

THE BLUE LIGHT SYMPHONY ORCHESTRA

England & Wales · Charity number 1184720

Details

Other names BLSO

Status Registered

Legal form CIO

Registered 2019-08-01

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

Contact

Address 305A Goldhawk Road
.
London
W12 8EU

Phone 07925 043 561

Email enquiries@bluelightsymphony.org

Website www.bluelightsymphony.org

Activities

Objects: THE OBJECTS OF THE CIO ARE:1. TO ADVANCE, IMPROVE, DEVELOP AND MAINTAIN PUBLIC EDUCATION IN,AND APPRECIATION OF, THE ART AND SCIENCE OF MUSIC IN ALL ITS ASPECTSBY ANY MEANS THE TRUSTEES SEE FIT, INCLUDING THROUGH THE PROVISIONOF WORKSHOPS, IN PARTICULAR BUT NOT EXCLUSIVELY FOR PEOPLE WHO AREOR WHO HAVE BEEN MEMBERS OF THE UK EMERGENCY SERVICES TO ENABLETHEM TO PLAY MUSIC AND PUT ON CONCERTS.2. TO FURTHER SUCH CHARITABLE PURPOSE OR PURPOSES AS THE TRUSTEES INTHEIR ABSOLUTE DISCRETION SHALL THINK FIT BUT IN PARTICULAR THROUGHTHE MAKING OF GRANTS AND DONATIONS TO ORGANISATIONS/CHARITIESWHICH PROVIDE MENTAL HEALTH SERVICES TO UK EMERGENCY SERVICESWORKERS.

Activities: The BLSO is the UK's only orchestra for all Emergency Services personnel. We also promote and support music-making in the emergency services to aid mental wellbeing and promote the use of music therapy to treat serious mental health problems such as PTSD, chronic stress and anxiety.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£14,550	£11,818	-	-
2024-07-31	£8,040	£6,062	-	-
2023-07-31	£7,420	£5,792	-	-
2022-07-31	£3,464	£4,398	-	-
2021-07-31	£11,129	£9,701	-	-
2020-07-31	£3,303	£3,026	-	-

Trustees

Name	Role	Appointed
Peter Sebastian Rex Valentine	Chair	2019-08-01
Amanda Thorpe		2023-01-25
David Austin Smith		2023-01-29
Graham John Caley		2023-07-01
Simon Thomas Robinson		2023-01-26

THE BLUE LIGHT SYMPHONY ORCHESTRA

England & Wales - Charity number 1184720

Accounts

THE BLUE LIGHT SYMPHONY ORCHESTRA

Trustees' Annual Report

For the year ended 31 July 2025

Charity Registration No. 1184720

1. Reference and Administrative Information

Charity details

Full name	The Blue Light Symphony Orchestra (BLSO)
Registered charity no.	1184720
Registered address	305A Goldhawk Road, London, W12 8EU
Financial year	1 August 2024 to 31 July 2025

Trustees

The trustees who served during the year are listed below. All trustees serve in a voluntary capacity and none received remuneration or other benefits in respect of their trustee role during the year.

Name	Role	Appointed
Peter Sebastian Rex Valentine	Chair	1 August 2019
David Austin Smith	Treasurer	29 January 2023
Amanda Thorpe	Trustee	25 January 2023
Simon Thomas Robinson	Trustee	26 January 2023
Graham John Caley	Trustee	1 July 2023

Advisers

The charity does not currently retain professional advisers. Banking is conducted through Barclays Bank.

2. Structure, Governance and Management

Governing document

The Blue Light Symphony Orchestra is a charitable company limited by guarantee, incorporated and registered in England and Wales. The charity is governed by its Memorandum and Articles of Association.

Recruitment and appointment of trustees

Trustees are appointed in accordance with the charity's governing document. New trustees are recruited through personal networks and by invitation, with an induction process covering the charity's activities, governance responsibilities and financial position. The Charity Commission's guidance for new trustees is made available to all incoming trustees.

Organisational structure

The charity is governed by its board of trustees, which meets regularly to oversee strategy, finances and compliance. Day-to-day administration and the coordination of musical activities are carried out by volunteers. The charity has no paid employees and is not part of any wider group structure.

Risk management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems and procedures are in place to manage those risks. The principal risks identified include reliance on volunteer capacity, the availability of suitable venues, and fluctuations in income from events and workshops. The charity maintains a financial reserves policy to provide a buffer against unexpected costs or income shortfalls.

Governance policies

The following governance policies and procedures were in place during the year:

Policy	Status
Internal financial controls	Yes
Safeguarding	Yes
Financial reserves	Yes
Complaints	Yes
Serious incident reporting	Yes
Internal risk management	Yes
Trustee expenses	Yes
Trustee conflicts of interest	Yes
Investing charity funds	Yes
Campaigns and political activity	Yes
Bullying and harassment	Yes
Social media	Yes
Engaging external speakers at charity events	Not applicable

3. Objectives and Activities

Charitable purposes

The Blue Light Symphony Orchestra exists to promote the musical arts for the benefit of the public and to support the wellbeing of those serving in the emergency services and blue light community.

The orchestra brings together musicians from across the blue light services to perform, rehearse and connect through music.

