



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	
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<p>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.</p>	<p>Para 1.20</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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>
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		<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. 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:

Achievements against objectives set	Para 1.41	<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>
Performance of fundraising activities against objectives set	Para 1.41	<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	<p>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.</p> <p>We are actively looking for further funding for Music Therapy projects to build on this years work.</p>
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				
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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

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)
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Receipts and payments accounts

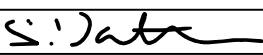
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For the period from	Period start date 08/01/2020	To	Period end date 31/07/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
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
B2 Other monetary assets	Debtor - refund due for hire of St John Smith's square	1,950	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		S Valentine	29/05/2022	