



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	
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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>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.</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 &amp; Rescue Service and East Sussex Fire &amp; 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 it's 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, we held 2.</p> <p>Against out objective to put on a concert, we planned this for October 2022 and used this years workshops to prepare.</p>
Performance of fundraising activities against objectives set	Para 1.41	<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	
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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	16/05/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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## Receipts and payments accounts

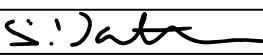
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For the period from	Period start date 01/08/2021	To	Period end date 31/07/2022
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### Section A Receipts and payments

	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 £
<b>A1 Receipts</b>					
Voluntary Receipts	343		-	343	10,119
Activities for generating funds	3,064	-	-	3,064	44
Charitable Activities	47	-	-	47	966
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,464</b>		-	<b>3,464</b>	<b>11,129</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,464</b>		<b>-</b>	<b>3,464</b>	<b>-</b>
<b>A3 Payments</b>					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>3,575</b>	<b>823</b>	<b>-</b>	<b>4,398</b>	<b>9,701</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>3,575</b>	<b>823</b>	<b>-</b>	<b>4,398</b>	<b>9,701</b>
<b>Net of receipts/(payments)</b>	<b>(111)</b>	<b>(823)</b>	<b>-</b>	<b>(934)</b>	<b>1,428</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,206</b>	<b>1,454</b>	<b>-</b>	<b>2,660</b>	<b>1,232</b>
<b>Cash funds this year end</b>	<b>1,095</b>	<b>631</b>	<b>-</b>	<b>1,726</b>	<b>2,660</b>

## 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 £
<b>B1 Cash funds</b>	Cash at bank	1,095	631	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1095</b>	<b>631</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>		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	16/05/2023	