

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

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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

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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

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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

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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	
	£	£	£	£
UNRESTRICTED FUNDS				
RECEIPTS				
Donations and events		8,363		6,118
Other Grants		7,000		10,031
Sales of books, calendars etc		31		50
Training school courses		-		-
Sponsorship		-		-
Bank interest		2		10
Sundry other receipts		-		-
		<u>15,396</u>		<u>16,209</u>
PAYMENTS				
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>
NET RECEIPTS / (PAYMENTS) – UNRESTRICTED FUNDS		<u>(10,332)</u>		<u>9,023</u>
RESTRICTED FUNDS				
RECEIPTS				
National Lottery funding		-		-
PAYMENTS				
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>
NET RECEIPTS / (PAYMENTS) – RESTRICTED FUNDS		<u>-</u>		<u>(5,319)</u>
TOTAL NET RECEIPTS / (PAYMENTS)		<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>
CASH FUNDS AT YEAR END	<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
	<hr/>	<hr/>	<hr/>	<hr/>
CASH FUNDS AT YEAR END	48,838	4,607	53,445	63,777
	<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 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