



Annual Report

**Annual Report of the Trustees
and Financial Statements
for the Year Ended 30 June 2023
for Tonic Music for Mental Health Ltd**

Registered Company Number: 08093898 (England and Wales)
Registered Charity Number: 1189913

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The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2023. The trustees have adopted the provisions of Accounting Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102).

Strategic Report

The reporting year 2022-23 has seen a period of growth for Tonic with a significant increase in funding which has enabled it to move away from being primarily a south coast organisation to a national one. This included the difficult decision to begin the shut down of a physical headquarters.

The increased income also enabled Tonic to expand its staffing team bringing in much needed expertise in the areas of event management, music promotion and administration to the organisation.

As Tonic expands to support people across the country, this year the Trustees have worked with staff and the leadership team about maintaining support for the Portsmouth area through the Tonic Rider and Never Mind the Stigma programmes, ensuring that no one is left behind as we move the organisation forward through growth.

Reserves Policy

The charity currently has a deficit in unrestricted reserves of £4,386 and a surplus in restricted funds of £162,254. The trustees have put controls in place to monitor unrestricted funding on a weekly basis by staff and trustees at monthly meetings. Cash flow forecasts into 2025 show that unrestricted funding will be in surplus. Trustees are formulating a formal reserves policy to identify the minimum unrestricted funds that the charity will aim to carry.

Going Concern

The trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern. In making this assessment the trustees have noted the unrestricted fund deficit carried forward as at 30 June 2023 of £4,386 and have implemented a strategy to reduce this deficit and provide some unrestricted funds for the charity. At the year end restricted funding received in advance has given the charity the cash flow to continue operating, throughout 2023/24 unrestricted funding is being built up and further funding both restricted and unrestricted has been received. Therefore the trustees are confident of the charity's ability to continue as a going concern for the next 12 months.

Board Expansion

The trustees undertook an analysis of their skills gap in the previous year, resulting in the addition of a number of new Trustees who bring a wealth of experience to Tonic:

- Geoff Steward, a lawyer specialising in intellectual property and commercial/contractual litigation.
- Geoff Priestley, owner of the Wedgewood Rooms and member of the Music Venue Trust.
- Gloria Miller, recording artist, writer, broadcaster and show promoter.
- Matthew Shires, professional services such as financial and management accountancy, procurement and project management.

The year saw the departure of Lisa Holland as a trustee, Lisa was one of Tonic's co-founders and also Alan Wilkes (Vinny) who had supported Tonic for many years both as a musician and also as an ex-mental health professional. Both were valued trustees and their service was greatly appreciated.

Structure, Governance and Management

Governing Document

The charity is controlled by its Governing Document, its Memorandum and Articles of Association, being a company limited by guarantee, as defined by the Companies Act 2006.

Reference and Administrative Details

Name

The name of the company is Tonic Music for Mental Health Ltd (the Charity).

Registered Company Number

08093898 (England and Wales)

Registered Charity Number

1189913

Principal Office

22 Edinburgh Rd, Portsmouth PO1 1DH (post box only).

Registered Office

Morris Crocker, North Street, Havant, PO9 1QU

Trustees

Trustee name	Date of appointment	End of term of office	Term of office
Lisa Holland	6 June 2012	Resigned 9 Jan 2023	Fourth
Abigail Amey	4 February 2019	4 February 2025	Second
Vicki Barwood	4 February 2019	4 February 2025	Second
Stephen Curtis - Chair	8 November 2020	8 November 2026	Second
Geoff Steward	18 July 2022	18 July 2025	First
Gloria Miller	19 October 2022	19 October 2025	First
Geoff Priestley	21 Nov 2022	21 November 2025	First
Matthew Shires	14 January 2023	14 January 2026	First

Exemptions from Disclosure

N/A

Funds held as custodian trustee on behalf of others

N/A

Accountants

Morris Crocker, North Street, Havant, PO9 1QU

Administration Information

Tonic Music for Mental Health is a company limited by guarantee, as well as a registered charity. The organisation was created in 2012 and the charity was created on 12th June 2020.

The written constitution and governing document is the Memorandum and Articles of Association, which were created in 2020 when the organisation formed as a charity.

Recruitment and Appointment of Trustees/Directors

Periodically the Trustee Board will complete a skills audit to identify any gaps when appointing new trustees. Prospective trustees are interviewed by the Chair and the Chief Executive and if there is agreement to proceed, they are invited to attend a meeting of the Trustee Board, sign a written consent to become a trustee and formally appointed as trustees. On appointment as trustee, the trustee shall automatically become a director of the charity.

Advisory Board

Dr. Adam Ficek is a UKCP accredited clinical psychotherapist and MBACP counsellor qualified in EDMR and sensorimotor psychotherapy. He has been involved in the music industry for 25 years as a performing artist and DJ, touring extensively at top level (EMI / Parlophone / Rough Trade) as a solo artist, band member and DJ. Adam's role at Tonic is to consult the Tonic Rider Programme and form relationships with music industry and mental health stakeholders.

