



Annual Report

**Annual Report of the Trustees
and Financial Statements
for the Year Ended 30 June 2024
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 2024. 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

We continued to see a growth in income during the reporting year 2023-24, building on the partnerships established in the previous year. This financial stability enabled Tonic Music to expand its staffing team to increase its expertise in the areas of event management, music promotion and administration.

As set out in this report, the year marked a significant shift for Tonic Music, as we transitioned from a local focus to national mental health support. As part of that growth it was recognised by the existing board of trustees that it was important to review the membership and expertise of the board, to ensure that trustees have the right skills and experience to oversee the charity's change of direction. Following the year-end, but before preparation of this report, four new trustees joined the board, bringing valuable expertise from varying backgrounds, including: law, charities, marketing and accounting.

They are: Guy Morpuss KC, a barrister and author; Julie Davies, a former solicitor with experience of charity work; Richard Walters, who has extensive experience in marketing, communication and developing businesses; and David Dearman, a forensic accountant and expert witness.

As part of this reorganisation a number of the existing board of trustees stepped down. Geoff Steward has remained as a trustee, ensuring continuity in oversight and governance. Tonic Music thanks the departing trustees for their service to the charity over the years. Their support and hard work have been much appreciated and played a vital role in the charity's success.

Trustees

| Trustee name | Date of appointment | End of term of office | Resigned | Term of office |
|--------------------------------|---------------------|-----------------------|------------------|----------------|
| Abigail Charlotte Emilia Amey | 4 February 2019 | 4 February 2025 | 1 May 2024 | Fifth |
| Victoria Ann Barwood | 4 February 2019 | 4 February 2025 | 1 September 2024 | Fifth |
| Stephen Matthew Curtis (Chair) | 8 November 2020 | 8 November 2026 | 27 August 2024 | Four |
| Geoff Steward | 18 July 2022 | 18 July 2025 | NA | Third |
| Gloria Lynette Miller | 19 October 2022 | 19 October 2025 | 15 October 2024 | Second |
| Geoff Terence Priestley | 21 Nov 2022 | 21 November 2025 | 25 June 2024 | Second |
| Matthew Leonard Shires | 14 January 2023 | 14 January 2025 | 11 December 2024 | First |
| Carla Maria Slevin | 8 February 2024 | 8 February 2027 | 6 July 2024 | First |
| Richard Thomas Walters | 11 September 2024 | 11 September 2027 | NA | First |
| David Mark Dearman | 15 October 2024 | 15 October 2027 | NA | First |
| Guy Morpuss (Chair) | 13 November 2024 | 13 November 2027 | NA | First |
| Julie Louise Davies | 5 January 2025 | 5 January 2028 | NA | First |

Exemptions from Disclosure

N/A

Funds held as custodian trustee on behalf of others

N/A

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

Registered Office

Morris Crocker, North Street, Havant, PO9 1QU

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 EMDR 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 Music 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. John's role at Tonic Music 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. Zarah's role at Tonic Music is to advise and work as part of the research team conducting studies around mental health in the music industry.

Abigail Amey has a PhD in biochemistry and spent several years working in science publishing as an editor and a writer. She was previously a Trustee at Tonic Music and now has a role as an advisor for research and publishing.

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 Music is to advise on aspects of mental health on a clinical level in triage and safeguarding meetings.

Patrons & Ambassadors

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.

FOUNDING PATRON



Terry Hall
The Specials



Barry Ashworth
Dub Pistols



Kevin Cummins
Music Photographer

OUR PATRONS

OUR AMBASSADORS



Seanie T
Dub Pistols



Biff Mitchell
Festival Organiser



Millie Manders
Millie Manders & The Shutup



Lynval Golding
The Specials



Amy Bee Sting
Oh My God! It's The Church



Morgan Howell
SuperSizeArt



Eddie Piller
Acid Jazz



Gary Crowley
Broadcaster



Jeff Horton
100 Club



Denise Black
Actress

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)
 Programmes Lead (FT)
 Mental Health Lead (FT)
 Finance Lead (PT)
 Admin Lead (PT)
 Design Lead (FT)
 Logistics Lead (FT)
 Paralegal (PT)
 Fundraising & Events Coordinator (FT)
 Event Coordinator (FT)

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

The total salaries of the core employed staff was £303,332 (including employer NI and pension costs) and self-employed staff was £61,756. 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.

The following provided services to the charitable company during 2023-24:

Accountants

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

Bankers

HSBC, 312 London Road, Waterlooville, Hampshire, PO7 7DX

What We Do

Tonic Music for Mental Health

We establish good mental health within music communities.