Activities undertaken

In furtherance of its charitable purposes during the year, the charity carried out the following activities:

- Regular orchestral workshops — five workshops were held during the year, providing regular playing opportunities for members and supported by professional paid musicians.
- Concerts and events — the charity performed at a number of events and concerts open to the public, including the Annual Concert at St John's Smith Square, London, which was a significant milestone for the orchestra.
- Fundraising activities — a programme of fundraising was undertaken, including joint events with London Fire Brigade (LFB) and digital fundraising through Paypal Giving Fund and Gift Aid-eligible donations.
- Community engagement — the charity continued to build its profile within the blue light community through sponsorship, donations and outreach.

The charity confirmed that it does not make grants to individuals or other organisations as its main activity, does not operate outside England and Wales, and received no income from government contracts or grants during the year.

Volunteers

The charity is entirely volunteer-led. Approximately 5 volunteers (excluding trustees) carried out charitable activities on behalf of the charity in the United Kingdom during the year.

4. Achievements and Performance

Annual Concert — St John's Smith Square

The highlight of the year was the Annual Concert at St John's Smith Square, London. This was the orchestra's most ambitious public performance to date and was well received. The concert generated ticket and event income of £3,738, making it a significant contributor to the charity's overall income for the year. Costs associated with the concert included hire of the hall (£2,044), production and other costs (£3,252), instrument hire (£350), fixers (£75) and music hire (£28), reflecting the scale and ambition of the event.

Workshops

Five workshops were held during the year, continuing the charity's core programme of regular musical activity. Workshop income totalled £1,968 (including £1,435 from regular workshop fees and £533 from associated donations). Expenditure on workshops grew substantially year-on-year, reflecting investment in professional musicians, increased instrument and music hire, and higher participation levels.

Fundraising and income

Total income for the year was £14,550 (2024: £8,040), representing an 81% increase on the prior year. This was driven primarily by the Annual Concert, growth in event income, and a significant

increase in Gift Aid reclaims (£2,284 versus £521 in the prior year). Sponsorship income doubled to £1,000. The charity is grateful to all its donors, sponsors and supporters.

Looking ahead

The trustees look forward to building on the success of this year. Planning is underway for a further annual concert at The Forum in August 2026, and the workshop programme will continue. The trustees are mindful of the increased cost base and will manage expenditure carefully to ensure the charity remains financially sustainable.

5. Financial Review

Overview

The following is a summary of the charity's Receipts and Payments account for the year ended 31 July 2025, with comparative figures for the prior year.

	2025 £	2024 £
Receipts		
Donations and gift aid	5,221	5,071
Event and concert income	5,330	850
Workshop fees and donations	1,968	1,863
Annual Concert (St John's Smith Square)	3,738	—
Joint fundraising (LFB) — net	(1,530)	—
Other revenue	(176)	256
Total Receipts	14,550	8,040
Payments		
Annual Concert costs	5,749	—
Workshop costs	4,582	1,670
Advertising and marketing	35	1,185
Travel, events and music costs	647	1,182
Administration (insurance, IT, postage, etc.)	805	1,006
Stripe fees (admin)	57	—
Total Payments	11,875	6,063
Net surplus for the year	2,675	1,977

Reserves policy

The trustees maintain a reserves policy to ensure the charity holds sufficient funds to meet its commitments and to provide resilience against unexpected events or income shortfalls. The net

surplus for the year of £2,675 (2024: £1,977) will be carried forward as free reserves. The trustees consider the current level of reserves to be appropriate for a charity of this size and nature, and will review this policy annually.

Going concern

The trustees are satisfied that the charity has adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt the going concern basis in the preparation of the accounts.

Income from outside the UK

The charity received no income from outside the United Kingdom during the year.

6. Declaration

The trustees confirm that they have approved this Trustees' Annual Report and authorise it to be signed on their behalf.

Signed on behalf of the trustees:

DA Smith

David Smith, Trustee and Treasurer

Date: 5th May 2026

THE BLUE LIGHT SYMPHONY ORCHESTRA

England & Wales - Charity number 1184720

Accounts



Trustees' Annual Report for the period

From **01/08/2023** Period start date To **31/07/2024** Period end date

Charity name: Blue Light Symphony Orchestra

Charity registration number:1184720

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. TO ADVANCE, IMPROVE, DEVELOP AND MAINTAIN PUBLIC EDUCATION IN, AND APPRECIATION OF, THE ART AND SCIENCE OF MUSIC IN ALL ITS ASPECTS BY ANY MEANS THE TRUSTEES SEE FIT, INCLUDING THROUGH THE PROVISION OF WORKSHOPS, IN PARTICULAR BUT NOT EXCLUSIVELY FOR PEOPLE WHO ARE OR WHO HAVE BEEN MEMBERS OF THE UK EMERGENCY SERVICES TO ENABLE THEM TO PLAY MUSIC AND PUT ON CONCERTS.</p> <p>2. TO FURTHER SUCH CHARITABLE PURPOSE OR PURPOSES AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION SHALL THINK FIT BUT IN PARTICULAR THROUGH THE MAKING OF GRANTS AND DONATIONS TO ORGANISATIONS/CHARITIES WHICH PROVIDE MENTAL HEALTH SERVICES TO UK EMERGENCY SERVICES WORKERS.</p>
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	<p>Increased workshops and activitis in line with charitable aims</p> <p>Attendance at workshops increased, allowing the organization to achieve its objectives in a more structured manner.</p>