Dr. John Barnes is consultant psychiatrist in rehabilitation with Somerset Partnership NHS Trust, working across community and hospital settings. He has been a consultant to Ash ward low secure rehabilitation service in Bridgwater since 2011. Dr. Barnes's role at Tonic is to advise on the Never Mind the Stigma Programme and aspects of mental health on a clinical level.

Dr. Zarah Vernham is a senior lecturer in psychology at the University of Portsmouth. She is an experienced researcher conducting peer-reviewed empirical research for both practitioners and academics. Dr. Vernham's role at Tonic is to advise and work as part of the research team conducting studies around mental health in the music industry.

Adam Churchward is a registered mental health nurse. He has worked across many fields within mental health over the past 25 years, currently specialising in working with people who have a personality disorder and forensic history. Adam's role at Tonic is to advise on aspects of mental health on a clinical level in triage and safeguarding meetings.

Patrons & Ambassadors

As part of our Annual Report we want to pay tribute to, and celebrate, our founding patron Terry Hall, who sadly died on 18 December 2022.



As an iconic frontman to The Specials, Terry was the voice of a generation with their social commentary about injustice, unemployment, economic recession, racism and violence. He went on to form Fun Boy Three and the Colourfield, and led numerous other creative projects.

Terry was a brilliant songwriter and a lyrical genius with a beautiful, unique voice. He had an eclectic taste in music and was an inspiration to so many musicians who collaborated with him including Damon Albarn, Tricky, Dave Stewart, Craig Gannon and, of course, his close friend Ian Broudie. When Sinéad O'Connor was starting out, Terry invited her to record 'Monkey in Winter' with the Colourfield before reuniting with her years later for a beautiful cover version of Dana's 'All Kinds of Everything'.

Terry was passionate about mental health and often shared his own experiences through conversations, interviews and his lyrics. He wrote 'Well Fancy That', a track he recorded with Fun Boy Three, about having been sexually abused in childhood and said "the only way I could deal with the experience was to write about it in a song ... it was very difficult for me, but I wanted to communicate my feelings." Terry often spoke about the role that therapy, medication and art played in his mental health and recovery.

Terry first got involved with Tonic in 2013, when he played a DJ set and sang with Dub Pistols at one of our festivals, Tonic 2. Just prior to this, he agreed to be our founding Patron; the perfect match for an organisation promoting recovery through music and art. He liked our relaxed, friendly, fun and inclusive approach and it was the start of a beautiful relationship.

In 2016, Terry invited us to tour with The Specials and set up information stands to help promote awareness. Terry's openness about his own mental health issues encouraged others to share their stories with us, from venue staff to band members to the audience. It was a truly humbling experience that forged a strong, long term bond between Tonic and The Specials, their crew and their fans, leading to the genesis of our Never Mind the Stigma Programme, which continues through attending gigs and festivals to start conversations and promote mental health awareness. He was an early advocate and supporter of our Tonic Rider Programme and helped champion our support for musicians and everyone working in live music.

Terry helped give us a platform in the music industry. He introduced us to many other artists, some of whom are now valued friends and supporters of Tonic. In particular, Barry Ashworth of Dub Pistols, who became a Patron alongside Terry and, most notably over the past two years, The Libertines who have done a tremendous amount of work to support us. Terry played a major role in Tonic's journey from a small, local non-profit organisation to a national charity that now provides specialist support for people right across the music industry.

Terry is greatly missed; he was kind, humble, modest, charismatic, influential and extremely generous. He had a natural ability to put you at ease and was absolutely hilarious with the quickest, driest wit. Terry had exceptional taste and will always be the epitome of cool.

The outpouring of love for Terry when he died, from both fans and those in the music industry alike, articulates more than we can about how much the man and his music meant to people.

We are so grateful to Terry for having believed in Tonic from the start, for shining a spotlight on us and having been a part of our incredible journey.

As we approach the first anniversary after his passing our thoughts are with Terry's family and friends.

"Love, love, love."

We are honoured to have Barry Ashworth (Dub Pistols) and Kevin Cummins (Music Photographer) as our patrons; Biff Mitchell (Festival Organiser), Amy Bee Sting (On My God! It's The Church), Denise Black (Actress), Eddie Piller (Acid Jazz), Seanie Tee (Dub Pistols), Gary Crowley (BBC6 Music Broadcaster) Jeff Horton (100 Club), Lynval Golding (The Specials), Millie Manders (Millie Manders and the Shutup), and Morgan Howell (SuperSizeArt) as our ambassadors.

Administration Information

The day-to-day management of the organisation is delegated to the Chief Executive, Steph Langan. The core employed team is made up of:

Chief Executive Officer (FT)
 Tonic Rider Training, Support and Safeguarding Lead (FT)
 Head of Fundraising Operations (FT)
 Head of Tonic Rider Event Operations (FT)
 Team Administrative Assistant (PT)
 Graphic Designer (FT)
 Tonic Rider Coordinator (PT)
 Never Mind The Stigma Programme Coordinator (FT)

The core team is supported by self-employed professional facilitators.