This is achieved by providing four levels of mental health support: therapeutic sessions, peer groups, preventative workshops and training courses.

Tonic Rider

Our Tonic Rider programme provides tailored mental health support to people who professionally engage in music, including working musicians, crew, agents / managers, festival / venue staff and other industry personnel.

Never Mind The Stigma

Our Never Mind The Stigma programme provides tailored mental health support to people who recreationally engage in music, including gig / festival goers, record collectors and hobbyist musicians.

Local Projects

We provided one-off programmes of mental health support to conclude our work in Portsmouth and wider Hampshire area, consisting of the following projects: Local Independent Retailers, Wellbeing Days and Portsmouth Wellbeing Sessions.

Commissioning

We provide online and in-person courses and workshops to music-related organisations, including set and bespoke packages.

Events

We raise awareness around mental health at gigs, festivals and other music events across the UK, including stands and/or lounges, both front-of-house and backstage.

Fundraising

We host multiple in-house fundraisers and continue to diversify our fundraising strategies, by 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 establish good mental health within music communities.

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 mental health services, and during 2023-2024 provided support across the following activities.

| Activity | Main Features |
|---|---|
| Peer Support Groups | Tonic Music provided weekly 90-minute groups across six weeks offering a supportive space for Tonic Rider participants to share their experiences with other music professionals (in partnership with Music Minds Matter) - including 7 open groups and single groups exclusively for women, people living with ADHD, long-term beneficiaries of Help Musicians, young classical artists (with Young Classical Artists Trust), producers / composers of applied music (with PRS Members' Fund) and grassroots music venue personnel (with Music Venue Trust). |
| Drop-In Group | Tonic Music provided a weekly 90-minute group offering a supportive space for previous Tonic Rider peer support group participants to share their experiences with other music professionals (in partnership with Music Minds Matter). |
| Mental Health First Aid | Tonic Music provided a two-day course training Tonic Rider participants how to identify, understand and help someone who may be experiencing a mental health issue (MHFA England accredited). |
| Suicide First Aid Lite | Tonic Music provided a half-day course training Tonic Rider participants in the theory and practice of suicide intervention skills (Suicide First Aid UK accredited). |
| Mental Health Awareness in the Music Industry | Tonic Music provided a six-hour course training Tonic Rider participants to gain an awareness of the major issues unique to the music industry and how they affect mental health (CPD accredited). |
| 1-to-1 Psychotherapy Sessions | Tonic Music provided Tonic Rider participants 1-to-1 psychotherapy sessions with a UKCP registered psychotherapist - including six-week, 12-week and longer-term periods. |
| 1-to-1 Counselling Sessions | Tonic Music provided Tonic Rider participants 1-to-1 counselling sessions with a MBACP registered humanistic counsellor - including six-week, 12-week and longer-term periods. |
| 1-to-1 Support Sessions | Tonic Music provided Tonic Rider participants 1-to-1 support sessions - including single and six-week periods. |

| | |
|-------------------------------|--|
| Tonic Talk | Tonic Music provided talks on mental health in music for different organisations and events - including online and in-person sessions. |
| Media Interviews | Tonic Music provided media interviews to raise awareness of mental health in music - including radio, podcasts and print. |
| Local Independent Retailers | Tonic Music provided Mental Health First Aid training courses and a follow-up peer support group for staff at local independent retailers based in Portsmouth. |
| Wellbeing Days | Tonic Music provided a series of in-person music-focused wellbeing days for people living in Portsmouth. |
| Portsmouth Wellbeing Sessions | Tonic Music provided a series of online wellbeing sessions for people living in Portsmouth. |
| Tonic Music Stands | Tonic Music provided stands at gigs across the UK to raise awareness of mental health. |
| Tonic Music Lounges | Tonic Music provided lounges at festivals across the UK, both front-of-house and backstage, to offer mental health support. |
| Volunteering Opportunities | Tonic Music provided a range of volunteering opportunities at gigs, festivals and other music events across the UK. |
| In-House Fundraising Events | Tonic Music hosted an annual fundraiser, Barry's Flying Circus, which involved a Wing Walk with fundraisers guided by our patron, Barry Ashworth. |
| Mental Health Zines | Tonic Music 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 Music produced boxes featuring tailored mental health zines and information about the Tonic Rider programme, which were distributed at various music events. |

Grants

Tonic Music has been fortunate to secure substantial support exceeding £270,000 from multiple organisations through grants.