		<p>Throughout the year, we conducted:</p> <ul style="list-style-type: none"> - 5 workshops - Participation and performance at the Rail Industry Memorial Day Covid memorial - Attendance at Emergency Services shows <p>These events supported the organization's primary goal of using Music Therapy to benefit individuals in the emergency services.</p> <p>Our financial position improved, achieving stability in accumulated funds.</p> <p>The organization was further strengthened by increased help from volunteers</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to this guidance.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not currently have a grant making policy because we do not have enough assets to make grants, however we will develop a grant making policy when we think we will be in a position to award them.
Policy on social investment including program related investment	Para 1.38	We do not currently make any investments
Contribution made by volunteers	Para 1.38	Volunteers have contributed time to assist the charity.
Other		N/A

Achievements and Performance

	SORP reference	
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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 our workshops, we have provided opportunities for emergency workers to come together and play music in a supportive environment. Music has been proven to increase mood and the effects are felt long after the event itself. Studies with support groups of veterans have found that coming together in a group of people who are of the same 'in group' and have experienced similar trauma is extremely beneficial. Playing music together allows for expression of emotion in a safe way and provides a short-cut to bonding. We know through both the feedback we have had and the fact that people come back to our workshops again and again that they enjoy them hugely.

Professions associated with a higher risk for the development of Post Traumatic Stress Disorder (PTSD) include the military, fire fighters, first responder/ambulance personnel and law enforcement officers (Skogstad, 2013). In 2019, Police Care UK reported that 1 in 5 serving police officers were living with PTSD or anxiety disorders triggered by exposure to one or multiple traumatic events. Almost two-thirds of officers reported experience of fatigue, anxiety or sleep disturbances. However, they continued to go to work as per usual.

The main treatment options offered for PTSD in the UK are Cognitive Behavioral Therapy (CBT), Eye Movement Desensitisation Reprogramming (EMDR) and/or medication, with the goals of reducing symptoms, teaching strategies and skills to deal with symptoms, and restoring self-esteem. The use of music therapy for PTSD, anxiety and trauma-related stress within ex-military personnel in the US is well documented (Libby et al. 2014), yet despite an equally high incidence of PTSD symptoms reported in blue-light emergency service personnel, music therapy as a treatment modality within these services has not been explored, until now.

		<p>We are a user led charity, which aims to improve the mental well-being of emergency workers through music.</p> <p>The charity is important because, as far as we can tell from our research, it is the only orchestra of it's kind in the world which takes players from all emergency services to come together.</p> <p>We think that collaboration across the emergency services is vital and we aim to encourage it.</p> <p>Our work is highlighting the differences in approach and access to support across the emergency services.</p> <p>Wider society benefits from resilient and healthy emergency services personnel both from a point of view of the services they give to the public but also a reduction in days lost to mental illness. Days lost to mental health is an increasing issue in the emergency services in the UK as is suicide. The BLSO aims to help alleviate both these issues.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Against our objective to hold 5 workshops, we held 5.</p> <p>Against our objective to put on a concert, we are working to a concert in Oct 2024</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>We raised more money than the previous year largely due to increase in donations and GSAD</p>

Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are in a sound financial position and able to afford the costs of delivering the objectives of the charity. We continue to look for further funding for Music Therapy projects.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We hold a sensible balance for future charitable events.
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	we hold sufficient in reserves.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Income from workshops and events, donations from third parties and grants we have applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	Selection and appointment is made by the current trustees by way of written expression of interest and interview.

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	Trustees are provided with the Charity Commission guidance to trustees. Trustees are expected to complete trustee training with NVCO. Trustees are offered role specific training as required. The charity will fund courses on a case by case basis and will suggest courses and seminars for trustees. We are members of Making Music and the NVCO who all provide free and paid for training opportunities, guidance and advice.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity is a CIO and is always seeking to form partnerships with emergency services organisations and charities.
Relationship with any related parties	Para 1.51	We have formed a working partnership with Chroma to develop our Music Therapy projects.
Other		N/A

Reference and Administrative details

Charity name	Blue Light Symphony Orchestra
Other name the charity uses	None
Registered charity number	1184720

Charity's principal address

Studio 1
305A Goldhawk Road
LONDON
W12 8EU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Valentine	Chair		
2	Graham Caley			
3	Simon Robinson			
4	Amanda Thorpe			
5	David Smith	Treasurer		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		
No directors appointed		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Peter Valentine	
Position (eg Secretary, Chair, etc)	Chair	
Date	03/05/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/08/2022	To	Period end date 31/07/2023
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Voluntary Receipts	1,850		-	1,850	343
Activities for generating funds	5,570	-	-	5,570	3,064
Charitable Activities	-	-	-	-	47
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	7,420		-	7,420	3,464
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,420		-	7,420	-
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	67
Fundraising costs	0	-	-	0	0
Costs of charitable activities	5,362	430	-	5,792	4,221
Governance costs	0	-	-	0	110
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,362	430	-	5,792	4,398
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,362	430	-	5,792	4,398
Net of receipts/(payments)	2,058	(430)	-	1,628	934
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,095	631	-	1,726	2,660
Cash funds this year end	3,153	201	-	3,354	1,726

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	3,153	201	-
		-	-	-
		-	-	-
	Total cash funds	3,153	201	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	S Valentine	16/05/2024

