

Bluetonic
(Registered charity, number 1190871)
Financial statements
for the year ended 31 March 2024

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Bluetonic
Trustees' annual report
for the year ended 31 March 2024

Full name Bluetonic

Organisation type Charitable incorporated organisation

Registered charity number 1190871

Principal address

6 Hall drive, Wollaton, Nottingham, NG8 2PW

Trustees

Paul Dickens, Chair

Clara Morley, Treasurer

Richard Grieve, Started 04/09/2024

Jane North, Secretary

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 14/08/2020.

There are currently 4 trustees and ideally the charity would like to increase to 5 trustees. We are aware that it is recommended that people in named roles stay in them for 2 / 3 terms and will be looking to rotate / recruit new trustees to fill roles.

Trustees are selected based on our constitution terms, and have responsibility for governing the charity and signing off on proposals. Volunteers are invited to support the charity with their time and contribute ideas for the charity's development.

Trustees are responsible for decisions about funding distribution.

Objectives and activities

We are a charity dedicated to creating experiences in, on or around blue spaces. Blue spaces are areas that are close to water either inland or by the sea. Spending time by blue spaces can make us happier and healthier.

Bluetonic offers resources, activity and information that helps anyone become more active in blue spaces.

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Objectives

In our fourth period of reporting, in the Midlands specifically we have objectives to:

- Developed activity and test ideas alongside local people.
- Look to secure funding for future projects for face to face delivery.

Relating to the broader work our objectives have been:

- Continue to grow our presence on social media and traffic to our website
- Review and develop all infrastructure we need to run the charity, with a focus on recruiting at least one more trustee and improving our governance and procedures around finance.
- Grow and develop revenue via donations for swimming hats / awaken your blue mind challenge.
- Provide opportunities for people to network and develop ideas relating to being active in, on and around water.

Summary of the main activities undertaken for the public benefit and the main achievements during the period

Online guest chats

Our free online sessions are designed for people to hear stories from inspirational people, about the benefits of blue spaces. This year four sessions were delivered over the winter months and this has continued to grow Bluetonic's presence online. They have helped create an interest in the charity and develop networking opportunities locally and internationally.

This winter the highlight was a session with the author of "The Blue Mind" Dr Wallace J Nichols. The award winning book was published back in 2014 and is the biggest inspiration for our charity. He was so impressed with the charity's work he reached out to offer his support and to network the charity into a network he has created called "The Blue Mind Movement".

In the chat he brought to life, the cutting-edge neuroscience with compelling personal stories. He discussed how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. All knitted together with stories from his fascinating life.

Over 70 people attended this chat and over half of those came from outside of the UK with over 30 people from America.

Other guests supporting the chats were:

Imogen Radford: Imogen volunteers for the Outdoor Swimming Society playing an important role as one of their Inland Access Officers. She had initially supported a previous guest Shauna Tate, who talked about the positive impact wild swimming had on her health and wellbeing. She gave some brilliant insight into people's legal rights in relation to wild swimming as well as the campaign to create greater levels of access.

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Rachel Hazell aka “The Travelling Bookbinder”: came on the chat to celebrate the launch of her book, *Today's Changing Room*. Recording year-round swims in the Hebridean waters around Iona, the book introduces the idea that every rock is a hook to hang clothes on. We talked with Rachel about her island home, her tips when taking cold water dips and the benefits she has experienced when cold water swimming.

Rachel kindly then gave the proceeds of £2,500 from the book sales to support Bluetonic's charity activity.

The format allows time for people to network with each other from wherever they are. Most people are from all over the UK, but increasingly our audience is widening.

The benefits of this year's chats have been:

- Engagement directly with Dr Wallis J Nichols increasing the charity's kudos in relation to promoting the blue mind.
- Scott Clayton Bluetonic founder is now an official “Blue Mind Ambassador” and this supports the charity to be at the forefront of pioneering work to engage people to be active in on and around water and improve their health and wellbeing.
- The chats were attended by 182 people from all over the world.
- The chats played a big part in launching our winter fundraising “Awaken Your Blue Mind” challenge, and generating participation from people all over the world.
- The chats helped engage “Rachel Hazell” who kindly donated £2500 - our biggest donation so far.

Awaken your blue mind

This year the charity continued to develop an online challenge to help raise funds for running costs and charity activity. Awaken your blue mind is a journaling exercise that sees participants provided with a list of challenges that encourage people to get out and about in, on and around the water during the winter months.

Participants paid £10 entry fee for individuals (£12 outside the UK) or £20 for families.

People entering received:

- ‘Awaken your blue mind’ e-journal.
- List of challenges.
- Access to a dedicated Facebook group.
- The challenge badge.

This year 191 people took part in the challenge raising a total of £2,076. Costs were £412.85 with a total net profit raised of £1,663.15. Participants took part from all over the world including Germany, USA, Canada, France, Netherlands, Sweden and Switzerland.