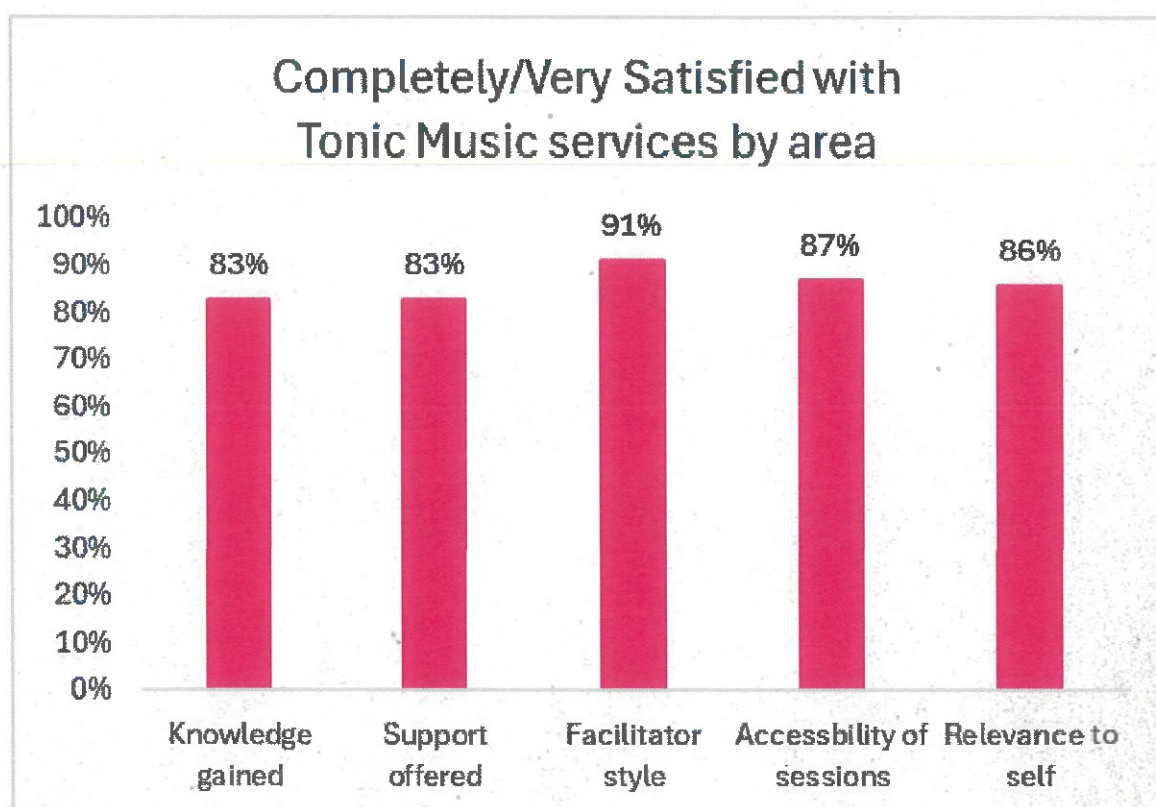
The Year in Numbers

- Tonic Music supporters raised £53,966 through donations in memory of loved ones, sales and challenges, and online raffles.
- A total of 654 participants registered to attend one or more of our programmes.
- A total of 167 screenings were conducted with participants on the programmes.
- We provided 13 six-week Peer Support Groups - allocating 156 spaces.
- We provided 44 Drop-In Group sessions - allocating 32 spaces.
- We provided 3 Mental Health First Aid courses - allocating 48 spaces.
- We provided 4 Suicide First Aid Lite courses - allocating 40 spaces.
- We provided 2 Mental Health Awareness in the Music Industry courses - allocating 40 spaces.
- We provided 66 1-to-1 psychotherapy, counselling and support sessions.
- We provided 11 Tonic Talk sessions.
- The Never Mind the Stigma and/or Tonic Rider stands were present at 101 events.
- We had 967 individuals subscribing to the Tonic Music newsletter over this period.
- Our social media following increased to 19,789 people collectively on Facebook, Instagram, LinkedIn, and X.

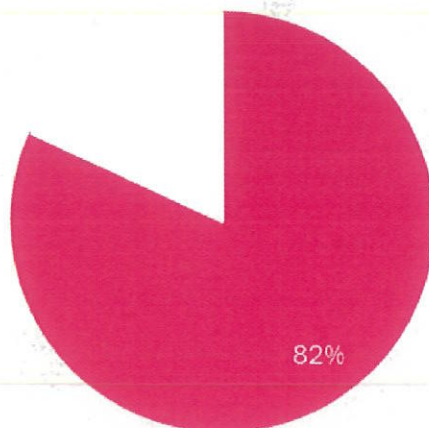
Monitoring Our Performance

Trustees monitor the performance of our mental health programmes. Our Programmes Lead has started an evaluation of our work across both programmes to measure its impact working alongside the Tonic Music team and trustees.