Receipts and Payments account

Blue Light Symphony Orchestra Limited For the year ended 31 July 2024

	2024	2023
Section A Receipts and Payments		
A1 Receipts		
Voluntary Receipts	-	28.55
Gift aid Donations Non workshop	1,738.04	1,240.00
Gift Aid reclaim	521.02	-
Paypal giving fund	101.21	-
Sponsorship	500.00	-
GASD Donations (less than £30)	2,211.01	581.06
Total A1 Receipts	5,071.28	1,849.61
Activities for Generating funds		
E shop sales	-	21.88
Other Revenue	256.00	-
Event income - non workshops	850.00	3,628.75
Regular Workshops (5 a year)	1,397.13	-
Workshops related donations more than £30	465.80	1,920.21
Total Activities for Generating funds	2,968.93	5,570.84
Total Section A Receipts and Payments	8,040.21	7,420.45
A3 Payments		
Fundraising Costs		
Direct Expenses	0.10	-
Total Fundraising Costs	0.10	-
Costs of Charitable activities		
Advertising & Marketing	1,184.54	-
Annual Concert - Other costs	-	500.00
Bank Fees	51.55	23.47
Charitable and Political Donations	755.18	-
DBS checks	171.91	47.83
Event and Shows - instrument hire	71.85	730.79
Event and shows - music hire	400.00	962.20
Events - refreshment costs	157.05	929.47
Events and shows Percussion Hire (Restricted expense)	400.00	430.00
Events and shows Travel Expenses - Non recoverable	13.60	1.70
Events and shows Travel Expenses - Recoverable	138.94	193.65
General Expenses	146.97	157.25
Insurance	-	144.00
ISOS webmail	19.32	44.52
IT Software and Consumables	57.22	461.80
Mailchimp	145.19	45.87
Postage, Freight & Courier	16.45	-
Printing & Stationery	54.52	-

	2024	2023
Report Publication costs	400.00	-
Shop stock	59.88	659.86
Telephone & Internet	148.80	-
Workshops - Instrument Hire	14.08	-
Workshops - Music hire	49.50	-
Workshops - other costs	520.34	460.00
Workshops - Paid musicians	1,041.00	-
Workshops - refreshments	44.84	-
Total Costs of Charitable activities	6,062.73	5,792.41
Total A3 Payments	6,062.83	5,792.41
Gross Profit	1,977.38	1,628.04
Operating Profit	1,977.38	1,628.04
.	1,977.38	1,628.04
Net of Receipts/payments	1,977.38	1,628.04

THE BLUE LIGHT SYMPHONY ORCHESTRA

England & Wales - Charity number 1184720

Accounts



Trustees' Annual Report for the period

From 01/08/2022 Period start date To 31/07/2023 Period end date

Charity name: Blue Light Symphony Orchestra

Charity registration number:1184720

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. TO ADVANCE, IMPROVE, DEVELOP AND MAINTAIN PUBLIC EDUCATION IN, AND APPRECIATION OF, THE ART AND SCIENCE OF MUSIC IN ALL ITS ASPECTS BY ANY MEANS THE TRUSTEES SEE FIT, INCLUDING THROUGH THE PROVISION OF WORKSHOPS, IN PARTICULAR BUT NOT EXCLUSIVELY FOR PEOPLE WHO ARE OR WHO HAVE BEEN MEMBERS OF THE UK EMERGENCY SERVICES TO ENABLE THEM TO PLAY MUSIC AND PUT ON CONCERTS.</p> <p>2. TO FURTHER SUCH CHARITABLE PURPOSE OR PURPOSES AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION SHALL THINK FIT BUT IN PARTICULAR THROUGH THE MAKING OF GRANTS AND DONATIONS TO ORGANISATIONS/CHARITIES WHICH PROVIDE MENTAL HEALTH SERVICES TO UK EMERGENCY SERVICES WORKERS.</p>
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	<p>The financial year was the first full period not influenced by the Coronavirus Pandemic and marked a return to relative normalcy for workshops and activities.</p> <p>Attendance at workshops increased, allowing the organization to achieve its objectives in a more structured manner.</p>

		<p>We performed our first concert in Autumn 2022 at St John's Smith Square, which was highly successful in terms of player and guest attendance.</p> <p>Throughout the year, we also conducted:</p> <ul style="list-style-type: none"> - 4 workshops - Participation and performance at the Rail Industry Memorial Day Covid memorial - Attendance at Emergency Services shows <p>These events supported the organization's primary goal of using Music Therapy to benefit individuals in the emergency services.</p> <p>Our financial position improved, achieving stability in accumulated funds.</p> <p>The organization was further strengthened by the appointment of several new trustees, each bringing unique skills to enhance operations and long-term strategy.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to this guidance.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not currently have a grant making policy because we do not have enough assets to make grants, however we will develop a grant making policy when we think we will be in a position to award them.
Policy on social investment including program related investment	Para 1.38	We do not currently make any investments
Contribution made by volunteers	Para 1.38	Volunteers have contributed time to assist the charity.
Other		N/A

Achievements and Performance

	SORP reference	
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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 our workshops, we have provided opportunities for emergency workers to come together and play music in a supportive environment. Music has been proven to increase mood and the effects are felt long after the event itself. Studies with support groups of veterans have found that coming together in a group of people who are of the same 'in group' and have experienced similar trauma is extremely beneficial. Playing music together allows for expression of emotion in a safe way and provides a short-cut to bonding. We know through both the feedback we have had and the fact that people come back to our workshops again and again that they enjoy them hugely.

