

Bluetonic
(Registered charity, number 1190871)
Financial statements
for the year ended 31 March 2025

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Bluetonic
Trustees' annual report
for the year ended 31 March 2025

Full name Bluetonic

Organisation type Charitable incorporated organisation

Registered charity number 1190871

Principal address

6 Hall Drive, Wollaton, Nottingham, NG8 2PW

Trustees

Paul Dickens

Richard Grieve, from 04/09/2024

Jane North

Clara Morley

Independent examiner

Eva Stevens, 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.

Bluetonic currently has four trustees and aims to expand to five. In 2025, we will prioritise succession planning, with trustee term rotation and new recruitment aligned with Charity Commission guidance.

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.

Objectives and activities

To provide or assist in the provision of facilities in the interests of social welfare for Recreation or other leisure time occupation of individuals who have need of such Facilities by reason of their youth, age, infirmity or disability, financial hardship or Social circumstances with the object of improving their conditions of life.

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

Online Guest Chats

We delivered four online guest sessions across the winter season, continuing to attract global interest and broaden Bluetonic's reach. Each session was hosted by charity founder Scott Clayton and contributed to the build-up of our Awaken Your Blue Mind winter challenge fundraiser.

The programme opened with a social launch event introducing the 2024 challenge, offering space for past and new participants to connect, reflect, and prepare for the blue-space inspired activities ahead.

Other featured guests included:

- Paul Flynn, a conservation fundraiser and year-round wild swimmer based at the Cotswold Lakes. Drawing from his childhood on the Isle of Wight, Paul led an open discussion on men's mental health and the healing power of open water. He has since taken up an ambassador role with the organisation.
- Nick Hugh McCann, artist, performer, filmmaker, and lifelong swimmer, shared a deeply personal journey of water and art, shaped by early swims along the Mersey and inspired by the romantic spirit of Lord Byron.
- Gary Glazner, a US-based poet and pioneer in using poetry and song to support people living with Alzheimer's, offered an uplifting and moving session on creativity, memory, and the rhythm of water.

Across all four sessions, we welcomed 153 attendees, with international engagement continuing to grow, especially from the USA.

These sessions not only provided rich and varied insight into blue space wellbeing but also played a key role in generating momentum for our Awaken Your Blue Mind fundraising challenge.

Awaken Your Blue Mind Challenge

The 2024 edition built on last year's success creating new participation and community engagement:

- Participants: 129
- Funds Raised: £1,580
- Costs badges and postage: Postage £173.98 + Badges
- Net Profit: £1,406.02

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Entrants received:

- Digital challenge journal
- 100 blue-space inspired activities
- Access to private Facebook group
- Custom badge

Participation came from the UK, USA, Canada, Germany, France, and beyond. The challenge remains a core fundraising tool and community builder for the winter months.

Under the Bridge Project

Continuing to grow, the project has this year secured funding from smaller local funding pots with a focus on reducing suicide and improving people's mental health as well as an increased amount of fund raising. Ran in partnership with Nottingham CAN.

- Participant Reach: Over 115 men to date; weekly engagement ranges from 12–30.
- Key Activities (2024–25):
 - Fundraising Christmas video
 - Winter wellbeing sessions incorporating wild swimming and outdoor sauna
 - Greater engagement with local services and partners such as public health and social prescribers
 - Cold water resilience workshops
 - The second Walking Music Festival is planned to be bigger and better

A three-year continuation bid is currently being drafted with the National Lottery, aiming to extend the program's reach and embed it further into community health initiatives.

Swim Safe

The 2024 Swim Safe delivery reached 512 children and parents, combining water safety education with emotional wellbeing lessons inspired by Blue Mind principles.

Funding from the Thomas Farr Foundation made this year's program possible, including bespoke training for swim coaches in health-based communication. Funding has been applied for and secured via the Co-op Community Fund, Amount dependant on local campaigning but at Least £500 has been secured for delivery in summer 2026 already.

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Undercurrents Project

The Undercurrents Project is a women-led and women-designed initiative created to provide a safe, welcoming space for people to come together, share experiences, and offer peer support around all aspects of the menopause. The project recognises the physical, emotional, and social challenges that menopause can bring, and aims to reduce isolation while promoting wellbeing, connection, and understanding. Undercurrents launched in the summer of 2024, made possible by a generous £2,000 donation from Bluetonic Ambassador Rachel Hazel. This initial funding enabled the project to establish regular sessions and offer accessible, supportive activities rooted in Bluetonic's BlueMind ethos.

