

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, 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.

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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ADDRESS:

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Sheerness
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ME12 2PF

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Greenhill
Herne Bay
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CT6 7QZ

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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	
	£	£	£	£
UNRESTRICTED FUNDS				
RECEIPTS				
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>
PAYMENTS				
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	<u>1,811</u>		<u>1,437</u>	
		<u>36,351</u>		<u>56,594</u>
NET RECEIPTS / (PAYMENTS) – UNRESTRICTED FUNDS		<u>23,491</u>		<u>(4,362)</u>
RESTRICTED FUNDS				
RECEIPTS				
National Lottery funding		5,500		-
PAYMENTS				
Therapies	5,000		-	
Computer software and support	-		-	
Lectures for training school	-		-	
Training school administration	-		-	
Training school equipment	-		-	
Event costs	500		-	
Sundry other expenses	<u>-</u>		<u>-</u>	
		<u>5,500</u>		<u>-</u>
NET RECEIPTS / (PAYMENTS) – RESTRICTED FUNDS		<u>-</u>		<u>-</u>
TOTAL NET RECEIPTS / (PAYMENTS)		<u>23,491</u>		<u>(4,362)</u>
		<u><u>23,491</u></u>		<u><u>(4,362)</u></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>
CASH FUNDS AT YEAR END	<u>44,952</u>	<u>-</u>	<u>44,952</u>	<u>21,461</u>

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
CASH FUNDS AT YEAR END	44,952	-	44,952	21,461

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

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