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Under the Bridge

The project started in 2022 supported by National Lottery funding and then match funding which allowed a successful 24 week program that engaged around 31 men living in the East Midlands.

The project is continuing to run in partnership with not for profit organisation Nottingham CAN, using funding secured from winning the National Lottery, ITV East Midlands Peoples project.

Participants are coached on the benefits of connecting in local blue spaces via simple mindfulness techniques. They also were made aware of the natural restorative effects of being active in, on and around water and how they can spread their knowledge to others.

The Lottery funding has allowed the project to run in 10 week delivery blocks for a full year. At the end of each time is taken to evaluate impact, reflect on sessions and design the next block. Sessions are all in, on and around water and some of the highlights have been:

- A visit from Wim Hoff breathing and cold water exposure coach, Emma Estrell who volunteered to deliver a session after working with Scott Clayton at Deershed Festival.
- A cook out and wild swim at the ancient Achour Church caves.
- Various water sports engagement session at Spring Lakes.
- Sailing taster and painting by the water both held at Trent Valley sailing club.

Also during this reporting year the project held its first residential and a field trip both in the Matlock area of Derbyshire. A further residential is planned in Scarborough in the next reporting year.

Also the project is about to deliver its first community engagement day. The "Under the Bridge" walking music festival will take place on the 13th April 2024. Seeing musical artists from the local area performing under a variety of bridges in a walking music festival. The participants of the choir are already volunteering time to help design, plan and promote the day. The "Under the Bridge" choir will sing at the end of the event to highlight the importance of men engaging in activity that improves mental health and wellbeing.

Numbers of participants have grown to over 60 men attending at least one session. Each week sees between 12 and 25 men coming together.

A meeting has taken place with the lottery and as a result the charity is exploring submitting a bid to sustain delivery for the next three years.

Bluetonic

Swim Safe

Swim Safe was successfully delivered in summer of 2023 to 498 young people and their parents / guardians. Funding was provided via an under-spend from the previous year's lottery bid and via a fundraising evening run at the delivery venue.

Swim Safe gets children and their families actively learning in the environment about water safety to help reduce risk of drowning.

Our delivery is unique as we include supporting education related to the Blue Mind. The Blue mind is about the positive impact of blue spaces on your mental health and our swimming coaches are trained to:

- Talk about the positive impact to health and wellbeing when being active in, on and around water.
- Signpost children and families to resources that help them be active in, on and around water.
- Talk about the science that backs up the theory that blue spaces are good for our health.

The charity has secured funding from the Thomas Farr Foundation to run Swim Safe again in the summer of 2024.

South East Derbyshire Provider Collaboration

Blue Tonic is a part of this collaboration between local support providers. This is still a relatively new way of working involving five providers working together to enable flexible local support.

Three of the providers involved offer counselling / therapy support and have made this available if needed to the "Under the Bridge" participants. This has provided a safety net of support to attendees and has been utilized by at least one group member and helped prevent his issues escalating into crisis.

The partnership really helps by creating peer support, exploring funding and developing the potential to change the local approaches in NHS, Public health and Derbyshire County Council.

The four other providers in the network are:

<https://www.elephantrooms.co.uk/>

<https://www.honeyhopefarm.org/>

<https://www.longeatoncommunitygarden.org.uk/>

<https://www.whisperingtrees.org.uk/>

There is increasing cross over support especially with the "Under the Bridge" project with sessions being held at the Elephant Rooms and Honey Hope farm.

More recently a new project similar to 'Under the Bridge' is in its earliest stage of development which will see a focus on positive activity for women experiencing the menopause. Scope is being explored for some of the initial sessions to be delivered at another partner Long Eaton Community Garden.

Bluetonic

Volunteers

Bluetonic Ambassadors

Our ambassadors continue to support the charity by supporting the design and promotion of charity activity. It has been acknowledged that there are Ambassadors who are not supporting the charity to grow to the agreed original scope created for this role.

Scott has been tasked to speak to all ambassadors about minimal levels of engagement with potential to refresh the ambassadors list.

Other ambassadors are going above and beyond their roles. One particular mention in this regard is Rachel Andrews aka 'the everyday athlete'. She has supported by coming to events in person as well as helping design and promote "Awaken Your Blue Mind". She regularly comes along to our online sessions and at times has volunteered as a co-host.

Local volunteers

Bluetonic has increasing support from volunteers. Our three main volunteers are our trustees, who on top of fulfilling their roles running and organising the charity, they also support other things.

Jane North our Secretary is leading growing our social media with a focus on Instagram, creating regular posts and proactively engaging other users to grow our following. She also coordinates Awaken your blue mind.

Clara Morley our treasurer has led the work creating robust procedures in terms of recording and monitoring our finances. But she also supports by attending swim safe sessions and helping out.