Professions associated with a higher risk for the development of Post Traumatic Stress Disorder (PTSD) include the military, fire fighters, first responder/ambulance personnel and law enforcement officers (Skogstad, 2013). In 2019, Police Care UK reported that 1 in 5 serving police officers were living with PTSD or anxiety disorders triggered by exposure to one or multiple traumatic events. Almost two-thirds of officers reported experience of fatigue, anxiety or sleep disturbances. However, they continued to go to work as per usual.

The main treatment options offered for PTSD in the UK are Cognitive Behavioral Therapy (CBT), Eye Movement Desensitisation Reprogramming (EMDR) and/or medication, with the goals of reducing symptoms, teaching strategies and skills to deal with symptoms, and restoring self-esteem. The use of music therapy for PTSD, anxiety and trauma-related stress within ex-military personnel in the US is well documented (Libby et al. 2014), yet despite an equally high incidence of PTSD symptoms reported in blue-light emergency service personnel, music therapy as a treatment modality within these services has not been explored, until now.

		<p>We are a user led charity, which aims to improve the mental well-being of emergency workers through music.</p> <p>The charity is important because, as far as we can tell from our research, it is the only orchestra of it's kind in the world which takes players from all emergency services to come together.</p> <p>We think that collaboration across the emergency services is vital and we aim to encourage it.</p> <p>Our work is highlighting the differences in approach and access to support across the emergency services.</p> <p>Wider society benefits from resilient and healthy emergency services personnel both from a point of view of the services they give to the public but also a reduction in days lost to mental illness. Days lost to mental health is an increasing issue in the emergency services in the UK as is suicide. The BLSO aims to help alleviate both these issues.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Against our objective to hold 4 workshops, we held 4.</p> <p>Against our objective to put on a concert, we held this in October 2022.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>We raised more money than the previous year largely due to increase in donations</p>

Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are in a sound financial position and able to afford the costs of delivering the objectives of the charity. We continue to look for further funding for Music Therapy projects.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We hold a sensible balance for future charitable events.
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	we hold sufficient in reserves.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Income from workshops and events, donations from third parties and grants we have applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	Selection and appointment is made by the current trustees by way of written expression of interest and interview.

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	Trustees are provided with the Charity Commission guidance to trustees. Trustees are expected to complete trustee training with NVCO. Trustees are offered role specific training as required. The charity will fund courses on a case by case basis and will suggest courses and seminars for trustees. We are members of Making Music and the NVCO who all provide free and paid for training opportunities, guidance and advice.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity is a CIO and is always seeking to form partnerships with emergency services organisations and charities.
Relationship with any related parties	Para 1.51	We have formed a working partnership with Chroma to develop our Music Therapy projects.
Other		N/A

Reference and Administrative details

Charity name	Blue Light Symphony Orchestra
Other name the charity uses	None
Registered charity number	1184720

Charity's principal address

Studio 1
305A Goldhawk Road
LONDON
W12 8EU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Valentine	Chair		
2	Ruiko Asaba			
3	Simon Robinson		appointed 26/01/2023	
4	Dr Richard GORROD			
5	David Smith	Treasurer	appointed 29/01/2023	
6	Amanda Thorpe		appointed 25/01/2023	
7	Christopher Evans		appointed 15/12/2022	
8	Graham Caley		appointed 1/7/2023	
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		
No directors appointed		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Peter Valentine	
Position (eg Secretary, Chair, etc)	Chair	
Date	16/05/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/08/2022	To	Period end date 31/07/2023
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Voluntary Receipts	1,850		-	1,850	343
Activities for generating funds	5,570	-	-	5,570	3,064
Charitable Activities	-	-	-	-	47
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	7,420		-	7,420	3,464
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	7,420		-	7,420	-
A3 Payments					
Costs of generating voluntary receipts	-	-	-	-	67
Fundraising costs	0	-	-	0	0
Costs of charitable activities	5,362	430	-	5,792	4,221
Governance costs	0	-	-	0	110
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	5,362	430	-	5,792	4,398
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,362	430	-	5,792	4,398
Net of receipts/(payments)	2,058	(430)	-	1,628	934
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,095	631	-	1,726	2,660
Cash funds this year end	3,153	201	-	3,354	1,726

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	3,153	201	-
		-	-	-
		-	-	-
	Total cash funds	3,153	201	-
(agree balances with receipts and payments account(s))		OK	OK	OK

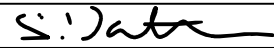
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	S Valentine	16/05/2024