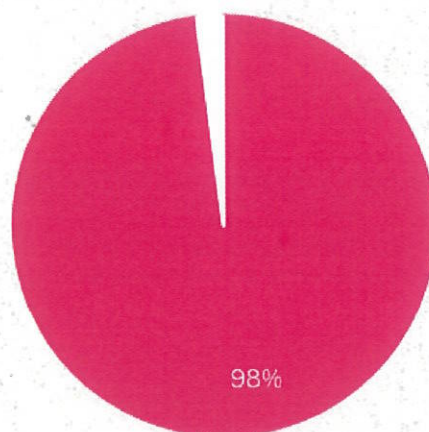
Each programme captures detailed data on progress and satisfaction. In terms of a high level summary of satisfaction, the following percentages represent how many participants were 'Completely' or 'Very' Satisfied with the following areas::



Completely/Very Satisfied with Tonic Music services overall



Would recommend Tonic Music services to others



We capture what people tell us about our programmes



Adam Rich

Freelance Drummer and Drum Tutor

I first started using the peer support group for music industry professionals offered by Tonic Rider just over a year ago and currently still participate regularly in the weekly drop in group.

I've found these to be invaluable and instrumental in my recovery from poor mental health. One of the greatest things about these groups is the fact that I'm connecting with other like minded people in the same industry as me who can relate, first hand, to what I have experienced as our lifestyles are very similar.

There is a strong feeling of belonging within these groups and as they are a safe space, the topics discussed are always welcomed.

I also subscribe to the weekly newsletter for regular updates and the website has been amazing for all sorts of things from coping strategies to courses available.

I can't rate Tonic Music highly enough and look forward to Wednesday afternoons so much as I know I can connect with and offer and receive support from the other group members and the facilitators who, by the way, are awesome!



Kasia Kuchnicka

Contact Centre Manager (Rota and Resources)
Royal Albert Hall

Peer Support groups provided by Tonic Rider have changed my life!

When I initially joined the group, I was at a very low point and struggling with my mental health. The groups provided the essential support and connection with other people from the music industry.

There is an amazing power in open and honest sharing. We heal together by being vulnerable with each other. No pretending, no judgments, and a feeling of safety.

The Peer Support Groups have created a community that I can lean on when times get tough but also allow me to celebrate even the smallest of wins with others.

I feel inspired and energised after EVERY conversation!



Giuseppe Morena

Electronic Music Producer, Remixer, DJ

As an electronic music producer and DJ, my journey with mental health has been full of ups and downs. I've often found myself facing stress, burnout, and a sense of isolation, both personally and within the music industry. However, discovering Tonic Music has been a turning point in my life.

Through their incredible support and music-based programs, I've been able to channel my emotions into my music in a way that has not only helped me creatively but also mentally. The connection with others who share similar experiences has made me feel less alone in my struggles. Tonic Music has provided a safe, open environment where I can express myself without judgment and find healing through music.

The workshops and one-on-one support have taught me valuable tools for managing my mental health, and the sense of community has been a major source of strength. Tonic Music has not only helped me grow as an artist but also as a person, allowing me to navigate the pressures of being a musician and DJ with a healthier mindset.

Thanks to Tonic Music, I feel more balanced, more inspired, and more connected to both my music and my well-being. Their work has been transformative, and I'm beyond grateful for their support in both my personal and professional life.



Helen Hammill

Cattle & Cane

Joining Tonic Music's Drop-in Group was a real game-changer for me. Being surrounded by like-minded musicians who truly understood the ups and downs of both the industry and mental health made all the difference to me.

Tonic Music gave me a safe space to share, learn, and feel supported by people who were in the same boat as me. Having that sense of community and understanding has been so valuable in my journey.

I'm so grateful for the encouragement and connections I found through Tonic Music.

Future Plans

Looking to the future of Tonic Music for Mental Health, going forward the charity will focus on providing mental health support nationally, via the Tonic Rider and Never Mind The Stigma programmes (both facilitated online). This means we will no longer be providing local services in Portsmouth and the surrounding area.

Development

Over the past year, Tonic Music has continued to grow as a national charity with the expansion of programmes and forging of new partnerships. A key factor in this development has been the grant funding received for the Tonic Rider programme, which has enabled Tonic Music to make a greater positive impact on music communities. Alongside this, the outreach of Tonic Music has grown significantly, most notably due to the forging of new partnerships with artists (and their management), promoters, venues, festivals and other music events across the UK.