The total salaries of the core employed staff was £165,945.98 (including employer NI and pension costs) and self-employed staff was £19,689.16. No staff salaries exceeded £60,000.

We have 10 regular volunteers who provide ongoing and substantial voluntary work for Tonic Music for Mental Health throughout the year. In addition, we had approximately 100 further volunteers at one-off events and festivals over the course of the year.

Morris Crocker Accountants manage our staff payroll.

We are in the 3rd year of using Xero Software facilitated by a bookkeeper employed with Morris Crocker Accountants.

The following provided services to the charitable company during 2022-23:

Accountants

Morris Crocker, North Street, Havant, PO9 1QU.

Bankers

Barclays Bank, 107 Commercial Road, Portsmouth, PO1 1BT.

What We Do

Tonic Music for Mental Health

We provide creative opportunities for people with mental health problems.

Tonic Rider

Our Tonic Rider Programme promotes good mental health in the music industry, by providing bespoke mental health training and support for artists, crew and personnel working in music.

Never Mind The Stigma

This is a community based support programme which will focus on the men of Portsmouth who are struggling with suicide ideation. We will be offering them a number of different initiatives including Peer-to-Peer Support Groups facilitated by a qualified therapist, providing accredited training in terms of Mental Health First Aid (MHFA), Suicide First Aid Lite (SFAL) and activity based support.

Training

We deliver training to companies, organisations and groups on Mental Health First Aid and Suicide First Aid, as well as a range of other courses and workshops.

Events

We raise awareness about mental health at gigs, festivals and events across the country. This includes providing information stands with resources on how to stay well and look out for other people.

Fundraising

We plan and execute multiple in-house fundraisers and are working to diversify our fundraising strategies, incorporating online campaigns, merchandise sales, and grant applications, to achieve a total revenue increase of 50% by the end of 2024.

Structure, Governance and Management

Tonic Music for Mental Health is overseen by a Trustee Board that convenes six times annually, with Sub-Committees assigned specific areas of authority.

The Trustees are also Directors of the company. The Trustees / Directors are ultimately responsible for all the operational developments and activities of the organisation. They have a particular responsibility for setting the strategic direction, and agreeing and monitoring the impact of policies and practice. There are systems for Trustee appraisal and there are link Trustees in place for each service area. Terms of Reference for the Board and each Sub-Committee are reviewed annually. The responsibilities of staff for day-to-day operations are set out in Tonic Music for Mental Health's Acting in Absence Procedures.

The Trustees / Directors will allocate at least one day a year for their own training and development. Trustees will also take the opportunity to undertake other relevant conferences, training and networking events, reporting back learning gained to the Board as a whole.

Tonic Music for Mental Health is committed to being a diverse and inclusive charity. We believe that a diverse board can make better decisions, improve the quality of governance and increase public trust. Board membership includes a range of ages, lived experience of mental health issues and diverse backgrounds. We strive to represent, as a board, the communities we are here to serve.

New trustees will undergo an induction that involves visiting projects to meet with staff and participants and learn about the work of Tonic Music for Mental Health. Trustees will participate fully in staff induction days. A trustee handbook covering the role and responsibilities of trustees including key organisational documents such as risk management, safeguarding, health and safety and fundraising policies is provided to each new trustee. This handbook is also available on a shared trustee drive. This handbook will be updated annually. Trustees sign a Code of Conduct on joining the board.

Mission, Charitable Objects, Vision, Values and Activities

Mission

Our mission is to deliver good mental health and recovery through music.

Our Vision

We strive for an inclusive world where those experiencing poor mental health have the hope, support and respect they deserve.

Our Values

Participation

We believe that participation in music and the arts can promote and sustain good mental health.

Recovery

We champion a recovery-based approach for those experiencing poor mental health.

Empowerment

We believe in empowering people to create healthy environments that promote good mental health.

Inclusivity

We advocate discussion, education and inclusion as a means to reducing stigma and breaking down barriers.

Significant Activities

We are a provider of creative mental health services, and during 2022-2023 provided support across six main groups of services and activities:

Activities	Main Features
Recovery Through Music	We continued to offer face to face sessions during the year.
Tonic Ska Choir	It was with great sadness that we announced the end of Tonic's involvement in the Ska Choir in August, 2023. For some time it has been increasingly challenging to obtain the necessary funding to continue.
Men's Music Jam	Tonic provided a weekly music group for men in the local community experiencing poor mental health or mental ill health.
Outreach	Tonic attended a number of gigs and festivals to raise awareness around mental health. This included joining The Libertines and Peter Doherty on tour across the UK.
Educational Talks and Panels	Tonic delivered talks to music colleges, attended music industry specialist panels, and delivered interviews on music industry podcasts and radio shows.
Volunteering Opportunities	Tonic provided a range of volunteering opportunities at festivals, live music gigs and events. This included Boomtown, Victorious and Mucky Weekender Festivals.
In-House Fundraising Events	Tonic coordinated our yearly fundraiser, Barry's Flying Circus, which involved a Wing Walk with twenty fundraisers guided by our patron, Barry Ashworth.
Tonic Rider	Tonic promoted good mental health in the music industry through a programme of online training courses, support groups and workshops - free for all music industry professionals.
Peer Support Groups	Tonic provided weekly 90-minute groups across six weeks supporting music industry professionals in an open and safe space to share their experiences with other music industry professionals (funded by Help Musicians).
Mental Health First Aid	Tonic provided two-day training courses to music industry professionals on how to identify, understand and help someone who may be experiencing a mental health issue (MHFA England accredited).

