM will be in and running before this financial year is out. We ended with an excess income over outgoings of £3704 this year and a ring-fence of future payments to therapists of £26,220 based on outstanding sessions.

Fingers crossed for the rest of this year and a return to some sort of normality. I would like to finish by thanking everyone for the continued support you give to The Harmony Therapy Trust. Without you and your efforts on our behalf we and the amazing therapists would not be able to provide the valuable service we do to seriously ill people. I'd also like to thank the bikers that John Stockham has introduced to us – their contribution for the awesome and mindboggling run to Margate (600 plus bikes!!) falls into the new financial year but we are very grateful for both the donation and the publicity they have brought our way. Thanks guys.

Over and out.

Gillie

Treasurer

## FOUNDER'S AGM REPORT

October 2020-June 2021

In these strange times I am writing 2021 report less than 6 months since our very delayed 2020 AGM and you will not be surprised to know that due to the second full lockdown not much has changed . Everything ground to another halt and we were all forced to sit back and just tick over working from home from the administration point of view.

It did however give us all a much needed rest but going back in to catch up on the work, well let's just say when April 12<sup>th</sup> came and went we were still having difficulty getting back into the rhythm of things and catching up on those referrals that had come in during lockdown which were put on hold

Sad to say we have lost several excellent therapists who either have begun retraining in something else, moved away or simply had to give up working as a therapist in order to find a job to pay the bills. Catching up is never easy whatever the reason, and to the therapists that have had to step down for whatever reason, we wish you all the very best for the future and thank you for being part of the Harmony Team for so long. It goes without saying we miss you

All the reports today will be short, but I am pleased to say that during lockdown we have found a new Trustee Dolley Jean White, who hopefully we will be voting onto the board today and once the formalities are through I invite you to give her a hearty Harmony Welcome

With the slow computers we have been having great difficulty in the office making best use of our time in processing referrals and Jean Mackenzie along with her son in law Dave helped put some more oomph into our old (donated PCs) for which help we are so grateful. However knowing that we needed to find a way forward I put out a call amongst my friends on Facebook for help and purely by chance someone responded to my SOS on the IT front. This was important as we needed to have advice about loading our CRM onto a cloud server. Daniel Roberts came to our rescue. Not only has he built a new computer for us, but he has helped with the camera for those of you who will be joining us via Teams, but also speeded up the laptops and shown yours truly how to check one or two things myself. In the meantime he is building the cloud server to take the CRM. Dan, worked for Optivo for a good number of years as their IT Manager and has worked for other well known organisations and businesses as IT *HelpDesk* prior to that. He is kindly donating his time and wealth of knowledge into helping us get the best out of CRM once it is ready to launch and for us to agree a date with Harlequin for training.

We seriously need to look a succession on the Board of Trustees and I am in touch with a lovely young lady that helped John Stockham our unofficial photographer with the Bikers ride Whit Bank Holiday Monday. Tara Riddle has worked with AGE UK as a volunteer and she is currently considering my proposal to join us as a young Trustee looking after our social media (something I do at present). I will keep you

posted if that works out. The Bike ride gathered over £200 in bucket donations by the way so a big thankyou is due to John, Tara and the organizer Rich Clancy of Riptide RiderZ. These Bikers are continuing to raise money for us too! Think I need to find out what it is like riding pillion. I was a Mod in my day not a Rocker!!

Lyn and I have started Line Dancing and enjoying it so much we have persuaded the teacher John and Sheerness East Working Men's club to hold a dance evening on September 10<sup>th</sup>. We are hoping for a great turn out so watch this space as things are at the embryonic stage of organization.

We certain will have to look to 2022 as being our big fundraising year and I hope you will all be behind us on that in any way that you can.

As always I end this report with so much love and affection for everyone who believed in me at the start when I began this journey to help the seriously ill of Kent, and for those who helped build us to what we are but for one reason or another had to move on, and more still for the wonderful Team I have around me who understand the vital need for our help in what can be the dark night of the soul for so many coping with cancer or other serious life altering illness. You have no idea the difference you all make in their lives, and the joy each and every one of you bring with the help you give whether as a Trustee, Volunteer, therapist or donor of funds.

We are all here to make a difference has always been the words I live by and you certainly have made and continue to make yours

Dawn

## **EVENTS REPORT FOR THE HARMONY THERAPY TRUST AGM 27 June 2021 – Lyn Baseley**

Although we have been unable to hold any fundraising events as such this year, there have still been a few fundraising activities.

There have been several Facebook birthday fundraisers, including Jeff Payne, and Dawn Cockburn, thank you to all who arranged and contributed to those. Apologies to anyone I haven't named, unfortunately Facebook doesn't show the dates.

We had two fantastic cake raffles - we're very grateful to Jeff Payne for organising and Janet Steele for baking the lovely Christmas and Easter cakes. The Christmas one raised just over £200 and the Easter one £120.

In May this year the riders in the Coastal Boyz Margate Takeover took out a couple of our collection buckets. Thanks here to John Stockham, who was a photographer at the event and sells his photos for a donation to Harmony.

We're always looking for new ways to fundraise and spread awareness and lockdown did present an opportunity. I provided some quiz questions for an online quiz run by the Admirals arm micropub. They promoted the Trust and posted a link to the Harmony donate button on our Facebook page.

Looking forwards, we hope to have another stall in Sheerness High Street in August. With potential for another in the new Queenborough Harbour Market, again in August. We've booked a Line Dancing Party for the 10<sup>th</sup> September at the Sheerness East Working Mens Club.

We await announcements of further lifting of restrictions to enable us to re-visit plans we'd made for events in 2020 – our 10<sup>th</sup> Anniversary Year.

As always, if anyone has any ideas for events, whether they be for fundraising or raising awareness, do contact me, Dawn or Jean and we will support with advice, posters and help on the day where we can.