The main point of development is establishing two national mental health programmes, **Tonic Rider** - for the music industry - and **Never Mind The Stigma** - for music fans. Accordingly, Tonic Music is now the only known charity providing tailored mental health support to both the music industry and music fans. Despite the expansion of Tonic Music, the charity will continue to provide all mental health services in-house, never through tendering, and are proud to not implement an income-criteria for people working in the music industry.

We would like to thank all our funders and fundraisers for their continued support of Tonic Music. In particular, a special mention goes to The Christopher Meredith Foundation, who provide essential funding for Tonic Rider and the forthcoming Tonic Futures programme.



Tonic Rider

Through the Tonic Rider programme, we will continue to provide mental health support tailored for people who work in music. This includes expanding the peer groups and training courses provided on the programme, along with the number of 1-to-1 psychotherapy and counselling sessions.

Funding will also be sought to provide a series of preventative workshops, including Music Performance, Substance Use Awareness and Emotional Resilience. Additional bespoke resources for people working in music will continue to be created, such as increasing the range of mental health zines and posters available on our website.

Tonic Rider is also expanding its reach by collaborating with a range of music organisations and events, to provide exclusive mental health support to meet the needs of people within these communities.

Alongside the Tonic Rider programme, we will be launching Tonic Futures, a programme of mental health support for 18 to 25 year olds working in music. This will be aided by working in partnership with three music colleges and/or youth projects, who can apply this package of services.

In the spirit of progress and transformation, we are poised to expand our event calendar with gigs, festivals and other music events, along with conferences and networking fairs.



Never Mind The Stigma

Our Never Mind the Stigma programme has redirected its focus from providing in-person music workshops locally, to an online programme of mental health support for music fans.

Funding will be sought to provide online Album Clubs and Record Reflection groups, offering music fans tailored mental health support without the requirement to play music or sing. These groups will offer music fans a space to talk about the benefits of listening to music on their mental health, facilitated by a mental health professional.

In addition, funding will also be sought to provide a series of online preventative workshops equipping participants with skills around mental health and hobbyist music activities. This includes workshops on Gig Anxiety, Festival Survival and Music for Mental Health.

It is hoped by running two mental health programmes nationally, one for the music industry and another for music fans, this will streamline our work as a national charity. Alongside this, these developments will bring the two programmes closer together, as part of new focus on establishing good mental health within music communities - as the only known charity providing tailored mental health support to those professionally and recreationally engaging in music.

Summary of Trading Performance and Going Concern

During the year the charity had total income and endowments from donations, legacies and other trading activities of £462,884 (2023: £396,489), an increase of 16.7%, of which £197,418 (2023: £183,759) was unrestricted income and £265,466 (2023: £212,730) was restricted income. After expenditure on raising funds and charitable activities the charity had net expenditure of £66,658 from unrestricted funds and net income of £63,969 from restricted funds giving total net expenditure for the year of £2,689 (2023: net income of £111,702).

Total unrestricted funds brought forward as at 1 July 2023 were -£4,386. Total unrestricted funds carried forward as at 30 June 2024 were therefore -£71,044.

Total restricted funds brought forward as at 1 July 2023 were £162,254. Total restricted funds carried forward as at 30 June 2024 were therefore £226,223.

Total funds (restricted and unrestricted) brought forward as at 1 July 2023 were £157,868. Total funds carried forward as at 30 June 2024 were therefore £155,179.

The charity had a challenging year in which expenditure on additional fundraising staff did not lead to an anticipated increase in unrestricted income. Since the end of the financial year changes have been made to the staffing team and the approach to fundraising, trading and commissioning services leading to an increase in revenue generated from commissioning and at events supported by the charity.

As a result the financial performance of the charity in the year ending 30 June 2025 is anticipated to improve significantly. Based on the actual trading performance of the charity for the eight months ended 28 February 2025 and the budget for the remaining four months of the financial year unrestricted income in the year ending 30 June 2025 is budgeted to increase by approximately £102,000, a 52% increase, and the 2024/2025 financial year is predicted to end with a surplus in excess of £70,000.

In addition, repayment of a loan of £33,764 from a member of the key management personnel is not being sought until the charity has sufficient unrestricted funds to do so.

While the charity had negative unrestricted funds at the year-end of 30 June 2024 therefore, the Trustees consider that it is appropriate to prepare the financial statements on a going concern basis.