Suicide First Aid Lite	Tonic provided four-hour training courses to music industry professionals in the theory and practice of suicide intervention skills that can be applied in professional or personal settings (City and Guilds assured).
Industry Training	Tonic provided bespoke training to organisations within the music industry, including courses for DICE / Boiler Room.
Tonic Talk	Tonic provided talks (in-person and online) on mental health for music colleges and youth oriented projects.
Mental Health Awareness in the Music Industry	Tonic provided six-hour training courses to music industry professionals to gain an awareness of the major issues unique to the music industry and how they affect mental health (CPD accredited).
1:1 Counselling Sessions	Tonic provided 1-to-1 counselling sessions with a qualified MBACP-registered Humanistic Counsellor with extensive experience working within secondary mental health services supporting a range of complex mental health issues.
1:1 Support Sessions	Tonic provided 1-to-1 sessions supporting music industry professions to manage their emotions around work-related stress.
Mental Health Zines	Tonic produced Zines covering different mental health topics, which are bespoke to working in the music industry - including: stress, anxiety, depression, substance use and suicide prevention.
Tonic Rider Box	Tonic produced boxes of mental health Zines and information about Tonic Rider and distributed them at music festivals, including in the dressing rooms of artists.
Backstage Support	Tonic offers stands at music festivals where artists and backstage workers can engage with a member of the Tonic Rider Team. They can receive mental health Zines and/or a Tonic Rider Box at these stands.

Grants

Tonic has been fortunate to secure substantial support exceeding £230,000 from multiple organisations through grants.