THE BLUE LIGHT SYMPHONY ORCHESTRA

England & Wales - Charity number 1184720

Accounts



Trustees' Annual Report for the period

From 01/08/2021 Period start date To 31/07/2022 Period end date

Charity name: Blue Light Symphony Orchestra

Charity registration number:1184720

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. TO ADVANCE, IMPROVE, DEVELOP AND MAINTAIN PUBLIC EDUCATION IN, AND APPRECIATION OF, THE ART AND SCIENCE OF MUSIC IN ALL ITS ASPECTS BY ANY MEANS THE TRUSTEES SEE FIT, INCLUDING THROUGH THE PROVISION OF WORKSHOPS, IN PARTICULAR BUT NOT EXCLUSIVELY FOR PEOPLE WHO ARE OR WHO HAVE BEEN MEMBERS OF THE UK EMERGENCY SERVICES TO ENABLE THEM TO PLAY MUSIC AND PUT ON CONCERTS.</p> <p>2. TO FURTHER SUCH CHARITABLE PURPOSE OR PURPOSES AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION SHALL THINK FIT BUT IN PARTICULAR THROUGH THE MAKING OF GRANTS AND DONATIONS TO ORGANISATIONS/CHARITIES WHICH PROVIDE MENTAL HEALTH SERVICES TO UK EMERGENCY SERVICES WORKERS.</p>
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	<p>The beginning of this year was still challenging due to the Coronavirus Pandemic and we decided to cancel our first workshop on 21st November due to low numbers. Since then attendance at workshops has increased and we have not had to cancel and since for reasons of low attendance. We also decided to put on our first concert and were playing music in the workshops that we were planning to play in that concert. The concert itself went ahead in the Autumn of 2022 so is outside the scope of this annual report but it is worth mentioning because we used this year to prepare for it.</p>

		<p>On Sunday 13th March 2022 we did a day workshop in London on Brahms 2nd Symphony. This was attended by around 40 people. On Sunday 29th May 2022 we did a day workshop in London on Beethoven 5th Symphony which was attended by around 30 people. Additionally, we were asked to provide music for the Advancing Healthcare Awards on 8th April 2022 where 10 players and our musical director provided some music and received a special recognition award for the BLSO's work on Music Therapy in the emergency services.</p> <p>In other activities, we published a report on our Blues and Tunes Music Therapy project which took place in Surrey and Sussex in 2021. This project was a success and although small scale, it does give some indication that Music Therapy could be of benefit to people in the emergency services. We hope to do more work on Music Therapy soon.</p> <p>Our financial turnover was considerably less than last year and this is due to the fact that we received a one off grant for the Music Therapy project last year which represented the majority of our income.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to this guidance.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not currently have a grant making policy because we do not have enough assets to make grants, however we will develop a grant making policy when we think we will be in a position to award them.
Policy on social investment including program related investment	Para 1.38	We do not currently make any investments
Contribution made by volunteers	Para 1.38	Volunteers have contributed time to assist the charity.
Other		N/A

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 our workshops, we have provided opportunities for emergency workers to come together and play music in a supportive environment. Music has been proven to increase mood and the effects are felt long after the event itself. Studies with support groups of veterans have found that coming together in a group of people who are of the same 'in group' and have experienced similar trauma is extremely beneficial. Playing music together allows for expression of emotion in a safe way and provides a short-cut to bonding. We know through both the feedback we have had and the fact that people come back to our workshops again and again that they enjoy them hugely.

Professions associated with a higher risk for the development of Post Traumatic Stress Disorder (PTSD) include the military, fire fighters, first responder/ambulance personnel and law enforcement officers (Skogstad, 2013). In 2019, Police Care UK reported that 1 in 5 serving police officers were living with PTSD or anxiety disorders triggered by exposure to one or multiple traumatic events. Almost two-thirds of officers reported experience of fatigue, anxiety or sleep disturbances. However, they continued to go to work as per usual.

The after effects of the Coronavirus Pandemic and the additional stress it put the emergency services under, coupled with issues around workloads and retention meant that the mental health crisis in the emergency services is not likely to get better any time soon.

The main treatment options offered for PTSD in the UK are Cognitive Behavioral Therapy (CBT), Eye Movement Desensitisation Reprogramming (EMDR) and/or medication, with the goals of reducing symptoms, teaching strategies and skills to deal with symptoms, and restoring self-esteem. The use of music therapy for PTSD, anxiety and trauma-related stress within ex-military personnel in the US is well documented (Libby et al. 2014), yet despite an equally high incidence of PTSD symptoms reported in blue-light emergency service personnel, music therapy as a treatment modality within these services has not been explored, until now.

		<p>To address this gap, a working collaboration between the Blue Light Symphony Orchestra (BLSO), Chroma, and five Blue Light organisations: Surrey Police, Sussex Police, Surrey Fire & Rescue Service and East Sussex Fire & Rescue Service and South East Ambulance Service, was established to design, implement, and evaluate music therapy as a treatment option for front line workers with symptoms of PTSD. The BLSO is a user led charity, which aims to improve the mental well-being of emergency workers through music. Chroma is the UK's leading provider of creative arts therapies services to partners across the health, education, social care and statutory sectors, through its team of over 90 HCPC registered creative arts therapists.</p> <p>The formation of this charity is important because, as far as we can tell from our research, it is the only orchestra of its kind in the world which takes players from all emergency services to come together. We think that collaboration across the emergency services is vital and we aim to encourage it. Our work is highlighting the differences in approach and access to support across the emergency services.</p> <p>Wider society benefits from resilient and healthy emergency services personnel both from a point of view of the services they give to the public but also a reduction in days lost to mental illness. Days lost to mental health is an increasing issue in the emergency services in the UK as is suicide. The BLSO aims to help alleviate both these issues.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Against our objective to hold 3 workshops, we held 2.</p> <p>Against our objective to put on a concert, we planned this for October 2022 and used this year's workshops to prepare.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>We raised less money than the previous year in part due to the one off grant we received for the Music Therapy project. We also did less workshops than we wanted to.</p>

Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are in a sound financial position and able to afford the proforma costs of delivering the objectives of the charity. We continue to look for further funding for Music Therapy projects.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We hold a minimal balance for future charitable events.
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	We do not currently have a reserves policy.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Income from workshops and grants we have applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	Selection and appointment is made by the current trustees by way of written expression of interest and interview.