Sessions run on a bi-weekly basis on Thursday evenings and focus on creating time and space for connection through shared experiences. Activities vary and include BlueMind-inspired experiences such as wild swimming, alongside creative and reflective craft activities. These sessions encourage participants to reconnect with themselves, with others, and with nature, while opening up conversations around menopause in a supportive, non-judgemental environment.

Since its launch, the Undercurrents Project has been attended by 55 women, with an average of 12 women taking part in each session. Feedback has highlighted the value of peer support, shared understanding, and the opportunity to engage in meaningful activities while navigating menopause.

The Undercurrents Project continues to grow as an important part of Bluetonic's work, demonstrating the impact of community-led, preventative wellbeing support and the power of women supporting women.

Together by Nature: Collaborative Working Across South East Derbyshire

Together by Nature is a South East Derbyshire network of voluntary, community, and social enterprise (VCSE) providers working in partnership and supported by the NHS. The collaborative was established to strengthen local pathways into non-clinical support, ensuring that people across the area can access high-quality, person-centred activities that promote wellbeing, connection, and resilience.

The collaborative is coordinated by Elephant Rooms, bringing together a diverse group of specialist providers including Bluetonic, Helping Hooves, Long Eaton Community Garden, and Whispering Trees. Each organisation contributes its own expertise, creating a rich ecosystem of mental-health-focused activities that reflect the needs and preferences of local people.

Together by Nature focuses on three shared priorities:

- Improving the patient pathway by offering clear, coordinated routes into community-based support
- Placing individual needs and preferences at the centre of every intervention
- Building the capacity of local VCSE organisations to deliver consistent, high-quality experiences

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How Bluetonic Benefits from Being Part of Together by Nature

For Bluetonic, being part of the Together by Nature collaborative brings significant strategic and operational advantages. As a provider specialising in mental health and wellbeing activities, Bluetonic gains:

- Stronger referral pathways

Through the collaboration, Bluetonic becomes part of a supportive network recognised by local Voluntary Sector, Adult Social Care and NHS services. This increases visibility among health professionals and ensures that individuals who would benefit from Bluetonic's services are more easily directed to them.

- Shared learning and peer support

Working alongside organisations such as Helping Hooves, Long Eaton Community Garden, and Whispering Trees enables Bluetonic to exchange knowledge, share best practice, and develop new approaches informed by the wider sector.

- Greater capacity and sustainability

By being part of a coordinated network, Bluetonic can access joint opportunities, shared resources, and collaborative funding possibilities that strengthen long-term sustainability.

- Enhanced impact for local people

The collaborative model ensures that Bluetonic's work is not delivered in isolation. Instead, it forms part of a broader, holistic offer that supports individuals through a range of nature-based, therapeutic, and community-led activities. This increases the overall impact on wellbeing and ensures people receive the right support at the right time.

Together by Nature enables Bluetonic to operate within a supportive, connected ecosystem where collaboration amplifies the reach and effectiveness of each provider. By working collectively, the network ensures that people across South East Derbyshire can access meaningful, high-quality mental health support rooted in community, nature, and partnership.

Volunteers

Bluetonic Ambassadors

Ambassadors have been notably more engaged this year, particularly online. Following a refresh of the ambassador list, with two individuals stepping down from the role, this change has helped galvanise the remaining ambassadors to become more active. They have increased their involvement by attending meetings and creating and sharing content to promote the charity and its activities across a range of social media platforms.

Special recognition goes to Rachel Andrews (The Everyday Athlete) for her outstanding support in the redesign and promotion of the Awaken Your Blue Mind campaign, working alongside Jane North (Trustee). Rachel has also visited the East

Bluetonic

Midlands to help promote Bluetonic in person, strengthening the charity's regional presence.

We are also pleased to welcome Paul Flynn as a new ambassador. Paul has been highly supportive in helping the charity grow, explore further funding opportunities, and generate ideas to develop Bluetonic meet-ups. He brings a wealth of experience in charity fundraising and is currently establishing a Community Interest Company (CIC) in the Cotswolds, focused on supporting people to improve their mental health.

Rachel Hazel is now an official ambassador and has been highly active in promoting the charity's work across social media. Profits donated from her book (Today's Changing Room) have been used to launch the Undercurrents project, which is detailed in this report.

Local Volunteers and Trustees

Trustees continue to play a vital role in supporting operational activities across the charity:

- Paul Dickens (Chair) regularly attends Under the Bridge sessions and actively supports peer engagement.
- Jane North (Secretary) has significantly expanded Bluetonic's Instagram presence and leads the Awaken Your Blue Mind challenge.
- Clara Morley (Treasurer) has established a robust financial tracking process and also volunteers at Swim Safe events.
- Richard Grieve joined the trustee team this year. He has previously attended the Under the Bridge project and brings valuable experience in project management and IT.