Paul Dickens fulfils his Chair role. But also volunteers to be a key member of the "Under the Bridge" project offering peer support to other attendees.

Outside of our trustees the attendees of the 'Under the Bridge' are increasingly taking on volunteering roles. Helping by supporting each other and by promoting charity activity via personal social media feeds. Around 14 attendees volunteer in this way.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

The charity's policy on reserves

We aim to keep from 3-6 months' worth of reserves to cover running costs of the charity.

Signed on behalf of the charity's trustees:

Signed C. Morley
Clara Morley, Trustee

Date 29/1/25

**Independent examiner's report to the trustees of
Bluetonic
for the year ended 31 March 2024**

I report to the trustees on my examination of the accounts of Bluetonic (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 that in any material respect:

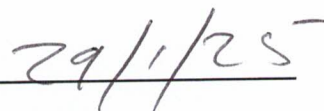
1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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.

Signed



Date



John O'Brien MSc, FCIE

Employee of Community Accounting Plus

Bluetonic
Receipts & payments account
for the year ended 31 March 2024

2023				2024
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
9438	Activities contributions	-	-	-
-	Bank interest (net/gross)	138	-	138
526	Grants & donations	2 1160	39067	40227
500	Sundry receipts	-	-	-
<u>10464</u>	Total receipts	<u>1298</u>	<u>39067</u>	<u>40365</u>
	Payments			
17748	Activities & events	400	17533	17933
-	General admin cost	88	-	88
-	IT costs	58	-	58
-	Advertising	-	131	131
-	Insurance	300	-	300
-	Equipment	318	-	318
-	Staff costs: Travel & subsistence	150	-	150
<u>17748</u>	Total payments	<u>1314</u>	<u>17664</u>	<u>18978</u>
(7284)	Net receipts/(payments)	(16)	21403	21387
10377	Cash funds at start of this period	3093	-	3093
-	Transfers between funds	(535)	535	-
<u>3093</u>	Cash funds at end of this period	<u>2542</u>	<u>21938</u>	<u>24480</u>

Bluetonic
Statement of assets and liabilities
at 31 March 2024

2023			2024
£		Note	£
3093	Cash assets		
<u>3093</u>	Bank Account		<u>244480</u>
			<u>244480</u>
	Other monetary assets		
-	Prepayment	4	<u>43</u>
<u>-</u>			<u>43</u>
	Liabilities		
-	Creditors	5	<u>(480)</u>
<u>-</u>			<u>(480)</u>

These financial statements are accepted on behalf of the charity by:

Signed Clara Morley
 Clara Morley, Trustee

Date 29/1/25

Bluetonic
Notes to the accounts
for the year ended 31 March 2024

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
East Midland Railway	-	820	820
Elephants Room	-	1125	1125
National Lottery	-	33700	33700
Thomas Farr	-	2000	2000
Co-Op Sawley Store	150	-	150
Foundation Derbyshire	-	1422	1422
General Donations	1010	-	1010
	1160	39067	40227

3. Funds analysis

	Opening balance £	Receipts (Payments) £		Transfers £	Closing balance £
Restricted funds					
Under the Bridge Choir	-	35645	(15129)	-	20516
Swim Safe	-	2000	(2535)	535	-
Accounting	-	1422	-	-	1422
	-	39067	(17664)	535	21938
Unrestricted funds					
General Fund	3093	1298	(1314)	(535)	2542
	3093	1298	(1314)	(535)	2542

Swim Safe: Support's children aged 7–14 to learn about swimming in open water and was created by Swim England and the RNLI. It's a free session with a focus on water safety lasting 1 hour. Swim Safe is mainly taught at the coast, but Bluetonic has pioneered delivering inland. This is targeted at reducing the fact that the vast majority of people getting into difficulty and drowning or in need of rescuing at the coast, come from inland. Over the summer months for the last three years the Bluetonic team of coaches delivered sessions to over 2,500 children.

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Under the bridge: Supports men to come together for weekly engaging sessions, in, on and around the water. Lottery and grants from Nottinghamshire and Derbyshire have supported sessions where men have taken part in activities like paddle boarding, sailing, tubing, kayaking, swimming, walking, painting and singing all in, on and around the water. The men have also learned about the powerful positive benefits of stimulating the blue mind in these spaces. Impact reports have been developed to evidence the positive effect sessions have had on participants one of which is available via this link:
https://www.bluetonic.org.uk/files/ugd/b39045_d585bd184c7b47dbaa4cf28a775b14fd.pdf

Accounting: This is a pot of funding that must be spent on accounting.

4. Prepayments

	£
Insurance	43
	<u>43</u>

5. Creditors

	£
Independent examination fee	480
	<u>480</u>

6. Previous period comparison

The previous period's figures have not been fully analysed because a breakdown of receipts and payments was not available for that period.

7. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.