Reserves Policy

To manage the financial impact of risk and fulfil our risk management obligations the charity's Reserves Policy is to aim to hold at a minimum unrestricted funds equivalent to three months (approximately £90,000) and at a maximum equivalent to six months (approximately £180,000) of operating running costs.

Given the negative unrestricted funds balance as at 30 June 2024 the charity had not achieved the minimum target reserve at the year-end. However given the actions taken since the year end outlined above, the improved financial performance and increase in unrestricted income, we anticipate that the reserves will be close to the minimum reserves target by the year-end 30 June 2025 (in excess of £70,000, as set out above); and that the target will be met in the early part of the year ending 30 June 2026 (the current budget anticipates an unrestricted balance in excess of £100,000 by 31 August 2025, increasing to in excess of £160,000 by the year-end).

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. In this report, the trustees refer to the charity's purposes, what it has done to carry out those purposes, and the public benefit that it has sought to provide.

Signed:



Guy Mopuss, Chair of Trustees

Date: 27.03.2025

**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 2024.

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 - matters of concern identified

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.

Given the negative unrestricted funds of the charity at the year end a detailed review of the going concern status of the charity has been undertaken by the trustees of which a brief narrative is included within the accounting policies.

I confirm that no matters have come to my attention in connection with the examination giving me reasonable cause to believe that in any material respect:

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; and
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 confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

S F Mackie

S F Mackie FCA

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

Date: 28/03/2025

TONIC MUSIC FOR MENTAL HEALTH LTD

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 30 JUNE 2024

| | Notes | Unrestricted fund £ | Restricted funds £ | 2024 Total funds £ | 2023 Total funds £ |
|--|-------|---------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 129,023 | 265,466 | 394,489 | 373,892 |
| Other trading activities | 3 | <u>68,395</u> | <u>-</u> | <u>68,395</u> | <u>22,597</u> |
| Total | | <u>197,418</u> | <u>265,466</u> | <u>462,884</u> | <u>396,489</u> |
| EXPENDITURE ON | | | | | |
| Raising funds | 4 | 32,048 | 27,981 | 60,029 | 29,117 |
| Charitable activities | 5 | | | | |
| Charitable activities | | <u>232,028</u> | <u>173,516</u> | <u>405,544</u> | <u>255,670</u> |
| Total | | <u>264,076</u> | <u>201,497</u> | <u>465,573</u> | <u>284,787</u> |
| NET INCOME/(EXPENDITURE) | | (66,658) | 63,969 | (2,689) | 111,702 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>(4,386)</u> | <u>162,254</u> | <u>157,868</u> | <u>46,166</u> |
| TOTAL FUNDS CARRIED FORWARD | | <u><u>(71,044)</u></u> | <u><u>226,223</u></u> | <u><u>155,179</u></u> | <u><u>157,868</u></u> |

The notes form part of these financial statements

TONIC MUSIC FOR MENTAL HEALTH LTD

**BALANCE SHEET
30 JUNE 2024**

| | Notes | 2024 £ | 2023 £ |
|--|-------|----------------|----------------|
| FIXED ASSETS | | | |
| Tangible assets | 11 | 1,777 | 3,902 |
| CURRENT ASSETS | | | |
| Stocks | 12 | 32,492 | 1,302 |
| Debtors | 13 | - | 29,000 |
| Cash at bank and in hand | | <u>202,394</u> | <u>144,538</u> |
| | | 234,886 | 174,840 |
| CREDITORS | | | |
| Amounts falling due within one year | 14 | (81,484) | (20,874) |
| NET CURRENT ASSETS | | <u>153,402</u> | <u>153,966</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>155,179</u> | <u>157,868</u> |
| NET ASSETS | | <u>155,179</u> | <u>157,868</u> |
| FUNDS | 16 | | |
| Unrestricted funds | | (71,044) | (4,386) |
| Restricted funds | | <u>226,223</u> | <u>162,254</u> |
| TOTAL FUNDS | | <u>155,179</u> | <u>157,868</u> |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 27.03.25 and were signed on its behalf by:


G Morpuss - Trustee

The notes form part of these financial statements

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

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.

While the charity had negative unrestricted funds at the year end, the Trustees consider that it is appropriate to prepare the financial statements on a going concern basis. The going concern assumption is based on the actual trading performance of the charity for the eight months ended 28 February 2025 and the budget for the remaining four months of the financial year. Unrestricted income in the year ending 30 June 2025 is budgeted to increase by approximately £102,000, a 52% increase, as a result of changes within the staffing team and the approach to fundraising, trading and commissioning services. Consequently, this has led to an increase in revenue generated from commissioning and at events supported by the charity. The 2024/2025 financial year is predicted to end with a surplus. In addition, repayment of a loan of £33,764 from a member of the key management personnel is not being sought until the charity has sufficient unrestricted funds to do so. As a result of all the above the Trustees consider the going concern basis is appropriate.