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'.

Financial review

During the financial year ending 31 March 2025, Bluetonic continued to operate on a sound financial footing, with income generated through a combination of charitable grants, donations, fundraising activities, and partnership funding. The charity's financial position reflects careful management of resources, with expenditure closely aligned to charitable objectives and project delivery.

Income during the year supported the continued development and delivery of core projects including Under the Bridge, Swim Safe, Undercurrents, and online engagement activity such as the Awaken Your Blue Mind challenge. Restricted funds were applied in accordance with funder requirements, while unrestricted income was used to support essential running costs, project development, and organisational sustainability.

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The charity benefited from successful small-grant funding, individual donations, and community fundraising, alongside in-kind support and significant volunteer contribution, which continues to add value to service delivery while keeping overheads low. Trustees remain mindful of the importance of diversifying income streams and have actively pursued new funding opportunities, including multi-year grant applications, to support future growth and stability.

Bluetonic maintains appropriate financial controls and oversight, with the Treasurer providing regular financial updates to the trustee board. The trustees consider the charity to be financially resilient, with prudent reserves held to manage risk and support ongoing operations. Final figures are presented in the accompanying Financial Statement.

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



Paul Dickens, Trustee

Date

23/1/26

**Independent examiner's report to the trustees of
Bluetonic
for the year ended 31 March 2025**

I report to the trustees on my examination of the accounts of Bluetonic (the charity) for the year ended 31 March 2025.

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').

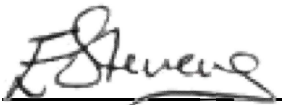
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 23/01/2026
Eva Stevens BSc, CPFA
Employee of Community Accounting Plus

Bluetonic
Receipts & payments account
for the year ended 31 March 2025

2024				2025
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
138	Bank interest	535	-	535
40227	Grants & donations	2 7394	10495	17889
-	Sales/Fees	1000	-	1000
-	Sundry receipts	525	760	1285
<u>40365</u>	Total receipts	<u>9454</u>	<u>11255</u>	<u>20709</u>
	Payments			
17933	Activities & events	570	24405	24975
88	General admin cost	-	450	450
58	IT costs	144	134	278
131	Advertising	-	-	-
300	Insurance	323	-	323
318	Equipment	4818	-	4818
150	Staff costs: Travel & subsistence	-	-	-
-	Sundry expense	-	317	317
-	Legal & professional costs	-	480	480
-	PayPal fees	76	-	76
<u>18978</u>	Total payments	<u>5931</u>	<u>25786</u>	<u>31717</u>
21387	Net receipts/(payments)	3523	(14531)	(11008)
3093	Cash funds at start of this period	2542	21938	24480
-	Transfers between funds	(2373)	2373	-
<u>24480</u>	Cash funds at end of this period	<u>3692</u>	<u>9780</u>	<u>13472</u>

Bluetonic
Statement of assets and liabilities
at 31 March 2025

2024		2025
£	Cash assets	£
24480	Bank accounts	13472
<u>24480</u>		<u>13472</u>
	Other monetary assets	
43	Prepayment- Insurance	90
<u>43</u>		<u>90</u>
	Assets retained for the charity's own use	
	General equipment.	
	2x Defibrillators, purchased February 2025, cost £1320	
	10x Paddel Boards, purchased March 2025, cost £3490	
	Liabilities	
(480)	Creditor- Independent examination fee	(504)
<u>(480)</u>		<u>(504)</u>

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

Signed Clara Morley Date 23/1/26
 Clara Morley, Trustee

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Notes to the accounts
for the year ended 31 March 2025

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 £
R Hazell	-	2500	2500
Coop Sawley store	-	500	500
Erewash Borough Council	4820	1500	6320
Nottingham City Council	-	2995	2995
Elephant rooms	663	3000	3663
General donations	1911	-	1911
	7394	10495	17889

3. Funds analysis

	Opening balance £	Receipts (Payments) £		Transfers £	Closing balance £
Restricted funds					
Under the Bridge Choir	20516	6755	(20845)	-	6426
Accounting	1422	-	(768)	-	654
Awaken your Blue Mind	-	-	(973)	973	-
Swim Safe	-	500	(1900)	1400	-
Under Currents	-	4000	(1300)	-	2700
	21938	11255	(25786)	2373	9780
Unrestricted funds					
General Fund	2542	9454	(5931)	(2373)	3692
	2542	9454	(5931)	(2373)	3692

The transfer from the General fund to the Awaken your Blue Mind and Swim Safe funds is to cover the deficit on these activities.