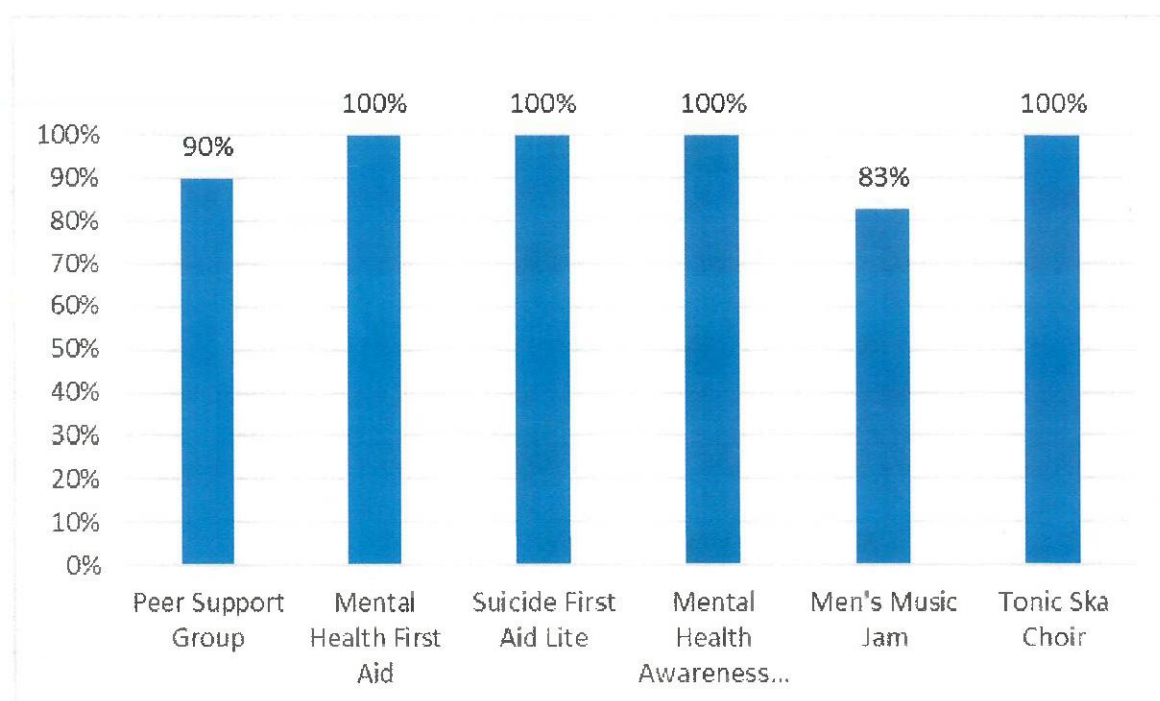
The Year in Numbers

- Tonic supporters raised £58,286.80 through donations in memory of loved ones, sales and challenges, and online raffles.
- A total of 618 participants were registered to attend one or more of our programs.
- A total of 134 one-to-one screenings were carried out with participants from our programs.
- We allocated 144 spots for our six-week Peer Support Groups, as well as 20 slots for our weekly Drop-In Group.
- We provided 160 spots for accredited training courses.
- We conducted 61 one-on-one counselling sessions and 22 individual support sessions.
- We have developed and released 32 distinct mental health zines covering various topics. These were distributed at music events and made available through our website.
- The Never Mind the Stigma and/or Tonic Rider stands were present at 101 events.
- We hosted 46 in-person music sessions at Tonic HQ.
- We had 581 individuals sign up for the Tonic newsletter.
- Our social media following increased by 15,520 people collectively on Facebook, Instagram, LinkedIn, and Twitter/X.
- Our social media content reached a wider audience, garnering 633,353 impressions.

Monitoring Our Performance

Trustees monitor the performance of our creative programmes. Our Tonic Rider Coordinator has started an evaluation of our work across both programmes to measure its impact working alongside the Tonic Team and Trustees.

Each programme captures detailed data on progress and satisfaction. In terms of a high level summary of satisfaction, the following percentages represent how many participants were 'Very' or 'Completely' Satisfied:



We capture what people tell us about our programmes



“I was lucky enough to take part in a Tonic Rider Peer Support Group last year. I found the whole experience really rewarding and it helped me develop in a professional and personal sense.

Completing the Peer Support Group also led me to complete some Tonic Rider training courses which has been invaluable in allowing me to support myself and others in the industry

Holly Jones
Sound City

TONIC RIDER



“I found the Tonic Rider Peer Support Group a really invaluable experience. In such a competitive industry, it's a relief to be given a space to share experiences and gain support in a structured and supportive way without fear of judgement.

I would encourage anyone be they backstage, performer, or in the broader music industry to embrace this opportunity to both be supported and support others.

Finlay Johnson
Association For Electronic Music

TONIC RIDER



“Tonic Rider does fabulous and much-needed work, in a stressful world. I accessed a Tonic Rider Peer Support Group and aside from the obvious chance to talk openly and offload – with guidance from a psychotherapist and music industry professional, Adam Ficek – I got excellent support and guidance and made some new friends for life.

Damian Morgan
BIMM Manchester

TONIC RIDER



“I recently attended the Suicide First Aid Lite course run by Tonic Rider.

The course was well run, extremely informative, and conducted in a safe space with other participants discussing some very serious and important issues.

It has provided me with the tools to try and identify any signs of difficulties with members of the communities I am part of.

Christos Christou
45 Day

TONIC RIDER



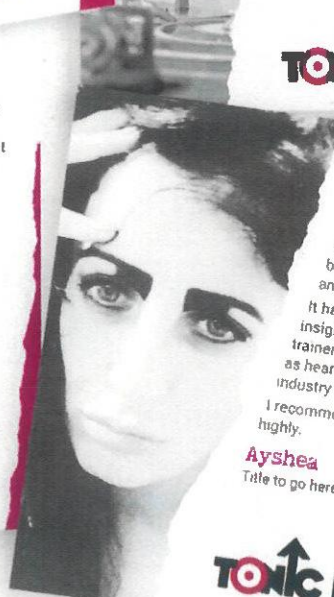
“I'm glad that I attended the Mental Health Awareness in the Music Industry course. It's important to talk about issues affecting mental health within the industry.

This course taught me how I could support, help and signpost colleagues and friends experiencing issues.

I highly recommend it if you're a music industry professional.

Caterina Bustamante
Music Business Student at BIMM

TONIC RIDER



“I can't thank Tonic Rider enough for their great courses and engaging groups. I have found them beyond helpful, educational and supportive.

It has helped so much to gain insightful knowledge from the trainers and professionals, as well as hearing from others in the industry and their own experiences. I recommend Tonic Rider's courses highly.

Ayshea
Title to go here

TONIC RIDER





“Since the pandemic, I have been unable to work in the touring industry.

I have just completed a Tonic Rider Peer Support Group, which has given me the opportunity to discuss the issues I face

Firstly it was nice to realise that actually, it's not just me, but lots of us suffer the same issues, secondly, it has helped me work through the issue so that I feel better about myself and the future.

Tim Brennan
Carry On Touring

TONIC RIDER



“I am very grateful to have had the Tonic Rider Peer Support Groups in my life!

They've always come at the right time for me and it's been so great to have the chance to meet other musicians across the UK, who I may not have had a chance to meet otherwise, learn so much from each other and realise that although we might be geographically distant, the issues that we're facing are not always so far apart!

Marianne Sice
Musician

TONIC RIDER



“The Peer Support Group sessions with Tonic Rider were absolutely essential to me at a time when I really needed support emotionally.

After each of the 6 sessions I attended with the group, I felt motivated and clear with my music goals - which also helped my mental health. I've made life-long friends through this amazing resource, and I recommend that anyone in the music industry uses it!