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	Trustees are provided with the Charity Commission guidance to trustees. Trustees are expected to complete trustee training with NVCO. Trustees are offered role specific training as required. The charity will fund courses on a case by case basis and will suggest courses and seminars for trustees. We are members of Making Music and the NVCO who all provide free and paid for training opportunities, guidance and advice.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity is a CIO and is always seeking to form partnerships with emergency services organisations and charities. We have partnered with Chroma, the UK's leading provider of Arts therapies to provide Music Therapy to emergency workers.
Relationship with any related parties	Para 1.51	We have formed a working partnership with Chroma to develop our Music Therapy projects.
Other		N/A

Reference and Administrative details

Charity name	Blue Light Symphony Orchestra
Other name the charity uses	None
Registered charity number	1184720

Charity's principal address

Studio 1
305A Goldhawk Road
LONDON
W12 8EU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Valentine	Chair		
2	Ruiko Asaba			
3	Simon Robinson		appointed Jan 2023	
4	Dr Richard GORROD			
5	David Smith	Treasurer	Appointed Jan 2023	
6	Amanda Thorpe		Appointed Jan 2023	
7	Christopher Evans		Appointed Dec 2022	
8				
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17				
18				
19				
20				

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

Director name		
No directors appointed		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--


Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Peter Valentine	
Position (eg Secretary, Chair, etc)	Chair	
Date	16/05/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/08/2021	To	Period end date 31/07/2022
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Voluntary Receipts	343		-	343	10,119
Activities for generating funds	3,064	-	-	3,064	44
Charitable Activities	47	-	-	47	966
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,464		-	3,464	11,129
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,464		-	3,464	-
A3 Payments					
Costs of generating voluntary receipts	67	-	-	67	30
Fundraising costs	0	-	-	0	34
Costs of charitable activities	3,398	823	-	4,221	9,543
Governance costs	110	-	-	110	94
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,575	823	-	4,398	9,701
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,575	823	-	4,398	9,701
Net of receipts/(payments)	(111)	(823)	-	(934)	1,428
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,206	1,454	-	2,660	1,232
Cash funds this year end	1,095	631	-	1,726	2,660

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

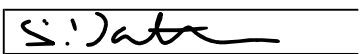
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	1,095	631	-
		-	-	-
		-	-	-
	Total cash funds	1095	631	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		S Valentine	16/05/2023

THE BLUE LIGHT SYMPHONY ORCHESTRA

England & Wales - Charity number 1184720

Accounts



Trustees' Annual Report for the period

From 01/08/2020 Period start date To 31/07/2021 Period end date

Charity name: Blue Light Symphony Orchestra

Charity registration number:1184720

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1. TO ADVANCE, IMPROVE, DEVELOP AND MAINTAIN PUBLIC EDUCATION IN, AND APPRECIATION OF, THE ART AND SCIENCE OF MUSIC IN ALL ITS ASPECTS BY ANY MEANS THE TRUSTEES SEE FIT, INCLUDING THROUGH THE PROVISION OF WORKSHOPS, IN PARTICULAR BUT NOT EXCLUSIVELY FOR PEOPLE WHO ARE OR WHO HAVE BEEN MEMBERS OF THE UK EMERGENCY SERVICES TO ENABLE THEM TO PLAY MUSIC AND PUT ON CONCERTS.</p> <p>2. TO FURTHER SUCH CHARITABLE PURPOSE OR PURPOSES AS THE TRUSTEES IN THEIR ABSOLUTE DISCRETION SHALL THINK FIT BUT IN PARTICULAR THROUGH THE MAKING OF GRANTS AND DONATIONS TO ORGANISATIONS/CHARITIES WHICH PROVIDE MENTAL HEALTH SERVICES TO UK EMERGENCY SERVICES WORKERS.</p>
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	<p>This was a challenging year for everyone and due to the Coronavirus Pandemic we had to suspend orchestra workshops, but we did manage to resume with social distancing in May 2021. We were able to put on 2 workshops, playing Beethoven 8th Symphony on 31st May and Shostakovich 2nd Piano Concerto on 18th July. Everyone</p>

		<p>was very happy to play together in person again.</p> <p>This meant that we still managed to put on 3 out of the usual 3 workshops in a year.</p> <p>Additionally, the Pandemic provided an opportunity to develop the Music Therapy arm of the charity. We successfully applied for a grant from the Corona Virus Community Support Fund distributed by the National Lottery Community Fund. This funded a pilot music therapy project with Police and Fire services in Surrey and Sussex. This was a success and details of this can be found on our website. We are hoping to build on this work in the coming years.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to this guidance.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not currently have a grant making policy because we do not have enough assets to make grants, however we will develop a grant making policy when we think we will be in a position to award them.
Policy on social investment including program related investment	Para 1.38	We do not currently make any investments
Contribution made by volunteers	Para 1.38	Volunteers have contributed time to assist the charity.
Other		N/A

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 our workshops, we have provided opportunities for emergency workers to come together and play music in a supportive environment. Music has been proven to increase mood and the effects are felt long after the event itself. Studies with support groups of veterans have found that coming together in a group of people who are of the same 'in group' and have experienced similar trauma is extremely beneficial. Playing music together allows for expression of emotion in a safe way and provides a short-cut to bonding. We know through both the feedback we have had and the fact that people come back to our workshops again and again that they enjoy them hugely.