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.

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024**

1. ACCOUNTING POLICIES - continued

Fund accounting

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.

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

| | 2024 | 2023 |
|-----------|----------------|----------------|
| | £ | £ |
| Donations | 64,772 | 112,214 |
| Grants | <u>329,717</u> | <u>261,678</u> |
| | <u>394,489</u> | <u>373,892</u> |

3. OTHER TRADING ACTIVITIES

| | 2024 | 2023 |
|--------------------|---------------|---------------|
| | £ | £ |
| Fundraising events | 24,600 | - |
| Merchandise sales | 30,704 | 21,862 |
| Other income | <u>13,091</u> | <u>735</u> |
| | <u>68,395</u> | <u>22,597</u> |

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024

4. RAISING FUNDS

Other trading activities

| | 2024 | 2023 |
|--------------------------------------|---------------|---------------|
| | £ | £ |
| Opening stock | 1,302 | 7,751 |
| Purchases | 61,305 | 10,768 |
| Closing stock | (32,492) | (1,302) |
| Event acts and bands | 29,256 | 10,655 |
| Paypal fees | 492 | 1,245 |
| Interest payable and similar charges | 166 | - |
| | <u>60,029</u> | <u>29,117</u> |

5. CHARITABLE ACTIVITIES COSTS

| | Direct Costs £ | Support costs (see note 6) £ | Totals £ |
|-----------------------|----------------------|---------------------------------------|----------------|
| Charitable activities | <u>391,290</u> | <u>14,254</u> | <u>405,544</u> |

6. SUPPORT COSTS

| | Finance £ | Governance costs £ | Totals £ |
|-----------------------|--------------|--------------------------|---------------|
| Charitable activities | <u>66</u> | <u>14,188</u> | <u>14,254</u> |

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

Finance

| | 2024 Charitable activities £ | 2023 Total activities £ |
|--------------|---------------------------------------|----------------------------------|
| Bank charges | <u>66</u> | <u>-</u> |

Governance costs

| | 2024 Charitable activities £ | 2023 Total activities £ |
|------------------------------|---------------------------------------|----------------------------------|
| Accountancy fees | 4,460 | 3,713 |
| Independent examination fees | 1,248 | 1,194 |
| Legal and professional fees | <u>8,480</u> | <u>6,380</u> |
| | <u>14,188</u> | <u>11,287</u> |

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024**

7. NET INCOME/(EXPENDITURE)

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

| | 2024 | 2023 |
|-------------------------------------|----------|---------------|
| | £ | £ |
| Depreciation - owned assets | 2,125 | 4,906 |
| Deficit on disposal of fixed assets | <u>-</u> | <u>21,415</u> |

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2024 nor for the year ended 30 June 2023.

Trustees' expenses

During the year no trustee (2023: none) were reimbursed out of pocket expenses totalling £nil (2023: £nil).

9. STAFF COSTS

| | 2024 | 2023 |
|-----------------------|----------------|----------------|
| | £ | £ |
| Wages and salaries | 327,356 | 171,603 |
| Social security costs | 21,558 | 7,626 |
| Other pension costs | <u>8,772</u> | <u>6,407</u> |
| | <u>357,686</u> | <u>185,636</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 £54,772 (2023: £45,453).

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

| | 2024 | 2023 |
|------------------|----------|----------|
| | <u>9</u> | <u>7</u> |
| Charitable staff | | |

No employee received emoluments in excess of £60,000 (2023: none).

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|-----------------------------------|---------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 161,162 | 212,730 | 373,892 |
| Other trading activities | <u>22,597</u> | <u>-</u> | <u>22,597</u> |
| Total | <u>183,759</u> | <u>212,730</u> | <u>396,489</u> |
| EXPENDITURE ON | | | |
| Raising funds | 29,117 | - | 29,117 |
| Charitable activities | | | |
| Charitable activities | <u>205,194</u> | <u>50,476</u> | <u>255,670</u> |
| Total | 234,311 | 50,476 | 284,787 |

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

| | Unrestricted fund £ | Restricted funds £ | Total funds £ |
|------------------------------------|---------------------------|--------------------------|---------------------|
| NET INCOME/(EXPENDITURE) | (50,552) | 162,254 | 111,702 |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 46,166 | - | 46,166 |
| TOTAL FUNDS CARRIED FORWARD | <u>(4,386)</u> | <u>162,254</u> | <u>157,868</u> |