Saff Juno
Musician

TONIC RIDER



“Thanks so much for providing the Peer Support Groups, which are accessible to anyone no matter of class, race, gender identity or disability, and it really does help to feel heard and not alone.

Our facilitator, Jade, was such an amazing role model, she was totally relatable and shared her own unique journey and struggles working in music and mental health, all of which were so meaningful.

I would highly recommend the Tonic Rider programme!

Saskia Menendez
Equality & Diversity Ambassador

TONIC RIDER



“The Tonic Rider Suicide First Aid Lite course is probably one of the most important 6 hours I have spent in my life. Tutored superbly by Jade Hughes, my attitude of suicide was healthily challenged. It's never simple, but complex. We learnt a three step conversation that could save lives

Tonic Rider are doing what all music should be doing in these times of uncertainty, heal and bring us together. Vive la Tonic!

S.R. Mortimer
Musician

TONIC RIDER



“The Peer Support Group helped me reconnect with a crucial part of myself

If you're looking for a compassionate community, thought-provoking discussions, and a nurturing environment for self exploration, I wholeheartedly recommend the Tonic Rider, Peer Support Group

Louise Ward
Night Time Industries Association

TONIC RIDER



Future Plans

Looking to the future of Tonic Music for Mental Health, whilst we continue to have a focus on the South Coast and Portsmouth, the charity is in a process of scaling and expanding our core programmes. This has developed our reputation for providing innovative and successful mental health support, advice and training across the country.

Development

With the widespread use of virtual and hybrid technologies, such as Zoom, along with the financial impact associated with building running costs, Tonic has embraced a move away from building-based operations and now utilises community venues and online platforms. This enables Tonic to use its income more effectively and target support where it is most needed.

Linked to this, Tonic supported the Tonic Ska Choir to move on to gain independence from Tonic. They have set up to become a Community Interest Company and are now known as Southern Ska Collective. The choir has been an important part of Tonic's story and we wish them well with their ongoing success and journey.

At the same time, the Recovery Through Music Programme has evolved into the Never Mind the Stigma Programme, redirecting the focus of our work on the South Coast and Portsmouth from music workshops to support and training around suicide prevention. This will be informed by our previous work and provide an additional opportunity to provide services on a national level.

The charity is now divided into two distinct arms:

Tonic Rider - Encompasses all programmes and outreach dedicated to supporting artists, crew, music industry professionals and organisations.

Never Mind the Stigma - Holds all of our projects and campaigns to support music lovers in the community across the country.



Tonic Rider

Through the Tonic Rider programme, we will continue to work with people throughout the music industry with mental health problems, supporting artists, crew and industry professionals to understand and maintain good mental health. This includes expanding the level of online training courses, support groups and taught workshops, in addition the introduction of 1-to-1 psychotherapy and counselling.

Accreditation will also be sought for the online workshops, including Music Performance Anxiety and Substance Use Awareness. Additional bespoke resources for the music industry will continue to be created, such as increasing the range of mental health Zines available on our website and provided at music events.

Tonic Rider is expanding its reach by collaborating with a wide variety of artists, music industry organisations, venues, and festivals, and by supporting all sectors of the industry from grassroots to a national scale.

In the spirit of progress and transformation, we are poised to expand our event calendar with gigs, conferences, festivals and backstage outreach initiatives.



Never Mind The Stigma

Our Never Mind the Stigma programme has redirected its focus from providing in-person music workshops, to online support groups and taught workshops tailored for music fans across the country. The includes a change of emphasis from recovery through music to suicide prevention to strengthen communities.

As part of Never Mind The Stigma, we will also launch a new campaign called MATE (Men Ain't Talking Enough) providing support and training for men around suicide prevention. This will be informed by our previous work opening additional opportunities to provide services and peer-to-peer support on a national level.

We are expanding the number of tours, festivals, and gigs that we attend with our Never Mind The Stigma stand - where we provide on-site support and resources to gig-goers and music lovers. We will also continue the development and expansion of our Tonic Lounge initiative where we provide a safe and quiet welfare space for audience members at festivals.


In 2024 we will launch our 'Gig 'n' Tonic' project where we will collaborate with local promoters across the country to support local talent and provide our resources to local communities.