Professions associated with a higher risk for the development of Post Traumatic Stress Disorder (PTSD) include the military, fire fighters, first responder/ambulance personnel and law enforcement officers (Skogstad, 2013). In 2019, Police Care UK reported that 1 in 5 serving police officers were living with PTSD or anxiety disorders triggered by exposure to one or multiple traumatic events. Almost two-thirds of officers reported experience of fatigue, anxiety or sleep disturbances. However, they continued to go to work as per usual.

COVID-19 has placed front line workers under an additional layer of considerable psychological pressure. Not only is the police service responding to an increased level of incidents related to mental health, they are continually increasing their own exposure risk to the virus.

The main treatment options offered for PTSD in the UK are Cognitive Behavioral Therapy (CBT), Eye Movement Desensitisation Reprogramming (EMDR) and/or medication, with the goals of reducing symptoms, teaching strategies and skills to deal with symptoms, and restoring self-esteem. The use of music therapy for PTSD, anxiety and trauma-related stress within ex-military personnel in the US is well documented (Libby et al. 2014), yet despite an equally high incidence of PTSD symptoms reported in blue-light emergency service personnel, music therapy as a treatment modality within these services has not been explored, until now.

		<p>To address this gap, a working collaboration between the Blue Light Symphony Orchestra (BLSO), Chroma, and five Blue Light organisations: Surrey Police, Sussex Police, Surrey Fire & Rescue Service and East Sussex Fire & Rescue Service and South East Ambulance Service, was established to design, implement, and evaluate music therapy as a treatment option for front line workers with symptoms of PTSD. The BLSO is a user led charity, which aims to improve the mental well-being of emergency workers through music. Chroma is the UK's leading provider of creative arts therapies services to partners across the health, education, social care and statutory sectors, through its team of over 90 HCPC registered creative arts therapists.</p> <p>The formation of this charity is important because, as far as we can tell from our research, it is the only orchestra of its kind in the world which takes players from all emergency services to come together. We think that collaboration across the emergency services is vital and we aim to encourage it. Our work is highlighting the differences in approach and access to support across the emergency services.</p> <p>Wider society benefits from resilient and healthy emergency services personnel both from a point of view of the services they give to the public but also a reduction in days lost to mental illness. Days lost to mental health is an increasing issue in the emergency services in the UK as is suicide. The BLSO aims to help alleviate both these issues.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>Against our objective to hold 3 workshops in a year, we held 2.</p> <p>Against our objective to put on a concert, we were unable to do this due to the Pandemic but are planning to in October 2021.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>We secured a grant to fund Music Therapy which exceeded our objectives.</p> <p>We raised less money than expected due to holding less workshops and the first workshop we held after the Pandemic was free of charge in order to encourage people to attend.</p>

Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are in a good financial position and able to afford the up-front costs of hiring a venue etc for a concert which is a key objective of ours. We are actively looking for further funding for Music Therapy projects to build on this years work.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We do not currently have a reserves policy but will develop one over the next year.
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	We do not currently have a reserves policy.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

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	Income from workshops and grants we have applied for.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	Selection and appointment is made by the current trustees by way of written expression of interest and interview.

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	Trustees are provided with the Charity Commission guidance to trustees. Trustees are expected to complete trustee training with NVCO. Trustees are offered role specific training as required. The charity will fund courses on a case by case basis and will suggest courses and seminars for trustees. We are members of Making Music and the NVCO who all provide free and paid for training opportunities, guidance and advice.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The charity is a CIO and is always seeking to form partnerships with emergency services organisations and charities. We have partnered with Chroma, the UK's leading provider of Arts therapies to provide Music Therapy to emergency workers.
Relationship with any related parties	Para 1.51	We have formed a working partnership with Chroma to develop our Music Therapy projects.
Other		N/A

Reference and Administrative details

Charity name	Blue Light Symphony Orchestra
Other name the charity uses	None
Registered charity number	1184720

Charity's principal address	CORFE HOUSE ST. MABYN BODMIN PL30 3BA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Valentine	Chair		
2	Ruiko Asaba			
3	Matthew Slater			
4	Dr Richard GORROD			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Director name		
No directors appointed		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
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
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Peter Valentine	
Position (eg Secretary, Chair, etc)	Chair	
Date	29/05/2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 08/01/2020	To	Period end date 31/07/2021
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Voluntary Receipts	879	9,240	-	10,119	-
Activities for generating funds	44	-	-	44	-
Charitable Activities	966	-	-	966	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,889	9,240	-	11,129	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,889	9,240	-	11,129	-
A3 Payments					
Costs of generating voluntary receipts	30	-	-	30	-
Fundraising costs	34	-	-	34	-
Costs of charitable activities	655	8,888	-	9,543	-
Governance costs	94	-	-	94	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	813	8,888	-	9,701	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	813	8,888	-	9,701	-
Net of receipts/(payments)	1,076	352	-	1,428	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	130	1,102	-	1,232	-
Cash funds this year end	1,206	1,454	-	2,660	-

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	1,206	1,454	-
		-	-	-
		-	-	-
	Total cash funds	1,206	1,454	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

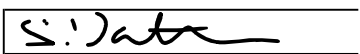
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Debtor - refund due for hire of St John Smith's square	1,950	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	S Valentine	29/05/2022