



CHARITY COMMISSION
FOR ENGLAND AND WALES

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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<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 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>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:

Achievements against objectives set	Para 1.41	<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>
Performance of fundraising activities against objectives set	Para 1.41	<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	<p>We are in a sound financial position and able to afford the costs of delivering the objectives of the charity.</p> <p>We continue to look for further funding for Music Therapy projects.</p>
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				
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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

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)
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Receipts and payments accounts

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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 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	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


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

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 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