By the power of music and the strength of community, together, we can make a lasting difference.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

Signed:



(Steve Curtis, Tonic Chair of Trustees)

Date: 26/04/24

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF TONIC MUSIC FOR MENTAL HEALTH LTD

Independent examiner's report to the trustees of Tonic Music for Mental Health Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



S F Mackie FCA

Morris Crocker
Chartered Accountants
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 26/4/24

TONIC MUSIC FOR MENTAL HEALTH LTD

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 JUNE 2023**

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	161,162	212,730	373,892	216,827
Other trading activities	3	<u>22,597</u>	<u>-</u>	<u>22,597</u>	<u>7,533</u>
Total		<u>183,759</u>	<u>212,730</u>	<u>396,489</u>	<u>224,360</u>
EXPENDITURE ON					
Raising funds	4	29,117	-	29,117	15,712
Charitable activities	5				
Charitable activities		<u>205,194</u>	<u>50,476</u>	<u>255,670</u>	<u>214,571</u>
Total		<u>234,311</u>	<u>50,476</u>	<u>284,787</u>	<u>230,283</u>
NET INCOME/(EXPENDITURE)		(50,552)	162,254	111,702	(5,923)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>46,166</u>	<u>-</u>	<u>46,166</u>	<u>52,089</u>
TOTAL FUNDS CARRIED FORWARD		<u>(4,386)</u>	<u>162,254</u>	<u>157,868</u>	<u>46,166</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

BALANCE SHEET
30 JUNE 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	11	3,902	29,248
CURRENT ASSETS			
Stocks	12	1,302	7,751
Debtors	13	29,000	7,962
Cash at bank and in hand		<u>144,538</u>	<u>8,119</u>
		174,840	23,832
CREDITORS			
Amounts falling due within one year	14	(20,874)	(6,914)
NET CURRENT ASSETS		<u>153,966</u>	<u>16,918</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>157,868</u>	<u>46,166</u>
NET ASSETS		<u>157,868</u>	<u>46,166</u>
FUNDS	16		
Unrestricted funds		(4,386)	46,166
Restricted funds		<u>162,254</u>	<u>-</u>
TOTAL FUNDS		<u>157,868</u>	<u>46,166</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2023.

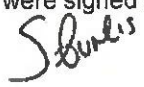
The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 26/04/2024 and were signed on its behalf by:


.....
S M Curtis - Trustee

TONIC MUSIC FOR MENTAL HEALTH LTD
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider that there are no material uncertainties regarding the charity's ability to continue as a going concern.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Tangible fixed assets are depreciated over their estimated useful lives as follows:

Furniture	10% straight line
Computer	33% straight line

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Financial instruments

The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable and investments in stocks and shares. The measurement basis used for these instruments is detailed below.

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023

1. ACCOUNTING POLICIES - continued

Financial instruments**Debtors and cash at bank**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand included cash held on deposit or in a current account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	112,214	166,708
Grants	<u>261,678</u>	<u>50,119</u>
	<u>373,892</u>	<u>216,827</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Merchandise sales	21,862	4,753
Other income	<u>735</u>	<u>2,780</u>
	<u>22,597</u>	<u>7,533</u>

4. RAISING FUNDS

Other trading activities

	2023	2022
	£	£
Opening stock	7,751	1,000
Purchases	10,768	5,663
Closing stock	(1,302)	(7,751)
Event acts and bands	10,655	14,307
Paypal fees	<u>1,245</u>	<u>2,493</u>
	<u>29,117</u>	<u>15,712</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Charitable activities	<u>244,383</u>	<u>11,287</u>	<u>255,670</u>

6. SUPPORT COSTS

	Governance costs £
Charitable activities	<u>11,287</u>

Support costs, included in the above, are as follows:

Governance costs

	2023 Charitable activities £	2022 Total activities £
Accountancy fees	3,713	4,017
Independent examination fees	1,194	1,134
Legal and professional fees	<u>6,380</u>	<u>6,072</u>
	<u>11,287</u>	<u>11,223</u>

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023 £	2022 £
Depreciation - owned assets	4,906	4,583
Deficit on disposal of fixed assets	<u>21,415</u>	<u>-</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2023 nor for the year ended 30 June 2022.

Trustees' expenses

During the year no trustee (2022: none) were reimbursed out of pocket expenses totalling £nil (2022: £nil).

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023

9. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	171,603	156,098
Social security costs	7,626	5,020
Other pension costs	<u>6,407</u>	<u>5,536</u>
	<u>185,636</u>	<u>166,654</u>

The key management personnel of the Charity comprise of the Chief Executive Officer. The total employee benefits of the key management personnel of the Charity were £45,453 (2022: £37,771).

The average monthly number of employees during the year was as follows:

	2023	2022
	<u>7</u>	<u>8</u>
Charitable staff		

No employee received emoluments in excess of £60,000 (2022: none).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	166,708	50,119	216,827
Other trading activities	<u>7,533</u>	<u>-</u>	<u>7,533</u>
Total	<u>174,241</u>	<u>50,119</u>	<u>224,360</u>
EXPENDITURE ON			
Raising funds	15,712	-	15,712
Charitable activities			
Charitable activities	<u>164,452</u>	<u>50,119</u>	<u>214,571</u>
Total	<u>180,164</u>	<u>50,119</u>	<u>230,283</u>
NET INCOME/(EXPENDITURE)	(5,923)	-	(5,923)
RECONCILIATION OF FUNDS			
Total funds brought forward	52,089	-	52,089
TOTAL FUNDS CARRIED FORWARD	<u>46,166</u>	<u>-</u>	<u>46,166</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 July 2022	394	33,992	3,313	37,699
Additions	-	-	975	975
Disposals	-	(23,794)	-	(23,794)
At 30 June 2023	<u>394</u>	<u>10,198</u>	<u>4,288</u>	<u>14,880</u>
DEPRECIATION				
At 1 July 2022	79	6,864	1,508	8,451
Charge for year	79	3,398	1,429	4,906
Eliminated on disposal	-	(2,379)	-	(2,379)
At 30 June 2023	<u>158</u>	<u>7,883</u>	<u>2,937</u>	<u>10,978</u>
NET BOOK VALUE				
At 30 June 2023	<u>236</u>	<u>2,315</u>	<u>1,351</u>	<u>3,902</u>
At 30 June 2022	<u>315</u>	<u>27,128</u>	<u>1,805</u>	<u>29,248</u>