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Under the Bridge: is a weekly wellbeing project delivered by Bluetonic, providing a safe, supportive outdoor space where men come together to improve their mental health and overall wellbeing through positive social connection and activity. The project uses a social-therapy approach, reducing isolation and creating opportunities for peer support among men who may be experiencing poor mental health, loneliness, or life challenges.

All sessions take place outdoors and focus on structured activities in, on, and around water. These activities encourage physical movement, connection with nature, confidence building, and mindfulness, while also providing a non-clinical environment where participants feel comfortable engaging and talking openly.

A key element of the project is a community singing and choir programme. Participants take part in regular singing sessions, which support emotional expression, confidence, and group bonding. The choir also performs publicly to raise awareness of the challenges surrounding men's mental health and to generate funds to support the continuation of the project.

Funding for Under the Bridge supports session delivery, qualified facilitators, safety and safeguarding measures, equipment, and resources. The project contributes directly to Bluetonic's charitable aims by promoting positive mental health, reducing social isolation, and encouraging healthier, more connected lives for men.

Under Currents: is a bi-weekly wellbeing project delivered by Bluetonic, providing a safe and supportive outdoor space for women to come together to improve their mental health and overall wellbeing, with a specific focus on the menopause and related life transitions. The project offers a social-therapy approach, helping to reduce isolation and stigma while creating opportunities for peer support and shared understanding.

All sessions take place outdoors and involve positive activities in, on, and around water. These activities support physical health, relaxation, confidence, and connection with nature, while providing a non-clinical environment where women feel able to speak openly about their experiences and challenges.

The project also incorporates facilitated discussion and wellbeing activities focused on menopause awareness, emotional resilience, and self-care strategies. By combining physical activity, social connection, and open conversation, Under Currents supports women to better understand and manage the physical and emotional impacts of menopause.

Funding for Under Currents supports qualified facilitators, session delivery, safety and safeguarding measures, equipment, and resources. The project contributes directly to Bluetonic's charitable aims by promoting positive mental health, reducing isolation, and improving wellbeing for women during the menopause.

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Swim Safe: is a national water-safety and skills project delivered by Bluetonic in the East Midlands partnership with Swim England and the Royal National Lifeboat Institution (RNLI), aligned with the UK's flagship water safety programme created to help children enjoy open water safely. The initiative provides free, fun, structured one-hour outdoor water safety sessions for young people aged 7–14 years old and their families, with a strong focus on teaching essential skills for staying safe in and around open water.

Sessions are delivered during the summer months. Participants learn about recognising safe places to swim, how outdoor water differs from pools, and practical skills such as floating and self-rescue techniques. All sessions include appropriate safety equipment such as wetsuits, hats, and flotation aids.

Funding for Swim Safe supports session coordination, qualified instructors and lifeguards, venue costs, equipment provision, publicity and partnership activity with Swim England and the RNLI. The project supports Bluetonic's charitable objectives of promoting education, physical wellbeing, and safety awareness for children and young people.

Awaken Your Blue Mind: is Bluetonic's annual autumn and winter wellbeing challenge, designed to improve mental health, encourage positive behaviour change, and raise unrestricted funds to support the charity's wider work. Now in its fifth year, the challenge has become a core fundraising and community-building activity, engaging participants from across the UK and internationally.

The challenge is open to people of all abilities and backgrounds and is based on the principle that connection with blue spaces—whether through physical activity, creativity, mindfulness, or learning—can improve wellbeing. Participants are invited to complete 21 activities from a menu of over 100 blue-space-inspired challenges over the winter period. Activities range from gentle and accessible actions to more active or reflective experiences, allowing participants to tailor the challenge to their own circumstances.

On registration, participants receive a digital challenge journal, a full list of activities, access to an online community for peer support, and invitations to free online events hosted by Bluetonic. Those who complete the challenge receive a commemorative badge, reinforcing achievement and ongoing engagement with the charity.

Funds raised through Awaken Your Blue Mind directly support Bluetonic's charitable activities, enabling more people to access the mental health and wellbeing benefits of blue spaces. The challenge also plays an important role in raising awareness of Bluetonic's mission, reducing seasonal isolation, and maintaining community connection during the autumn and winter months.

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Accounting: Bluetonic operates a restricted fund within its accounting structure to record and manage income received for specific purposes. These funds are used solely in accordance with the conditions set by donors or funders and are accounted for separately from unrestricted funds to ensure transparency and proper financial control.

4. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

5. Related party transactions

There were no related party transactions in this period.

6. 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.