11. TANGIBLE FIXED ASSETS

| | Plant and machinery £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|---------------------------------|-----------------------------|----------------------------------|----------------------------|---------------|
| COST | | | | |
| At 1 July 2023 and 30 June 2024 | <u>394</u> | <u>10,198</u> | <u>4,288</u> | <u>14,880</u> |
| DEPRECIATION | | | | |
| At 1 July 2023 | 158 | 7,883 | 2,937 | 10,978 |
| Charge for year | <u>79</u> | <u>1,020</u> | <u>1,026</u> | <u>2,125</u> |
| At 30 June 2024 | <u>237</u> | <u>8,903</u> | <u>3,963</u> | <u>13,103</u> |
| NET BOOK VALUE | | | | |
| At 30 June 2024 | <u>157</u> | <u>1,295</u> | <u>325</u> | <u>1,777</u> |
| At 30 June 2023 | <u>236</u> | <u>2,315</u> | <u>1,351</u> | <u>3,902</u> |

12. STOCKS

| | 2024 £ | 2023 £ |
|--------|---------------|--------------|
| Stocks | <u>32,492</u> | <u>1,302</u> |

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2024 £ | 2023 £ |
|---------------|-----------|---------------|
| Other debtors | <u>-</u> | <u>29,000</u> |

TONIC MUSIC FOR MENTAL HEALTH LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2024 £ | 2023 £ |
|-----------------|---------------|---------------|
| Trade creditors | - | 265 |
| Other creditors | 81,484 | 20,609 |
| | <u>81,484</u> | <u>20,874</u> |

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

| | Unrestricted fund £ | Restricted funds £ | 2024 Total funds £ | 2023 Total funds £ |
|---------------------|---------------------------|--------------------------|-----------------------------|-----------------------------|
| Fixed assets | 1,777 | - | 1,777 | 3,902 |
| Current assets | 8,663 | 226,223 | 234,886 | 174,840 |
| Current liabilities | <u>(81,484)</u> | <u>-</u> | <u>(81,484)</u> | <u>(20,874)</u> |
| | <u>(71,044)</u> | <u>226,223</u> | <u>155,179</u> | <u>157,868</u> |

16. MOVEMENT IN FUNDS

| | At 1.7.23 £ | Net movement in funds £ | At 30.6.24 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| GENERAL | (4,386) | (66,658) | (71,044) |
| Restricted funds | | | |
| HiWCF | 4,000 | (4,000) | - |
| National Lottery | 3,900 | (3,900) | - |
| CMF | 131,350 | 82,189 | 213,539 |
| Youth Music Grant | 20,000 | (7,316) | 12,684 |
| Peoples Health Trust | <u>3,004</u> | <u>(3,004)</u> | <u>-</u> |
| | <u>162,254</u> | <u>63,969</u> | <u>226,223</u> |
| TOTAL FUNDS | <u>157,868</u> | <u>(2,689)</u> | <u>155,179</u> |

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

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| GENERAL | 197,418 | (264,076) | (66,658) |
| Restricted funds | | | |
| HiWCF | - | (4,000) | (4,000) |
| National Lottery | - | (3,900) | (3,900) |
| CMF | 265,466 | (183,277) | 82,189 |
| Youth Music Grant | - | (7,316) | (7,316) |
| Peoples Health Trust | <u>-</u> | <u>(3,004)</u> | <u>(3,004)</u> |
| | <u>265,466</u> | <u>(201,497)</u> | <u>63,969</u> |
| TOTAL FUNDS | <u>462,884</u> | <u>(465,573)</u> | <u>(2,689)</u> |

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024**

16. MOVEMENT IN FUNDS - continued

Comparatives for 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 | - | 3,004 | 3,004 |
| | <u>-</u> | <u>162,254</u> | <u>162,254</u> |
| TOTAL FUNDS | <u>46,166</u> | <u>111,702</u> | <u>157,868</u> |

Comparative 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> |

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

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.

TONIC MUSIC FOR MENTAL HEALTH LTD

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2024**

16. MOVEMENT IN FUNDS - continued

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

17. RELATED PARTY DISCLOSURES

A member of the key management personnel loaned money to the charity to allow bills to be paid whilst there was an issue with the banking arrangements. Interest is not being charged on this loan. The amount outstanding as of 30 June 2024 was £33,764.

18. ULTIMATE CONTROLLING PARTY

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