12. STOCKS

	2023 £	2022 £
Stocks	<u>1,302</u>	<u>7,751</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	-	3,962
Other debtors	29,000	3,000
Prepayments	-	1,000
	<u>29,000</u>	<u>7,962</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	265	-
Other creditors	<u>20,609</u>	<u>6,914</u>
	<u>20,874</u>	<u>6,914</u>

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	3,902	-	3,902	29,248
Current assets	12,586	162,254	174,840	23,832
Current liabilities	<u>(20,874)</u>	<u>-</u>	<u>(20,874)</u>	<u>(6,914)</u>
	<u>(4,386)</u>	<u>162,254</u>	<u>157,868</u>	<u>46,166</u>

16. MOVEMENT IN FUNDS

	At 1.7.22 £	Net movement in funds £	At 30.6.23 £
Unrestricted funds			
GENERAL	46,166	(50,552)	(4,386)
Restricted funds			
HiWCF	-	4,000	4,000
National Lottery	-	3,900	3,900
CMF	-	131,350	131,350
Youth Music Grant	-	20,000	20,000
Peoples Health Trust	<u>-</u>	<u>3,004</u>	<u>3,004</u>
	<u>-</u>	<u>162,254</u>	<u>162,254</u>
TOTAL FUNDS	<u>46,166</u>	<u>111,702</u>	<u>157,868</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
GENERAL	183,759	(234,311)	(50,552)
Restricted funds			
HiWCF	17,036	(13,036)	4,000
National Lottery	10,000	(6,100)	3,900
CMF	145,000	(13,650)	131,350
Youth Music Grant	27,000	(7,000)	20,000
Peoples Health Trust	11,694	(8,690)	3,004
Community Inclusion Grant	2,000	(2,000)	-
	<u>212,730</u>	<u>(50,476)</u>	<u>162,254</u>
TOTAL FUNDS	<u>396,489</u>	<u>(284,787)</u>	<u>111,702</u>

Comparatives for movement in funds

	At 1.7.21 £	Net movement in funds £	At 30.6.22 £
Unrestricted funds			
GENERAL	52,089	(5,923)	46,166
	<u>52,089</u>	<u>(5,923)</u>	<u>46,166</u>
TOTAL FUNDS	<u>52,089</u>	<u>(5,923)</u>	<u>46,166</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
GENERAL	174,241	(180,164)	(5,923)
Restricted funds			
Help Musicians	19,688	(19,688)	-
Hampshire, Southampton & Isle of			
Wight Clinical Group	8,000	(8,000)	-
Southampton City Council	9,900	(9,900)	-
HiWCF	9,260	(9,260)	-
William Wates Memorial Trust	2,500	(2,500)	-
Portsmouth Lottery	771	(771)	-
	<u>50,119</u>	<u>(50,119)</u>	<u>-</u>
TOTAL FUNDS	<u>224,360</u>	<u>(230,283)</u>	<u>(5,923)</u>

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2023**

16. MOVEMENT IN FUNDS - continued

Help Musicians - Funding to support the delivery of six-weekly peer support groups for professional musicians and people working within the music industry.

Hampshire, Southampton and Isle of Wight Clinical Commissioning Group - Funding to support the No Wrong Door initiative

Southampton City Council - Funding received to support the Suicide Prevention Innovation Fund

HiWCF - Funding to support the delivery of a programme of music workshops for adults experiencing mental health problems in Portsmouth.

William Wates Memorial Trust - Funding to support the Early Intervention in Psychosis music workshops

Portsmouth Lottery - Funding to support specialist suicide first aid training for portsmouth retailers.

National Lottery - Providing support to men experiencing suicidal ideation in Portsmouth under our Never Mind The Stigma programme.

CMF - Providing support to musicians and people working in the music industry under our Tonic Rider Programme.

Youth Music - Providing three music graduate jobs and mentorship for six months.

People's Health Trust - Providing support to men experiencing suicidal ideation and people who have been bereaved by suicide in Portsmouth under our Never Mind the Stigma programme.

Community Inclusion Grant - Providing support to men experiencing suicidal ideation in Portsmouth under our Never Mind the Stigma programme.

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2023.

18. ULTIMATE CONTROLLING PARTY

The charitable company is not under the control of another entity or any one individual.